

## **My 5 best Tips incl Powertube gold and silver**

**Would you like to eliminate toxins, inflammation, and pain? At home? Without side effects?**

*You are longing to be self-responsible for your health and the health of your family?*

There are several effective methods using “energy-vibration-frequency”. These are treatments that are not using chemicals, dangerous toxins, microplastics etc.

Of course I could tell you to effectively address pains, infections, and viruses with a multi-faceted approach combining lifestyle adjustments, natural remedies, and natural medical interventions. This would also include enough rest, hydration, a balanced diet rich in antioxidants and anti-inflammatory foods, gentle exercise, and considering one of the hundreds of natural remedies you probably don’t know of. They are important in the long run.

But there are faster methods and “helping tools” to get rid of pains and infections or as I call it.... not to let them “blossom” in the first place.

You can prevent a lot of them, when you use some of following tips immediately upon feeling “something” is coming or has started.

The main issue will always be the strength of your immune system and the harmony of your cells. Besides this, the more stabilized you are in your emotions and the more you are well grounded the easier it gets to you rid yourself of pains and infections.

### **TIP 1.**

#### **Ancient Barefoot Healing - a forgotten healing method**

One of the strong healing methods today as we are all compromised by the radiation of modern world devices, that we daily use, like: WiFi, Router, Cell phone, Trackers, Laptops, PC and Tablets, Smart Meters, is going barefoot in nature. It immediately discharges you whole system of this electrical pollution and within 15 to 20 minutes you feel much better..

Here I share one chapter of my Book “Barefoot Earthing – Contact with Earth as Natural Medicine”

### **Chaper One: Why Barefoot Earthing Can Heal Us**

I would like to start Chapter One by describing the benefits of barefoot earthing. I like it myself when books tell me right away what it is all about. Barefoot walking can mean many things, and we may overlook how important this information could be to you and your family.

Barefoot earthing helps us in the very first instance to neutralize the electrical charge

in the body, which has an immediate effect on the immune system. People who have been consciously barefoot earthing for a long time say that they sleep better, are fitter during the day and can work longer on the computer without feeling dull and tired. They feel they are less susceptible to flu and colds, age more slowly and.....their aches and pains disappear.

**The following benefits have been noted:**

- ⌘ Reduced stress
- ⌘ Better sleep
- ⌘ Faster healing from injuries
- ⌘ Improved blood circulation
- ⌘ Improved digestion
- ⌘ Harmonization and stabilization of basic biological rhythms of the body
- ⌘ Accelerated recovery after intense sports activities
- ⌘ Reduction of inflammation
- ⌘ Reduced anxiety
- ⌘ Reduced irritability
- ⌘ Reduced electro sensitivity

Please note that this list does not replace medical advice, it was published by American Clinton Ober, who wrote a book about the barefoot earthing phenomenon and has many years of experience as a professional. He does not claim that it prevents or cures diseases and suggests that if you have health problems or diseases, always consult a doctor first for advice.

Consultation should visit. However, what can now be observed worldwide is that it significantly supports and accelerates the healing process and helps people stay healthier.

When people sit or walk outside barefoot for 20 minutes a day, they report that they simply feel better and it reduces their stress tremendously. They have a sense of inner peace and calm, combined with reduced stress levels.

People with pain often report that it is minimized or even completely eliminated after regular Earthing. People who have experienced negative effects from working on a computer or electrical equipment report a reduction or complete elimination of these negative effects by working with so-called grounding mats on the computer (arm resting on mat or bare feet standing on it).

**The natural barefoot grounding:**

- ⌘ alleviates the cause of inflammation.
- ⌘ Improves or eliminates symptoms of many inflammation-related diseases.
- ⌘ Reduces chronic pain.

- ⌘ improves sleep in most cases.
- ⌘ Increases energy levels.
- ⌘ relieves stress
- ⌘ Promotes relaxation in the body by calming the nervous system (and stress hormones).
- ⌘ regulates the body's natural rhythms.
- ⌘ thins the blood and improves blood pressure and blood flow.
- ⌘ relieves muscle tension and headaches.
- ⌘ improves hormonal disorders and menstrual cramps.
- ⌘ Accelerates healing processes and helps prevent bedsores.
- ⌘ Reduces jet lag sickness.
- ⌘ protects the body from potentially harmful electromagnetic fields -EMF -in the environment.
- ⌘ Accelerates recovery after exercise.
- ⌘ Relieves menstrual pain
- ⌘ Relieves hormonal fluctuations during menopause
- ⌘ Helps to breathe easier during asthma and bronchitis
- ⌘ Headaches become less intense or disappear
- ⌘ Improves eczema and psoriasis
- ⌘ Helps with food and pollen allergies

In the further chapters I will explain how we humans are made of energy and are basically electrical energy beings living in an electrical universe. The earth, the universe, the power of the seas and air are not there for no reason! They have been present and a vital part of us for millions of years. I always feel a deep love for the children and for the coming generations who must face here on earth how to survive the ever increasing technical chaos with the often negative effects. To support them, I invite them to give the Barefoot Earth a place in their lives.

## **TIP 2:**

### **When you learn to accept that we humans are electrical beings...**

Most people do not have the slightest idea of how the physical body works and do not know that we are bio-electric beings living in energetic connection with the earth. Physicians learn a lot about the effects of pharmaceutical drugs, most of which are chemical and synthetic, in their student years. They are often overwhelmed and no longer see the simple wonderful tools that the earth, plants, minerals, etc. give us. The parents can usually teach their children little about it, because they were never taught by their parents. We cannot expect too much from the contemporary schools

and thus, we have lost, especially in the western world, without realizing it, this precious connection with the earth and the knowledge

### **Energy flows through the bodies**

In my lightworker trainings, the first day was always dedicated to "What is energy? How does it flow through us? What is grounding? I used to first show my students how energy flows through our emotional and mental bodies and how it manifests in the physical body by condensing into its substance. When we come to understand that we are made purely of energy, we can begin to address the causes of our illnesses at higher energy levels. When an energy blockage or adhesion is energetically cleared at that level, the information slowly trickles into the physical body and begins to regenerate the balance in and around the cells.

Through meridians (energy pathways) located in the body, energy flows up and down, providing us with the universal energy of the cosmos and the earth. Our body has an electrical conductivity that was known in ancient indigenous cultures. In Chinese culture, which is over 5,000 years old, they speak of Qi or Chi. The awareness that the earth, life and health are fundamentally connected has always been there, allowing them to greatly refine their healing techniques. Qi is the central principle and is seen as the natural force that fills the universe.

The ancient Indian tradition of the Vedas called it Prana, which means universal life force. We are electromagnetic beings that ideally need to be electrically recharged every day. The universe is like the womb, it takes care of us and protects us.

We unconsciously know that we are energy beings, and when you approach a lamp in the house, for example, or operate household electrical appliances, if you take a moment, you will notice how your own voltage changes. (with voltmeter devices we can make this visible). When we are passing a radio set, the transmitter is very often affected. It can become clearer, louder or sometimes scrambled or less clear.

So when you learn to be aware what influence the mood of other people (their energy changes!), your anger moments, a fight with your partner, worries about children, but also devices, the mall full of people sending electrical transmissions and all the new technology.... Has on you... you will learn in an organic way what electrical hygiene is and how to apply it.

### **TIP 3:**

#### **Hands heal**

We have two hands, each one connected to our heart. Each hand has another polarity, left is minus and right is plus.

Bringing your hands together you will discover that harmony in your cells and system, a smooth inner energy flow and healing can be the results. I am always of the opinion the each mother should learn REIKI, a practical easy healing method, easy to use in the family, helping your kids with all kind of aches and pains. You can find people locally who can introduce you to the healing Reiki method. Reiki 1 is enough for supporting your family.

#### **TIP 4:**

#### **Bio-Feedback Session brings fast healing**

There are many different types of bio-feedback methods, but you must visit a practitioner that is good and familiar with the bio-feedback program. These programs run on software using laptops and although I use the SCIO program myself, once a year, to have a good update about my health situation, it is not “organic” but... it is non-invasive either... though rather technological.

Normal biofeedback therapy is a technique that helps individuals learn to control certain bodily functions, like heart rate, muscle tension, and brain waves, which are typically involuntary. It uses real-time feedback from sensors attached to the body to show how these functions change in response to various stimuli, helping patients develop strategies to manage stress, pain, and other conditions.

How it works:

- **Sensors:**

Electronic sensors are attached to the body to monitor physiological responses, such as heart rate, muscle activity, skin temperature, or brain waves.

- **Feedback:**

The sensors transmit this information to a device that converts it into visual or auditory cues, like a flashing light or a sound.

- **Learning or/and Healing:**

By observing these cues, individuals learn to recognize when they are experiencing stress or tension and can then try to consciously adjust their physiological responses using techniques like deep breathing, progressive muscle relaxation, or guided imagery.

For healing the program now knows which frequencies, energies, in your body need adjustment and it will send these to you in a soft way. Your healing process starts, and in the days following your bio-feedback session you will feel the changes.

Common uses:

- **Stress and Anxiety:**

Bio-feedback can be effective in managing stress, anxiety, and panic attacks by teaching individuals to control their physiological responses to stressful situations.

- **Chronic Pain:**

It can be used to help manage chronic pain conditions like headaches, migraines, and fibromyalgia by reducing muscle tension and promoting relaxation.

- **Other Conditions:**

Bio-feedback has also been used to treat conditions like urinary incontinence, Raynaud's syndrome, and ADHD.

Benefits:

- **Non-invasive:** Bio-feedback is a non-invasive therapy with minimal side effects.
- **Self-regulation:** It empowers individuals to take control of their own bodies and heal themselves.

## **TIP 5:**

### **My Master Bonus Tip, Tip of All Tips**

*A high Frequency Tens Device on batteries...(no cyber hacking) for easy treatment at home.. even the kids can do it!*

The Powertube device is a breakthrough development that opened new paths in TENS technology 17 years ago. The Swiss inventor and graduate electrical engineer Martin Frischknecht has achieved outstanding therapeutic success with his technology. The Powertube does not kill pathogens (toxins, viruses, bacteria and parasites), but changes the body's own milieu and thus removes the breeding ground for pathogens. This is the medicine of the future!!!

A strong, intact immune system is always the secret of good health and this is accordingly preceded by a uniformly homogeneous harmonious structure of the tissue, the cells.

I got to know the Powertube devices in 2007 and bought one immediately. I was enthusiastic and it helped get rid of aches and pains during my travels to third world countries. After several seminars with Martin Frischknecht in Switzerland I was even more enthusiastic and happy to own one..

I took it around the world on my world travel and living for years in the South Pacific on small islands where medical care was less than minimal, I was able to help myself and many friends, fellow travelers and clients to heal fast, often from terrible infections due to bad water or bacteria.. all easily with my Powertube device. It has been my favorite high frequency device ever since, although I tried others like HEALY!

The Powertube was always reliable and quick by supporting the natural self-healing process. No power outlets needed!!!!!!

Get more information about The Powertube Gold and Silver here: <https://connecting-frequencies.com/powertube-shop-bestellung/>

You will find research, a lot of technical information and the order form all on one site.

I wish you and your family a “perfect health”