

# Longevity Now Conference 2010

Claims with grounding:

Pain reduction, reduced irritability, Mussel sourness, bad circulation, breakdown of calcification.

Presenters:

David Wolfe, Clint Ober, Gaetan Chevalier PH.D

Best areas of conductance on the human body: palm of the hands and feet. K1 is the area between the big toe and index toe.

**Antioxidant** = is a molecule capable of inhibiting the oxidation of other molecules. Oxidation reactions can produce free radicals. A free radical is like a fuse to increase other particles to breakdown before their time.

**Circadian rhythm / diurnal rhythm** = Circadian rhythm is an internally driven roughly 24-hour cycle in biochemical, physiological, or behavioral processes. Circadian rhythms have been widely observed, in plants, animals, fungi and cyanobacteria. The formal study of biological temporal rhythms such as daily, tidal, weekly, seasonal, and annual rhythms is called chronobiology. Although circadian rhythms are endogenous ("built-in", self-sustained), they are adjusted (entrained) to the environment by external cues called zeitgebers, the primary one of which is daylight.

**Chia seed** = Seeds containing Omega 3, they absorb 10 times their weight in water, they release the water back to your system for hydration. They help control blood sugar. black chia seeds and white chia seeds are extremely healthy due to their high vitamin and mineral content, as well as being a great source of fiber.

**Coenzyme Q10** = a fat-soluble, vitamin-like substance in every human cell. It's involved in key biochemical reactions that produce energy in cells.

[http://www.mayoclinic.com/health/coenzyme-q10/NS\\_patient-coenzymeq10](http://www.mayoclinic.com/health/coenzyme-q10/NS_patient-coenzymeq10)

<http://www.umm.edu/altmed/articles/coenzyme-q10-000295.htm>

<http://www.americanheart.org/presenter.jhtml?identifier=4564>

**Zata Potential** = Electrical potential difference between lesser and greater.

**Sun gazing** = Gazing at the sun for nourishment or spiritual practice.

**(DOMs)** = Delayed onset muscle soreness

**Bilirubin** = Yellow breakdown product of iron atoms being used / burned.

**Schumann resonances** = are a set of spectrum peaks in the extremely low frequency (ELF) portion of the Earth's **electromagnetic** field spectrum. Schumann resonances are global electromagnetic resonances, excited by lightning discharges in the cavity formed by the Earth's surface and the ionosphere.

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## Grounding info & Association

<http://www.liebertonline.com/doi/abs/10.1089/acm.2007.7048>

(Scroll to bottom for associated studies referenced below)

James L. Oschman, Ph.D.

Nature's Own Research Association, Dover, NH.

<http://www.liebertonline.com/doi/abs/10.1089/acm.2009.0656?journalCode=acm>

<http://www.youtube.com/watch?v=26HphzJmWKU>

Maurice Ghaly, M.D.

Carlsbad, CA.

Dale Teplitz, M.A.

P.O. Box 231816, Encinitas, CA 92023.

(cortisol levels during sleep)

<http://www.liebertonline.com/doi/abs/10.1089/acm.2004.10.767>

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Gaétan Chevalier, Ph.D.,<sup>2</sup> and

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<sup>2</sup>Developmental and Cell Biology Department, University of California at Irvine, Irvine, CA and Earth FX Inc., Palm Springs, CA.

Delayed-Onset Muscle (DOM) ([Cited study from Video](#))

<http://www.liebertonline.com/doi/abs/10.1089/acm.2009.0399>

Gaetan Chevalier, Ph.D.

Developmental and Cell Biology Department, University of California at Irvine, Irvine, CA.

(Changes in Pulse Rate, Respiratory Rate, Blood Oxygenation, Perfusion Index, Skin Conductance)

<http://www.liebertonline.com/doi/abs/10.1089/acm.2009.0278>

All these and more referenced at <http://www.earthinginstitute.net/index.php/research>

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Some other views

<http://www.youtube.com/watch?v=HqBQ8d08-HQ>

<http://www.youtube.com/watch?v=XumPQLTzPWI&feature=related>