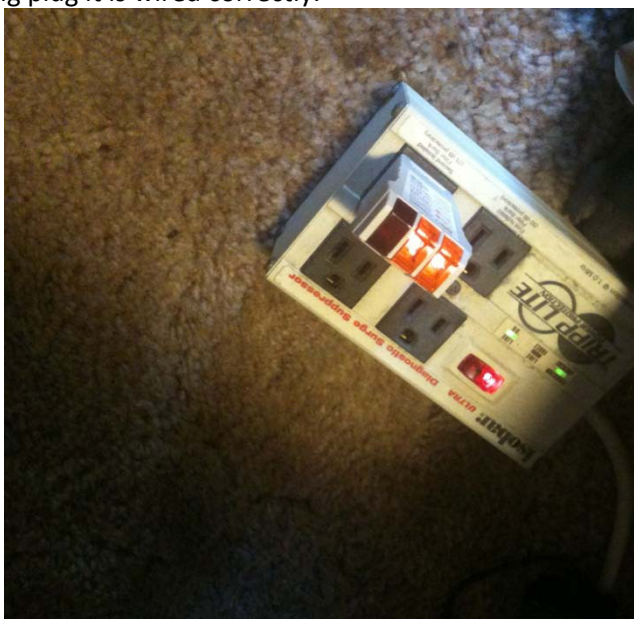
# Ghetto grounding…

First thing is to find a good ground…
Use the tester and test the plug(s) you intend to use for a ground. Not all wall plugs are grounded properly; do not assume just because it has the 3-prong plug it is wired correctly.

If you have a good ground proceed. Remember, you can also ground by placing a rod in the ground outside and running the wire into the house, they are essentially the same thing both go to the earth.

By following these directions, you agree it is of your own free will.
If you have any doubts **do not** proceed. If you are unsure how to complete any of the steps find someone who is able to help you. Test ALL connections before plugging it in.

To find out more about grounding visit youtube search for earthing or grounding. The benefits of grounding can be found here.

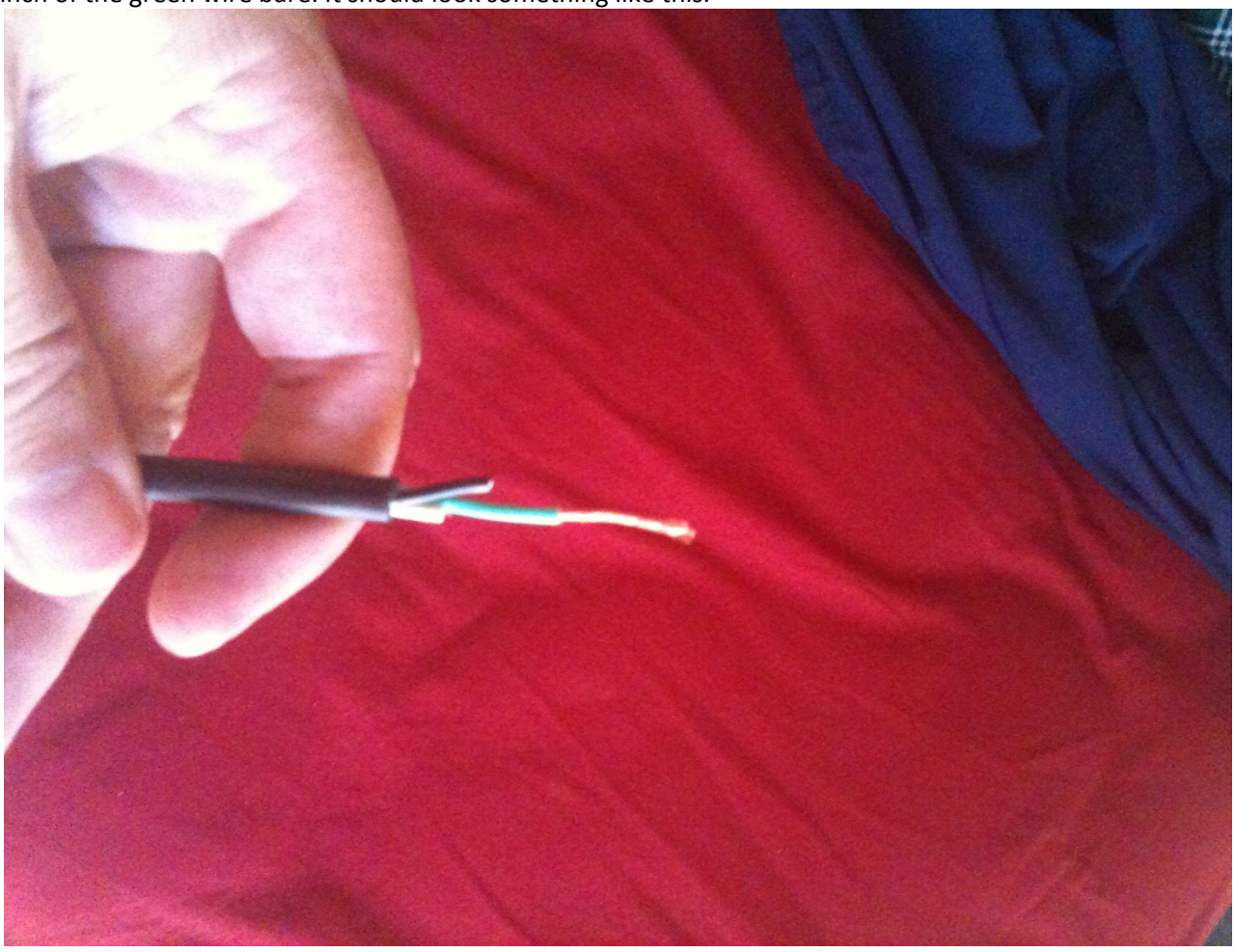
# David Wolfe's Earthing Experiment

**Part One**
http://www.youtube.com/watch?v=te4WPdIsBtQ
**Part Two**
http://www.youtube.com/watch?v=nFcGXedC2zw&feature=related
**Part Three**
http://www.youtube.com/watch?v=IQc5-W2R3fA&feature=related
**Part Four**
http://www.youtube.com/watch?v=s_R7T7_gACU&feature=related
**Part Five**
http://www.youtube.com/watch?v=zimoZz7MLqE&feature=related

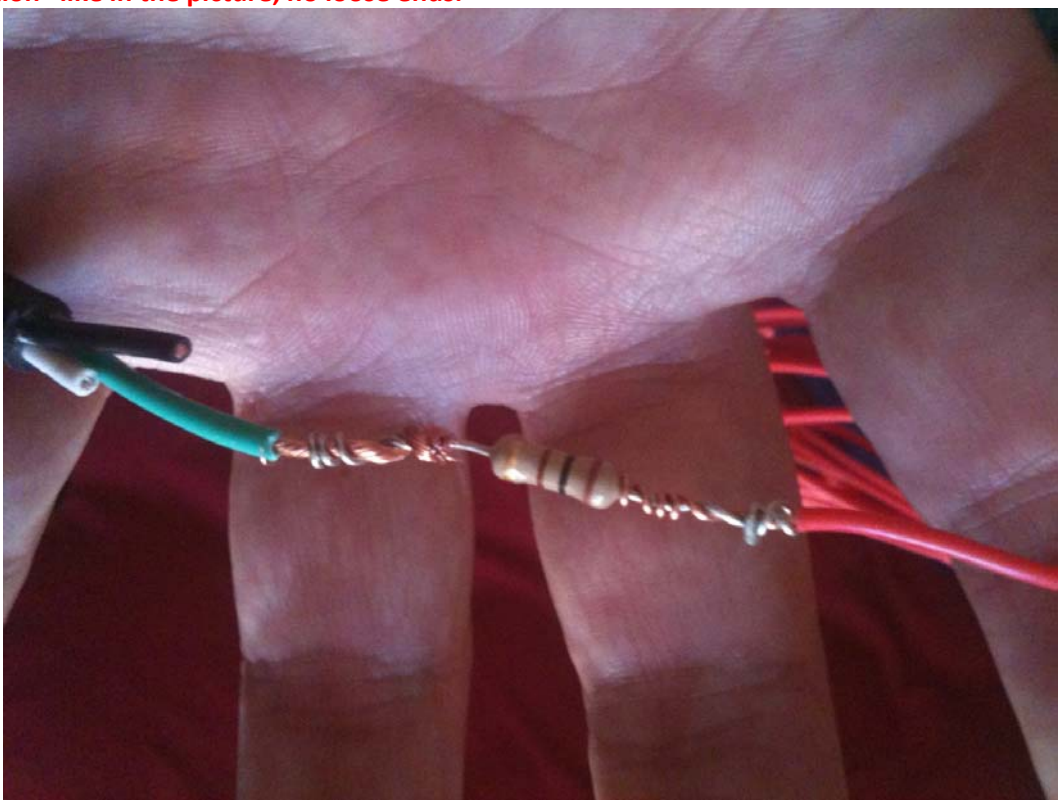
Here are the items I used to make a grounding strap. Mostly I had it lying around the house.

I started by cutting off the end farthest from the plug. Leave the remaining wire as long as possible.

Strip back the wire casing to expose the 3 wires inside. If it's like most, the wires will be black, white, and green. Cut the white and black wires to different lengths shorter than the green wire. Strip about one inch of the green wire bare. It should look something like this.



Take one of the resisters and twist the green wire and the resister tail together. Take the end of the red wire roll strip about an inch bare and twist on the other tail of the resister. ***Be careful to have a "tight connection" like in the picture, no loose ends.**



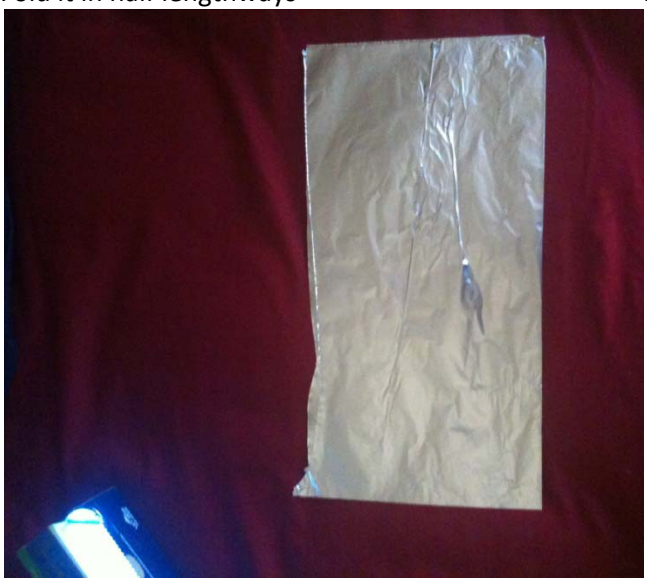
Take the electrical tape and starting at the casing tightly wrap the complete package we just made.

It should look like this when you are finished.

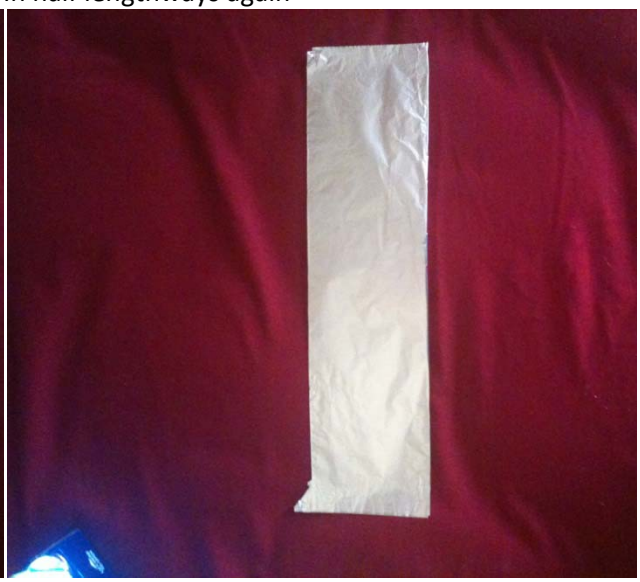
So far so good.

Pull off a one foot square from your roll of foil.

Fold it in half lengthways



In half lengthways again



Fold it over in Half

And half again

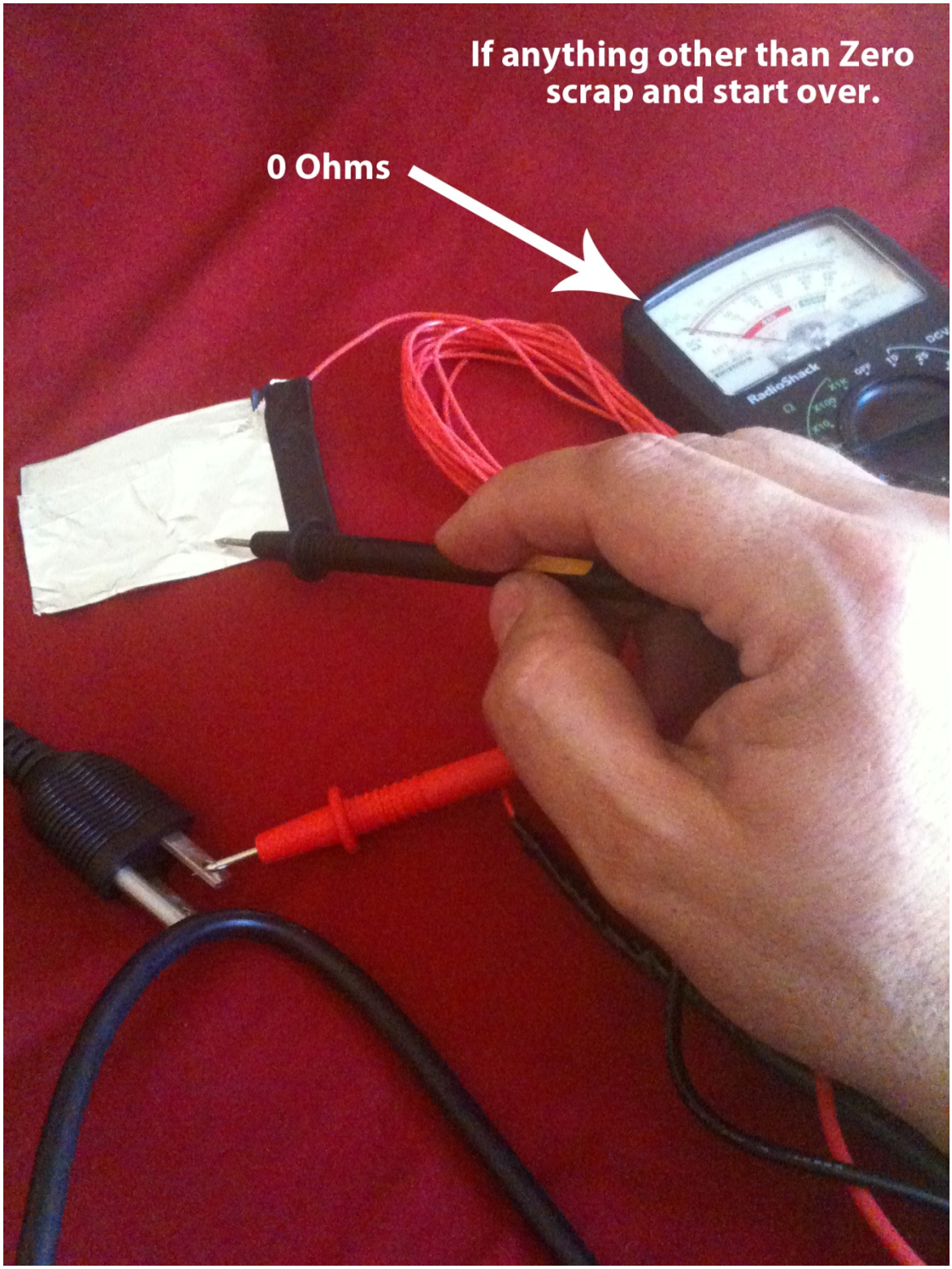
Open back up the last fold figure how much wire you will be putting on your grounding strap and cut and strip bear the end.  Place it on the foil.

Now use the electrical tape and tape the end down to the foil.

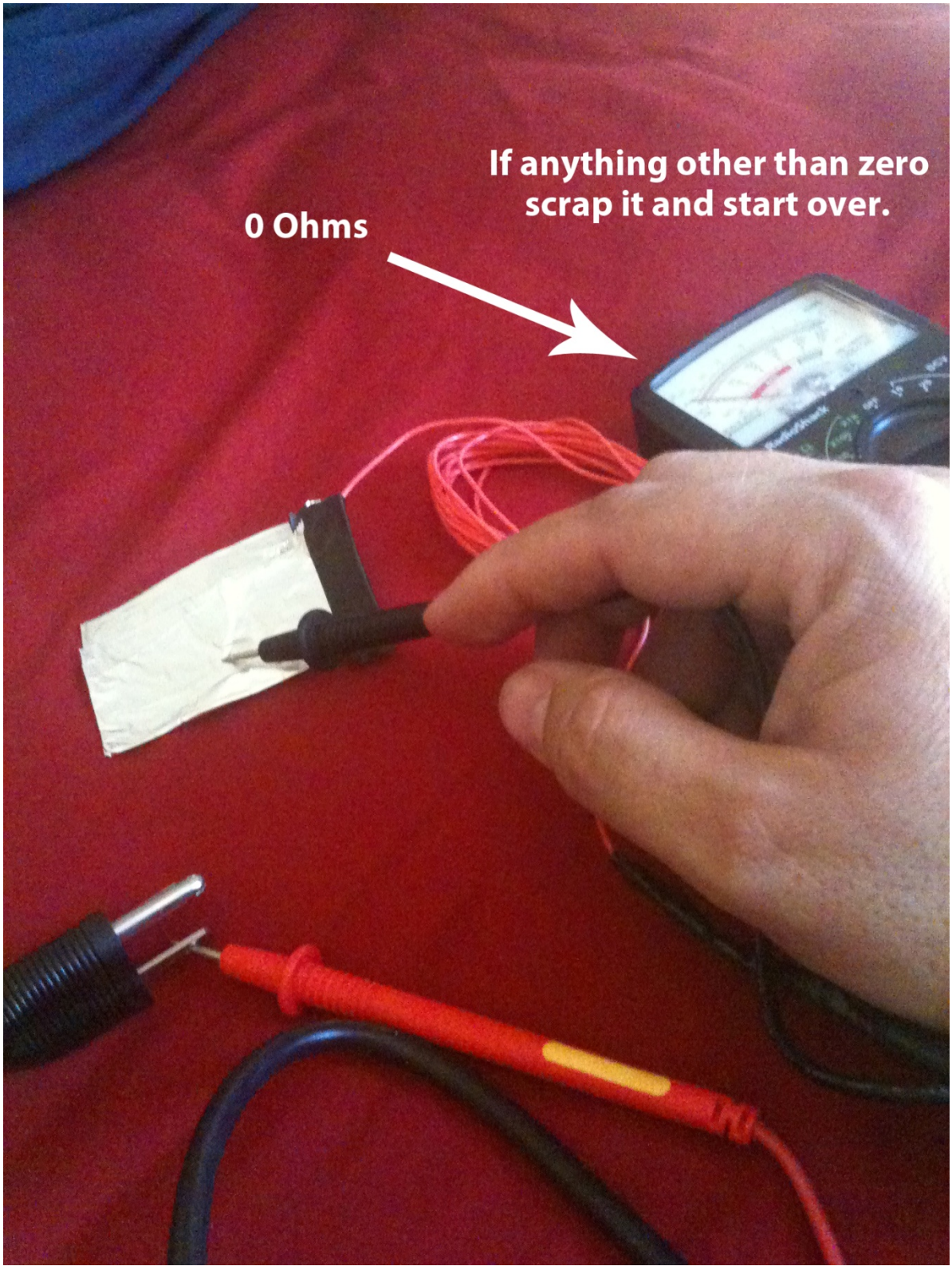
Fold it back up and tape the edge shut it gives it a little more stiffness..

# Do not neglect the next step!

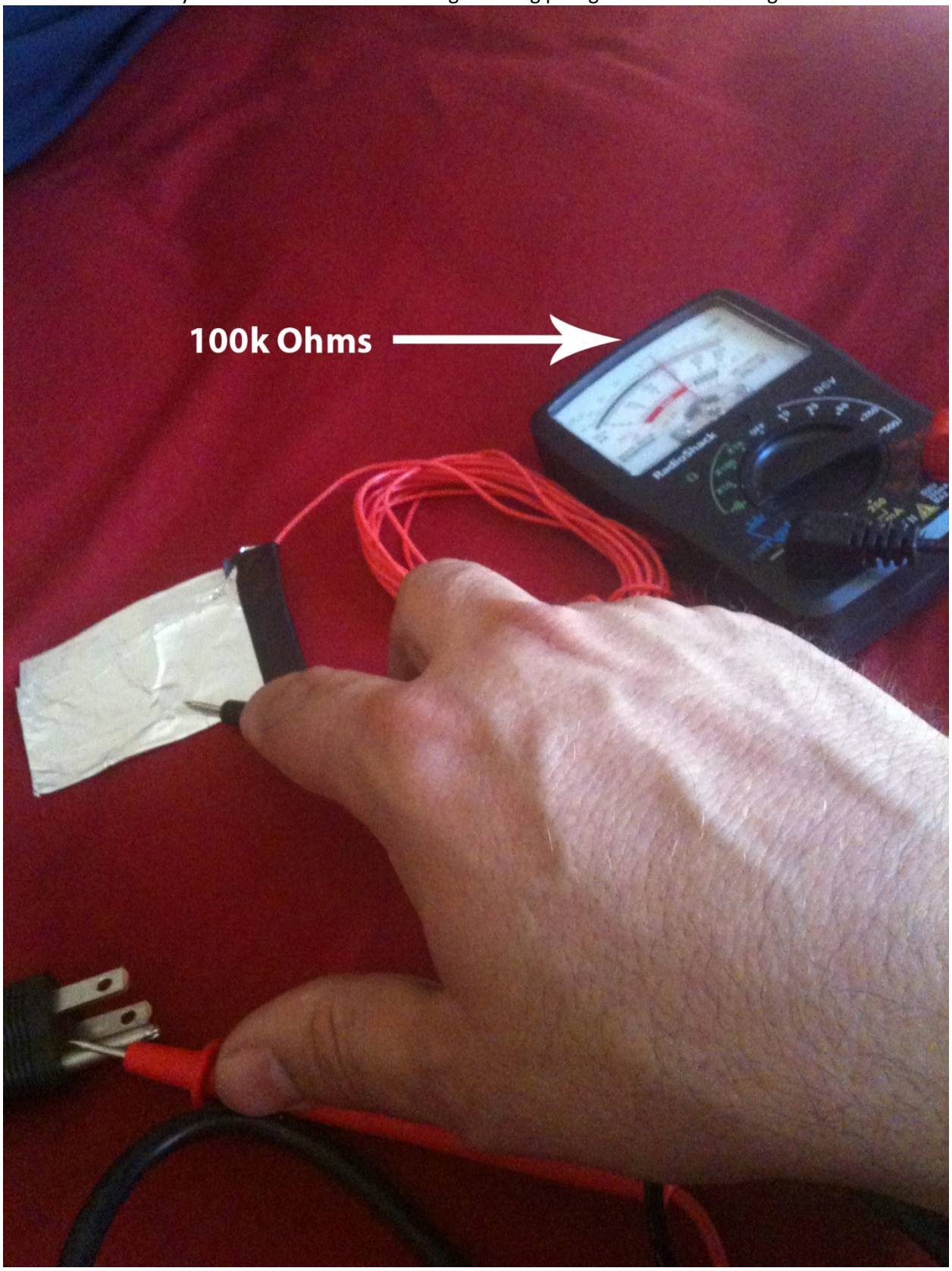
Use your ohm/volt meter to check if you get  a connection from the first blade to your pad, if you do **STOP** and rewire, or you will be shocked when you plug it in.



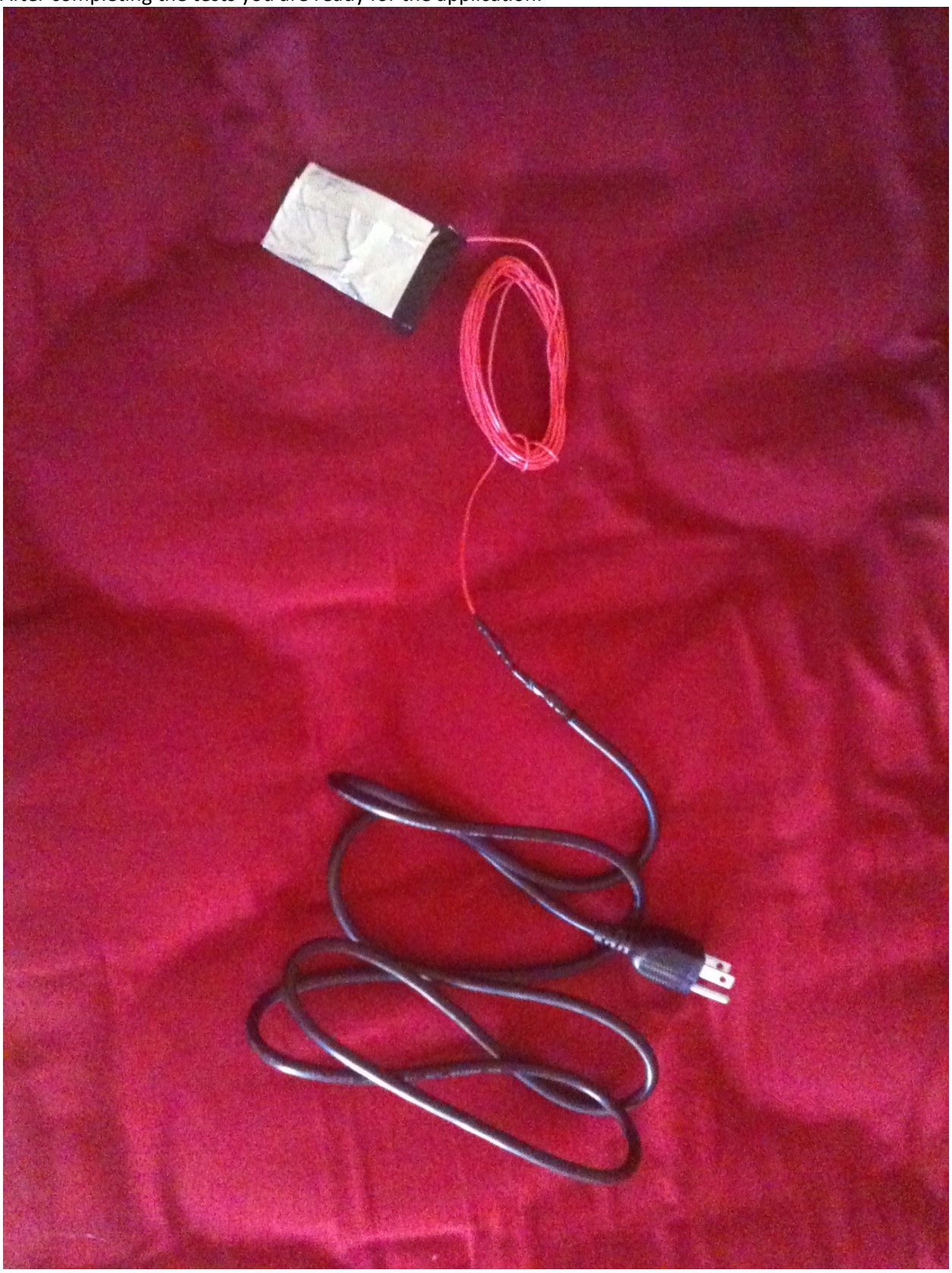
Check the other blade as well, same rule applies, if you have a connection **STOP** and rewire.



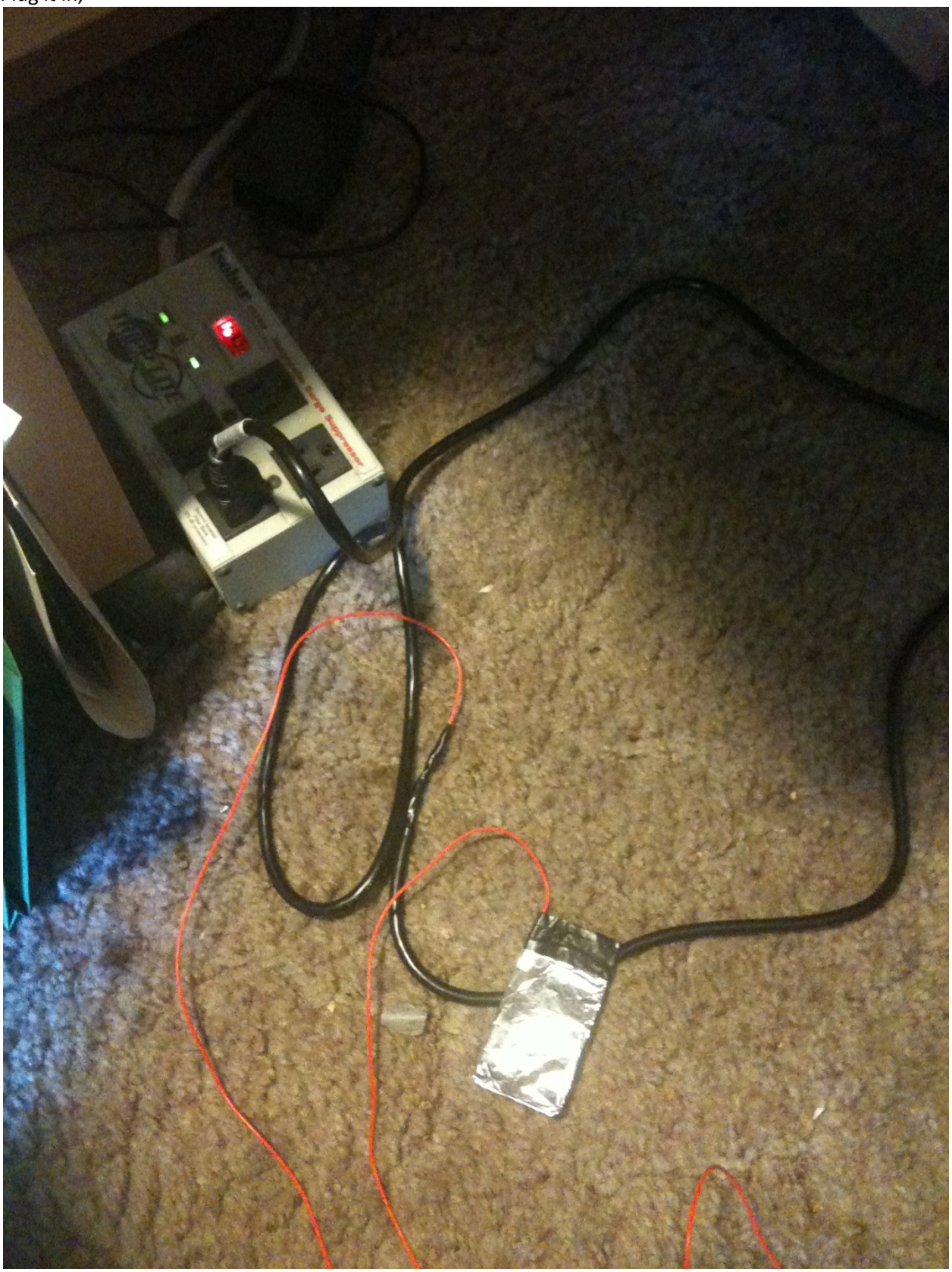
Now check to see if you have a connection to the grounding prong. You should if not go back and rewire.



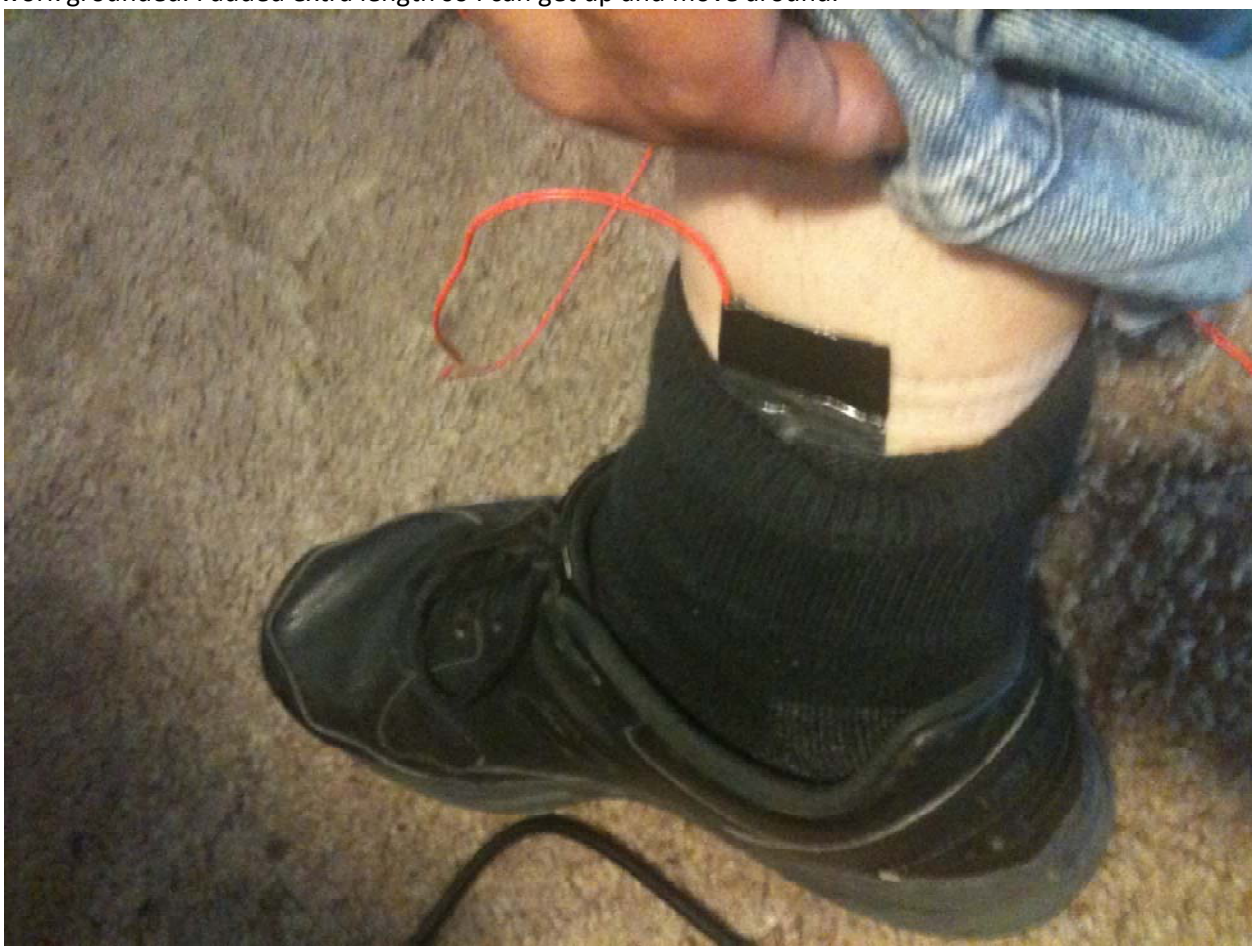
After completing the tests you are ready for the application.



Plug it in,



As for me I just slide it in my sock and poof, I am grounded! Now I can sit at my desk or computer and work grounded. I added extra length so I can get up and move around.



Enjoy the benefits!