



Important Footnote:

There are obvious reasons that warrant caution or absolute contraindication of Reflexology or related modalities—these range from contagious, infectious conditions, areas of acute injuries, deep vein thrombosis, bone thinning conditions, unstable pregnancies, etc. This is not an exhaustive list. In dubious cases, seek counsel from an appropriate professional.

Earthing (same as Grounding) is contraindicated for those taking blood thinning medications, like Coumadin, as the blood may become too thin. (Under a medical professional's care, the pharmaceutical dosage could be reduced to accommodate Earthing therapy). There are many more enlightening details in this Dr. Stephen Sinatra interview article (along with pictures of an amazing Sunflower plant experiment)—Earthing/Grounding is backed by sound science...

<http://articles.mercola.com/sites/articles/archive/2013/08/04/barefoot-grounding-effect.aspx>