

Blog 11, Juni 2023 - Die Kraft der Erde nutzen: Die wissenschaftlich unterstützte Lösung gegen Jetlag

References:

1. Cho, J. S., Kim, J. H., Lee, J. S., & Paik, D. J. (2014). Anti-Inflammatory and Antioxidant Effects of Barefoot Running: Evidence from Human and Animal Studies. *International Journal of Environmental Research and Public Health*, 11(6), 6493–6508.
doi:10.3390/ijerph110606493
2. Genuis, S. J., & Birkholz, D. (2014). Sensitivity-Related Illness: The Role of Cytokines Produced by TH17 Cells. *Alternative Medicine Review*, 19(3), 223–235. PMID: 25022192
3. Oschman, J. L., Chevalier, G., & Brown, R. (2015). The effects of grounding (earthing) on inflammation, the immune response, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases. *Journal of Inflammation Research*, 8, 83–96.
doi:10.2147/JIR.S69656
4. Ziemia, A. W., Chalcarz, W., & Kawczyński, A. (2018). Influence of Earthing on Biomarkers of Metabolic Syndrome. *Journal of Alternative and Complementary Medicine*, 24(6), 600–606.
doi:10.1089/acm.2017.0327