

Ask the Expert: Grounding and the Lokosana® Principle



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The Lokosana® principle was developed in collaboration with scientists, electrical physicists, electrical engineers, sleep and electro-biologists, physicists, doctors, sleep specialists, and many more professionals. Pure, elemental silver constitutes its vital basis. It has long been known that silver possesses excellent properties in the field of electricity and therapy. The effective principle of Lokosana® is also advantageous from a biological perspective, as the human cell also functions according to the bioelectric (capacitor) principle. According to studies measuring the effectiveness of Lokosana®, measurements demonstrate the efficiency of Lokosana® for compensating electromagnetic (high and low frequency) fields at the sleeping place is at around 90%. Our most vital control systems (brain and nervous system, cardiovascular system) are thus effectively biologically protected during sleep. Only in this way, is optimal regeneration possible at all.

Each Lokosana® grounding pad is individually handcrafted and inspected by measuring technology. In terms of electricity, it operates just like an organic capacitor and is structured of the following components:

1. Cotton cover
2. Silver (44% pure silver) cotton fabric (56% pure cotton)
3. Pure new wool insulation layer (dielectric)
4. 8 bio-magnetic strips
5. Grounding cable inside (the body is grounded completely from the head to the feet)
6. Cable output including grounding plug

Lokosana® works primarily with 3 effective principles:

1. Extensive Body Grounding (also known as “Earthing”)

This way, free electrons continuously enter the body, triggering a number of biological effects (de-stressing, sleep promoting, more rapid degradation of the stress hormone cortisol, anti-inflammatory, and many more). Free electrons are a high quality antioxidant and act all night against free radicals and thus against oxidative stress. In addition, an exchange of electric charges with the body is generated and thus the impact of EMF drastically reduced (90%).

2. Bio-Magnetic Therapy (negatively poled magnetic field)

Modern man suffers from a "geomagnetic field deficiency syndrome". The biological effect of the Lokosana magnetic field is structured exactly in compliance with the research of magnetic therapy pioneers Albert Roy



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Davis, Walter Rawls and Dr. William Philpott. Its effect is soothing, de-stressing, soporific and "self healing". The magnetic field generated is equivalent to twice the intensity of the earth's magnetic field (1.0 gauss or 100,000 nanoTesla). Thus, the human can compensate for the existing "geomagnetic field deficiency syndrome" during sleep.

In addition, sleep disturbing and harmful distortions of the geomagnetic field at the sleeping place (reinforced concrete, innerspring / box spring mattresses, etc.) are superimposed. In summary, bio-magnets promote biological processes such as self-regulation, auto-repair or self-healing at night and supply the body with vitality. This "magnetic therapy" is particularly effective when combined with extensive body grounding, which also ensures a significant reduction of harmful electromagnetic fields. As early as 1987, a WHO (World Health Organization) conducted study, which stretched over decades, indicated that no harmful side effects to the human body from static (stationary) magnetic fields were detected.

3. Silver-resonance Therapy and the Schumann Frequency

During sleep, the sleeper comes in resonance with the extensive, silver pad. Silver also is of great importance in homeopathy. Here, especially its vitality and regeneration powers are the focus. Silver particularly heals the nerves and thus gives life and renewing force. A resonance frequency of 8.41 Hertz (Prof. Dr. Andre Varga, University of Heidelberg, Germany) is created between the human body and the grounded silver-fabric, which is in the range of the so-called "Schumann frequency" (7.83 Hz).

The action of the pulsating earth frequency can now be explained in detail. Double-blind studies and practical application have shown that supplying the human body with the earth frequency clearly has positive impact on health and vitality. Also, the human brain in its healthy state demonstrably oscillates in the range of the Schumann frequency and thus is in a natural state of resonance with the earth. The loss of this condition results in not insignificant limitations to our vitality and health. The Schumann frequency results in falling asleep faster and better. Overall sleep quality improves in all stages of deep and REM sleep, too.

The Lokosana® principle has been successfully used by tens of thousands of people every night since 1981. In addition, this unique grounding pad is recommended by many doctors and therapists, among them the world famous Dr. Dietrich Klinghardt (Sophia Health Institute, Seattle, WA USA) and many of the physicians and therapists trained by him.

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