

Wednesday (2026-1-14)

My Daily Grounding Ritual Barefoot Walking: Neutralizes Free Radicals and Boost Longevity

Why I Walk Barefoot Every Day

In my daily routine for health and vitality at 60, I aim for a total of at least **10,000 steps and 1 hour of walking**, divided into three purposeful parts:

- **Early morning brisk walk:** 30 minutes with at least 5,000 steps (shoes on for brisk pace).
- **After lunch light walk:** 15 minutes barefoot (grounding session).
- **After supper light walk:** 15 minutes barefoot (grounding session).

This ancient-yet-science-supported practice, called **grounding** or **earthing**, involves direct skin contact with the Earth's surface (grass, soil, sand) to absorb free electrons. After months of consistency, I've experienced reduced stress, deeper sleep, faster recovery, and a profound sense of calm. While not a miracle cure, peer-reviewed research confirms grounding can reduce chronic inflammation—a major driver of aging and disease—by acting as a natural antioxidant through electron transfer [1][2].

How Grounding Actually Works

The Earth maintains a mild negative electrical charge. When our bare skin touches natural surfaces, free electrons flow into the body. These electrons neutralize positively charged free radicals that cause oxidative stress and chronic inflammation [2][5].

Chronic inflammation is now linked to nearly every major age-related disease: heart disease, diabetes, arthritis, and accelerated aging. Grounding appears to restore electrical balance, acting like an external antioxidant [5].

Key Scientific Benefits of Grounding

1. **Reduces Inflammation & Pain:** A landmark study showed that grounding during sleep (by using grounding mattress or pad) normalized cortisol rhythms, improved sleep quality, and reduced pain/stress in 12 participants. 85% fell asleep faster, 93% slept better, and many reported less pain—likely due to free radical neutralization [3].
2. **Improves Blood Flow & Heart Health:** In a small trial, grounding reduced blood viscosity (a key cardiovascular risk factor) by an astonishing 270% in 10 subjects. This improved red blood cell repulsion (zeta potential) and circulation [4].
3. **Speeds Wound Healing** Grounded subjects experienced 75–100% faster wound healing and significantly lower inflammation markers, as electrons quenched free radicals at the injury site [1].

4. **Lowers Blood Pressure** In 40 patients with hypertension, grounding reduced systolic blood pressure by an average of 14.3% over 12 weeks, linked to decreased oxidative stress [7].
5. **Boosts Mood & Reduces Anxiety** Psychological assessments showed a 58% reduction in tension/anxiety after just 40 minutes of grounding [8].
6. **Supports Muscle Recovery** Athletes who grounded after exercise had 40% less pain and faster recovery, attributed to free radical scavenging [10].

My Practical Grounding Routine Compared to Research

My routine aligns closely with the science:

- **Morning brisk walk (30 min, 5,000+ steps):** Shoes on, brisk pace for cardiovascular fitness (consistent with studies showing walking improves maximum volume of oxygen (VO₂ max) and heart health [4]).
- **Afternoon barefoot 15 min:** Post-lunch grounding reduces inflammation after meals (supported by research on grounding's anti-inflammatory effects [1][6]).
- **Evening barefoot 15 min:** Post-supper grounding aids digestion and sleep preparation (corroborated by cortisol normalization and improved sleep quality [3]).

Research supports split sessions: Brief daily grounding (even 30–60 minutes total) yields measurable reductions in inflammation and stress markers [6][9]. My total 30 minutes barefoot walking matches the duration used in many studies showing mood improvement (58% less anxiety) and faster recovery [8][10].

Tips for Beginners & Safety

- **Start small:** Begin with 5–10 minutes barefoot; build up.
- **Where:** Grass, soil, or sand — avoid pavement.
- **Mindful walking:** Combine with deep breathing or gratitude.
- **Safety:** Avoid contaminated areas; wash feet after; consult your doctor if you have foot wounds, diabetes, or other conditions.

Final Thoughts

In our modern, insulated world (rubber-soled shoes, concrete floors, high-rises), we've become electrically disconnected from the Earth. My split routine of 10,000+ steps (with 30 minutes barefoot grounding) is a free, accessible way to reconnect, neutralize free radicals, curb inflammation, and support longevity. Studies show up to 100% faster healing and 14% blood pressure reductions in grounded individuals [1][7].

I have made a rectangular walking path of about 200 meters using clean soil in my own field, and I regularly walk many rounds on it barefoot every morning and evening.

In 2026, give yourself this gift. Walk barefoot, feel the Earth, and let your body thank you with renewed vigor.

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

Full Bibliography

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