

# Rooted Living Blog Topics

## Effects of Grounding

Grounding, or 'earthing', involves walking barefoot on natural surfaces. Research suggests it can reduce inflammation, improve sleep, balance cortisol, and enhance immunity by connecting the body with the Earth's electrons.

## Vitamin D Benefits

Vitamin D supports bone health, immunity, and mood. Deficiency can cause fatigue, depression, and weakened bones. Natural sunlight and foods like fatty fish or supplements help maintain optimal levels.

## How to Depesticide Food Items

Wash with baking soda or vinegar water, peel skins, or soak in salt water. Organic produce is also a safer choice to reduce chemical intake.

## Microplastic Reduction in Body

Avoid plastic containers, filter drinking water, and consume fiber-rich foods that may bind microplastics in the gut to help eliminate them naturally.

## Leafy Green Benefits

Leafy greens like spinach and kale are rich in vitamins, fiber, and antioxidants. They support heart health, digestion, detoxification, and reduce inflammation.

## Underwear Fabric & Fertility

Polyester underwear may reduce sperm count due to heat and synthetic fibers. Natural fibers like cotton are recommended for male reproductive health.

## Proper Sleep

Deep sleep supports brain detox, hormonal balance, and recovery. Aim for 7-9 hours, reduce screen time before bed, and follow a consistent schedule.

## Vegetables

Regular consumption lowers the risk of chronic diseases. They're high in fiber, water, vitamins, and

plant compounds essential for gut and metabolic health.

## **Ashwagandha - Miracle Herb**

An adaptogen that reduces stress, balances cortisol, boosts testosterone in men, supports thyroid function, and enhances energy and focus.

## **Endotoxins & Effects**

Endotoxins from gut bacteria or food contamination can trigger inflammation, leaky gut, and chronic conditions. Avoid ultra-processed foods and maintain gut health.

## **High Estrogen in Men**

Caused by xenoestrogens in plastics, poor liver function, or excess fat. It may lead to mood swings, low libido, and gynecomastia. Cruciferous veggies and avoiding processed food helps.

## **Seed Oils & Health**

Seed oils like soybean or canola are high in omega-6 fats and may contribute to inflammation. Alternatives include olive oil, ghee, and coconut oil.