**Benefits of Barefoot Walking**

The practice of walking barefoot on grass or dirt is also called Grounding or Earthing

The thought is that by removing synthetic shoes and reconnecting to the Earth exposes the body to the subtle natural electrical charge of the Earth.

Here are some of the potential benefits of walking barefoot on the grass or natural earth

#1: Walking Barefoot on Grass Can Reduce Pain and Inflammation

#2: Walking Barefoot on Grass Strengthens Your Feet

#3: Walking Barefoot on Grass Can Improve Sleep

#4: Walking Barefoot on Grass Can Reduce Oxidative Stress

#5: Walking Barefoot on Grass Can Reduce Stress and Improve Mood

#6: Walking Barefoot on Grass Can Increase Vitamin D Production

#7: Walking Barefoot on Grass Can Help Regulate the Nervous System

#8: Walking Barefoot on Grass Can Improve Eyesight

8 Tips for How to Do Grounding

There isn’t really a “right” or “wrong” way to do grounding or walking barefoot on the grass.

You simply take off your socks and shoes and connect barefoot with soil, grass, or dirt.

#1: Short Walks are Fine #5: Wash Your Feet

#2: Choose Wet Over Dry #6: Do Walking Meditation

#3: Look for Clean Earth #7: Go Grounding After Flying

#4: Check Your Feet #8: Start Slowly