



EQUILIBRANDO SUA SAÚDE

medicina funcional e bem-estar

www.equilibrandosuausaude.com.br
[@equilibrandosuausaude](https://www.instagram.com/equilibrandosuausaude)

Referências Earthing / Grounding / Aterramento

Filmes que recomendo:

<https://www.earthingmovie.com>

Artigos Científicos:

<https://earthinginstitute.net/research/>

[doi: 10.2147/JIR.S69656](https://doi.org/10.2147/JIR.S69656)

[doi: 10.1089/acm.2011.0820](https://doi.org/10.1089/acm.2011.0820)

[doi: 10.1155/2012/291541](https://doi.org/10.1155/2012/291541)

[doi: 10.2147/OAJSM.S87970](https://doi.org/10.2147/OAJSM.S87970)

[doi: 10.2147/JIR.S69656](https://doi.org/10.2147/JIR.S69656)

[doi: 10.2466/06.PR0.116k21w5](https://doi.org/10.2466/06.PR0.116k21w5)

[doi: 10.1089/acm.2011.0820](https://doi.org/10.1089/acm.2011.0820)

[doi: 10.1089/acm.2004.10.767](https://doi.org/10.1089/acm.2004.10.767)

[doi: 10.1007/s12199-009-0086-9](https://doi.org/10.1007/s12199-009-0086-9)

[doi: 10.1007/s00484-019-01717-x](https://doi.org/10.1007/s00484-019-01717-x)

[10.3390/ijerph14080851](https://doi.org/10.3390/ijerph14080851)