

UNO VITA – Brukermanual og veiledning for jordingsprodukter

UNO VITA – User Manual and Guide for Grounding Products

Thank you for choosing grounding products from Uno Vita. Grounding, also known as earthing, restores the body's natural electrical connection with the Earth. This is a natural state for humans, but in modern life we have lost this connection because we wear insulating shoes, sleep in insulated buildings, and are surrounded by electrical and electronic devices. Through grounding products, you can reconnect your body to the Earth's natural electrical potential – the way it was meant to function.

The Earth maintains a stable electrical potential with an abundance of free electrons. When the human body is connected to the Earth, electrical voltage between the body and the ground is equalized, allowing electrons to flow freely to neutralize electrical imbalance. No active current flows through the body – only a natural electrical equilibrium is achieved.

Research has shown that grounding can help reduce electric potential on the body, balance the autonomic nervous system, normalize circadian rhythm, improve sleep quality, reduce blood viscosity, and influence inflammation and stress responses. Several scientific studies have documented these effects in journals such as the *Journal of Environmental and Public Health*, *Explore (NY)*, and the *Journal of Alternative and Complementary Medicine*.

How Uno Vita Grounding Products Work

Uno Vita grounding products connect your body to the Earth through a cable containing an integrated safety resistor. The cable is plugged into a grounded wall outlet or into a separate grounding rod placed in moist soil. The products transfer the Earth's electrical potential to your body without transmitting any current. The body quickly adjusts and reaches an electrical potential close to that of the Earth, reducing accumulated voltage and helping to stabilize the body's bioelectrical systems.

Connecting the Product

Attach the connection cord to the metal snap on the product. Plug the other end into a properly grounded wall outlet or an outdoor grounding rod. The grounding function is active whether the outlet is switched on or off. If you are uncertain whether your electrical system is properly grounded, have it checked by a certified electrician, or use a grounding rod inserted directly into the soil.

Usage and Placement

The grounding sheet is best used in bed, where the body maintains contact for several hours. It can be placed directly under your body or over the mattress with a thin cotton sheet between. Direct skin contact provides the best effect. A grounding mat can be

used under the feet or hands during office work, meditation, or relaxation. A grounding pillow or throw can be used while sitting or resting. A grounding rod can be used in homes, cabins, RVs, or outdoors – anywhere you want true Earth contact independent of the electrical grid.

Practical Tips for Best Results

A little skin moisture improves conductivity between the skin and the grounding product. In very dry environments, a slightly damp cloth can be placed over the contact area (not wet). Thin natural fabrics such as cotton or linen between the skin and the product have minimal impact on conductivity, while thick synthetic materials act as insulators. Ensure good hydration and balanced mineral intake, as this supports the body's natural electrical conductivity. Alternate contact points – feet, legs, hands, or larger body areas – to distribute the effect evenly.

Initial Adjustment Phase

Some users experience immediate effects, while others need several days or weeks. It is common to go through a short adjustment phase as the body rebalances electrically. During this period, some people notice mild restlessness, temporary sleep disturbance, tingling sensations, warmth, or mild discomfort in old problem areas. These effects are harmless and usually pass quickly. Start with 1–2 hours per day and gradually increase usage. Most users report the best results with daily use, especially during sleep.

Implants and Prosthetics

Grounding is considered safe for people with metal implants, including titanium prostheses. Some users may feel mild warmth or localized activation the first few times, but this is normal and harmless. Titanium is biocompatible and a poor electrical conductor, meaning grounding does not affect the function of the implant.

Using Grounding with Electronic Devices

When using a laptop or tablet while charging, you may experience a faint tingling sensation if you touch the metal case while grounded. This is due to small leakage currents in the device's power adapter. It is not dangerous, but you can avoid it by using the device on battery power or placing it on a grounding mat so that the device itself is grounded.

Grounding While Traveling

Grounding works everywhere in the world, but electrical outlets vary. In Norway and most of Europe, Schuko (Type F) or Type E sockets are used. Many travel adapters do not provide an actual ground connection, even if they appear to. Always use adapters with a continuous grounding pin, or simply use a grounding rod for safe and direct Earth connection.

Cleaning and Maintenance

For textile products containing silver threads: wash regularly (once or twice per week) at 40°C (105°F) with a mild liquid detergent free of bleach, optical brighteners, fabric softeners, oxygen-based cleaners, or strong fragrances. Air dry or tumble dry on low heat (maximum 65°C / 150°F). Frequent washing is beneficial, as it removes skin oils that can coat the silver fibers. Wait at least one hour after applying skin lotion or oil before using the product. For grounding mats, wipe gently with a damp cloth and mild soap solution – avoid solvents, alcohol, or abrasives.

With normal use, textile-based products last approximately 2–3 years, while grounding mats typically last 5–10 years. Wear and oxidation of conductive threads are natural over time and influenced by humidity, skin oils, and washing methods.

Safety

Grounding products from Uno Vita conduct only the Earth's natural potential and use no active current. Always use the original cable with built-in safety resistance (100 kΩ). Ensure the cord does not create a tripping hazard. If you suspect an electrical fault in your system, have it inspected by an electrician, or use a grounding rod for safe, direct grounding.

Frequently Asked Questions

Why is grounding important?

Modern lifestyles electrically isolate us from the Earth. Grounding restores natural balance, reduces electric charge buildup, and has been linked in research to better sleep, lower stress, and signs of reduced inflammation.

Is grounding through a wall outlet as effective as using a grounding rod?

Yes, as long as the outlet is properly grounded. A modern electrical system is connected to the Earth through grounding rods. If unsure, consult an electrician or use a grounding rod directly.

How long before I notice results?

Some people feel the difference right away, while others need a few days or weeks. Regular use, especially during sleep, provides the most consistent benefits.

I slept worse after starting grounding – why?

This is a normal short-term activation phase where the body rebalances its internal electrical state and initiates repair processes. It usually passes after a few days. Start gradually and increase your grounding time step by step.

Can I use grounding with medication or other treatments?

Yes. Grounding is a natural physiological state and is generally safe. If you take blood-

thinning medication, note that grounding has been shown in studies to reduce blood viscosity. Consult your healthcare provider if you are uncertain.

Can grounding protect me from electromagnetic fields (EMFs)?

Grounding does not block EMFs, but it reduces body voltage and electrical potential, making the body less susceptible to induced electrical charges from the environment.

What fabric is best between skin and grounding material?

A thin natural fabric such as cotton or linen is suitable. Thick fleece or synthetic materials can insulate and reduce effectiveness.

How long do the products last?

Grounding mats typically last 5–10 years, while silver-threaded fabrics last about 2–3 years. Proper washing and care will significantly extend their lifespan.

Where can I find more information and research?

Uno Vita has compiled articles and scientific documentation on grounding at unovita.no – search for “grounding” in the article section.

Scientific References (Selected)

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