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JUL 22 2014 **Pluggz Shoes**

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Take a mental trip back to when the weather had finally warmed and you went barefoot in the grass for the first time in months, or the no-substitute feeling of walking barefoot on the beach...that tingling in your feet that feels so



amazing it radiates through your body and you instantly feel happy. Ahhh, yes. Are you smiling? Well, I recently learned that this particular feeling is actually energy from the earth. There is a reason we feel happy when we are barefoot on Mother Earth; it is referred to as “Earthing” or “Grounding”, also known as vitamin “G” (Ground), and could be one of the most overall amazing health discoveries of our time. I was stoked to learn about it.

Just as the sun gives us warmth and vitamin D, the Earth underfoot gives our bodies something you may have never, ever thought about – a natural, gentle energy of electrons. However, by wearing our everyday shoes, we are often blocking this valuable energy (most contemporary footwear interferes with the absorption of the earth’s natural energy in to your body; it actually creates a barrier to the absorption of these restorative electrons). However, since our society is not conducive to going barefoot everywhere, what are we to do? Luckily [PluggzSpa](#) has found a way for us to enjoy Vitamin G year round.

Every pair of *Pluggz* grounding and earthing shoes – [women's ballet flats](#), loafers and flip flops, and men's flip flops, contain soft black plugs made from a custom-formulated carbon and rubber compound that sit under the weight bearing part of your feet. *Pluggz* proprietary technology is carefully engineered and designed in to the insoles of all shoes to simply conduct the flow of the earth's electrons in to your body every time you take a step on the ground. When this happens, you get grounded effortlessly (even on concrete!).

So I am now obsessed with wearing my *Pluggz* flip flops. I feel like when I don't have them on I am missing out on something valuable (which I am). I encourage you to try them and see for yourself...the "Plug" in the insole even, in my opinion, feels like a mini massage in the bottom of my foot. And their styles do not stop at flip flops...they have adorable ballet flats, loafers, as well as men's flip flops. I encourage you to give them a try...I know I am sold!!