

Instructions Body Voltmeter



Instructions for use of Body Voltmeter

Body voltage can only be accurately measured by multimeters with a sensitive AC-measurement range of 0.1 mV (millivolts)

With this device you can easily test if your earthing product (mat, sheet, blanket or pillow cover) works well and what effect it has on your body by measuring your body tension before and during grounding.

To test the effect of your earthing product (and your body voltage), proceed as follows:

1. First check whether your earthing product is properly connected to the earth
2. Connect the hand rod (-black cable) and the green cable to the meter (see image)
3. Now connect the green cable with a following grounding point (if necessary with the use of the alligator clip):
 - 1 of the 2 holes of a grounding adapter plug (easiest) in a grounded wall socket
 - The grounding or grounding pin of a wall socket (varies per country) or a grounded extension cord (in a grounded socket)
 - An unpainted metal heating pipe
 - A connected earthing pin (best with a splitter)
4. Hold the hand rod clamped in your palm
5. Set the multimeter in the **V~** mode (AC) (see image)

You will now see **your body voltage** on the display (could be between 0,5 and 15 V) according to your tension and your response to the power levels of the area where you are. This voltage can change when you move closer or further away from electricity and electrical appliances.



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6. Now you can test the performance of your grounding product:

With the green cord grounded and the hand rod clamped in your palm, now hold your other palm against a connected grounding product. If your grounding is working properly, the meter will go smoothly below 0.5 Volts. The longer you ground, the further your voltage will drop. If you have values below 0.1 Volt you are well grounded. Up to 1 Volt reasonable. Above 1.5 Volt badly.

Note: The meter can jump to **mV** (one thousandth Volt). Just press the **RANGE** button until **V** returns on the bottom right of the display.

You can also test while holding **your bare foot** on the earthing product (still holding the hand rod in your palm). This usually gives an even faster grounding because it is our natural contact with the ground.

7. Measuring your own body voltage not grounded is a snapshot and is partly dependent on the electrical stress around you (GSM, WiFi, high voltage, house electrical cables, radiation, ...). In addition to your own body voltage, you also measure your environmental factors at the place where you are.

Therefore it's more important to measure if you are grounded and how well this is done, so that your body can effectively recover and build up resistance in this tension free climate.

We strive (as we came into existence) to be grounded 24 hours a day. Then our body will balance itself day after day in the most natural way, without pills.

With the Body Voltmeter we can always check if this process goes well.