

Instructions Body Voltage Meter



Using the Body Voltage Meter

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 (image)
3. Now connect the green cable with a following grounding point (if necessary with the use of the alligator clip):
 - In 1 of the 2 holes of the **grounding adapter plug** (easiest) in a **grounded wall socket** or a **grounded extension cord** in a grounded wall socket.
 - Directly to the **grounding or grounding pin of a wall socket** (varies per country) or a **grounded extension cord** (also in a grounded socket), eventually by using the alligator clip
 - An unpainted section of a **metal heating pipe** or a connected radiator
 - Our **grounding pin** (30cm) inserted in the ground (best with a splitter when your grounding product is also connected with it)
4. Put shoes on so your body does not 'falsely' ground through the floor
5. Hold the **hand rod** clamped in your palm
6. Set the multimeter in the **V~** mode (AC) (see image)

You will now see **your body voltage** on the display (Can be between 0,5 and 15 V) according to your own voltage and also your reaction to the electricity concentrations in the space you're in (electrical cables in the floor, walls and ceiling, electrical appliances, lights, bed motors, alarm clocks, ...). This voltage (electrosmog) changes constantly as you move relative to electrical energy sources ...



Summary:

Measuring your own body voltage not grounded is a **snapshot** in time and is highly dependent on the electrostress around you (due to the presence of electrical lines, electrical appliances, lights, bed motors, alarm clocks, ...).

So, in addition to your own body voltage, you mainly measure the environmental factors at your location. The neutralisation of these, i.e. when the meter drops, means that the earth's electrons can reach your body sufficiently, that your connection is good and that your grounding product is working for you. This already happens enough when the values of the meter drop a little and does not have to be zero at all. Grounding yourself ensures that in this (dis)tension your body can purposefully recover and build resistance.

We strive (as we were created) to be grounded 24/7. Then, day by day, our body continues to regain its natural balance. With the Body Voltmeter, we can always verify if this is going well.

7. 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.

On the display, you will see your body voltage drop. **If your grounding is working well, the meter goes down smoothly.** Then you are already perfectly grounded and the relaxing and healing earth electrons reach you sufficiently. So the meter does

not be at zero at all because we only measure the neutralisation of alternating current on your body by grounding. This is the indication that grounding is working fully and sufficiently for you. If the meter does not drop or rise, there is a problem.

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.