

# Quality of Life *Grounding*

## User Manual



# Table of Contents

---

<b>Introduction</b>	<b>4</b>
What is Grounding?	5
What are the benefits of grounding?	6
Scientific Evidence Backing Grounding	7
Evidence From Scientific Experiments	8
<b>Why Quality of Life Grounding?</b>	<b>9</b>
Our Mission	9
Our Vision	9
Our Product	10
<b>Grounding Mat for Bed</b>	<b>10</b>
Sizes	10
Base Material	10
Technical Properties	10
<b>HT 305B (with Light and Switch)</b>	<b>11</b>
Device Type	11
Key Features	11
Application	11
Durability	11
Compability	11
<b>Grounding Coil Cord (15 Feet)</b>	<b>12</b>
Product Type	12
Key Features	12
Connector Ends	12
Application	12
Durability	12
Compability	12
<b>Improving Your Health and Wellbeing</b>	<b>13</b>
Embrace Grounding as a Lifestyle	13
What You Need to Achieve Positive Results	13
We are Committed to Your Wellness	14
<b>QoL Grounding Mat Usage Guide</b>	<b>15</b>
Setup and Use	15
Proper Usage Guide for Better Results	15
How to Know Your Mat is Working	16
Why You Should Not Use This Tester	16
Maintenance	17
Precautions	17
Medical and Medication Considerations	18
<b>Frequently Asked Questions (FAQs)</b>	<b>19</b>
General Use	19
Health & Safety	19
Connectivity & Installation	20
Specific Scenarios	20
<b>We're Here for You</b>	<b>22</b>
<b>Track Your Progress</b>	<b>22</b>
<b>Join Our Grounding Community</b>	<b>23</b>
<b>Thank You For Choosing Us!</b>	<b>24</b>

# Introduction

---

Welcome to Quality of Life Grounding.

In today's highly technological world, we are surrounded by electronic devices and artificial environments that increase static electricity in our bodies.

This constant exposure not only disrupts our natural balance but also distances us from one of the most fundamental sources of health and wellness: **the energy of the Earth.**

By connecting directly with the Earth, we can neutralize the excess static that builds up in our bodies, restoring balance and promoting natural healing.

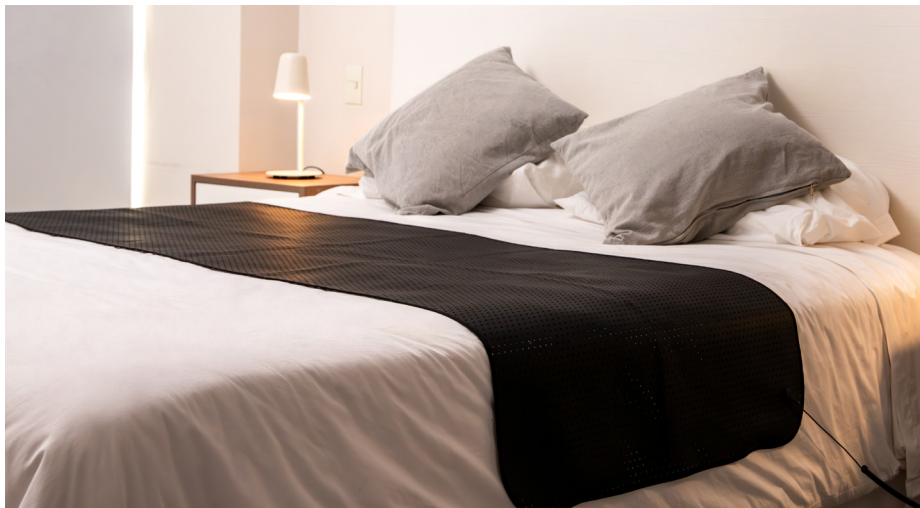
In a reality where stress, sleep problems and muscular aches and pains are part of everyday life, grounding offers a simple way to alleviate these problems.

By choosing QOL Grounding, you are taking the right step to regain your health.

You are embarking on a journey that prioritizes your well-being and we are here to guide you every step of the way.

This manual is your complete guide to understand how grounding can transform your life and help you enjoy its benefits to the fullest.

You're not just making a purchase; **you're taking the first step toward a more balanced life.**



## What is Grounding?



Grounding, also known as earthing, is a transformative lifestyle practice that involves establishing direct contact with the Earth's surface.

Its effects on health and well-being can be profound, offering benefits such as reducing inflammation, alleviating pain, enhancing sleep and boosting overall vitality.

In today's modern world, where artificial environments dominate, we lost connection with the ground.

This disconnection can manifest in chronic pain, poor sleep and general discomfort, contributing to a range of chronic conditions such as cardiovascular diseases, diabetes, arthritis, autoimmune disorders, and even mental health issues like depression and anxiety.

Grounding addresses this disconnection by restoring an essential energetic link between us and the Earth.

By simply walking barefoot on natural surfaces or using grounding products like ours you can re-establish this connection and experience a remarkable improvement in your well-being.

Think of grounding as a natural remedy that counteracts the negative effects of inflammation—a primary factor in many chronic diseases and aging processes.

When you ground yourself, your body absorbs free electrons from the Earth's surface, which can neutralize the excessive free radicals that cause inflammation and pain.

The result is often pain relief, enhanced mood and increased energy levels.

# What are the benefits of grounding?

Grounding offers a deep reconnection with the Earth's natural energy, supporting the body's innate ability to heal and thrive. By integrating this practice into your daily routine, you can experience a wide range of health benefits:

## ALLEVIATES CHRONIC INFLAMMATION

Grounding helps to naturally reduce persistent inflammation, which is a root cause of many chronic diseases and aging processes.

## RELIEVES PAIN

Provides effective relief from various types of pain, promoting comfort and reducing discomfort.

## ENHANCES SLEEP QUALITY

Improves the quality and duration of sleep, helping you fall asleep faster and wake up feeling refreshed.

## BOOSTS CIRCULATION

Supports healthy blood flow, ensuring vital oxygen and nutrients reach every part of the body, enhancing vitality and reducing blood viscosity.

## INCREASES VITALITY AND MOOD

Promotes overall well-being, making you feel more energetic, rejuvenated, and happier by reducing stress and improving emotional balance.

## BALANCES HORMONAL HEALTH

Can help alleviate symptoms related to hormonal imbalances and menstrual discomfort, offering relief from PMS and menopause symptoms.

## REDUCES MUSCLE TENSION AND SPEEDS RECOVERY

Eases muscle tightness, reduces headaches, and accelerates healing from injuries and strenuous physical activities.

## ENHANCES NERVOUS SYSTEM FUNCTION

Particularly beneficial for premature infants, grounding has been shown to support nervous system development and function.

## REGULATES BLOOD SUGAR LEVELS

Helps lower fasting glucose levels, potentially aiding in the management of diabetes.

## PREVENTS BONE DENSITY LOSS

Supports the maintenance of bone health by reducing the loss of essential minerals like calcium.

## SHIELDS FROM ELECTROMAGNETIC FIELDS (EMFS)

Acts as a natural barrier against potentially disruptive EMFs, reducing the impact of electronic devices like cell phones,

## REDUCES STRESS LEVELS

Calms the nervous system, normalizes cortisol levels, and has a soothing effect on the brain's electrical activity, reducing physical and psychological stress.

## OPTIMIZES BIOELECTRICAL FUNCTION

Establishes a stable electrical environment within the body, enhancing cellular function and overall efficiency.

## ANTI-AGING EFFECTS

Helps counteract oxidative stress and free radical damage, potentially slowing the aging process.

## Scientific Evidence Backing Grounding

Several studies have proven the benefits of grounding/earthing, and we'll be mentioning a few, to let you know that our product is backed by science.

A 2012 [research](#) suggests several benefits of grounding for overall health, including positive impacts in the following areas:



Inflammation



Immune response



Wound healing



Chronic inflammatory



Autoimmune diseases

A 2013 [research](#) proves that Earthing (Grounding) Reduces Blood Viscosity, which is a Major Factor in Cardiovascular Disease. This study provides anecdotal and clinical evidence that suggest that grounding is beneficial for:



Reducing inflammation and pain



Improving sleep



Stress response



Blood flow

Another randomized [research](#) conducted in 2012 found that grounding delivers significant improvement in:



Heart rate variability



Sleep quality



Reduced stress



Reduced inflammation

The 2019 [study](#) published in Explore: The Journal of Science and Healing investigated the effects of grounding on bodyworkers, particularly massage therapists, focusing on pain and overall quality of life. The study involved 16 massage therapists who were grounded while working and sleeping for four weeks, followed by a week without grounding. The results showed significant benefits, including:



**Reduced Pain:** Participants experienced a decrease in pain levels while grounded compared to when they were not grounded.



**Improved Physical Function:** Grounding was associated with an increase in physical function and energy levels.



**Better Mood:** There were notable reductions in fatigue, tiredness, and depressive mood, contributing to overall improved emotional well-being.



**Sustained Benefits:** Even one month after the study, participants maintained improved physical function and reduced depressive symptoms.

The [2018](#) study published in the Journal of Inflammation Research explored the effects of grounding on inflammation, immune response, and wound healing. The findings indicate that grounding can significantly reduce chronic inflammation and improve immune function, making it a potential natural intervention for managing chronic inflammatory and autoimmune diseases. This study supports the idea that grounding can have a profound impact on overall health by enhancing the body's natural healing processes and reducing inflammation markers.

## Evidence From Scientific Experiments

To further validate these findings, we have included video demonstrations that showcase the grounding process and the effectiveness of our QoL Grounding Mat:

### Grounding Basics Blood Test

Watch Dr. Cimone Kamei of Jujube Hawaii Clinic prove the benefits of Earthing to improve blood quality. One of the benefits of Earthing discussed in this video is its effect on electrical charge on red blood cells, which is seen in reduction of blood viscosity and clumping, thereby improving basal health. [Watch the video here](#)

### Scientific Blood Test: Prove of Grounding Mat

Watch Shannon experiment with grounding mats through live blood analysis. The video shows you what the blood cells look like before and after exposure to the grounding mat. The video proves that the potential benefits of Grounding such as improved circulation, reduced inflammation, and enhanced well-being as claimed by experts is True! [Watch the video here](#)



# Why Quality of Life Grounding?

In a world that often leaves us feeling overwhelmed, it's easy to lose track of what really helps us feel better—things as simple as reconnecting with nature.

Stress, restless nights, and body aches are part of modern life, but there's a simple way to help ease these challenges: **grounding.**

Our grounding mat provides a natural way to restore some of that balance. It's not a cure-all, but by staying connected to the Earth's energy, you might find yourself feeling calmer, sleeping better and dealing with less physical discomfort. It's a small change that can make a meaningful difference in how you feel day to day.

We believe that wellness doesn't need to be complicated. That's why we're here to support you with tools and guidance. Grounding is a simple act and while it might be hard to notice the effects at first, over time it can quietly improve your life.

This isn't just about using a product—**it's about taking small steps to feel more connected to the world around you and in turn, to yourself.**

## Our Mission

The real pandemic today is what technology is doing to our bodies—stress, anxiety, bad sleep and physical discomfort are everywhere.

Our mission is to provide an easy way to restore balance and combat the effects of our tech-driven lives.

## Our Vision

We want to see people connect not only with the Earth but also with healthier habits like meditation, reading, exercise and proper nutrition.

These, along with grounding, are the tools we have to maintain balance against technological advancement.



## Our Product

The QOL Grounding mat is specially designed to bring grounding into your home, alongside its benefits. Our mat is made of comfortable and durable materials and will last a long time.

## Grounding Mat for Bed

### Sizes:

King: 27"×78"

Queen: 27"×60"

**Base Material:** Polyurethane (PU)

**Material Nature:** Polyurethane is a synthetic polymer known for its durability, flexibility, and anti-static properties. These characteristics make it ideal for applications where it is crucial to inhibit unwanted electrical signals and prevent the buildup of static charges, such as in grounding mats. It is important to clarify that, due to these anti-static properties, this product is not an electrical device but a passive product that functions to balance the body's electrical charge.



## Technical Properties

**Grounding Capability:** PU is chosen for its ability to facilitate direct connection to the Earth's energy. This is key to reducing static electricity and being the conductivity between you and the ground.

**Anti-Static Function:** The structure of PU is designed to effectively inhibit external electrical signals and prevent the buildup of static charges. This feature is essential to ensure an environment free of electrical interference.

**Adaptability and Comfort:** The inherent flexibility of PU allows the mat to conform perfectly to the bed's surface, maintaining continuous and efficient contact with the user's skin.

**Durability and Longevity:** PU offers high resistance to wear and tear, ensuring the product's long lifespan even under constant use.

**Skin Compatibility:** The material is hypoallergenic and non-toxic, making it safe for prolonged skin contact during use.

# HT 305B (with Light and Switch)

**Device Type:** HT 305B

## Key Features:

- 🌀 **Integrated Light:** The HT 305B is equipped with an integrated light that enhances visibility, particularly in low-light environments, making it easier to use and read during operations.
- 🌀 **Switch Functionality:** This model includes a switch, providing users with greater control and ease of operation. The switch allows for easy activation or deactivation of the device as needed.
- 🌀 **Indication System:** The device is designed with a clear indication system that helps users quickly identify its operational status and any issues with the electrical circuit being tested.



## Application:

- 🌀 **Purpose:** The HT 305B is a diagnostic tool primarily used for checking the integrity of electrical circuits. It is commonly used in electrical maintenance, safety checks, and troubleshooting tasks.
- 🌀 **Non-Electrical Device:** It's important to note that while this device interacts with electrical systems, it does not function as an active electrical component but rather as a diagnostic and testing tool.

## Durability:

- 🌀 **Construction:** The device is built with robust materials designed to withstand regular use in various environmental conditions. The durable casing protects the internal components from damage and ensures long-term reliability.
- 🌀 **Safety Features:** The HT 305B is designed with safety in mind, including built-in features that protect users from electrical hazards during use.

## Compatibility:

- 🌀 **Use Cases:** Suitable for both professional and DIY use, the HT 305B is compatible with standard electrical outlets and circuits, making it a versatile tool for a wide range of applications.

# Grounding Coil Cord (15 Feet)

**Product Type:** Grounding Coil Cord

## Key Features:

- 🌀 **Coiled Design:** The grounding cord features a coiled design, allowing it to stretch and retract as needed. This flexibility minimizes tangling and provides ease of use, making it ideal for various grounding applications.
- 🌀 **Length:** 15 feet when fully extended, providing ample length for convenient use in various settings.



## Connector Ends:

- 🌀 **Snap Connector:** One end of the cord is equipped with a snap connector, designed to easily attach to grounding mats, wrist straps, or other grounding devices. This ensures a secure and stable connection.
- 🌀 **Grounding Plug:** The other end includes a standard grounding plug, compatible with most grounding outlets. This plug is specifically designed to connect the cord to an electrical outlet's ground port, facilitating effective grounding.

## Application:

- 🌀 **Purpose:** This grounding coil cord is primarily used to connect grounding products (such as mats, wrist straps, etc.) to a grounded electrical outlet. It ensures that the user or device is safely connected to the Earth's natural electric field.
- 🌀 **Non-Electrical Device:** It's crucial to note that this cord is not an electrical device but rather a conductive path that facilitates grounding. It does not carry an electrical charge or power any device.

## Durability:

- 🌀 **Material:** Made from durable materials, the coil cord is designed to withstand repeated use and maintain its elasticity over time.
- 🌀 **Safety:** The grounding cord is built to ensure a reliable and safe connection to the grounding source, reducing the risk of static electricity buildup and ensuring user safety.

## Compatibility:

- 🌀 **Universal Use:** This grounding coil cord is compatible with a wide range of grounding products and is suitable for both personal and professional use in environments where grounding is necessary.

# Improving Your Health and Wellbeing

## Embrace Grounding as a Lifestyle

At QoL Grounding, we believe in setting realistic expectations for your health journey. Grounding is a proven, effective practice that supports your overall well-being, but it works best when combined with a holistic approach to health. It's not a miracle solution, but a valuable tool that, when used consistently, can enhance your life.

## Here's What You Need to Achieve Positive Results with Grounding

### 1. Patience and Consistency

Positive lifestyle changes take time and consistent effort, and so does grounding. Integrate grounding into your daily routine as a long-term commitment to your health. With patience, you will start to notice improvements as your body rejuvenates naturally.

### 2. Combine Grounding with Good Health Practices

Grounding is most effective when paired with healthy practices such as regular exercise, a balanced diet, sufficient water intake, and adequate sleep. Together, these practices form a comprehensive wellness toolkit that supports your overall health and well-being.

### 3. Mindfulness is Key

Integrate grounding mindfully into your daily routine to reap the full benefits. Approach grounding with an open mind and make time to connect with the Earth's energy using your grounding mat.

### 4. Track Your Progress with Our Exclusive System

To truly maximize the benefits of grounding, we encourage you to use our exclusive tracking system. This system is designed to help you monitor your progress and make the most of your grounding experience. By regularly tracking your progress, you can stay motivated and see tangible results over time. This commitment to tracking, alongside your active participation, is crucial for achieving the best outcomes.



## We are Committed to Your Wellness



Just as you need to be committed to the grounding journey, we are committed to supporting you. Our team of experts is here to answer your questions about the product and the lifestyle as a whole. For personalized guidance and support, please reach out to our customer support team. We are here to ensure your experience with our product is fulfilling and effective.



# QoL Grounding Mat Usage Guide

## Setup and Use

- 1. Test the Outlet:** Before using your QoL Grounding mat, it's essential to verify that your wall outlet is properly grounded using the included grounding outlet tester. This step is crucial for the mat to function correctly, as it needs a direct connection to the Earth's energy. If the outlet is not grounded, the mat will not be able to conduct the Earth's energy and, therefore, will not work as intended.
- 2. Connect the Mat:** Once you have confirmed that the outlet is properly grounded, connect the mat's cable to the outlet using the grounding cord provided.
- 3. Placement:** Place the mat on your bed, couch, or any comfortable surface where you will be in direct contact with it. Make sure that the mat is touching your skin directly, as this allows for the best grounding experience.
- 4. Daily Use:** Use the mat for at least 30 minutes a day. This can be while you relax, sleep, or meditate. Over time, you will begin to feel the benefits such as improved sleep, reduced stress, and decreased inflammation.

## Proper Usage Guide for Better Results

Use the Grounding mat throughout the night to ensure a long grounding time for enhanced benefits.

Ensure that your skin is always in contact for improved conductivity and better transfer of electrons.

Ensure to relax your body before usage.

Hydrate properly before use.

Move your foot around regularly to improve circulation.

In hot days you can put the grounding mat under the bed sheet you.

# How to Know Your QOL Grounding Mat is Working

To ensure you're on track to reap the best results from our products, it's essential to confirm that your grounding mat is functioning correctly.

Start by checking the grounding cord, outlets, and the mat itself. Make sure the grounding cord is securely connected to both your mat and the power outlet.

If your grounding mat is properly plugged in, it should be working effectively.

While you might not feel an immediate change or sensation when you first step or sit on the mat, you will gradually start to notice improvements in your mood and overall relaxation.

To ensure you're benefiting fully from your QOL Grounding mat, it's important to confirm that it's functioning correctly. Here's how:

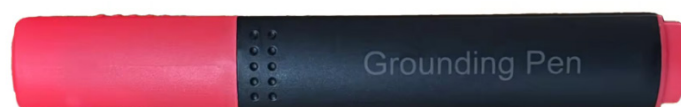
## 1. Check the grounding cord and outlet:

Ensure the grounding cord is securely connected to both the mat and a properly grounded power outlet.

## 2. Proper testing:

Although the most reliable way to test if your grounding mat is working is by using a multimeter or grounding tester, you don't necessarily need to perform this test. All our products have already passed thorough quality control inspections and this test is part of that process. However, if you prefer extra peace of mind, these testers are available on Amazon.

## Why You Should Not Use This Tester



At QOL Grounding, we believe in providing products that deliver real value.

That's why we chose not to include this pen that other brands offer. Can light up regardless of whether the mat is connected or not, which can create a misleading sense of functionality.

We prioritize quality and efficiency and see no point in adding something that does not meet its purpose.



## Maintenance



**Cleaning:** Clean your grounding mat with a damp cloth and mild soap.



**Storage:** Please store your mat in a cool, dry place.



**Periodic Checks:** Check your mat and its accessories periodically for signs of wear, tear, or damage.



## Precautions



**Cleaning Agents:** Avoid using soap, detergent or cleaning agents with harsh chemicals.



**Proper Connection:** Ensure your mat is connected to a proper grounding outlet.



**Water Exposure:** Water negatively affects the mat reducing its conductive properties.

## Medical and Medication Considerations



Research shows that using the Grounding can help restore the body's natural electrical balance, reducing inflammation, improving sleep, and boosting energy levels.

If you are currently under medical care or taking medication, it is essential to consult your healthcare provider before integrating the mat into your routine. Grounding can influence how you feel and may affect medical test results, potentially requiring adjustments in your medication.

This is particularly important for conditions related to blood thinning, blood sugar regulation, blood pressure, or thyroid hormone levels.

Grounding may produce blood thinning, so if you are on anticoagulant medications, it's important to monitor your health closely and communicate any changes to your healthcare provider.

Additionally, the mat can help regulate blood sugar levels. If you are on anti-diabetic medication, it is advisable to discuss the use of the grounding mat with your doctor to determine if any adjustments are necessary.

Similarly, as grounding reduces inflammation, if you are taking anti-inflammatory medications, please monitor your response and consult your healthcare provider if needed.

# Frequently Asked Questions (FAQs)

## General Use

How long should I use the grounding mat daily?

🌀 We recommend using the mat for at least 30 minutes daily, ideally while sleeping, to experience the maximum benefits.

Can I use the mat on any surface?

🌀 The mat works best on flat surfaces like a bed or couch, ensuring continuous contact with your skin.

Is there a technical way to know if the mat is working?

🌀 You can use the included outlet tester to verify the grounding of your outlet. Our mats undergo rigorous quality control, so they are guaranteed to be fully functional.

Do I need to unplug the mat when not in use?

🌀 No, you can leave the mat plugged in. It only conducts the Earth's energy and does not consume electricity.

## Health & Safety

Can I become electrocuted if I use the grounding mat?

🌀 No, the mat does not carry electrical power. It safely channels the Earth's energy through a built-in safety resistor.

Is it safe for pets to come in contact with the mat?

🌀 Yes, pets are naturally inclined to connect with the Earth's energy. The mat is safe for them to use.

Can grounding help with pain and inflammation?

🌀 Grounding has shown to reduce inflammation, potentially alleviating pain by neutralizing free radicals in the body.

Is there any risk of using the mat during a thunderstorm?

🌀 While grounding itself is safe, we recommend unplugging the mat during severe thunderstorms as a precaution.

Can I use the mat if I have a pacemaker or other medical devices?

🌀 Consult your healthcare provider before using the mat if you have a pacemaker or any other implanted medical

What should I do if I feel a tingling sensation when using the mat?

🌀 A tingling sensation may indicate an adjustment or healing response. If it feels uncomfortable, reduce the time on the mat and gradually increase usage.

## Connectivity & Installation

Do I need an electrician to install the mat?

🌀 No. Use the included outlet tester to verify the grounding of your outlet. If your outlet is not grounded, you may need a grounding rod or an electrician.

I live in an old building without grounded outlets. What can I do?

🌀 You can connect the mat to a metal water pipe under your sink, ensuring it's fully metallic and grounded. Consult an electrician if necessary.

Does the mat work with different voltage outlets worldwide?

🌀 Yes, the mat is not affected by the voltage as it does not run on electricity. It only requires a properly grounded out-

If the power goes off, can I still use the mat?

🌀 Yes, the mat is connected to the Earth's energy, not the home's electrical system. It works as long as it is connected to a grounded outlet.

## Specific Scenarios

Can I use the grounding mat in a motorhome, boat, or cruise ship?

🌀 In motorhomes, you can use a ground rod when parked. For boats or cruise ships, connect to a grounded source like a shore power outlet. Check with the vessel's management to ensure proper grounding.

Can grounding protect against “dirty electricity”?

🌀 Grounding does not expose you to “dirty electricity.” Instead, it helps reduce induced body voltage from household appliances and EMFs

Does grounding protect against cell phone frequencies?

🌀 There is no conclusive research yet, but grounding can potentially help reduce body voltage from electromagnetic fields. It may benefit people sensitive to EMFs.

Can “electro-hypersensitive” people use the mat?

🌀 Yes, but start with short periods and gradually increase. If discomfort persists, use grounding in a low-EMF environment and consult our detailed guide on grounding for sensitive individuals.

What should I do if I experience discomfort while working on my laptop on the mat?

🌀 Laptops with metal casings can generate electric fields. Ground only when using battery mode or place the laptop directly on the mat to ground the device.

Can I use grounding mats with therapeutic systems that simulate Earth’s frequencies?

🌀 Grounding mats differ from PEMF and other systems as they deliver direct electrons from the Earth, which other systems cannot replicate.

Why use a grounding mat instead of going barefoot?

🌀 Grounding mats provide the convenience of accessing the Earth’s energy indoors, maintaining grounding while working, relaxing, or sleeping.

## Additional Considerations

For further inquiries, please refer to our AI Assistant or contact customer support. We’re here to help you get the most out of your grounding experience.

# We're Here for You

If you have any questions or need assistance, we're always ready to help you get the most out of your grounding experience. You can also consult our AI Assistant on our website, specifically trained in grounding for quick guidance and answers.

## Contact us:

**Email:** [support@qolgrounding.com](mailto:support@qolgrounding.com)

**AI Assistant:** [www.qolgrounding.com](http://www.qolgrounding.com)

# Track Your Progress



We've made it simple for you to check your wellness with our easy-to-use tracking system.

Here's how you can get started:

- 🌀 Create your copy: Open the tracking sheet, click on "Share & Export" (top-right corner) and select "Make a Copy" to save your own version.
- 🌀 Daily tracking: Each day, rate yourself from 1 to 5 in five key areas: pain, sleep, stress, mood, and energy. This only takes a minute and will help you track how you're feeling over time.
- 🌀 Review your progress: The system will generate daily and weekly graphs, giving you a visual representation of your improvements.

By consistently filling out the tracker, you'll gain valuable insights into your well-being, allowing you to optimize your routine and maximize the benefits of your grounding mat.



**[START TRACKING YOUR WELLNESS JOURNEY HERE](#)**



## Join Our Grounding Community

We're here to support you beyond just the product. Join our Facebook group to connect with other users, share tips, ask questions and get the most out of your grounding mat.

### Why join?

**Get Support:** Receive advice from experienced users.

**Stay Updated:** Be the first to know about new product launches on our Amazon store.

**Connect:** Share your journey with like-minded people.

**Click the link below** and start enjoying the full benefits of grounding with a supportive community.



[QUALITY OF LIFE GROUNDING COMMUNITY](#)





## Thank You For Choosing Us!

By choosing to use your QOL Grounding mat, you're starting a journey toward a healthier life.

Remember, this is only the beginning.

As you continue to incorporate grounding into your routine, you'll unlock deeper benefits.

## A New Chapter in Your Quality of Life

