

Body Voltage is defined by building biologists as the AC voltage induced on a person's body by electric fields in the environment. The measurement unit is Volts or, using the physiologic scale, milliVolts.

Voltage is defined as the electrical potential energy per unit charge. Our bodies build up voltage when a potential charge difference develops on our bodies relative to ground/earth.

Building biologists try to create an environment -- especially in the bedroom because we are most vulnerable while sleeping -- where the body voltage is allowed to be as low as possible. It must be done responsibly, with a thorough knowledge of proper assessment techniques and electricity.

This map is intended to be introductory only, to offer links for personal study.



A static discharge (shock) is not perceived by most people until there is an accumulation of charge of about 3000-4000 V.



[Electrostatics](#)

[Sleeping earthed](#)

[Grounding the Human Body](#)

★ [How to ground appliances](#)

★ [Powerfrequency Protection](#)

★ [Creating a sleeping sanctuary](#)

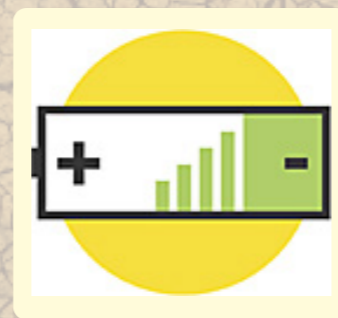
[How to turn off power in your house](#)

★ [ALS: applied or induced electric currents](#)

[Clint Ober demonstrates earthing/grounding](#)

[Static Electricity means High Voltage article](#)

[Experiments demonstrate "static" "induced current", more](#)



★ [EARTHING RESEARCH](#)

Overviews and educational links

Home: [Oscillatorium](#)
Newest version [this map](#)
Date of this update: 10-23-14

**PROPER GROUNDING:
STUDIED EFFECTS**

**Pulse rate
Respiratory rate
Blood oxygenation
Perfusion index
Skin conductance
Nighttime cortisol level
Pain
Stress
Quality of sleep**



BODY VOLTAGE

Body Voltage

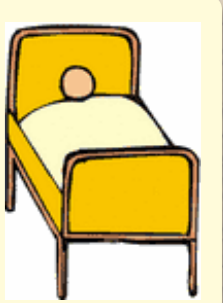
[The Low EMF Bedroom](#)

[WEHL BV Information Sheet](#)

[Body Voltage, Stress in the Bedroom](#)

★ [PROPER USE OF GROUNDING](#)

★ [SHOULD I GROUND MYSELF?](#)



Static

[Walking](#)

[Feet move on floor](#)

★ [Walking body voltage](#)

[ESD management in industry](#)

[Static electricity causes disease](#)

[Bioelectrical stress from static, EMFs](#)

Measurement

[One case of BV](#)

★ [How to Make a BV Meter](#)

★ [Measuring body voltage](#)

[Caution, blunders, charlatans](#)

Book and products

[Earthing Institute](#)

Studies

[Electric polarization in living organisms](#)

[Polarization of neurons in electric fields](#)

[Affects on voltage sensitive ion channels](#)

★ [Grounding, blood viscosity, inflammation](#)

[Complexity of measuring effects of transients](#)

[MF induces stronger EF inside body than source EF](#)

[Transients induce higher currents than 50-60 Hz. fields](#)