

GROUNDING WITH NO CHOICE™



STEP ONE: Locate outlet closest to you and test if it's grounded properly by using a receptacle tester or a multimeter. If an outlet does not show correct reading, try testing other outlets around your area as they may still be properly wired in your house.



STEP TWO: Attach included white grounding cord with a snap to the No Choice™ silver garments. Plug the other end of the cord into the GROUND port of the outlet.



STEP THREE: Put on your No Choice™ protective garments. To get best grounding results your skin must touch the fabric.

What is earthing?

In short, earthing or grounding is putting the body in direct and uninterrupted contact with the earth. This means that skin needs to touch soil, sand, water, or a conductive surface that is in contact with the earth to deliver the natural healing energy of the Earth into your body.

How does it work?

Your body becomes filled with negative-charged free electrons that are abundantly present on the surface of the Earth. Your body immediately equalizes to the same electronic energy level, or potential as the Earth.

What do you feel?

While everyone has different earthing experiences, most of the people will initially feel a warm, tingling sensation and often feelings of ease and well-being. It's attributed to re-energizing, re-synchronizing and body rhythm normalization due to energy transfer from Earth to your body. This sensation usually diminishes and goes away after a few sessions of Earthing.

What are the benefits from Earthing/Grounding?

- Reduces Electromagnetic Fields (EMF) on the body
- Improves immune response
- Defuses cause of inflammation and improves related symptoms
- Reduces or eliminates chronic pain
- Improves sleep in most cases
- Increases energy and lowers stress
- Normalizes the body's biological rhythms
- Relieves tensions and headaches
- Lessens hormonal and menstrual symptoms
- Reduces or eliminates jet lag
- Accelerates recovery from intense athletic activity
- Improves blood flow
- Elevates mood

WASHING/CARE INSTRUCTIONS



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Hello Fellow Earthlings,

Thank you for your purchase! We are proud to supply you with the worlds finest EMF protective Grounding Garments. Please read over the care instructions as this garment is made with pure silver.

CARE CONSIDERATIONS

- WASH THE GARMENT IN COLD WATER WITH MILD DETERGENT. AVOID USING BLEACH OR FABRIC SOFTENER, AS THESE CAN DAMAGE THE PURE SILVER FIBERS IN THE GARMENT. (WE RECOMMEND Y-SHEILD TEXCARE DETERGENT.
- CHLORINE CAN DAMAGE THE SILVER. THE CHLORINE CONCENTRATIONS OF SOME TAP WATER ARE HIGH IN SOME PLACES YOU CAN REMOVE CHLORINE FROM THE WATER BY LEAVING IT IN THE SUN FOR ONE DAY OR YOU CAN USE WELL WATER TO WASH.
- YOU CAN CLEAN THE GARMENT EITHER BY HAND WASHING IT OR WASHING IT ON A GENTLE CYCLE IN YOUR WASHING MACHINE. IF USING A MACHINE, YOU CAN PLACE THE GARMENT IN A MESH LAUNDRY BAG TO AVOID SNAGGING OR TEARING THE DELICATE FIBERS.
- HANG DRY, IN A SHADED AREA. DO NOT WRING, TWIST, OR STRETCH THE GARMENT EXCESSIVELY. IF YOU DO USE MACHINE DRY USE LOWEST SETTING.
- AVOID IRONING – IF YOU DO USE ON LOW SETTING WITH A COTTON T-SHIRT OVER SILVER FABRIC.

- DO NOT DRY CLEAN THE GARMENT, AS THE HARSH CHEMICALS USED IN THE DRY CLEANING PROCESS CAN DAMAGE THE SILVER FIBERS.
- HEAVY SWEAT CAN CAUSE SILVER TO TARNISH, WEAR JACKETS WITH A UNDERSHIRT. IF YOU DO SWEAT HEAVY IN IT JUST BE SURE TO WASH IT AFTER TO AVOID SILVER TARNISHING
- STORE THE GARMENT IN A DRY AND COOL PLACE LESS THEN, AWAY FROM DIRECT SUNLIGHT. THIS WILL HELP PRESERVE THE INTEGRITY OF THE SILVER FIBERS.
- AVOID EXPOSING THE GARMENT TO HARSH CHEMICALS, PERFUMES, OR DEODORANTS. THESE CAN DAMAGE THE SILVER FIBERS, SO IT'S BEST TO AVOID CONTACT WITH ANY CHEMICALS OR SPRAYS.
- TRY KEEP HUMIDITY CONSTANT AT 65% OR LOWER RELATIVE HUMIDITY.
- DIRECT SUNLIGHT CAN CAUSE SILVER FIBERS TO TARNISH AND LOSE THEIR LUSTER. THIS IS BECAUSE THE UV RAYS AND HEAT FROM THE SUN CAN CAUSE A CHEMICAL REACTION IN THE SILVER, LEADING TO DISCOLORATION AND DAMAGE. PRODUCTS THAT EXPOSE THE SILVER FABRIC AVOID DIRECT SUNLIGHT ON THE SILVER FOR LONG PERIODS.