



## The Happiness Effect: The Positive Benefits of Negative Ions

By Earl L. Mindell

Square One Publishers, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Imagine a simple force of nature that can: Provide you with a feeling of well-being Offer a quick rush of energy Allow you to sleep better Relieve asthma, allergies, other respiratory disorders Lower blood pressure Sounds crazy, but it s true, and it s something that a drug company cannot sell you. The healing power of negative ions first became known to the public in 1900, when a young engineering genius named Nikola Tesla published an article about the amazing work he had been doing with electricity. Using his new invention, the Tesla Coil, he was able to transmit several hundred thousand volts through the air instead of using wires. Even more remarkable, he was able to send the current through this own body without harm. In so doing, he noted that his exposure had a beneficial effect on his body. The effect that Tesla reported was the direct result of negative ions. Now, over a century later, researchers understand the science behind the phenomenon that Tesla experienced. Written by best-selling author and health researcher Dr. Earl Mindell, The Happiness...



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