



# The Power of Wool Footwear for Healing

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**A**s a healer, the fibers you keep close to your body should be those that are healing and renewable. Wool is a natural super material that is healing, hypoallergenic and comfortable. A great way to recharge your feet after a long day at work is to try wearing woolen shoes or slippers. On my family farm, we work closely with our sheep for their wool—they are a close part of the farm family and I am blessed by their wool. There are so many benefits to this amazing material. The following are just a few of those benefits.

## **Wool Shoes Are Great for Earthing**

Earthing is a fast-growing movement based upon the discovery that connecting to the Earth's natural energy is foundational for vibrant health. This connection with the earth is a wonderful practice that can be difficult to accomplish during the cooler months of the year. Wool is a conductive, natural fiber that allows for this energy to pass through and ground you, all while keeping your feet warm. When you are looking for wool shoes for earthing, try to find some that have leather or no soles for the best effect. The common rubber sole is great for a long lasting shoe, but will not allow you to truly connect with the earth.

## **Wool Footwear Is Renewable**

When you are looking for wool shoes, do not fall into the trap of sheepskin. Sheepskin, as the name indicates, is produced from the skin of the sheep and is therefore not renewable. Wool comes from the fleece of the sheep which is usually cut once a year in the spring. As the majority of sheep breeds require shearing so they do not overheat in the summer, it is beneficial to them. Once sheared, the sheep grows another healthy coat of wool. Wool is completely biodegradable and breaks down easily when discarded.

The wool fiber is made of proteins from the sheep and has many natural benefits. Wool is warm when it is dry, can absorb up to one-third of its own weight in water and gives off heat in the process of drying. Not only can wool absorb moisture, but it can release it as well, giving wool an antistatic property in most instances. Wool is also one of only a few all-natural, self-extinguishing fibers. If exposed to flame, it will stop burning when the source of the flame is removed. Because of these unique attributes, wool shoes and slippers are considered safer, warmer and more comfortable than most other synthetic shoe choices. In addition, there are healing benefits to wool—this wonder fiber has been found to reduce pain!<sup>1</sup>



### Wool Shoes Are Comfortable and Healing

One of the greatest wonders of wool is that it has been found to reduce pain when worn against the skin. In a recent study, researchers found that the non-irritating roughness of wool fabrics creates a beneficial stimulation of your sensory receptors. This diminishes the sensation of pain.<sup>1</sup>

A wool shoe is breathable, naturally warming and antimicrobial. Wool is naturally hypoallergenic, meaning that it has been found to rarely cause allergies associated with the fabric. These are just a few of the wonders of this material.

So, where do you find a shoe or slipper like this? The most important things to look for are that the footwear is:

- Handmade
- No harsh chemicals were used
- The sheep were well cared for and raised organically

Once you find a product with these qualities, narrow your choice according to the need for your shoes. Whether it is for earthing, while you are practicing or as an at-home slipper, there are plenty of wool shoes out there to get you started.

As a felter and creator of wool slippers, my suggestions to find wool shoes are to look on Etsy, Amazon Handmade or in your local area. Wool shoes are just one of the many ways that you can show your toes a little love during the cold winter months. What are you waiting for? There are some wonderful shoes out there with your name on them—all you have to do is find and wear them. €



Author Lynn Gillespie can be found at [www.TheLivingFarm.org](http://www.TheLivingFarm.org).

### References

1. Bender et al, 2007; Grass, 1982; Strass et al, 2002; Wright & Slukak, 2001