

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Grounding & Earthing Duration Guide MCP

Plan your earthing sessions with scientific precision.

Grounding & Earthing Duration Guide MCP provides data-backed guidance for your earthing practice. It calculates the best times, durations, and frequencies for your sessions based on your specific health goals, whether you are barefoot on grass or using a grounding mat.

A+ Quality Score 100/100

earthing

grounding

wellness

health

circadian



The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Grounding & Earthing Duration Guide MCP

4 tools available

Cloud-hosted on Vinkius

You can stop guessing how long to stay barefoot to feel the benefits. This MCP gives your AI client the data it needs to build a personalized earthing schedule for you. If you want to improve your sleep or lower stress, your agent can now tell you exactly when to ground, how long to stay in contact with the earth, and how many times a week you need to do it to see results. It accounts for how you actually practice, whether that means walking on a beach, sitting on grass, or using specialized mats. Instead of vague wellness advice, you get specific timing and frequency plans tailored to your physiological objectives.

Core Capabilities

01 — Session Duration Planning

Your agent calculates exactly how many minutes you need to stay grounded.

02 — Weekly Frequency Scheduling

Your agent determines how many days per week you need to practice.

03 — Daily Timing Optimization

Your agent suggests the best time of day to ground for specific results like better sleep.

04 — Method Suitability Checks

Your agent checks if your current grounding method matches your health goals.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/grounding-earthing-duration-guide — connect your AI agent in three steps.

- 01 Connect the MCP to Claude, Cursor, or your preferred client via Vinkius.
- 02 Tell your agent your specific health goal, like better sleep or less stress.
- 03 Mention your preferred grounding method, such as being barefoot or using a mat.
- 04 Your agent uses the MCP tools to generate a custom schedule for you.

Connect the MCP to your AI client and start asking for specific grounding protocols.

Built For

This is for individuals looking to add scientific structure to their wellness routines.

Wellness Enthusiasts

People who use earthing to manage daily stress or sleep quality.

Health Practitioners

Professionals who want to provide specific earthing protocols to clients.

What Changes When You Connect

- 01 Removes guesswork from earthing schedules.
- 02 Aligns grounding methods with physiological goals.
- 03 Provides specific timing for circadian support.

Real-World Applications

Stress Management

Use the MCP to find the right duration for a quick barefoot session to lower stress.

Inflammation Control

Get a weekly frequency plan to help manage inflammation through consistent practice.

Sleep Optimization

Ask your agent for the best time of day to ground to support melatonin production.

Method Validation

Check if using a grounding mat is the right choice for your specific health target.

4 Tools Available

#	TOOL	DESCRIPTION
01	get_frequency_plan	This tool suggests how many times per week you should practice grounding to meet your goals.
02	get_method_suitability	This tool evaluates if your chosen grounding method, like a mat or barefoot contact, fits your specific objective.
03	get_optimal_timing	This tool identifies the best time of day for you to perform a grounding session.
04	get_recommended_duration	This tool determines the specific length of time you should spend in a single grounding session.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I want to reduce stress. I am barefoot on grass and have 20 minutes. How long should I stay?



For stress reduction via barefoot contact, 20 minutes is a sufficient duration to begin feeling the physiological benefits.

U What is the best time of day for sleep optimization?



Evening grounding is recommended for sleep optimization to help support melatonin production.

U How many times a week should I ground if I want to manage inflammation with 30-minute sessions?



To manage inflammation with 30-minute sessions, you should practice 5 to 7 days per week for consistent physiological impact.

Frequently Asked Questions

01 How do I use this MCP with my AI?

You connect it once through Vinkius. After that, any MCP-compatible client like Claude or Cursor can use the tools directly.

02 Can I use this for sleep improvement?

Yes. The MCP can suggest the best time of day to ground to help support melatonin production for better sleep.

03 Does it matter if I am barefoot or using a mat?

Yes. The MCP evaluates if your chosen method is appropriate for your specific physiological objective.

04 How long do I need to ground to feel benefits?

The specific duration depends on your goal. For example, 20 minutes of barefoot contact can be enough to start feeling benefits for stress reduction.

05 Is this for daily use?

The MCP provides frequency plans. For some goals, like managing inflammation, it may suggest practicing 5 to 7 days per week.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+" Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"grounding-earthing-duration-guide": { "url": "..."} </code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Grounding & Earthing Duration Guide is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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