

Health benefits of Fulvic Acid or Shilajit

by Donny Christian

Fulvic acid or Shilajit has been used for centuries in Indian Ayurvedic traditional system of medicine. It is a herbal matter with many trace elements and minerals essential for optimal functioning of the human body; Fulvic acid helps absorb all of such minerals at the stage of cellular absorption.

Shilajit or Fulvic acid substances are complex organic molecules that help stimulate the absorption of minerals. The molecules also play a vital role in cells immunity, production of energy, and detoxification of the body. Some of the components of Shilajit include triterpenes, eldagic acid, polysaccharides, sterols, aromatic carboxylic acids, polyphenols, amino acids, dibenzo- α -pyrones, phenolic lipids, lignins, and 3,4-benzocoumarins.

Fulvic acid deposit or Shilajit is composed of decomposed remains of plants and humus. The compression of these materials between rock layers for many millennia results in it turning into white, black, or brown gummy matter which looks like tar/asphalt. This matter oozes out of rocks when they develop cracks and collects outside on the rock. Shilajit occurs only at great heights in mountains.

Scientific discoveries have identified and clarified the composition of Fulvic and humic acids as containing a significant amount of nutritional phytochemical groups including hormones, sterols, fatty acids, polyphenols, and ketones, which subgroups include but are not limited to: Flavins, flavonoids, flavones, tannins, catechins, quinones, isoflavones, tocopherols, etc.

These compounds are some of the most valuable and promising anti-cancer nutrients found in our foods and health supplements. Coenzyme Q10 is a quinone, vitamin B-2 is a flavin, vitamin E is a tocopherol, citrus bioflavonoid including hesperidin, quercetin, and rutin are all flavonoids; green tea contains catechins, phenols, tannins, and isoflavones. Potentially all of these substances, and many more, are implicated by chlorination.

Amazingly, it has been discovered that these phytochemicals remain intact, concentrated, and intricately combined within humic substances; which are valuable remnants of nature's protective substances contained within fruits, flowers, pollen, nuts and seeds, as well as vegetative parts including roots, stems, bark, and leaves. Even the plant nucleic acids, RNA and DNA remain intact.

Advantages of Fulvic acid or Shilajit

A few of the many advantages of Fulvic acid or Shilajit are listed below:

1. Avoiding diseases: Fulvic acid can help prevent and/or treat a variety of diseases and conditions as listed below:

- Arthritis and other bone problems- Fulvic acid improves the strength of bones and can help treat joint pains, arthritis, and varied other problems of the bones.
 - Research carried out by Dr. George Comstock from the Training Center for Public Health Research located in Hagerstown, Maryland, proved that oral as well as topical administration of Fulvic acid help regulate the immune system and worked as powerful anti-inflammatory and antioxidant agents. Patients with rheumatoid arthritis had over 90% success rate and relief with Fulvic acid therapy. Other studies in China have also shown the beneficial effects of Shilajit on bone issues.
- Asthma- Studies by Erchuan Wang et al in 1991 as well as research done by Dean Medical Center's Dr. David L. Hahn, Madison, Wisconsin, showed that bronchial asthma, common cold, and other infection related respiratory ailments tend to get cured very quickly after treatment with Fulvic acid.
- Digestive conditions- Studies carried out by Xinsheng Zhu in 1991 showed that people with digestive disorders and gastric ulcers and other problems showed a higher than 90 percent success rate after treatment with Fulvic acid. There were minor relapses, significantly reduced pain, no side effects, and complete cure in more than 60 percent of patients.
- Haemorrhoids- Research carried out by Yuan, Shenyuan in 1988 and clinical medical studies showed that use of Fulvic acid or Shilajit therapy helped cure haemorrhoids in several hundreds of patients. This then prompted the Chinese government to make a drug out of the preparation. This study has been discussed in the book "Application of Fulvic acid and its derivatives in the fields of agriculture and medicine."
- Thyroid tumours' and dysfunction- Positive effects and high success rate of Fulvic acid therapy on thyroid problems were proven by studies and clinical research carried out by Dr. Shenyi and his associates on some patients between 1977 and 1980.
- Nervous disorders
- Stress
- Alzheimer's disease
- Bronchitis

- Kidney stones
- Epilepsy
- Obesity
- Anaemia
- Jaundice
- Genitourinary disorders
- Edema

2. Anti-aging: Fulvic acid is known to aid the slowdown of the aging process. It has anti-oxidant properties which enhance the immune system and help prevent diseases. It also helps in retention of calcium in bones thereby increasing bone strength. Other aspects which help delay the process of aging include bio-generation, correct preservation or older cells, promotion of regeneration of cells, and increased energy content, etc.

- Studies in China by Erchuan Wang et al in 1991 as well as varied studies in India have showing that Fulvic acids help cellular regeneration, increase energy and appetite, enhance better sleep, reduce dementia symptoms, and act as a powerful therapy against aging

3. Treats and prevents Diabetes/Regulates blood-glucose levels: Fulvic acid medications help in regeneration of the pancreatic cells. It also helps regulate and maintain the levels of blood sugar thereby preventing the risk to diabetes.

- Studies by Yuan, Shenyuan et al, found that Fulvic acid therapy increases the energy levels in diabetic patients. They also experienced nil or reduced pain, tingling, and numb sensations in the nerve endings.
- It is accepted and understood in the medical world that diabetes is mainly caused by damage done to islet B cells of pancreas by free radicals. Scientists found that such damage was fought and prevented by Shilajit with a high success rate. Clinical studies showed that there was a marked increase in SOD (superoxide dismutase) activity with the use of Fulvic acid and that it helped reduce the occurrence and deterioration of the disease as well as aided in treatment of diabetes.
- Research done by Bhattacharya, S.K, on hyperglycemia in rats induced by alloxan, showed the favourable effects of Fulvic acid in treatment of diabetes.

4. Treatment and prevention of cancer: Fulvic Acid has anti cancer mediating properties as well as the ability to limit or block spreading, which has been proven by discovering, proving and documenting several of the mechanisms by which Fulvic acid works with the body to selectively seek out and destroy cancer cells.

- **Anti cancer mediator:** Jayasooriya RG et al. www.ncbi.nlm.nih.gov/pubmed/27177083
A study done in 1988 by Shenyuan Yuan et al. demonstrated a 100% success rate in preventing tumour progression into the cancerous state when treated for two years with a humic extract solution.
- **Outpatient medical hospital study** Shenyi et al; Humic acid in Jiangxi Province, 1 (1982) Showed that injection with a special humic extract was 90% successful in stopping tumour growth and diminishing size of tumours, with 80% of patients having complete cures.
- **Mechanism of action relating to cancer:**
It has been found that naturally-occurring humic acid preparations can stimulate the production of cytokines, including interferon-gamma, interferon-alpha, interferon-beta, and tumour necrosis factor-alpha. What this means is that a valid mechanism has been discovered, proven, and documented, whereby humic extracts are able to work with the body to selectively seek out and destroy cancer cells.
- **References:** Statistics from the National Cancer Institute.
 - Irani, K; Xia, Y; Zweier, JL; Sollott, SJ; Mitogenic Signaling Mediated by Oxidants in Ras-Transformed Fibroblasts; Science; 1997 March 14; 275 (5306):1649., Pennisi, E; CELL BIOLOGY: Superoxides Relay Ras Protein's Oncogenic Message; Science; 1997; March 14; 275 (5306):1567.
 - Reactive oxygen and cell proliferation; Science; 1997; March 14; 275 (5306):1541.
 - Visser, S.A; Effects of humic substances on higher animals and man; the possible use of humic compounds in medical treatments; 1988; which was presented at the International Humic Substances Society meeting in Sevilla, Spain.
 - Yuan, Shenyuan; et al; Application of Fulvic acid and its derivatives in the fields of agriculture and medicine; First Edition: June 1993
 - Inglot, AD; Zielinksa-Jencylik, J; Piasecki, E; Arch. Immunol. Ther. Exp. (Warsz) 1993, 41(1), 73-80)
 - Blach-Olszewska, Z; Zaczynksa, E; Broniarek, E; Inglot, AD, Arch. Immunol. Ther. Exp. (Warsz), 1993, 41(1), 81-85).

4. Increased sexual capabilities: Fulvic acid or Shilajit does the same work as Viagra. It helps improve sexual function in males, naturally elevates sexual performance, and

increases libido. It also improves the reproductive systems in men and plays a vital role in prevention of premature ejaculation and impotency.

5. Other benefits: Other benefits of Shilajit include:

- It has regenerative and rejuvenation qualities which can be very helpful in solving issues like degeneration of tissues.
- It helps synthesize energy which enhances the metabolism and processing of vitamins and proteins. This then leads to increased release of energy.
- Fulvic acid has anti-inflammatory properties which can help treat tissue damage and promote faster healing.
- Fulvic acid has a lot of physical benefits. It improves stamina, promotes recovery after exercise, enhances brain function, and reduces physical fatigue or weakness.
- It helps purify the blood and thus helps the circulatory system as well as boosts the immune system.
- Shilajit is very efficient in bonding with and then inactivating free radicals which are the cause of a variety of ailments such as cancer, etc. It also easily bonds with toxic elements and toxins in the body, inactivates them, and helps secrete them out of the body.
- Fulvic Acid has anti cancer mediating properties as well as the ability to limit or block spreading:

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6. Quality:

All though the Asian deposits from The Himalayas, and US deposits from Utah are widely marketed as high quality, Fulvic Acid / Shilajit, the best quality of this plant based on nano molecular complex, is found in Europe in Hungary.

4U² LLC offers clients this pristine quality of Fulvic Acid mineral complex as **HUMINIQUUM**



HATÓANYAG	FELNÖTTEK		GYEREKEK 4-10 év			
	2 kapszula napi adagban mennyiség	4 kapszula napi adagban RDA%	1 kapszula napi adagban mennyiség	1 kapszula napi adagban RDA%		
Fulvosav	240 mg	n. a.	480 mg	n. a.	120 mg	n. a.
Huminsav	100 mg	n. a.	200 mg	n. a.	50 mg	n. a.
C- vitamin	81 mg	101,0%	162 mg	202,0%	41 mg	82,0%
Márvány	42 mg	15,0%	84 mg	30,0%	n.a.	n.a.
Szalicium (Si)	8,2 mg	n.a.	16,4 mg	n.a.	4,0 mg	n.a.
Vas (Fe)	3,6 mg	25,7%	7,2 mg	51,4%	1,8 mg	22%
Cink (Zn)	2,6 mg	26,0%	5,2 mg	52,0%	1,3 mg	19%
Mangán (Mn)	0,7 mg	37,0%	1,4 mg	74,0%	0,4 mg	19%
Bór (B)	0,1 mg	n.a.	0,2 mg	n.a.	0,1 mg	n.a.
Réz (Cu)	220 µg	22,0%	440 µg	44,0%	110 µg	17,0%
Molibdén (Mo)	24 µg	48,0%	48 µg	96,0%	12 µg	13,0%
Jód (I)	24 µg	16,0%	48 µg	32,0%	12 µg	12,0%
Szelen (Se)	20 µg	36,4%	40 µg	72,8%	12 µg	41,0%
Króm (Cr)	19 µg	47,5%	40 µg	95,0%	10 µg	10,0%

n.a.= nincs adat

RDA%= ajánlott napi bevétel