

## **Fulvic Acid Minerals Information**

### **Renowned longevity and health of isolated Himalayan cultures is linked to fulvic acid extracted from fossil-like humic substances**

For centuries traditional medical doctors in remote areas of the Himalayas have claimed that "shilajit", a rare humic substance high in fulvic acid, can "arrest the aging process" and "induce revitalization". Historical documents testify to the amazing longevity and health of these people who often live well beyond 100 years of age. Now the physiological functions behind these claims are being substantiated by leading medical hospitals and pharmacologists around the world.

Fulvic acid extracts from the rare humic substances found on the high mountain slopes of the Himalayas, have been used for centuries by the isolated inhabitants of that region as a "rejuvenator, a class of drugs reputed to arrest the aging process and to induce revitalization", according to quotes from leading pharmacologists studying them. The traditional medical claims of "rehabilitation of muscles, bones and nerves", treatment of "geriatric complaints including arthritis, diabetes and allergic manifestations," dementia, etc., are now being proven, along with their mode of action, by pharmacologists and many other medical doctors and scientists.

The various pharmacological studies reveal that the fulvic acids exhibit results "sufficiently impressive", and "more effective" than several currently available immune system regulators. The fulvic acids "produced significant effects", as an anti-stress agent, in relieving stomach ulcers, preventing allergic reactions, and in activating the immune system against tumor cells. "The results support the use" of fulvic acids "as an adjuvant [assisting in the prevention, amelioration, or cure] in the therapy of diabetes", to quote leading pharmacologists.

In recent years, leading scientists, doctors, and pharmacologists from major hospitals and universities in India, Russia, and China have become more conscious of the purported anti-aging and health claims associated with the rare fulvic acids, and have been looking deeper into the assertions coming from traditional health practitioners of the region. The inhabitants and areas of the Himalayan belt that are mentioned in the many and growing number of scientific and medical studies documenting this research include: The Tibetans of the Tibet region of China, the Georgian Russians living in the Caucasus Mountains of Russia, the Hunzas of Pakistan and Afghanistan (Hindu Kush and Karakoram Mountains), the Sherpas in Nepal, the people of the Kashmir region, and the Indians living in the Kumaon, Himalayas, Vindhya and Aravallis Mountains of India.

It is a well-known fact that a large number of individuals in the Himalayan belt live to well over 100 years of age, and often are reported to live to 120-140 years or more, maintaining excellent health throughout their entire lives. People of the region that use fulvic acid preparations made from the rare humic substance not

only report significant health benefits for themselves, but for their animals as well, and most people lack the degenerative diseases common to other cultures today.

Scientists researching these matters determined that the prized shilajit health preparation esteemed for centuries throughout the region was indeed organic humic matter of ancient plant origin, and they spent time tracking down and checking the authenticity of the very best supplies. Rather than simply studying the people and their livestock, which had already shown significant health benefits historically, the scientists undertook extensive clinical, medical, pharmacological, and laboratory studies to identify the active constituents and analyze their physiological functions.

In a scientific world that as a whole still knows very little about humic substances, these researchers went far beyond. They accurately identified and quantified the water soluble fulvic acid fractions. This in itself is an amazing feat considering that fulvic acids, for the most part, are virtually unknown to medical science and undetectable through standard testing procedures. These scientists proved that the water soluble fulvic fraction was the primary active constituent. They even recognized that the fulvic, along with its associated organic metal ions, was made up of numerous other and even more obscure active constituents. They identified and isolated extremely valuable functional groups within the fulvic acid spectrum that were also shown responsible for the protective, regenerative, and healing responses of cells. They did this for the most part independent from the rest of the scientific world.

What the researches discovered is fascinating. From one clinical study to the next, scientists were able to prove not only that many of the medicinal remedies and health benefits are completely justified by scientific fact and medical results, but they also identified mechanisms responsible. Their studies opened up an entirely new picture into the amazing functions and values of fulvic acids in relation to man and medicine.

After years of scientific research, other pharmacologists determined that not all fulvic acids are the same, and that they vary in quality from one source to the other. These pharmacologists came up with methods for determining and quantifying the medicinal value. They perfected their extraction processes. The pharmacologists performed extensive chemical analysis, metal ion analysis, microbiological analysis, pathogen analysis, and mycotoxin analysis. They went to great lengths to identify the presence of any harmful substances, which were proven absent at any toxic level. The pharmacologists used extremely advanced pharmaceutical techniques to standardize the natural extract, to the quality of the finest pharmaceutical preparations in the world today, while retaining all of the natural organic principles in an unadulterated "herbal" form.

The pharmacologists recognized that although the rare humic substance was rock-like and seemed inert or fossilized, it had all of the organic characteristics of the natural botanicals they had been working with for years. In other words, although it was ancient and looked like dead rock, it was in actuality a natural organic herbal substance, and they used extreme care in preserving the fulvic extracts so that they would retain their organic form.

Traditional medicine throughout the Himalayan belt lists the indigenous humic substance and resultant fulvic acids as a "rasayana" or rejuvenator, a class of drugs reputed to arrest the aging process and induce revitalization of attenuated physiological functions. The special endurance attributed to the Sherpas, including their ability to survive extremely cold conditions and high altitudes has also been linked to these substances during the medical studies.

Clinical studies in pharmacology have shown significant value in treatment of diabetes mellitus (attenuates the development and progression), stomach ulcers (anti-ulcerogenic and anti-stress activity), allergies and anti-allergic action (mast cell protection), hormonal control and regulation of immunity (immunomodulatory functions), and tumor and cell growth factors relating to activated white blood cells and immune system (splenocytes and peritoneal macrophages).

Traditional medicine of the region prescribes the local rare fulvic acid extract in genito-urinary diseases, diabetes, jaundice, gallstones, enlarged spleen, digestive disorders, epilepsy, nervous diseases, elephantiasis, chronic bronchitis, dementia, arthritis, and anemia. The humic extract has been shown to accelerate the process of rehabilitation of muscles, bones and nerves, and is used to treat many geriatric complaints including memory loss, and is believed to increase cerebral functions. It has also proven useful as an aphrodisiac, rejuvenator, alternative tonic, stimulant, internal antiseptic, diuretic, lithontriptic, and is used for treatment of respiratory problems, worms, piles, adiposity, renal and bladder stones, nervous diseases, amenorrhoea, dysmenorrhoea, menorrhagia, eczema, anorexia, and fracture of bones.

Historically, fulvic acids from the Himalayan region have been shown effective for treatment of cold stress, diabetes, tumors, skin diseases, rheumatic pain, kidney stones, heart ailments, leprosy, and many other ailments. Fulvic acids are also a panacea of oriental medicine, where they continue to be used extensively.

These discoveries are most significant, considering the fact that the various cultures of these remote Himalayan regions have used organic farming practices for centuries, which promote soil and crops already rich in natural humic/fulvic substances. Yet these people still find that additional fulvic acid supplementation and medication proves highly beneficial to their health, and alleviates disease problems when they arise. This shows that the ancient vegetation, which was the source for the rare fulvic acids, has exceptional properties that may even surpass those of vegetation found anywhere on Earth today.

The rare humic deposits of the region were exposed at the time of uplift of the Himalayas, and are normally found from about 5,000-15,000 feet of elevation. These humic deposits are exposed by landslides, excavation or road-cutting. It is important to note that similar high quality humic substances found in various other regions of the Earth show similar results. However, the fulvic acids from the shilajit humic have some most unusual characteristics.

### **References:**

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