

# HEALTH

# FITNESS

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# WHAT'S ALL THE BUZZ ABOUT HUMIC AND FULVIC ACID?

PART 2

By Dr. Donna, Editor

This article is a continuation of the topic from a few issues ago.

Humic acid is a combination of acids that were originally found in plants. Unfortunately, our plants now contain only a fraction of these acids, and as a result, our health is suffering. The different acids found in humic acid stimulate various aspects of the body's metabolic processes and biochemical processes. For example, if the immune system needs a boost, then the humic acids will do exactly that. Fulvic acid is one of the humic acids. The Chinese knew about humic acid and used it for thousands of years; old records reveal that they listed hundreds of diseases that benefited from the substance.

Let's find out what else our world renown expert has to say about the topic.

**Q:** Is there a reason why someone might want Fulvic Acid by itself, rather than Humic Acid?

**A:** Some people are mainly interested in detoxification. Other people, such as athletes and bodybuilders, who are already involved in a health program that involves vitamins and minerals, might opt for just fulvic to take advantage of its cellular preparation i.e., the increased ability of the cell to hydrate, respire, uptake nutrients and discard cellular waste material. Remember, it is fulvic acid that makes the cell walls more permeable.

**Q:** Are there specific guidelines we need to be aware of when purchasing a Fulvic acid/ Humic acid supplement?

**A:** Absolutely!! First and foremost, make sure the manufacturer

is dedicated to human consumable products. There is an increasing number of fertilizer manufacturers who are simply taking the same product they manufacture for fertilizer and bottling it for human consumption.

Secondly, processing is the most important part. Approximately 99% of the products on the market these days are manufactured using acid precipitation or chemical extraction methods in metal tanks. The acids or chemicals compound the naturally occurring plant-derived minerals into compounds in a sulfate, nitrate or whatever the acid or chemical extractant is being used, and then the metal tanks destroy the electrically negative ionic charge. All totaled, the product is basically rendered ineffective and may even carry undesirable compounds into the cell, and, without the negative electrical charge they won't be able to chelate accumulated metals.

**Q:** Awhile back I learned that koi fish, those expensive big goldfish found in pretty fish ponds at high class hotels, can get herpes just like humans can. I also learned that drugs that work on human herpes also work on koi fish herpes and last week, found out that Humic Acid is considered by scientists to act as a broad spectrum antiviral agent. Please tell us more.

**A:** The research performed pertaining to animal husbandry carries this theory out. There have been poultry, swine, cattle, rat, and a huge amount of experiments done - most of which are published and show the antibiotic/antiviral effect in animals. We however, make no claims as to those effects replicating on into humans. Each individual themselves must do their own homework, study the

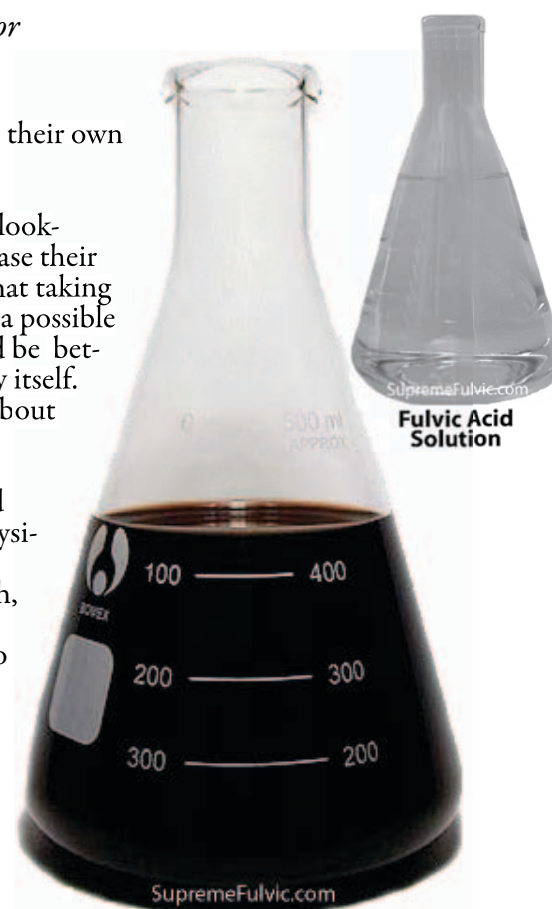
research and come to their own conclusions.

**Q:** If someone was looking for a way to increase their immunity, it seems that taking humic acid might be a possible solution and it would be better than fulvic acid by itself. What do you think about that?

**A:** Keeping in mind that man is made, physically, from every element within the earth, humic acid aids the body in its attempt to achieve homeostasis and balancing the immune response, however, as a nutritional supplement, we do not make nor imply, any medical claims regarding humic acid treating, mitigating, curing, or preventing any disease. Humic acid merely provides the nutrients, the body then uses the nutrients as it needs to. As far as humic acid being better than fulvic acid by itself, I believe the two used in conjunction offer the better product.

**Q:** I think about all the different viruses that we are subject to at different times in our life - herpes, rotavirus, chickenpox, Epstein-Barr, flu, H1N1, cancer-causing viruses, HIV, hepatitis, warts, HPV... and our animals are susceptible to their own set of viruses - parvo virus in dogs, feline leukemia in cats. How might the dosage vary when someone or their pet is sick with these viruses versus when they are healthy?

**A:** Some customers have reported that they feel "mega dosing" i.e., three-ounces-plus per day has



**Humic Acid**

**20%±** provided beneficial effects under such circumstances.

Pets are generally given doses by body weight.

**Q:** Is it possible for someone to simply eat dirt or clay and get all the beneficial acids into their system? Why does humic acid have to be processed?

**A:** No. Humic and fulvic acid, while present in the soil, are in minute quantities. A person would have to consume, on average, one ton of soil to obtain three drops of humic, and five tons of soil to obtain three drops of fulvic.

Great info from a world expert. For more info, see [www.supremefulvic.com](http://www.supremefulvic.com)

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