

SAMPLES

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WEB SITE CONTENT

Q&A

Humic and Fulvic Acids - Health Supplement Q&A

What is humic acid?

Humic acid has been used for many years in various industries for such uses as soil enhancement and decontamination, livestock veterinary medicine, and oil-drilling technology. As a health supplement, properly processed humic acid can provide nutrients that even healthy diets can't provide today. It supplies nutrients that are no longer found in agricultural soils and works as a chelating agent that bonds with, neutralizes, and or removes toxic metals. Some forms of humic acid health supplements relieve ailments caused by mineral deficiency. Many of the health benefits of humic and fulvic acids might not be available from any other source. Scientists say they're as essential to life as water and air.

When properly processed, humic acid can be a potent and completely safe viral-fusion inhibitor.

What is fulvic acid?

Fulvic acid comes from humic acid. But it's a different substance, and the fulvic acid molecule is much smaller than humic acid. As a health supplement, among many other things, fulvic acid balances electro-chemical imbalances; increases the body's intake of calcium and magnesium (alkalizing minerals) by 50%, sodium and potassium by 16%, and manganese, iron, and zinc by 80%; helps the liver metabolize the simple sugars leucine and uridine into ATP—the nucleotide responsible for intracellular energy transfer; and combines with molecules that carry oxygen in your blood, which increases ATP and cellular energy.

What about the pH of humic acid? Is it acidic?

Humic and fulvic acid health supplements are not acidic. They're buffered to a neutral pH, same as water.

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Where do humic and fulvic acid come from?

Humic acid is extracted from mineral-rich biomass, also known as humate or ancient organic matter, that was produced over many thousands, possibly millions, of years from decomposed plants. Humate is one of the most complex substances on earth, and full of the life-packed stuff that human beings, and the food we eat, require. Fulvic acid is produced from humic acid.

What minerals do humic acid and fulvic acid contain? What about amino acids?

Tests of humic and fulvic acids show they provide at least 69 essential minerals: antimony, barium, beryllium, bismuth, boron, bromine, calcium, carbon, cerium, cesium, chloride, chromium, cobalt, copper, dysprosium, erbium, europium, fluorine, gadolinium, gallium, germanium, gold, hafnium, holmium, indium, iodine, iridium, iron, lanthanum, lithium, lutetium, magnesium, manganese, molybdenum, neodymium, niacin, nickel, niobium, osmium, palladium, phosphorous, platinum, potassium, praseodymium, rhenium, rhodium, rubidium, ruthenium, samarium, scandium, selenium, silicon, silver, sodium, strontium, sulfur, tantalum, thallium, thorium, tellurium, terbium, thulium, tin, titanium, tungsten, vanadium, ytterbium, zinc, zirconium. They also provide 8 of the 10 essential amino acids: alanine, glutamic acid, glycine, histidine, isoleucine, leucine, methionine, phenylalanine, serine, threonine, tryptophan, valine. (Arginine and lysine amino acids are not contained in humic and fulvic minerals.)

What's the difference between humic and fulvic acid?

Humic and fulvic acids both come from humate, ancient decayed organic material sometimes called "biomass." Humic substances are ubiquitous in trace amounts in water and air.

Solubility at various levels of pH is one of the biggest differences between the two. Humic acids are not soluble in water with a pH lower than 3. Fulvic acids are soluble in water of any pH. (A third derivative of humate, called humin, is not soluble in water at all.)

A second difference is molecular weight. The humic acid molecule is larger than fulvic by about twenty times. This is why humic acid processed into viral-fusion inhibiting (VFI) humic acid is able to prevent viruses from binding to and infecting cells. It blocks the viral binding site. The fulvic acid molecule is too small to do this.

In addition, fulvic acids are higher in oxygen and lower in carbon than are humic acids, and the oxygen in fulvic tends to be more usable by plants and animals. Fulvic acids in particular reportedly enhance and transport nutrients and promote electrochemical balance, among other powerful health benefits.

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Both humic and fulvic acids have been used for human health for centuries in Chinese and Ayurvedic medicines.

What do humic and fulvic acids taste like?

The liquid humic and fulvic acids when diluted and processed properly taste, feel, and go down like water. (Be sure to use pure, non-chlorinated water. Low-ORP water is recommended.)

Capsule and tablet products contain a patented and powdered form of humic-fulvic minerals, designed for swallowing whole, so you don't taste the minerals. The powdered humic acid is almost tasteless too.

Have the alleged benefits of humic and fulvic acids been scientifically researched, studied, and tested?

Yes. And more research on humic and fulvic acids is being conducted now than ever before.

Scientists, researchers, university professors, and many other authorities on humic substances have discovered and demonstrated that certain humic acids have natural and safe anti-viral effects because they prevent viruses from binding with cells, replicating, and causing infection, thereby helping the body fight herpes, HIV, flu, colds, and other viral illnesses.

In addition, research in Germany, Poland, Russia, South Africa, and the United States has shown that humic substances reduce inflammation and alleviate rheumatoid arthritis, asthma, eczema, irritable bowel syndrome, psoriasis, lupus, and multiple sclerosis.

Other studies found that humic and fulvic acids:

- 1) increase the body's intake of calcium and magnesium (alkalizing minerals) by 50%, sodium and potassium by 16%, and manganese, iron, and zinc by 80%,
- 2) help the liver metabolize the simple sugars leucine and uridine into adenosine triphosphate (ATP, the nucleotide commonly regarded in biochemistry as the "molecular currency" of intracellular energy transfer), and
- 3) combine with molecules that carry oxygen in your blood, which increases ATP and cellular energy. (Most diseases abhor oxygenated, aerobic environments.)

There's also a story about a region in the Himalayas where, for thousands of years, it was commonly known that old monkeys didn't live at the tops of the mountains. Balding, gray ones were seen only at lower altitudes. The locals believed high-altitude

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monkeys died at a younger age because it's so hard to survive in rocky, barren landscapes where weather conditions are severe and food is scarce.

But in the 1930s, a doctor kept track of the ages of the monkeys who lived at different altitudes, and he discovered something else. The ones up higher weren't dying at younger ages. They lived just as long as the ones below. But the monkeys at higher altitudes had a different diet. They were eating something that trickled out of the mountain bedrock. The doctor figured out what was happening. Moisture absorbed into bedrock froze in the winter. In the spring and summer, when the frozen moisture melted, it seeped through the pores and cracks of the rock, full of usable minerals from the earth. The youthful, high-altitude monkeys were eating pure, pristine humate.

How long have people been using humic and fulvic acids?

For centuries. In China humic fulvic acid is called wu-ju-san. The Anasazi—"pueblo" people who once inhabited the "Four-Corners" regions of the present-day Southwestern United States—called humic acid red rock. Humate products are treasured in certain areas of Russia and, in 2006, the government there approved humic-fulvic acid for export for the first time. In India, humate that's been liquefied is called shilajit. Humic-fulvic minerals have been used for agriculture in the United States at least for decades to fertilize plants, nourish livestock, and heal thoroughbred racehorses.

Why the confusion about heavy minerals and human health?

Because it's not commonly known that the heavy metals we require have to be in a form our bodies can use. Plants pull metals from the soil and turn them into that usable form. That's why we can assimilate the minerals in vegetables. (Did you know beans and celery are both an excellent source of the essential mineral aluminum?) But heavy metals also exist in forms we can't use, and in forms that can be poisonous. When we don't get enough minerals in a form we can use, our bodies are designed to try to make the unusable forms work. What poisons us are unusable heavy metals that find their way into our blood, tissue, bones, and organs via things like smog, soda cans, pesticides, and polluted water. Usable nutrient metals, like those contained in properly processed humic and fulvic minerals, bind with toxic metals and carry them away.

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