

# Fulvic Minerals



This is a close up of the dried shale from which the **Fulvic Minerals** are extracted

First, a definition. Fulvic Minerals are minerals combined with fulvic acid (NOT to be confused with the synthetic vitamin, Folic Acid). Fulvic acids are created in extremely small amounts by millions of microbes working on decaying plant matter. The most potent and active fulvic acids are found in soil from decomposed, prehistoric plant life.

So what does fulvic acid from microbes eating rotting plants got to do with you and me?

Fulvic acid is an extremely powerful antioxidant! It renders free radicals harmless by either restoring them into useable compounds or eliminating them as waste.

Fulvic acid scavenges heavy metals and detoxifies pollutants.

Fulvic acid is so powerful that a single molecule can transport more than 60 times it's own weight in minerals and other nutrients into the cells. Fulvic acid makes nutrients more absorbable. It maintains cellular integrity and aids in the cellular detoxification process. This results in fulvic minerals having a potentially large impact on body health.

Before I provide further data to answer your questions about Fulvic Minerals, permit me to share some important data.

Most people will die from a degenerative disease. Degenerative diseases are heart disease, stroke, cancer, Alzheimer's, dementia, diabetes etc.

There are five contributory factors for degenerative disease. They are inflammation, glycation (sugar bonding with protein to clog the system), oxidation (free radical damage), toxification and inadequate nutrients.

Both our food and body are being bombarded with pollutants. This increases the toxic load on our body. Our livestock is raised on nutritionally deficient soils. Our food crops are grown in nutritionally deficient soils. Lack of exercise, pollutants, toxins and eating the wrong types of food and a lack of nutrients is causing obesity, degenerative disease and an early death for anybody who follows the norm.

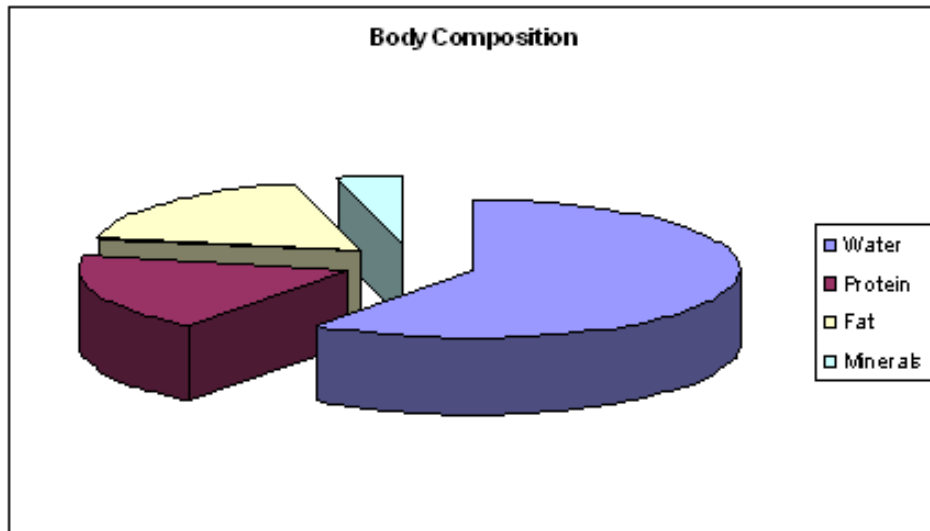
So I have decided not to follow the norm! Increasing my vegetable intake, eating less refined and processed food and supplementing with vitamins and Fulvic Minerals is what I am doing personally to counter these 5 factors that lead to degenerative disease. I'd like to help you do the same.

I imported some Fulvic Minerals from Ralf Ostertag at <http://www.minerallogic.com> to put in the food bars I create. He does not have an Australian distributor so I said I would help out and stock them for him.

## What Are Minerals?

Minerals are chemical elements like calcium, iron, magnesium, phosphorus, sodium and zinc that come from the earth. They are required by the body in order for it to perform many different functions. For instance calcium is required to make bones. Calcium absorption is aided by the minerals phosphorus and potassium and the vitamins D and K. Zinc is required for healthy hair and skin, iron for the blood and so on.

Minerals make up 4% of our body weight. Men are about 60% water and women are 55% (less water in fat - gotta love those curves). A mineral component of 4% of total body weight translates to 10% of the non-water content for a male. That's quite a bit. Especially if you are not getting enough of them!



## What Are Fulvic Minerals?

Fulvic Minerals are fulvic acid combined with minerals. They are considered to be nature's most potent, effective anti-oxidant and electrolyte (an electrically charged element or compound (eg. sodium, potassium) found in body fluids, tissues and cells). Fulvic minerals contain more than 70 electrolytes supplying a trickle charge of electricity to every cell.

## Why Take a Mineral Supplement?

According to a lot of data I have read, almost no matter where we live, our food supply is deficient in minerals. So if you don't supplement, your body is most likely malnourished. Here is just some of that data.

The Food and Nutrition Board currently recommends that supplements or fortified foods be used to obtain desirable amounts of some minerals.

In a newsletter I just received from Dr Al Sears he says this of the mineral Boron. It used to be in the fruits and vegetables you eat. But commercial farming has depleted our soil from many of the minerals you need to stay healthy. And boron is a big player. Your prostate needs it to stay happy and healthy. A man who lives to age 80 has a 90% chance of having an enlarged prostate gland. Boron helps to maintain your prostate gland at the normal size. It's one mineral you don't want to miss out on!

This is not new news! **74 years ago, in 1936**, the 2nd Session of the 74th Congress of the United States Senate warned the American people of major mineral depletion due to “modern” farming methods. The Senate Report was based on a study conducted by Dr. Charles Northern. It was further supported by research completed at Yale, Rutgers, John Hopkins, Columbia and the U.S. Department of Agriculture. Dr. Northern demonstrated “that countless human ills stem from the fact that impoverished soil of America no longer provides plant foods with mineral elements essential to human nourishment and health.”

The Senate report makes the following points.

“Our physical well-being is more directly dependent upon minerals we take into our systems than upon calories or vitamins, or upon precise proportions of starch, protein or carbohydrates we consume.”

“Do you know that most of us today are suffering from certain dangerous diet deficiencies which cannot be remedied until depleted soils from which our food comes are brought into proper mineral balance?”

“Laboratory test prove that the fruits, the vegetables, the grains, the eggs, and even the milk and the meats of today are not what they were a few generations ago.”

“It is not commonly realized, however, that **vitamins control the body’s appropriation of minerals, and in the absence of minerals they have no function to perform. Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless.**”

As mentioned in the Senate report, lack of minerals in our soil even affects our vitamin intake. Organ meats were once high in B12. Not so any more. In 1989 and 1990 nutritional researcher, Sylvia Ruth Gray, commissioned lab tests which showed zero B12 in beef liver, Swiss cheese and chicken breast and only 2.19 micrograms in beef heart. The tests done in 1960 showed 122, 1.71, .5 and 14.2 mcg respectively. The sharp decline in B12 was attributed by Gray to pollution and mineral depleted soil. The mineral cobalt promotes B12 synthesis.

Now if the 1936 projections for an increase in degenerative disease as a direct result of nutrient depletion were not motivating enough for you to be racing for a mineral supplement, digest this! Recent tests prove conclusively that the vitamin and mineral content of food today is far lower now than it was 50 years ago. Compared to crops raised 50 years ago a Canadian study found that potatoes have lost:

100% of vitamin A  
57% of vitamin C  
57% of iron  
28% of Calcium

A US study found similarly. From the start to the end of the 20th century the average mineral content declined 75% from 400mg to 50 mg in cabbage, lettuce, tomatoes and spinach.

Compared to a human body, a car engine is extremely simple. It runs on petrol or diesel. If you put petrol in a diesel engine or diesel in a petrol engine it just doesn't run and you could destroy it. If you have a high performance car and you put low octane fuel in it, it will still run but three things will happen:

- you won't get as much power from the engine
- you'll hear the engine knock
- it will not last as long

Human bodies are remarkable things. Each cell in the body has its own engine. Like a car, to deliver maximum power, this cell engine requires the right fuel. In the case of the cell, optimum nutrition. Because they are self-monitoring and self-regulating, bodies will do the best they can with whatever you feed them, good or bad. The normal person is putting very low octane fuel in their potentially high performance body. Their body does with this low octane fuel what it can, but like a car engine it:

- delivers less energy
- gets sick and develops diseases
- ages faster and dies earlier than it should

Compared to bodies, cars are far simpler and far easier to maintain. A car has a fuel gauge so we can see when it is running on empty. If we put low octane fuel in it, we hear the engine knock.

Our body does not have a fuel gauge for its vitamin and mineral content. We don't get a blood test done to check the mineral levels. **We can't tell if we are running on empty.** We are not taught to recognise the source of or respond appropriately to our body's equivalent of engine knock. Most doctors are not trained in nutrition. If you have a problem with your body, the normal handling is to feed it drugs. All most drugs do is put masking tape over the fuel gauge! They do not address the underlying causes - inflammation, glycation, oxidation, toxification and nutrient depletion.

Is it any wonder we are suffering degenerative diseases in far greater numbers than our grandparents? All this contributes to an early death for large numbers of us. I don't know about you, but I don't want to be one of them! To avoid it, I am prepared to do things differently from those that normal people do.

# Why Take a Fulvic Mineral Supplement?

A mineral supplement is as good as

- it contains all the minerals the body requires
- in sufficient amounts to satisfy the requirements of the body
- in a form easily assimilated by the body

If the mineral supplement does not have all the minerals the body needs, or they are in too small an amount or they are not assimilable, then that supplement is not optimal. Having fulvic acid with your mineral supplement promotes better absorption of the minerals in the supplement.

## Why Use These Particular Fulvic Minerals?

If you are already taking a multi-vitamin, multi-mineral supplement, grab the bottle and read the contents. Most have very few minerals, maybe 5 to 10. By comparison, Tracite™ Fulvic Minerals have 77 minerals and trace elements!

Absorption of minerals can vary according to their form. Tracite Fulvic Minerals come from 50 million year old plant matter. Just as an ant can carry four times its weight, fulvic acid is so powerful that one single molecule is capable of carrying more than 60 times its weight in minerals and trace elements into the cells. The greater the fulvic acid content, the greater the absorption of minerals and other nutrients.

Tracite Fulvic Minerals come from a shale deposit of decomposed, prehistoric plant life from 50 million years ago. They are very, very old so they contain no e-Coli bacteria that have been found in fulvic acid products created from more recent deposits. Because the deposit was created so long ago when the mineral content of the plants was far higher, the concentration of minerals in the deposit is also higher. This particular deposit is, as far as is known, unique, because it includes deposits from both land and oceanic vegetation.

Here's a link to a video on YouTube of Ralf Ostertag comparing concentrations of his Fulvic Minerals with others <http://www.youtube.com/watch?v=fXItlWhf3J4> and another showing how quickly results are obtained using Fulvic Minerals as a catalyst (a catalyst speeds up a chemical reaction) <http://www.youtube.com/watch?v=CmzN2EkgP2c>.

# Where Can I Get Tracite™ Fulvic Minerals?

In Australia, just click the dropdown to select the number of 56 gram bottles you want then click the button [Add to Cart]. For 1-3 bottles post and handling is \$6 on top of the price shown.

If you have any questions, drop me a line at [my email address](#) .

If you are not in Australia or New Zealand and you want some Fulvic Minerals, send an email to [Ralf's email address](#) . He's a very helpful guy and very easy to talk to.

# Where Can I Learn More About Fulvic Minerals?

The manufacturer of Tracite has a great quantity of information available on his web site at: <http://www.minerallogic.com>

Tom Grimshaw

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You can purchase a [Nutrition Booster Bar](#) containing Fulvic Minerals from [Healthelicious Foods](#).

[How to Defeat Artificially Accelerated Aging and its Degenerative Diseases](#)

has more data on anti-aging strategies. Over 250 pages in fact.

For the outside of your body check out [Grampians Pure goats milk soap and skin care](#)