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# FITNESS

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

By Dr. Donna Schwontkowski, Editor

## HEALTHY GARDENING

“When John Jeavons came out with his book, *How to Grow More Vegetables Than You Ever thought Possible on Less Land Than You Can Imagine*, he said you could feed a family on what you grew on an acre,” said Dean, the head of Supreme Fulvic, LLC’s Humic Acid Research Division. “We applied what we knew about Humic and Fulvic acid to that same acre and quadrupled the yield.”

In hydroponic systems, a 10' x 10' greenhouse for tomatoes can produce 2000 pounds of tomatoes when Humic and / or Fulvic acid is used in a program developed by Dean. If the type of tomato grown is the indeterminate variety, the yield can grow to 2000 pounds every 3 months.

The interesting part about humic acid is that it is a natural substance that was found on earth in large quantities since the beginning of time. Certain areas of the world such as China, Germany, and even the U.S. have humic acid ‘veins’, areas sometimes up to 18 feet thick and miles wide that are loaded with the substance.

Centuries ago, humic acid deposits on earth were more plentiful.

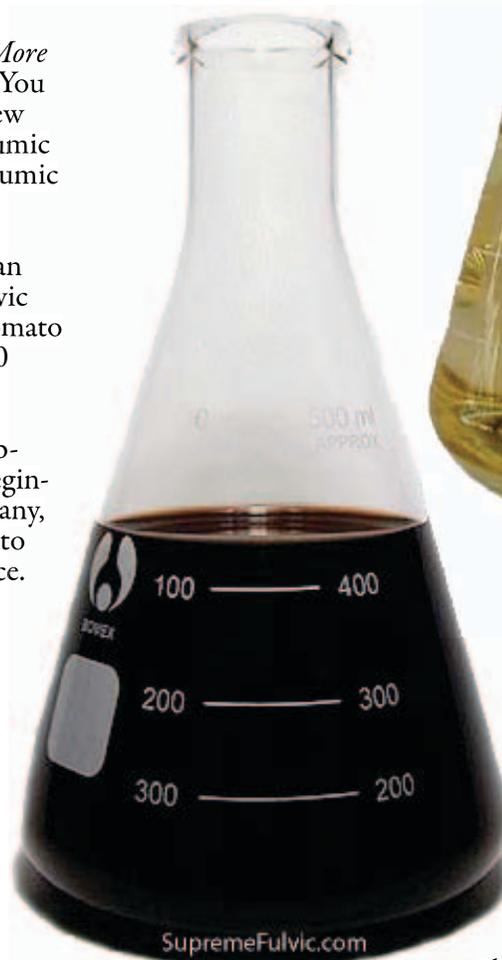
## WHAT EXACTLY IS HUMIC ACID AND FULVIC ACID?

Humic acid is an acid chain manufactured by plants that weighs 5000-8000 daltons. Fulvic acid is an acid chain that weighs in at 500-2000 daltons. Ancient plants were full of fulvic acid, which is a chelator of toxic metals. Plants make their own fulvic acid to prevent over mineralization, which can result in toxicity. With humic and fulvic acid in the soil, plants absorb minerals easily.

Humic acid is also a source of food for the microbes in the soil. That’s why you get such great yields from crops planted near and with it. And that’s also why humic ores are used for bio-remediation of oil spills on land. Once the microbes are back in the soil after an oil spill, the soil becomes rejuvenated and essentially heals itself. Humic acid is a balancer and regulator in plants, helping them restore any functions that need restoration.

## WHAT THESE ACIDS DO FOR HUMANS

Humic acid and fulvic acid work well together not only for plants, but also for humans. They are conglomerate molecules; no two humic acid or fulvic acid molecules are ever alike, similar in a way to snowflakes. And although scientists at the International Humic Substances Society cannot seem to agree on what these substances are composed of and what they do in the body, some scientists seem to think that they don’t cure diseases of any type, but instead regulate the body’s respiration in whatever direction that body needs.



**Humic Acid  
20%±**



**Fulvic Acid  
Solution**

“The Chinese understood humic acid and fulvic acid for centuries. They wrote out lists of every type of disease that was benefited by them. It’s possible that the Chinese herbal recipes utilized the humic ore veins throughout China, perhaps planting or cultivating their herbs from these regions,” Dean said. “What the research shows is that cell walls are rendered more permeable with fulvic acid. The cells hydrate better, are more oxygenated, detoxify better and take in nutrients better. All these types of functions contribute to health. Once humic acid enters into the cell, the cell is able to grab any nutrients it needs from what has been eaten and detoxify what it does not need.”

Humic acid makes the cell healthy and vibrant and enhances the electrical firing of cells. That’s why top athletes have turned to the use of humic and fulvic acid. In racehorses, bones were three times as dense when fulvic acid was added to the feed after six months. And in Hungary, one study of 1100 children with eczema given fulvic acid showed that all were clear of the skin disorder in 9 months.

That’s the buzz about humic acid and fulvic acid. Next month: read how to not fall prey to false marketing claims about fulvic acid. For more info, see [www.SupremeFulvic.com](http://www.SupremeFulvic.com)