

Potential Solutions

If our soil and crops lack essential minerals, we need to supplement our diets to achieve true wellness. All biological organisms (including humans) require organically complexed trace minerals in order to maintain health and prevent disease. Decades ago, if we had only protected and nourished our soil from hazardous and toxic chemicals, these critical organic complexes would naturally be in the foods we eat today. Unfortunately, they are not.



But will any old multivitamin off the shelves of our grocery or drug store do the trick? The short answer is no. Much like our soil, most supplements available on the market today are full of synthetic chemical nutrients instead of the organic nutrients our bodies need.

How do we get these complexes back into the soil, and what can we do in the meantime to replenish the organic trace minerals in our bodies? A piece of the answer to both questions lies in a substance called *fulvic acid*. Fulvic acid (not to be confused with folic acid) is the end result of repetitive plant decomposition, and is the first biological step in changing inorganic trace minerals into organically complexed, soluble trace minerals that can be used by both plants and animals.

Fulvic acid is produced as plant matter decays over long periods of time and utilized in trace amounts by microorganisms in the soil. The process takes hundreds of years and can't be duplicated in the laboratory. Fulvic acid has an extremely small (ultra-chelated), low molecular weight that might beneficially modify many essential biochemical, electrochemical and metabolic processes, and yet, the greater scientific community still is largely unaware of its role.

Further research might show that fulvic acid can be used to resuscitate some of our soil and possibly our food sources and bodies. Until this can be accomplished, high-quality supplements remain our best defense against food devoid of life-sustaining, organically complexed minerals and nutrients.

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