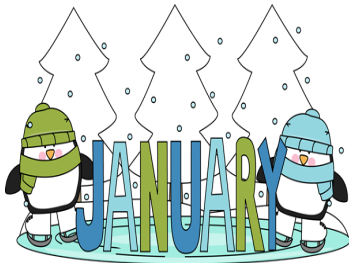


Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN



FULVIC ACID—THE MISSING NUTRITIONAL LINK

Fulvic acid is an antioxidant that occurs naturally in certain soils, plants and plant-based foods. Thanks to modern farming practices, our soils have been contaminated by industrial pollution, pesticides, and chemical fertilizers which drastically reduced the amount of fulvic acid and other minerals present in soil. Since organic farmers don't use pesticides or chemicals, organic vegetables are far more likely to contain this important nutrient than nonorganic vegetables. Ongoing research over the past several years shows that fulvic acid acts to improve gut health. This is mostly due to the nutrients being able to support the beneficial bacteria to form a healthy "microbiome" in our bodies. A microbiome is the collective name for the bacteria "ecosystem" that resides in your digestive system. Abnormal gut permeability or leaky gut—a condition in which food and other particles are able to penetrate the gut lining and enter the bloodstream where they shouldn't normally be—is known to lead to inflammation and causes multiple health problems. Consumption of fulvic acid has been shown to reduce the incidence of digestive disorders such as SIBO (small intestine bacterial overgrowth) and inflammatory bowel disorders. It also helps with reducing constipation, bloating, diarrhea, and food sensitivities. After years of being ignored, gut health is finally getting some well-needed attention. After all, a healthy digestive system is essential for building immunity, regulating appetite, managing stress, and much more. Fulvic acid is able to help you achieve a healthy gut. There is an ancient natural remedy found mainly in the Himalayas known as "*Shilajit*." It has been used for hundreds of years in traditional Ayurvedic medicine to treat health problems that likely have poor digestive and immune health as underlying causes. *Shilajit* is believed to be formed over centuries by the gradual decomposition of certain plants by microorganisms. Fulvic acid is typically extracted from humic deposits which are very rare and are believed to have been created from ancient lush vegetation by microbial activity near the surface of the earth. In its natural state, fulvic acid enables plants to absorb and use minerals and other nutrients very efficiently. In fact, it is absolutely essential for plant health. Fulvic acid contains a vast number of naturally occurring bioactive substances. These include powerful antioxidants, detoxifying enzymes known as superoxide dismutases (SOD), nutrients, amino acids, and natural antibiotics. Fulvic acid is able to improve gut health, boosts the immune system and lowers the risk of many digestive disorders. Additionally, fulvic acid is now actively being considered as a potential future treatment for Alzheimer's disease. A well-known contributing factor to the development of "cognitive" disorders is free radical damage in brain cells. Fulvic acid is a proven powerful antioxidant that is known to protect cells in their internal structures from harmful oxidation and breakdown by free radicals. Specifically for dementia and Alzheimer's disease, the abnormal processing of a brain cell protein called *tau* into insoluble filaments is believed to be a critical step in their development. A recent study showed that, in a laboratory setting, fulvic acid counteracts specific aspects of abnormal *tau* processing by reducing the length of insoluble *tau* filaments and even disassembling them after they have been formed. These encouraging results led the researchers to conclude that fulvic acid is likely to provide new insights into the development of potential natural treatments for Alzheimer's disease and dementia. According to another study in 2011, fulvic acid supplementation significantly improved the symptoms associated with eczema, even when compared to other eczema treatments. In fact, fulvic and humic acid protect the skin on topical application and appear to help in treating wounds, scratches, and rashes.

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FALL & WINTER- STORE HOURS:

Tuesday – Saturday
9 am-5 pm

**CLOSED SUNDAYS
& MONDAYS**

SPA HOURS:

By Appointment



Fulvic acid has also traditionally been used as a remedy for poison ivy, poison oak, and athlete's foot. There are many other benefits of taking fulvic acid supplements. For example, fulvic acid is an excellent natural chelator. This means it binds easily to nutrients, minerals, and metals to form stable, water-soluble complexes. This in turn enables our bodies to absorb the nutrients, instead of having them pass through us. Another benefit of taking fulvic acid supplements is that they help to restore the body's optimal pH level. They do this by alkalizing the body and preventing the formation of an overly acidic environment. In doing so, fulvic acid helps to prevent long-term illnesses and improves our body's defenses against harmful bacteria, fungi, yeast, and other infectious organisms. People taking fulvic acid have also reported a noticeable improvement in their energy levels, which is likely due to better detoxification as well as reduced inflammation and free radical damage. Fulvic acid supplements may be the easiest way to add fulvic acid to your diet. You will be able to find a variety of them at the Evergreen Cottage. For topical application and to improve your skin try our excellent skin care line which contains fulvic acid in a signature ingredient—Austrian Moor. Moor is a rare form of nutrient-rich peat created by the gradual transformation of herbs, plants & flowers that have been permanently submerged under water or underground. Free from the decaying effects of oxygen and in the correct climatic and biological conditions, the plant matter undergoes a 'ripening' process over many thousands of years into a rich, black substance. During this process all of the organic and inorganic substances within the plants are assimilated into the Moor resulting in a herbal complex with wonderful therapeutic properties. Moor has been a part of traditional medical folklore throughout many parts of Central Europe for centuries. During the past 60 years, a wealth of clinical studies have confirmed that Moor has a wide range of beneficial properties. As a result, hundreds of European physicians now use and recommend Moor treatments. Created by nature over 10,000 years ago, this nutrient-rich complex contains a wide array of organic substances and minerals such as humic acid, fulvic acid, antioxidants, proteins and mineral salts that enhance the skin's overall health. A variety of skin products containing this Moor essence are available at the **Evergreen Cottage**. Please make sure to ask for assistance to locate these products and request a free pamphlet listing the different products. We are always happy to help! You can also experience these 100% natural-source-skin-care products when you sign up for a European Facial at the Evergreen Cottage. The Moor essence is the unique key ingredient in all the skin care products applied to your skin during the treatment. The products will deeply purify the skin and pores, aid in abating wrinkles, and rejuvenate the complexion with a heightened firmness, tone and freshness. The deep-cleansing facial is a profoundly relaxing and restorative experience both for the skin and the whole body. Take advantage of nature's healing power!

Organic vegetables are far more likely to contain fulvic acid than nonorganic vegetables since the use of farming chemicals like pesticides drastically reduce the amount of fulvic acid and other minerals present in the soil. The best option is organic vegetables that grow directly in soil, such as potatoes and radishes. Organic blackstrap molasses is another good source of fulvic acid. These roots grow anywhere from 6 to 15 feet below the soil. The depth of the roots ensures that they come in contact with fulvic acid during the growing process. Blackstrap molasses is a thick syrup often used as a sweetener. At **Organic Roots** you can also find **BLK water** which is purified water infused with fulvic trace minerals and an electrolyte complex. The blend of trace minerals and fulvic acid gives this water its distinctive black color. The black water is great-tasting and helps balance and regulate your pH. Our health is constantly being challenged by countless pollutants and chemicals. Fulvic acid is known to improve detoxification, will strengthen your gut and immune health and will also keep your memory sharp.

Organic Roots  *Bistro*

WINTER HOURS:

TUESDAY through SATURDAY 9 AM—5 PM
Closed Sunday & Monday

As we reflect on this past year, we are thankful for your continued support and friendship. All of us at Organic Roots and Evergreen Cottage send you our warmest greetings and best wishes for health, joy and prosperity for this coming year.



“Write it on your heart that every day is the best day in the year”.

~ Ralph Waldo Emerson