

## Humic Shale

Bee pollen, blue green algae (the Aztecs tried this one and had to turn to cannibalism to meet their mineral needs), kelp (the Japanese who consume the most kelp worldwide only live to be 79.9) and "green drinks" contain some plant derived colloidal minerals, however, the number of minerals is highly variable depending on what is and what is not in the soil or lakes they came from and lastly, the concentrations of the colloidal minerals are so small that you would have to eat more than 400 pounds a day to meet your essential daily needs.

Juicing has been a popular method of obtaining maximum nutrition from fresh fruits and vegetables and in fact there is no better way to get vitamins from fresh fruits and vegetables than to juice. When one talks about minerals from juicing, the level of confidence drops precipitously - remember U.S. Senate Document 264 says there are few if any nutritional minerals left in our farm and range soils and therefore there are few if any nutritional minerals left in our grains, fruits and vegetables. Even when you juice you should supplement your dietary program with minerals to include all of the major minerals, trace minerals and Rare Earths.

"Humic shale" is a unique source of plant derived colloidal minerals. Humic shale originated from plants some 75 million Years ago, those lush tropical plants took up the 60 plus metallic minerals available to them from a fertile soil that had as many as 84 minerals.

A volcanic eruption covered these mineral rich forests with a thin layer of mud and ash, thick enough to create an air-tight "vault" and dried or desiccated the plants into a deep accumulation of "hay," but not deep enough or heavy enough to pressurize the dried plant material into coal or oil.

The entombed humic shale never fossilized or petrified, in other words they never became rocks - just compressed, dried, prehistoric "hay" that contains large amounts of plant derived colloidal minerals, so small that you would have to eat more than 400 pounds a day to meet your essential daily needs. Humic shale can be used as an excellent soil conditioner for organic gardens, farms and ranches as it supplies a rich source of humus and no less than 60 plant derived colloidal minerals.

Humic shale can also be ground into a fine plant flour and soaked for three to four weeks in filtered spring water until it reaches a specific gravity of 3.0, it then provides a high quality plant derived [colloidal mineral supplement](#) that contains 38 grams of plant derived colloidal minerals per liter.

It takes 78 pounds of humic shale to reach the concentration of 38 grams of [colloidal minerals](#) per liter; the 78 pounds of humic shale represents approximately 1034 pounds of lush prehistoric green mineral rich plants. The fluid extract of high grade humic shale contains no less than 60 plant derived colloidal minerals and is 98 % available for animals and humans.

If we are to flourish and fulfill our genetic potential for health and longevity we must supplement with all ninety essential nutrients including 60 minerals. Anything less is to tragically throw away one's life.

<http://fountain-ofyouth.com/colloids/b1.htm>

**"GLACIAL MILK":**

## Plant derived colloidal minerals

You might have seen some companies that sell a product that has the name " Glacial Milk ", but let us tell you about the history of these words and how you should be taking [Real Plant Derived Colloidal Minerals](#) from a Prehistoric Valley in Utah. Doctor Joel Wallach speaks about these cultures, and Glacial Milk in his famous audio tape "**Dead Doctors Don't Lie**". If you are interested buy from the Mineral Doctor himself that started the Colloidal Mineral Revolution, try our [Tangy Tangerine Ultimate](#).

Organic [Colloidal Minerals](#) derived from plants are 98% available to humans as compared to 8 to 12% availability for the metallic minerals. The serendipitous irrigation of their terraced fields with the common denominator of "Glacial Milk" from the mountains containing 60 or more minerals is the secret of the five cultures who live to be 120 to 140 years of age. Their terraced land, their " Glacial Milk " and their organic agriculture are their whole life. Only they have been able to fulfill their genetic potentials for longevity - and they have done it without the "blessings of modern high tech medicine, vaccines, antibiotics, steroids, or transplants. From page 213 of " Rare Earths Forbidden Cures ". [Who are these 5 cultures Doctor Joel Wallach is writing in his book ?](#)

<http://www.healthy-ways.com/a.html>