GRANDMA'S REMEDIES

Shilajit: The Ancient Yogic Superfood that Rebuilds Your Body

By bestfolkmedicine · 11/11/2018 · 2 min read



Have you ever heard of Shilajit? It is considered to be one of the most potent natural remedies in Asia. Originating from the cracks between rocks high in the Himalayas, this substance is abundant in nutrients, including humic and fulvic acids. They are the two of nature's strongest cleansers of heavy metals and other toxins that worsen the proper functioning of the body. Let us learn more about this amazing substance in the text below...

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The Power of Shilajit

As noted on Conscious Lifestyle Mag, studies have shown that this substance contains an entire spectrum of every essential mineral on planet Earth in ionic form, which is the most easily assimilated by our bodies.

The amino acids, the fatty acids, the fulvic and humic acids, and the ellagic acids are good for the hormones- they restore the balance in the endocrine system. Though ancient healers could not have known these scientific data, they were still able to see its and the unique healing effects on patients.

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Why We all Need more Shilajit in Our Lives

- **It is a potent adaptogen, i.e. it can balance the systems in the body by lowering stress and treating nutrient deficiencies**
- **It can help you restore your sexual function, better your cognition, fight off stress and anxiousness, better your mood, and it will prolong your lifespan too**
- **It can minimize excessive inflammation and body ache- great for arthritis patients**
- **It has the capacity to improve the digestive health by healing ulcers and preventing the spread of bad bacteria**
- **It can help the body expel heavy metals and boost your body with pivotal nutrients for an optimal health**
- **It can be of aid for people with broken bones, allergies, and anemia**
- **It is great for people who are suffering from malnutrition**

Best Way to Take Shilajit

- *The Shilajit with the best quality comes from the Himalaya regions*
- *You can find it in numerous health food stores or order it online*
- *The most popular form of it is the night-black mineral resin and only several companies in the whole world sell it (this is a purified form of Shilajit and it can be quite pricey)*

- *The more affordable Shilajit products come in powder form and they are easier to use and not problematic for measuring (as it is the case with resin form)*
- *Quality Shilajit has a strong and specific tar-like smell which you cannot get miss; so, if the Shilajit you have bought does not necessarily smell like this; it is probably old or diluted*

Source:

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