

# Fulvic Acid and skin health

The skin is the largest organ in the Human body and along with this it is our indicator of poor health. Many physiological conditions express themselves on the skin and this is vital for diagnosis and treatment. Learning about the symptoms that are seen and experienced can often lead to addressing problems with some of our other organs. For example a yellowing of the skin is an indicator of severe liver damage and acne can be attributed to a poor immune system.

By viewing the skin as an indicator of something being wrong on the inside, it is then easier to understand why taking tablets can be the most effective treatment.

Skin conditions such as eczema, psoriasis and acne are now extremely common in society today and many people seek pharmaceutical medications to help combat these problems.

This eBook however, will explain why a more natural approach will work much better and also why treating the underlying cause of the skin condition is far more effective than applying topical treatments to help calm the symptoms. Because, in essence, that's what many skin conditions are.

They are symptoms of other internal problems.

The use of fulvic acid for many human health problems is becoming rapidly popular and it's effect on skin health is now being researched seriously by scientists. As a result of this, fulvic acid is now added to anti-dandruff shampoos and one skin cream in the US has patented fulvic acid's use to treat acne, eczema and psoriasis. Although these are topical treatments, the fulvic acid is easily absorbed into the blood stream and can target the causes through the skin.

Applying peat topically onto the skin has been used for centuries to help with various skin conditions and it is now thought that the fulvic acid fraction of peat is the nutrient responsible for it's skin health promoting properties.

Skin conditions can make the life of the sufferer extremely uncomfortable either by being itchy, sore or by effecting confidence in social situations. Many people that I speak to think that they have to suffer with these conditions for the rest of their life and in many case this is not true.

I strongly believe, and testimonials are constantly reinforcing my belief, that fulvic acid can be the answer to many millions of sufferers of skin conditions.

The big three...

The 'big three' skin conditions are eczema, acne and psoriasis and although acne usually disappears from 20 years old onwards, it can still blight the lives of many adults.

## **Eczema**

Eczema is a name given to a range of different skin conditions and can be defined by their persistence. It expresses itself as a form of dermatitis (inflammation of the epidermis) and skin can feel sore, itchy and tight and be 'flaky'. Severe cases can even lead to open and cracked skin.

Eczema differentiates itself from other skin conditions by usually affecting the joint areas of the body, noticeably the fingers, knees and elbows.

There are many different types of eczema, all with similar symptoms but the most common are:

1. Atopic Eczema – Believed to have a hereditary cause as it usually runs in families and is a response to an allergen. Symptoms express themselves at the backs of knees, elbows, head and scalp.
2. Contact dermatitis – Eczema resulting from the contact of either an allergen or an irritant such as detergents or other cleaning products. Treatment is often based around removing the allergen/irritant from the person's environment.
3. Xerotic Eczema – This type of eczema often expresses during dry, cold weather and is more common in the elderly.
4. Seborrheic Dermatitis – Closely related to dandruff and causes dry or greasy peeling of the scalp, eyebrows and face and can also affect infants.

### **Acne**

Acne is generally classed as a skin condition experienced by teenagers as a result of changing hormones. However, it can also go well into adulthood too, often causing esteem issues with the sufferer. Symptoms express as spots or pimples on the face, neck, shoulders and back.

Causes of acne can include:

1. Inflammation
2. Bacterial growth
3. Hormonal changes
4. Stress
5. Family history

In most cases, inflammation, bacterial growth and hormonal changes are to blame.

### **Psoriasis**

Psoriasis is thought to be an auto-immune condition which causes dry, scaly skin in any area of the body. It is thought that the immune system causes the skin cells to replicate at an accelerated rate which results in inflammation.

It is a chronic, recurring condition and factors such as stress, alcohol consumption and smoking can aggravate the problem.

People with psoriasis often seek many kinds of treatment which include bathing in sea salt, moisturisers, light therapy and immune-suppressant injections or pills. However, it is thought that anti-inflammatory treatments are the most effective.

Fig 1: An illustration explaining the difference between healthy skin and skin affected by psoriasis.

Overall

There seems to be one cause which can be applied to each of the three conditions mentioned and that is inflammation. It appears that if the inflammation can be controlled then many of the symptoms experienced by sufferers of these conditions would not express themselves.

## **How can Fulvic Acid help?**

The use of fulvic acid for many different human health conditions is gathering momentum on a daily basis and none more so than it's use for skin health. The precise reasons why fulvic acid works so well for improving the health of the skin is still to be researched but many people believe that it's anti-inflammatory and anti-bacterial properties cause this effect.

Fulvic acid can also remove any toxins from the body and it is this aspect of fulvic acid that is widely researched. This may also be one of the reasons why fulvic acid is so effective especially when Contact Eczema is concerned.

Some scientists, believe that it is the absence of fulvic acid in our diet, caused by non-organic farming practices, that has given rise to such conditions and getting fulvic acid back into our systems is vital not just for skin health but overall human health.

### **Anti-Bacterial Effect**

The anti-bacterial effect of fulvic acid is thought to be attributed to its balancing of the pH in our body. An acidic environment gives rise to a very poor immune system so it is vital that our body pH remains just above neutral in a slightly alkaline state. Once this is achieved, which may take a few months of fulvic acid therapy, our immune system will efficiently locate and destroy any bacterial overgrowth such as that experienced in some outbreaks of acne.

### **Anti-Inflammatory Effect**

The anti-inflammatory effect of fulvic acid is yet to be fully understood however, clinical trials show that administration of fulvic acid reduces the production and impact of pro-inflammatory substances. As many skin conditions show some form of inflammation, fulvic acid therapy is essential to improve the health of the skin.

### **Detoxification**

The physical structure of fulvic acid allows it to carry many different substances. It can hold up to 75 different trace minerals. However, it can also bind and hold any substance that is in quantities that are not desirable to the human body. By this I mean toxins. Everything is toxic to us in sufficient quantities and there is nothing better than fulvic acid for balancing substances back to safe levels.

### **Interaction with Silica (Anti-wrinkle)**

Many people who take fulvic acid supplements which also contain vegetal silica, also mention that their skin feels very soft after a few weeks of use. This is due to the fact that fulvic acid can dissolve silica into a form that is very easy for our skin cells to use. Silica is vital for our collagen structures in our skin to remain elastic. It is this elasticity that is lost when wrinkles start to appear. Many people spend a huge amount of money on face creams and moisturisers with little or no effect. The most effective way of preventing wrinkles is now known to be fulvic acid and silica.

### **Summary**

It is becoming ever more apparent that fulvic acid is an essential part of a modern skin therapy

course. Testimonials are now supporting our theories and further proving that a good fulvic acid supplement should be considered above any other form of treatment.

When combined with vegetal silica, no other nutrient can:

1. Provide a powerful anti-inflammatory property which may be effective for eczema, psoriasis and acne.
2. Offer anti-bacterial properties to help combat acne.
3. Detoxify our cells to ensure that environmental toxins cannot cause skin problems.
4. Balance the pH of our bodies.
5. Combine with silica to provide the most effective anti-wrinkle formulation available.

Fulvic acid should now be considered as the first line of defence in skin therapy. More and more people are finding benefits after years of trying other treatments and failing. If you know anyone who suffers with any of the conditions mentioned in this eBook then fulvic acid is for them.

Make fulvic acid part of your skin therapy program.

**Stop treating symptoms and start targeting the cause!**