

WHAT IS SHILAJIT?



Shilajit is a rare substance formed by the gradual decomposition of certain plants over a long period of time by the action of microorganisms. It's collected by local inhabitants in many mountain ranges from Russia, to the Andie's, also found recently in the Alps, but mainly comes from the lower Himalayan mountain regions.

The word 'Shilajit' in Sanskrit literally translates to 'invisible rock'.

It is a thick pale brown to black brown coloured substance that is sticky like a resin. This seeps out of the cracks in the mountains when the summer sun has heated the rocks. It is bitter in taste and has a very distinctive smell, similar to stale cow urine.

It has many different names such as, Asphaltum, mineral pitch, mumijo, momia, mummiyo, and moomiyo. Its spelling can vary as Silajit, Salajeet or Shilajed.

Shilajit being a humic substance that is obtained from biodegradation of organic plants, consists of 80/85% by weight humic acid. It also contains high amounts of fulvic acid.

The trace elements of complex minerals by 15/20% consist of iron, calcium, copper, zinc, magnesium, manganese, molybdenum, phospholipids, triterpenes, and phenolic acids of lower molecular weight.

The composition of Shilajit can vary quite a lot, from place to place with its different properties. It is used in Ayurvedic medicine as they believe it is 'Conqueror and destroyer of weakness'

There are many benefits from taking Shilajit, such as Cognitive function, Brain function, Alzheimer's disease, aging, high cholesterol, heart health, Maintains healthy blood sugar levels in people with diabetes, Antiviral, Anemia, Chronic fatigue syndrome, liver cancer, Intestinal troubles, Male infertility, Regulates periods, balance hormones in menopause, Pain and inflammation, treats wounds and ulcers, relieves stress and anxiety, Bone health, and there are also people who use it as an aphrodisiac.

Shilajit is taken orally, best taken first thing in the morning on an empty stomach, although can be taken at any time of the day.

The dosage will vary from person to person. Take a small match head size piece and put it under the tongue to dissolve. If you don't like the strong taste, then you can dissolve it in warm water, not too hot, and drink it.

To see the quality of Shilajit you can test it by dissolving it in water. It should completely dissolve easily with no oily residue on the top of the water.

For more information & orders contact Julian Fryer at +34 603209894.