



1056: Minerals Part 4: Humic & Fulvic Minerals:
The Missing Layer for Cellular Signaling (Solo Episode)

Child: Welcome to my mommy's podcast!

Katie: This episode is brought to you by Hiya Health. Everyone's talking about their New Year's resolutions, and while everyone else is promising to hit the gym in 2026, I am focusing on something much easier that'll actually stick (gym's already pretty well a habit for me) which is better nutrition for my younger kids.

And that is exactly why Hiya exists, to give parents a real solution in a market flooded with products that prioritize candy-like appeal over actual nutrition. Some children's vitamins on the market have up to seven grams of sugar per serving and are stuffed with additives and petroleum based dyes.

Hiya took the opposite approach. Zero sugar, zero gummy junk, just clean nutrition. And the crazy thing is kids actually love them. The taste, the experience, all of it. It's thoughtfully designed. They looked at what modern kids are eating and not eating, and formulated around those specific nutritional gaps.

Working alongside pediatricians and nutrition scientists, Hiya created a superpowered chewable vitamin that packs 12 organic fruits and vegetables, plus 15 essential vitamins and minerals, including B12, C, zinc, folate, and more. The ingredient list is clean with no GMOs. It's dairy free, allergy free, gelatin free, nut free.

They've thought of everything. Plus, they've earned their clean label projects, highest purity award certification, and they put every batch of product through third party testing for heavy metals and contaminants. So it's the kind of transparency that actually means something. They are designed for kids 2 and up, shipped straight to your door in a reusable bottle with refills that come every month.

We have worked out a special deal with Hiya for their bestselling children's vitamin. Receive 50% off your first order. To claim this deal go to hiyahealth.com/wellnessmama This deal is not available on their regular website. So again, go to hiyahealth.com/wellnessmama and get your kids the full body nourishment they need.

This podcast is brought to you by BIOptimizers. Do you ever feel like no matter what you try, you just can't get a genuinely good night's sleep? The real problem might be the hormone changes that come as we age. I learned that our body burns through magnesium faster than we can replace it, and magnesium is what our nervous system actually needs to wind down for sleep. And that's why I'm a huge fan of Magnesium Breakthrough.

From BiOptimizers as part of my routine, I find I fall asleep faster and I'm not just laying there with my brain running and I wake up feeling really rested. But what I love most is it's

not just one form of magnesium, it's a blend of seven important forms because magnesium touches everything in our body

Sleep, yes, but also stress, energy, even digestion, and so much more. Everyone who's tried this talks about the same things, better sleep, feeling calmer, having energy, and I want you to join me in trying it together. So here's my challenge to you. Try it. Track your sleep. Pay attention to how you feel, and see if you wake up more refreshed. You have nothing to lose and a lot to gain because BIOptimizer offers a 365 day, no questions asked, money back guarantee, for a free full year with zero risk.

So here's what you do. Go to biooptimizers.com/wellnessmama and use the code WELLNESSMAMA to save 15% on your whole order. And get a free bottle of MassZymes, their bestselling digestive enzyme that I also use daily when you use that code.

So that's a \$20 product free on top of your discount. This is a discount you can't get on Amazon and only while supplies last. So again, biooptimizers.com/wellnessmama and make sure to use the code WELLNESSMAMA

Katie: Hello and welcome to the Wellness Mama Podcast. I'm Katie from wellnessmama.com. This episode is part four in the Mineral Mastery Series. There will likely be a follow up to this to go even deeper on some of the micro minerals. So far, we have covered what I consider the trifecta of electrolytes and sort of master minerals, which are sodium, magnesium, and potassium.

And I'll link to those episodes in the show notes if you missed them. Today I'm gonna talk about a different type of mineral that has a unique, and I feel like very vital, also, purpose in the body, and one that isn't as well known as hopefully sodium, magnesium, and potassium are, which is the topic of humic and fulvic minerals.

These aren't electrolytes in the same way as the ones we've been talking about. But I do feel like they can be a missing layer when it comes to cellular signaling. Before we jump in, as always, to reiterate, nothing I share is medical advice or even honestly personal advice. I'm simply sharing my own experience, my own research, and the things that I have learned to serve as any, if anything, just as inspiration for your own research.

You are and always will be your own primary healthcare provider. So I encourage you to be cautious, do your own research, and listen to your body with deep reverence and to question everything even and especially me. My deepest hope is that these conversations simply become a springboard into helping you connect with your own wisdom and your own best next steps.

So with that said, let's talk about humic and fulvic minerals. This is one I feel like is just less known about and certainly less understood. If you think of sodium, magnesium, and potassium as the electrolytes, which are the charged minerals that run our cells, electricity, and I spent the last three episodes covering why I feel like this is so important, humic and fulvic are more likely the conductors, the adapters, and the transporters that can help things work better.

So I think of these as more as like the translation layer between communication from the food we eat and from soil and ourselves, sort of the spark plugs for nutrient absorption. The missing piece in modern agriculture, which if you wanna learn more about this, Dr. Zach Bush has covered a lot in various podcasts throughout the years on the soil and how we have damaged it by our current farming practices. And this is a mineral group I feel like that brings the both and approach to life because we need, in my opinion, electrolytes and humic and fulvic, and I feel like these guys often get overlooked.

And I'll link to the ones I use in the show notes. There's several amazing options available now, though. So I think of like for electrolytes, we do need more of them, so we need quantity. And many people are simply not getting enough sodium, magnesium, and potassium at all. But with humic and fulvic, we really want to make sure we're getting high quality and it's the quality of them and they help enhance communication within the body.

But let's break down what exactly that means. So if you're not familiar with these terms, or even if you are, just as a broad description of what they are, they're actually not just minerals. They are organic acids from ancient soil, essentially formed over the course of millions of years as plants decompose and microbes transform them.

They contain by their nature trace minerals, amino acids, organic acids, carbon complexes, and unique compounds not found in modern food. Humic and fulvic are also not the same. They just get kind of often categorically talked about together. So fulvic is a very small molecule that is easily absorbed. It can enter cells and mitochondria and improve nutrient transport.

Humic is a larger molecule that works primarily in the gut, and it can help with things like the removal of toxins. And supporting the microbiome and reducing inflammation. It sort of acts like a magnet for the bad stuff and a delivery system for the good stuff. So together, they're kind of like a complete ecosystem support, which is why, in my opinion, we actually need these more than we ever have before, and they're harder to get than they've ever been before, partially because of soil depletion.

So. Like I said, Zach Bush is an expert on this, I'm not. But from learning from him, we know that modern farming strips the soil of carbon, of microbes and of minerals. So this means

fruits, vegetables, grains, and herbs have drastically lower nutrient density across the board than they used to.

Even organic produce, while it hopefully is avoiding added chemicals, was often grown in depleted soil, and a lot of these are missing the microbial layer. And this is where humic and fulvic come into play. Because humic and fulvic come from rich organic soil, something we rarely have today, and they contain these compounds that are hard to get in the modern diet and that are disappearing rapidly.

There's also the factor that most modern humans don't eat soil anymore. And why this is actually a problem. Historically, we ate unwashed roots. We ate wild plants, we drank spring water. We ate foods primarily grown in mineral rich soil, and now we eat triple washed, chlorinated, sanitized, everything, and we're missing this category of cellular communication through microbes within our diet.

There's also the issue of environmental toxins, so microplastics, pesticides, heavy metals, mold, toxins, et cetera. We are exposed to these in higher amounts than we typically have been in the past, and humic molecules are one of nature's ways of binding and escorting these out of the body gently and safely, and they do it without chelating good minerals, which is rare.

And why I really personally prioritize getting these into my body. Here's what humic and fulvic do in the body. This is also fascinating. They help with mineral transport and absorption. So think of fulvic minerals as like a taxi that can carry other minerals across cell membranes. So sodium, potassium, and magnesium in theory can work better when fulvic is on board.

They're also known to have a mitochondrial support element, so fulvic can enter the mitochondria and help shuttle electrons. It enhances ATP production. It improves the efficiency of the electron transport chain, which we talked about in other episodes. And this is subtle but powerful because more energy means better recovery, clearer thinking kind of better across the board.

There's also, of course, a gut and microbiome element here that I have also felt the difference of, and I feel like it's really important to touch on. Humic acid in particular is very helpful for the gut environment. In fact, many people notice a gut change pretty rapidly from introducing humic acid.

Essentially, it can help seal the gut lining by directly supporting tight junction proteins, and it feeds beneficial bacteria in kind of a prebiotic way. This reduces endotoxin and inflammatory load within the gut and then of course has a ripple effect throughout the body because of that. There's also a detoxification and binding component here.

In fact, a lot of people, especially those with chronic disease, are kind of getting on board with humic and fulvic for this particular reason. And I will say I did consume a lot of these, especially in my intensive healing phase. But from the research, humic acid binds things like glyphosate, heavy metals, mold, toxins, pesticides, and there's even emerging evidence that they might help bind microplastics.

And it binds in a way that, like I said, is gentle. It doesn't strip minerals, it doesn't chelate the good stuff. It just helps with the bad stuff.

There's also some evidence that points toward an antioxidant and anti-inflammatory effect. So these complexes can neutralize free radicals and inflammation signals within the body from an electrical perspective. So we've talked more about the electrolyte sodium, magnesium, and potassium. But fulvic and humic have a minor electrical impact as well because they can increase cell membrane voltage and hydration structure, which are also very important.

And I might elaborate though on this in future episodes, but there's a minor effect here. I do think, like I said, this is a both and. This does not replace the need for sodium, magnesium, and potassium. We need both. Your cells sort of become better at sending signals when all of these are in the correct symphony, not single notes.

And this kind of ties into the idea of the body is electric first and cellular voltage and nervous system safety. And these are themes that are recurring in this series and also ones I'm gonna go deeper on in future episodes as well.

I also wanna talk about how these are different than electrolytes because I've talked a lot about electrolytes, and this is important because people sometimes confuse these or think they only need one or the other. Here's why I personally think we need both and, and how they're different. So sodium, magnesium and potassium are electrolytes.

They help enhance electrical communication in the body. Like I explained before, if you have a glass of distilled water, it is not electrically conductive water or electricity will not travel through that water. If you have a glass of water with the right electrolyte balance of those minerals, you can send electrical charge through it.

So sodium, magnesium, and potassium are charged minerals. These are vital for running nerve impulses, controlling our fluid balance, powering muscle contraction and relaxation. They can get used up quickly. They need daily replenishment, and most of us are not getting nearly enough of any of them. Humic and fulvic are essentially carbon-based organic complexes.

They're not electrolytes. They're still very important. They don't work by directly charging the cells. They work by making nutrients more absorbable. Improving the body's natural detox process without removing beneficial things from the body, stabilizing the gut environment, indirectly supporting mitochondria. Electrolytes, do that as well.

Enhancing mineral utilization and balancing the electrical field around cells. So this is why I feel like this is a symphony and a chord that we need to play together. Not something that is helpful in isolation. I think of it as electrolytes are the currency and humic and fulvic are kind of the accountant and bank or the delivery truck of what's happening.

We need both. So this, I feel like with minerals is a both and conversation. There's also a whole host of minor minerals that I might do many episodes on in the future. And that I think are also very important and we can talk about iodine and selenium and silica and so many more, but I wanted to tackle the master minerals, the trifecta of three electrolytes and humic and fulvic first, because I feel like they are the most important in my opinion. Also, here's why humic and fulvic help other minerals work better.

And so by supporting stomach acid, fulvic acid supports the absorption of other nutrients, including minerals. It helps the gut lining and it helps transport molecules. So, it's, you've probably heard before, it's not just what we eat, but what we absorb that matters. And potentially these humic and fulvic compounds can enhance the absorption of vital nutrients.

When we have enough of humic and fulvic, potassium can shift intracellularly more easily. So fulvic helps potassium cross membranes more efficiently, which can lead to better cellular hydration and calmer nerves. Sodium balance can also be more smooth in the presence of fulvic and humic because it can help move sodium and water in the right compartments within the cell.

They can also help activate trace minerals like zinc, copper, selenium, iodine, which all rely on fulvic's ability to chelate and deliver, or the body's ability to do that, which fulvic helps support. They offer indirect support for ATP production, which is our kind of energetic currency of the body, because potassium and magnesium depend on ATP and fulvic enhances ATP indirectly, everything works synergistically when we get enough of all of these.

This is gonna be a shorter episode for sure, and I wanna just talk about how to get humic and fulvic because it used to be, like I said in the beginning, we used to get these from our food supply from eating things that came out of the soil, and hopefully we're all gardening and still getting some soil exposure, but most of us are not getting anywhere near enough.

So there's various forms of this. What I personally do, I take BEAM minerals. They have fulvic and humic, and I take both, which is, I believe one's called Electrolyze and one's called Micro-BOOST. I can link to those in the show notes. There are also capsules, powders, and blends of all of these. And some electrolyte mixes included.

I've tried quite a few and personally felt the biggest difference from BEAM but there are some great ones out there if you wanna experiment. In my opinion, the benefit of the liquid is very rapid absorption. It's easy to add to water and it doesn't have any taste. So even my kids will eat it without a problem.

It's also great for this reason for kids, for pregnancy. Check with your provider, of course. And I have just noticed a big difference from this as well.

I tend to kind of take these throughout the day, but I often add them in to my morning minerals because they don't have a taste. So I love to drink a big glass of water with minerals added while standing barefoot in the morning sunshine. Also we'll sometimes add more minerals for the afternoon energy slump if I have one or post exercise post sauna or while traveling.

Also do this after eating restaurant food because of the ability of it to bind things that I may have inadvertently consumed without meaning to. And then any, during any time of pregnancy or of illness when nutrient needs might be higher. In my opinion, and what I did is I started slow with these, like low amounts, and gradually increased to fill what felt best for my body.

There's not a universal dose or an RDA, so these things used to just be part of our environment and they're not now. I feel like this is a gradual introduction and listen to your body type situation. Personally what I noticed, I noticed increased energy and better digestion and clarity, but I would say your best gauge of how it's working in your body is gonna be how your body responds.

Also just to briefly touch on safety, sourcing and quality. In general these are considered safe. They are, they've been used in agriculture and in soil repair for decades. They are considered very gentle. They're not a harsh chelator, and they are safe for most people. Of course, if you have any contraindications or health concerns at all, check with a practitioner before adding anything.

But quality does matter. So you want yours to come from a clean source like ancient clean deposits or shale. And ideally be third party tested and free of heavy metals, which is a small risk depending on where they're sourced from. So you definitely wanna avoid cheap agricultural versions of this, which are great for soil, but not designed for large scale human consumption.

Like I said, I'll link to the ones I use in the show notes. And then just to wrap this under the umbrella of safety signals that we've talked a lot about in this mineral series, these also offer and confer safety to the body physically in various ways. So they support gut safety. They improve detox, which is a safety signal.

They can help with blood sugar and mineral absorption. Another safety signal. By increasing cellular voltage, they give safety to the body. By binding and reducing inflammation, they can confer safety to the body, and by supporting the mitochondria, they can confer safety to the body. And I feel like also in this particular category, while the electrolytes are direct, like directly vital for energy currency within the body, humic and fulvic minerals help remove the danger signals that the body can interpret through endotoxins, through toxins, inflammation, gut permeability, and nutrient deficiency.

So it's providing safety by helping remove danger signals and like I talked about in the nervous system episode, and have mentioned throughout this series, when you remove those things, the body says, okay, now I can heal. And the body only will heal when it feels safe, and it knows exactly how to heal when it feels safe. So key takeaways and to tie into the other episodes, electrolytes run the electricity of the body, humic and fulvic help in its conduction.

Electrolytes build quantity of electricity in the body, humic and fulvic can improve the quality of electricity in the body. They support nutrient absorption, detox, gut integrity, and mitochondrial energy, and they aren't a replacement by any means for sodium, magnesium, and potassium. In my mind, this is a both and category across the board.

These are also deeply missing from modern soil and modern diets, and this is one of the most elegant ancient tools we have for cellular health. So, so far we've now covered sodium, magnesium, potassium, and now humic and fulvic. In part five, which will be the last part of this miniseries, we will talk about the mineral matrix and how they all work together and why the symphony I keep talking about is so important and how to achieve it within the body.

For this episode, thank you so much for listening and for sharing your presence with me today. I'm so grateful that you did. If you have a second, I would be deeply grateful if you would leave an honest review wherever you listen to podcasts, which helps other people find and listen to this podcast as well.

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you did, and I hope that you'll join me again on the next episode of the Wellness Mama Podcast.