

A MOST PRECIOUS GIFT  
by Samio Jung K., Herbalist

It has been less than a decade, within an exalted, often worshipful history spanning more than 4 millennia that we were guided to find our first lode of Shilajit. You may know Shilajit by other names; Shilajeet, Mumijo, Mumie, Mummy and others or perhaps by several well-known euphemisms such as "Destroyer of Weakness" or "Conqueror of Mountains." Aristotle wrote extensively on the health uses of Mumie, which in Greek, translates to "to save or preserve the body." Europeans of the Shakespearean era called Mummy the "other fountain of youth."



Shilajit is a super-nutrient dense, ionic adaptogenic<sup>1</sup> capable of balancing one's body to a healthier equilibrium. Shilajit appears to optimize the endocrine system, manage hormone disbalance providing positive benefits to physical and mental energy, cognitive abilities, stress reduction, and the sleep-wake cycle. Shilajit is known to have a healing effect on the digestive tract with a notable ability to repair ulcerated intestines and limiting harmful bacterial growth<sup>2</sup>.



Shilajit is considered one of the most concentrated bio-available forms of natural Humic and Fulvic Acids<sup>3</sup>, detoxifying heavy metals and re-mineralizing cells. Shilajit is a powerful anti-inflammatory providing potential relief to arthritis and other pain causing inflammatory conditions<sup>4</sup>.



Shilajit is a supreme oxygenator<sup>5</sup>. High altitude societies such as the Sherpas, have known for centuries what modern science is now "proving"; Shilajit alters the body's ability to absorb and release oxygen. Shilajit could be called "the breath of life."



Historically, Shilajit is a resin/tar like substance found oozing from mountainsides of the Himalayan Mountains and the Caucasus Mountain Ranges. In fact, until several years ago, Asia was thought to be the only place where Mother Earth provided Shilajit. Enter the Rocky Mountains of the Americas, verified in Colorado and in Utah, USA.



We have been gifted with a most precious, perhaps the greatest of any possible gift – the gift of a Whole Earth Living Essence that is called Shilajit. We are certain that the multiplicity of synchronous events guiding us to our first Shilajit find, then leading three strangers to meet, then bond with a mutual desire to share with others this most perfect gift of Nature, is a message of guidance. In a way, we have

There is a story from an ancient Arabic text describing a cave filled with Mumijo. The Sultan demanded that sentries be posted to guard the cave as one would a great treasure. Once every year, servants were sent to harvest this treasure. Shilajit was at one time, equal in value to its weight in gold.



Our "guardianship" of Shilajit has one singular goal – to provide pure Shilajit. For us, purity must begin and end with verifiable trust. In our case verifiable trust means this:

- Our Shilajit, when harvested, must be cataloged by the harvester documenting location, elevation, and area geomorphology.
- We do not purchase Shilajit, raw or processed from anyone. Only Shilajit directly harvested by us enters our production process.
- Our purification process preserves Shilajit as a "Living, Whole Essence," utilizing zero chemicals, plastics, essence destroying heat or high speed centrifugal dehydration.
- The chain of custody is ours – from harvesting to packaging, we do not allow any possibility of degradation of our Shilajit products.



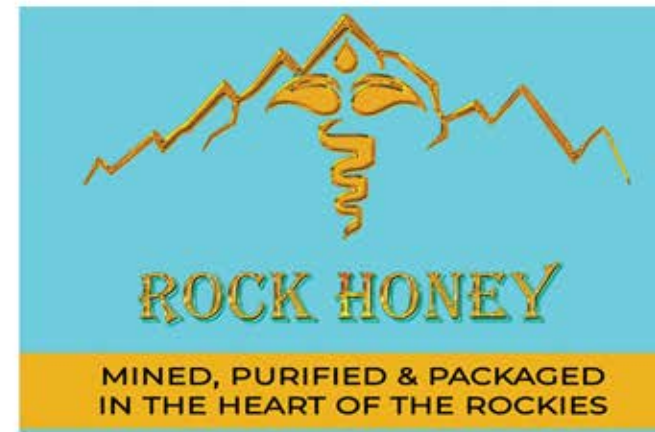
We are grateful that, from our back yard, we have been given such Natural wealth to share with the you. The veneration of Shilajit is ancient, spiritual, perhaps even bordering on the divine; now, Shilajit is also venerated in peer-reviewed analysis. And in these times of toxic bombardment from every angle impacting all aspects of our health; with our food now almost devoid of mineral nutrients, Shilajit, like pure water and air, could be considered a daily necessity

Rock Honey™ is the product of the partnership between our three organizations: Mother Earth Minerals, Acutone, and Colorado Shilajit Company.

For more detailed information, please visit the respective websites of the partnered companies at:  
[www.meminerals.com](http://www.meminerals.com) (866.989.9876); [www.acutone.com](http://www.acutone.com) (719.256.4676); [www.coloradoshilajit.com](http://www.coloradoshilajit.com) (719.221.8614)



The statements made herein has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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**ROCK HONEY**  
(Aka Pure Rocky Mountain Shilajit)  
by A. True Ott, PhD, ND

What's in a name? In the original Hebrew text known as the Old Testament - names as well as all written words were developed using a combination of 22 very descriptive letters. For instance, in the Holy Bible - the Hebrew word HONEY is found 56 times, often in combination with the word Milk. Milk in Hebrew means basic nourishment for babies and young infants. Honey in Hebrew means pure balanced and elemental complete nourishment for mature adults. So the "land of milk and honey" basically means a place where all human needs are provided from birth to old age.



Very few all-natural substances have been studied more thoroughly and intensely over the centuries than the substance called honey for its powerful health and nutritional qualities. Modern chemists have tried and failed repeatedly to make a "synthetic" honey for commercial profits without having to take it from beehives. But at the end of the day, only the lowly insect named the bee can manufacture the miracle of honey via an astounding chemical synthesis occurring following the construction of a hexagonal energy-generating matrix called the honeycomb. So what exactly is "Rock Honey" as opposed to "Bee Honey"?



In two places in the Old Testament text, Deuteronomy 32:13, and Psalms 81:16, we read about "honey out of the rock". In other words, Moses, in his final prophetic "song" promised that in the "high places" where eagles dwell, "honey" (or powerfully balanced nourishment) would come out of the rocks, as opposed to coming out of honeycombs. Are these two scriptures to be taken as literal or metaphor? I submit the description and/or promise is in fact literal.



Could the substance the Sherpas of the Himalayan mountains named "Shilajit" (pronounced "Shee-La-Gee"- a Sanskrit word literally meaning "destroyer of weakness, conqueror of mountains) be in fact the biblical "honey out of the rock" spoken of by Moses and the Psalmist? I submit that is exactly what it is for the following reasons:

1. Shilajit in its pure, natural form, has a deep amber color very much the same color as honey.
2. Shilajit literally flows out of crevices in rocks and ledges in high elevations in the mountains "where eagles fly and dwell". It does appear to be "sucked" out of the rocks themselves.
3. Shilajit, like honey, has been intensely studied by scientists for decades. It is the perfect all-natural blend of humic acid, fuvic acid, and 81 earth minerals - and thus is what led my mentor, Dr. Linus Pauling to refer to it as "The Medicine Chest of Tibet."

4. Dozens of peer-reviewed studies on Shilajit (aka Mineral Pitch) have universally concluded the numerous impressive health benefits associated with daily supplementation of Shilajit (Rock Honey). Perhaps the most important benefit is the fact that Rock Honey (Shilajit) powerfully aids in the exchange of oxygen (O<sub>2</sub>) from the lungs into the blood.



Oxygen, dear reader, is synonymous with life itself. From the first breath of a newly birthed baby until the final death rattle is heard and the mortician is summoned, oxygen-rich blood is absolutely needed for the cells of the human body to live and perform its divine functions.



So, again, what is in a name? Rock Honey is in fact the perfect description of what the substance harvested from high-mountain rock faces does without question - as it provides a perfect, balanced nutritional and healing energy to the human body while it increases the levels of life-giving oxygen to every cell, organ, and tissue.



It is in fact "honey" in the most literal sense of the word itself.



**OUR CELLS ARE LISTENING**  
by Dean Lloyd L.Ac, HHP, NP,PD/MWA

In part, every cell in our body is a resonator of sound – the tone of voice, a note from a piano, the discordant squeal of fingernails on a chalk board; each sound initiates a chemical-electrical change in our body. In 1999, I published my book Acutone: A New System of Healing Based on the Ancient Science of Sound instructing practitioners in the use of pure wave-form tones applied to the body to assist in healing patients. In the book, I discuss how an appropriate tone applied to the body has a direct affect on the energy pathways of tissues and organs whose expressions determine dynamically our state of wellness.



I have discovered that specific, pure-tone frequencies known to resonate with the desired tissue or organ, can be applied to a homeopathic medicinal whereby the therapeutic effect of the medicinal is amplified. The applied frequency is targeted to a tissue or organ and appears to have the effect of improving reactivity (speed, efficacy or both) between the medicinal and the targeted tissue. I have named this new methodology the Acutone Infused Homeopathic Method, or Acutone Infusion for brevity.



It is exciting to offer Acutone™ infused homeopathics that has been impregnated with the frequencies that match and vibrate to tissues in the body including bone, skin, tendon, muscle, and blood. I have chosen Acutone infused Shilajit to resonate with our blood as the first resonance enhanced homeopathic.



I chose Shilajit for several reasons. First, Shilajit has clinically proven properties that enhance oxygen uptake. Shilajit is also highly electrical, as in having potentially the highest electrolytic properties found in a natural substance. And of equal importance, a source of 100% natural, Colorado, USA harvested and purified Shilajit is now available in viable amounts. For the first time in my long career, I can rely on a source with provable chain of custody for this treasured substance, guaranteeing unadulterated Shilajit for myself and the world.



Differing Acutone Infusions will become available soon. I chose to target the blood (and heart) first as I believe that optimizing or improving the state of one's blood/oxygen expression directly affects all other areas of the body.



The journey to this point in my life has been wonderful; a river's path to a destination yet undetermined but still guided by unquenchable desires to learn, teach, create, and heal myself and others. I encourage you to visit my web site [www.acutone.com](http://www.acutone.com) to learn about my research resulting in my book and leading to this exciting new application for healing utilizing pure tone resonance.



**Purchase your Rock Honey at [www.meminerals.com](http://www.meminerals.com).  
2 oz. bottles are available for \$49. We have priced Rock Honey well below 'market' value to maximize affordability over maximum profits. Please contact Mother Earth Minerals for wholesale pricing at 866.989.9876**