

# 3 Insights About Shilajit: How It Can Help You, Safety Tips and Side Effects

Shilajit is a naturally occurring, mineral-rich material that is sourced from rocks in the Himalayas. The sticky, molasses-like substance evolves naturally over many centuries as a result of plant decomposition. It is rich in vitamins and [minerals](#) such as fulvic acid, humic, iron, and trace elements. Shilajit is a safe and effective supplement to integrate into your overall health routine and can be used to treat a variety of health conditions.

## What are the benefits of Shilajit?

In Ayurvedic medicine, Shilajit has been used for thousands of years as a powerful rejuvenating herb. It has been reputed to have numerous benefits, especially when taken as a supplement. It can help with immune support, heart and respiratory health, mental clarity, blood detoxification, and as an antioxidant and aphrodisiac. Take a look at some of the health conditions that have also been treated with Shilajit:

- Symptoms of Alzheimer's Disease
- Low Testosterone levels
- CFS (Chronic Fatigue Syndrome)
- Aging
- Iron Deficiency Anemia
- Infertility
- Heart Problems

## Enhancing Your Health Using Shilajit

Shilajit is often found as a powder that can be mixed with water or taken with another liquid. It can also be found in capsules, as a jelly, or in a liquid resin form. Here at [Santa Cruz CORE Fitness + Rehab](#), we sell a natural liquid resin form of Shilajit from Cymbiotika, which contains over 84 minerals and has the highest gold content in the world! It is recommended to take 200-500 mg of Shilajit a day for optimal health benefits, and this can be taken morning or night with some water.

## Common Ways to Use Shilajit

Shilajit is one of the most versatile and effective herbs out there. It can be used in many different ways, including: - as a health supplement - mix Shilajit with water or your favorite warm beverage to create an effective healing elixir. Try adding black pepper to increase Shilajit's absorption by the body. As a daily skincare ritual - mix Shilajit with some natural ingredients such as honey or avocado to create a powerful face mask that opens pores and cleanses the skin. For meditation - Add Shilajit to your incense to create a calm and serene

atmosphere for meditation and relaxation. For healthy hair and nails - massage your hair and nails with Shilajit, or use it as a mask to strengthen and beautify them.

## What are the Side Effects of Shilajit?

People may experience certain side effects when taking Shilajit. These are usually mild and can include nausea, diarrhea, abdominal cramps, headache, and dizziness. Shilajit may also interact with certain medications, such as blood-thinning drugs. As always, it is best to consult with a doctor before beginning any new supplement.

## Tips for Safe and Effective Usage of Shilajit

Always use quality Shilajit that has been harvested sustainably to ensure its effectiveness. Also, always consult with a doctor before taking Shilajit if you have any health issues or are on medications. If you are allergic to bees, you should avoid Shilajit as it is produced by bees. Take Shilajit with food to avoid nausea. To preserve its potency, store Shilajit in a cool and dry place, out of direct sunlight.

## What to Look for When Buying Shilajit

As Shilajit is not regulated by the FDA, it is important to choose a reputable brand that uses 100% safe, purified Shilajit. It should contain no additives, filler, or synthetic ingredients. Also, we don't recommend raw or unpurified Shilajit as this could contain fungus or other potentially harmful substances. Lastly, it should be sustainably harvested so it doesn't damage the environment.

At [Santa Cruz CORE Fitness + Rehab](#), we always want the best for our patients and clients. To ensure the best experience possible, we offer some of the best quality Shilajit on the market, coming from a safe and trusted provider. Our providers use high-quality products so that you will get the safest and most effective medication possible.

## Conclusion

Shilajit has been used as traditional herbal medicine for thousands of years. It contains dozens of minerals and compounds that can be useful in our bodies. If you are going to use Shilajit for medicinal purposes, you should first learn more about its benefits and side effects. Most importantly, always consult your doctor about the potential side effects and the right dosage. If you are interested in trying Shilajit for yourself or would like to learn more about how this amazing herb could help you, give us a call or come visit us in [Santa Cruz and Watsonville](#).

## References

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