MSM - BIOLOGICAL SULPHUR

MSM, or Methyl Sulfonyl Methane, is a natural form of sulphur found in many foods, including vegetables such as Broccoli. However processing, storage and cooking of foods destroys essential MSM sulphur. MSM plays a major role in stabilising and promoting numerous body functions. Without sufficient MSM Sulphur in the body illness of varying types may result.

Its main use in the body is for collagen synthesis, forming skin, blood vessels, hair and nails. Its main benefit is to keep cells, skin and blood vessels elastic, which is the attribute of youth. That is why organic sulphur is often regarded as the beauty mineral. It keeps cell walls permeable so that nutrients can freely flow into the cells and wastes and toxins can easily be removed.

Scientists almost missed MSM when studying nutritional needs because it plays such a small part in our food chain. However, in his research, Dr. Jacob determined that the sulfur in MSM, called Sulfonyl, is as safe and as important as vitamin C in our diet, unlike the bad sulphurs: sulfas, sulfates, sulfites and sulfides.

Beth M. Ley, in her book "MSM: Our Way Back to Health With Sulfur", lists common signs of sulfur deficiency, including slow wound healing, scar tissue, brittle hair or nails, gastrointestinal problems, arthritis, acne, depression, and more. "The body is in a constant state of repair, but if we do not have all the necessary "parts", says Ley, the body will "produce weak, dysfunctional cells."

Studies suggest that the level of MSM in the body decreases with aging. As a dietary supplement, MSM is recommended for neutralising and eliminating toxins as well as alleviating conditions of environmental and food allergies, pain from inflammatory disorders, gastrointestinal ailments, and infection.

**Wrinkles:** When the body replaces old skin cells, if there is a deficiency of MSM, the new cells are stiff and contribute to wrinkling. MSM supplementation helps the body replace bad cells with good, healthy, elastic cells. Over time, wrinkles go away. Brown and black spots and skin tumours can be arrested and reversed as new cells replace the "insufficient" cells.

**Damaged Skin:** It is the MSM in Aloe Vera leaves that soothes and repairs skin that has been cut, scraped, burned or damaged. The body then repairs the skin with the proper raw materials. MSM can be added to water, aloe vera gel and other preparations for application to the skin. Best results are obtained when MSM is applied topically and taken internally.

**Lung Dysfunction:** Emphysema is not always caused by smoking. Horses and dogs get emphysema, and they don't smoke. It is a deficiency of MSM that causes this condition (welding fumes, smoke, etc. are an aggravation), and supplementation with MSM can reverse it. John Booth of Portland Oregon, states "I worked in the shipyards as a welder down in the hull and smoked 2 packs of cigarettes a day. I got emphysema. I was coughing and hurting most of the time. I started taking MSM, and after a year I have strong lungs that allow me to breathe easily. The MSM made it possible for me to continue on with my work and my life." –

**Diabetes:** Even diabetics can benefit from MSM supplementation. Self-regulation of blood sugar can occur because MSM allows for proper absorption of blood sugars and insulin, and even repair of a damaged pancreas. When there is and MSM deficiency, cell membranes become less permeable, the pancreas overworks and ultimately fails, while blood sugars saturate the blood stream instead of entering the cells to provide nourishment and energy.
**Sore Joints and Muscles:** Testimonials of many athletes point to the ability of MSM to increase athletic stamina and eliminate sore muscles. This is because MSM increases the ability of the body to eliminate wastes and toxins at the cellular level, where good health begins.

**Candida Yeast:** This organism belongs in the large intestine, where it co-exists with acidophilus and prevents the take-over of harmful bacteria. When acidophilus is damaged or eliminated by antibiotic use, Candida can overgrow to the extent that it becomes "systemic", i.e. gets into the blood stream, where it competes for nutrients and emits waste materials that produce myriad symptoms of disease. MSM, by balancing the pH of the blood stream and tissues of the body, prevents Candida from living anywhere outside the intestines, where it belongs.

**Ulcers:** Can be life-threatening. Ulcers caused by too much stomach acid can be reversed by MSM supplementation.

**Other conditions:** that often benefit from MSM supplementation are **hot flashes** as well as **discomfort due to the monthly cycle, Acne, asthma, back pain, constipation, diarrhoea, diverticulitis, hypertension, inflammations of all kinds, itching skin, migraines, nausea, pain, stress, sunburn and wound healing** - all benefit from taking MSM.

MSM in powdered form is very easy to use. MSM is a white, crystalline powder that is odorless and somewhat bitter tasting. It mixes in water more easily than sugar, and just barely affects the taste. In juice or other beverages, it is almost undetectable.

You may also use MSM externally to carry other nutrients or remedies into the skin. With arthritis or connective tissue problems or generally for skin rejuvenation, you may dissolve glucosamine, copper salicylate, sodium ascorbate, magnesium chloride and MSM in a small amount of (warm) water and aloe vera gel and rub it into the affected area.

You cannot overdose with MSM - the body will use what it needs and flush out the rest without harm. Because it is also a free radical and foreign protein scavenger, MSM cleans the blood stream, so allergies to foods or pollens can be eliminated, sometimes in just a few days.

**Directions:** The daily maintenance intake commonly ranges from 1 to 10 g. Adjust the dose according to your wellbeing and observed effects. Start with about 1 g and increase gradually; 1 rounded teaspoon is about 5 grams. Best to add MSM to your Green drink or any other health drink/shake.

For more information see [www.health-science-spirit.com/msm.html](http://www.health-science-spirit.com/msm.html)

**Caution:** Individuals who are sensitive to sulphites (often used as preservatives) also may react to MSM. This is usually due to a deficiency of molybdenum and can be overcome with supplementation (try 500 mcg).

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