

## **MSM: KEY SOURCE OF INVALUABLE SULFUR**

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What are and why take organic sulfur crystals? The short version: because your health and wellness depend upon it. Now for the long version:

MSM or methylsulfonmethane is an organic sulfur compound that is well known for its health benefits for joints. Dr. Stanley Jacob, professor of Surgery at the Oregon Health Sciences University in Portland studied sulfur's therapeutic benefits in more than 15,000 patients.

As the senior author of **The Miracle of MSM** and **MSM: the Definitive Guide**, Dr. Jacob has determined that sulfur crystals can significantly decrease the pains of arthritis, back pin, headaches, athletic injuries, asthma, carpel tunnel syndrome, autism, and a host of autoimmune diseases like lupus and fibromyalgia.

In fact, it has been so effective in helping patients with these problems that it extends beyond the effects of glucosamine and chondroitin as an analgesic dietary supplement, as well as for allergy relief and as an anti-inflammatory agent.

Organic MSM, in nature, is a microscopic phytoplankton living in the oceans that eventually dies and begins to decompose. As it decays, it creates a gas called dimethylsulfide (DMS). It is also lignin based.

Oxygen and sunlight react with DMS causing it to go through a series of oxidation steps that include the formation of dimethylsulfoxide (DMSO), methylsulfonmethane (MSM) and other sulfates. Studies on how clouds form have demonstrated that microscopic particles of sulfate are required for water vapor in the atmosphere to form clouds.

Water droplets than absorb DMSO and MSM since both are highly soluble in water. Eventually, when the clouds release their water droplets as rain, trace amounts of these compounds drop to the earth to be used by plants and trees or returned to the sea to repeat the process.

NOTE: Most commercially produced MSM is not from a natural substance made from phytoplankton. It is the product of chemical industries and manufactured from petroleum waste and methane gas and is completely useless and worthless. The gold standard for natural MSM is from Kala Health, Online. ([www.kalahealth.com](http://www.kalahealth.com))

## **HEALTH BENEFITS**

Bear in mind that deficiencies in biological sulfur can result in the less than optimal functioning of each cell in the body. Inorganic sulfur is poorly assimilated whereas organic, biologically active sulfur is therefore extremely important for the health of every living organism. Organic sulfur crystals are the natural source of biological sulfur to which we have adapted through our evolution.

Dr, Stephanie Sennef, A scientist at MIT (Massachusetts Institute of Technology) has made it quite clear through her independent research that once the body reverses its sulfur deficiency, cells are repaired and good health abounds. Also, a study at the University of South Hampton in Great Britain found that the organic sulfur crystals produce the essential amino acids and vitamin B-12 in the body.

So, lets take a look at some of the benefits:

### **PAIN RELIEF**

MSM is a natural analgesic and blocks the transfer of pain impulses through the nerve fibers. The sulfur also blocks the inflammation process by enhancing the activity of cortisol, a natural anti-inflammatory hormone produced by the body.

### **SYNERGISTIC**

The sulfur increases the effects of most vitamins and other nutrients, such as vitamin C, Coenzyme Q10, all B vitamins, vitamin A, D, and E, amino acids, selenium, calcium, magnesium and many others. The sulfur improves the cellular uptake of these nutrients and prolongs their lives, but should not be taken within 30 minutes of taking sulfur because anything synthetic typically found in supplements and meds will nullify the benefits of the sulfur if consumed within 30 minutes of taking the sulfur.

### **ANTIOXIDANT**

The organic sulfur crystals are a strong antioxidant, capable of binding and inactivating harmful free radicals. Overproduction of free radicals is caused by physical and mental stress, malnutrition, air pollution, heavy metals and organic contaminants in drinking water and food (GMOS) and radiation.

### **DETOXIFICATION**

The crystals dissolve in many organic and inorganic compounds and react with toxins, affecting their inactivation as well as speeding the excretion of parasites. Furthermore, the sulfur enhances the permeability of cell membranes, making it easier for nutrients to be taken up by the cells and for waste products to be eliminated.

### **NEUROLOGICAL DISORDERS**

The brain is extremely sensitive to the effects of toxic materials such as heavy metals and

organic compounds. Many of these compounds tend to accumulate in nerve cells where they can cause severe oxidative damage. Neurological disturbances may be the result. The organic sulfur crystals are one of the few antioxidants, which can easily pass the blood-brain barrier. It prevents and repairs oxidative damage and restores cell membrane elasticity and permeability. This allows the nerve cells to start excreting waste products.

## **ALLERGIES**

The sulfur alleviates the symptoms of a large number of allergies, including food allergies, contact allergies, inhalation allergies (asthma, bronchitis, etc.), and others. The major anti-allergic characteristic of the sulfur crystals is caused by its ability to bind to the mucosa and present a natural blocking interface between hosts and allergens. Besides, the sulfur crystals alleviate allergies through detoxification and elimination of free radicals, and improvement of cell permeability.

## **AUTOIMMUNE DISEASES**

Sulfur is very effective in fighting inflammations resulting from autoimmune reactions in which the body's immune system turns on itself. For example, people who suffer from arthritis often benefit greatly from the sulfur crystals. Several studies have shown that supplementation with organic sulfur crystals significantly reduces joint degeneration and inflammation. In one study, 24 people with symptomatic osteoarthritis were treated with a regular non-steroidal anti-inflammatory drug (NSAID), or with 3 grams of sulfur daily. After one month, both groups noted equal improvements in pain and stiffness. The difference was that the sulfur group did not have to poison their systems with synthetic chemicals.

## **PARASITES**

One of the most amazing discoveries on MSM is its anti-parasitic action against Giardia, Trichomonas, roundworms, nematodes, Enterobius and other intestinal worms. Animal studies include laboratory mice determined to have pinworms by fecal cast examination. They were given commercial food and drinking water, both containing 2% sulfur by weight. After 17 days, fecal examination indicated the feces were free of worms and eggs.

## **DIABETES**

The sulfur containing B vitamin biotin is a critical part of glucokinase, the enzyme involved in the utilization of the sugar glucose. Sulfur is also a component of insulin, the protein hormone secreted by the pancreas that is essential to carbohydrate metabolism. Lack of nutritional sulfur in the diet can result in low production of biologically active insulin. Studies indicate the sulfur improves cellular glucose uptake by improving cell permeability, thus balancing blood sugar level and returning the pancreas to normal functioning.

Cooking and heating will destroy most sulfur in plants and meats. Sulfur is also lost when vegetables and fruit are frozen for a lengthy period of time, or when they are irradiated. Due to the realities of the modern food industry, in which a great portion of everything we eat is heated, irradiated, frozen for a long period of time, or genetically modified, it's no wonder that we suffer from a chronic shortage of sulfur.

## **DOSAGE AND EFFECTS**

**Because the MSM has a cleansing or “detoxifying” effect on the cells within the body, it allows the body to remove toxins that have accumulated in all types of cells, including fat cells. Should you feel like you are getting the flu or other symptoms that make you feel like you are getting sick, please understand that you are not getting sick. It is simply the detoxification process in the removal of heavy metals, radiation, parasites and more. While this is happening do not stop taking the crystals. Once the detox is over it will never come back.**

**The suggested dosage is 1 teaspoon full twice a day – one in the morning and one in the evening as the sulfur leaves the body in 12 hours. Twice a day allows the body to be constantly oxygenated. It can be taken in a variety of ways – dissolved in hot water and drunk followed by more cold water is the easiest. The taste is bland to slightly bitter, so a sip of juice afterwards is okay.**

**Most importantly, there must be a 30- minute gap between taking the crystals and taking any medications or supplements as the synthetics in meds/supplements will kill the benefits of the sulfur.**