

MSM (Methyl Sulfonyl Methane)

MSM (Methyl Sulfonyl Methane) is a naturally occurring, organically-bound dietary sulfur that assists in multiple functions in the body.

MSM facilitates the exchange of oxygen, carbon dioxide and nutrients, which promote the healing process of skin. MSM is a bioavailable source of dietary sulfur contributing essential sulfur for the synthesis of proteins, hormones, connective tissue, and enzymes. As a central component of collagen, sulfur assists the body in preventing inflammation and facilitating repair of connective tissues. MSM is more beneficial when taken with a complete vitamin C whole food complex (MSM Magic or Ultra Anti-Oxidant +C), which is known to be essential for synthesis of connective tissue, enhancing the absorption and utilization of MSM.

Because bio-nutritional sulfur plays such a major role in these healthy body functions and others, supplementation with MSM improves many health conditions.

Who can benefit from MSM use?

If you are suffering from the following conditions, consider MSM as a natural way to help your body heal itself:

- allergies
- asthma
- emphysema
- lung dysfunction
- arthritis
- headaches
- skin problems
- stomach and digestive tract problems
- circulation

MSM for pain and inflammation

MSM acts as an analgesic and anti-inflammatory. It also inhibits muscle spasms and increases blood flow. Because MSM is a natural form of organic sulfur found in human body fluids and tissues, it is critical in the formation of connective tissue of all types.

Sulfur is one of the most basic building blocks of the structure of the body. Without the proper amount of sulfur or MSM in our system, we cannot produce enough good, healthy cells to overcome the effects of sick cells. An MSM deficiency also causes amino acids to build the glands but fail to produce the correct enzymes, making us prone to unnecessary illness.

These potential illnesses may show up as aches, pains and allergies until we correct the imbalance. We all need a little extra MSM each day for good health! The body wants to heal itself, if it can get the proper nourishment.

MSM is the flexible bond between proteins. When a cell dies, a new cell takes its place. Without the needed amount of MSM, it attaches but becomes rigid. When tissues lose their flexibility, problems develop with the lungs and other parts of the body.

Support detox and increased blood circulation with MSM

Because there are few nerves in the bones, our pain comes from the soft tissue. MSM takes out the inflammation, permits the muscles to heal and prevents them from becoming sore.

An allergic reaction is simply your body's reaction to something foreign in your system. These foreign proteins and free radicals invade your body and cause reactions and problems. Your body responds with a sneeze, wheeze, swollen, puffy eyes, etc.

When you take MSM, your cells become more permeable, enabling your body to quickly wash out any foreign particles in your system. Your body is designed to flush each cell of any unwanted debris, every twelve hours. When your diet is deficient, the cell walls become hard and stiff which hinders the cleansing flow of fluids through the cells. MSM softens the cell walls, allowing foreign proteins and free radicals to be washed out of your system. If enough MSM is taken, all of the foreign particles can be flushed from your system and your allergies will no longer occur.

Experiments using MSM that contains radio labeled sulfur have shown that after ingestion, MSM gives up its sulfur to form the collagen and keratin of the skin, hair and nails to form the essential amino acids methionine, cysteine and to form serum proteins. Studies suggest that the level of MSM in the body decreases with aging. As a dietary supplement, MSM is recommended for neutralizing and eliminating toxins as well as alleviating conditions of environmental and food allergies, pain from inflammatory disorders, gastrointestinal ailments, and infection.

Wrinkles: Create a healthier, more vibrant appearance, from skin to hair to nails. 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. In time, wrinkles go away. Brown and black spots and skin tumors can be arrested and reversed as new cells replace the "insufficient" cells.

Lung dysfunction: Smoking does not always cause Emphysema. 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 help reverse it.

Diabetes: 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 an 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.

MSM, our biological sulfur, may...

- Remove inflammation; permit muscles and joints to heal more rapidly
- Increase energy, alertness, mental calmness, and ability to concentrate
- Reduce muscle cramps and spasms
- Plays a role in collagen synthesis: skin becomes softer, more resilient, hair and nails grow faster and stronger (the beauty mineral)
- Help to normalize stomach function
- Help relieve heartburn and GERD
- Help relieve allergies to foods and pollens
- Help create an internal environment unfriendly to many types of parasites
- Helps with diabetic neuropathy of the extremities and gastrointestinal tract
- Speed wound healing, reduces scar tissue
- Stimulate immune function
- Next to oxygen, water, and salt, MSM is the fourth most needed element in human and animal nutrition. Sulfur is involved in nearly every metabolic process in the body, and is essential in the regeneration and nourishment of healthy cells.

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