

Free eBook  
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**MSM (Methyl-Sulfonyl-Methane)**  
**Pure Natural Organic**  
**Streamed Distilled**

# A Spoonful of Pain Relief

## MSM A Miracle Wonder



### **MSM - Why we need it MSM For Better Health**

This wonderful natural sulfur is not a medication or an additive. MSM is a food that is necessary for our health and growth. MSM can be found in milk, fruits, meats and vegetables. MSM is completely natural organic sulfur that is in all living organisms. The human body is made up of water, salt and MSM.

Did you know that without sufficient levels of MSM, your body is not able to build and rebuild healthy cells effectively? It is so important to feed your body proper nutrition to build healthy cells. By supplementing your diet with MSM you will not only be helping every cell in your body to stay strong and healthy you will be enabling your body to heal itself, because your body will use the MSM you take wherever it is needed most in your body and what your body does not need is removed through the kidneys (urinary system).

### **Why take MSM if it is in the food we eat?**

Good question - All processed food loses MSM as does cooked foods. Once food has been picked from the tree or stored it begins rapidly losing MSM. MSM is not as abundant in MSM as it used to be. The way that intensive farming is done today with livestock being fed with foods deficient in MSM, such as dried foods and grains the MSM in meat is very low, once cooked it is so depleted it has no MSM goodness to offer the body. MSM is so important to good health and it is vital to replenish every day so that your body can produce new healthy cells.

## No MSM in the Food We Eat

No modern day diet will contain enough MSM to give the body even the minimum requirement of MSM it needs. The last two generations and even before have been brought up on a diet of synthetic food additives, colouring, food preservatives, food substitutes and junk food, unfit for human consumption. It is not surprising that we are all if not all deficient in MSM. The way food is refrigerated, radiated, and stored for months means there is no goodness in supermarket foods. Unless you are growing your own fruit and vegetables or buy local organic you will not be getting enough MSM in your diet.



### **MSM Is Totally Safe To Ingest**

*To drink MSM in filtered water is safer than drinking tap water!*



Because MSM is chemically inactive, and non-allergenic and has no interfering or undesirable pharmacological effects. MSM has can even be used to thin blood. (Check with your GP before you take MSM if you are on blood thinning medication). You can take MSM without fear of overdosing as your body will take what it needs

and flush any excess amounts out of the body. MSM is also a free radical and a foreign protein scavenger so does a great job of cleaning the blood stream. If you want to maintain healthy cells and their production take MSM once or even twice a day. There is approx. 4000 mg (or 4 grams) of MSM in a measured level teaspoon.

MSM sulfur has no connection with sulfa, sulfate, sulfite and sulfide. If you have reactions to the above and think that MSM is one of those it is not. I have never come across anyone who had an adverse reaction to MSM.

MSM is derived from DMSO (Dimethyl Sulfoxide). Its medical properties were discovered in 1963 by a research team headed by Stanley W. Jacob, MD. DMSO is a by-product of kraft pulping (the 'sulfate process') which converts wood into wood pulp leaving practically pure cellulose fibres. MSM occurs when DMSO is oxidised.



## **Sulfur Deficiency?**

Sulfur is stored in the cells of the body. If you are deficient your body will be unable to repair or replace damaged tissue fast enough. The body will then compensate by producing abnormal cells that may well lead to illness and disease. A symptom of deficiency is enhanced sensitivity to pain.

Research has found that a sulfur deficiency is associated with the following symptoms:

- Slow wound healing
- Scar tissue
- Brittle nails and hair
- Gastrointestinal problems
- Lung dysfunction
- Immune dysfunction
- Arthritis
- Osteoarthritis
- Fibromyalgia
- Rheumatoid arthritis
- Acne
- Rashes
- Depression
- Memory loss
- Constipation



## **MSM Powerful Anti-inflammatory**

MSM has powerful anti-inflammatory, pain reducing properties. MSM blocks pain response in certain nerve fibres. It reduces scar tissue allowing tissue repair and healing to take place.

MSM is a life enhancing anti-inflammatory agent for individuals with degenerative diseases such as rheumatoid arthritis, osteoarthritis, disc problems in the back, acute injuries, tendonitis, bursitis and other similar health problems. Stanley W. Jacob, MD, who discovered the therapeutic qualities of DMSO - MSM. Since 1964, claims that MSM provides long lasting relief when used on a continual basis.

## How does MSM help the skin?

MSM is wonderful for really helping skin problems, especially acne. This is because it acts to keep the skin's cells and the tissue soft. Keeping the skin soft ensures that it remains elastic enough to allow stretching and movement without damage. Smooth, flexible skin is less prone to wrinkles and dry flakiness. It even helps stretch marks.



## How does MSM help your hair and nails?

Sulfur helps the body to form keratin, the protein that makes up the main part of the outermost layers of your hair and nails. It is a tough, fibrous protein that is very resilient to the effects of damaging chemicals and other harmful agents. Each strand of hair has its own keratin supply, which is stored in the root.



Sulfur is also contained in biotin, a B vitamin that is essential for shiny hair and strong nails. You may be interested to know that the natural inclination of hair to be straight or curly is maintained in part by the sulfur amino acids. MSM is good for dry scalp and improves nail growth.

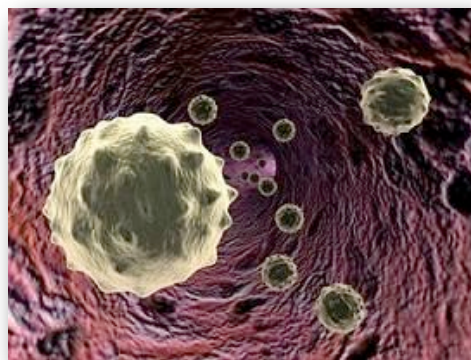
## How does MSM help with allergies?

Allergies are reactions set off by a breakdown in the normal functioning of the body's immune system. When this happens, a varied range of symptoms are manifested, including sneezing, runny nose, watery eyes, headaches, and sleepiness, other reactions include hives, stomach-ache, and sore throat. MSM goes straight to the cause of allergic reactions.



## MSM - Flushing Out The Toxins

MSM softens the skin and it does this by softening the walls of the body's cells, which are then more easily penetrated, allowing toxins to be flushed out. Flushing allergens from the body eliminates the need for the body to react allergically to get rid of them.



This process cannot happen when the cell walls are hard and impenetrable. MSM prevents allergic reactions by coating the gastrointestinal tract in a way that makes allergen bonding impossible. Research has shown that daily doses of MSM have substantially increased resistance to environmental, food or drug allergens and that's got to be a good thing!



## How does MSM help with heartburn and ulcers?

Stomach acid breaks down food during digestion. The stomach lining releases a form of acid known as hydrochloric acid, which is necessary for the digestion of proteins. Standard treatment for heartburn involves the use of antacids and other products that neutralise hydrochloric acid.

Antacids may give temporary relief by counteracting the effects of hydrochloric acid, but a reduction in hydrochloric acid can in turn lead to indigestion and poor absorption of nutrients, and they have been linked with kidney stones. Overuse of antacids can destroy the body's natural acid/alkaline balance, while neutralizing the excess stomach acid. MSM will allow patients with peptic ulcers and chronic heartburn to experience fewer symptoms.

## Healing Crisis Part of the Healing Process

**A healing crisis occurs** when you experience symptoms from toxins that are released during your body's detoxification process. Everyone holds small residues of viruses and bacteria from past illnesses in our fat deposits. All the toxins ingested from the environment over your lifetime leave their memory in every cell of your body. If you have over indulgence in alcohol, processed foods and meats that contains antibiotics, growth hormones and colour these will be stored in the fat of your body.

**During** the first week or so of taking MSM you may experience side effects that are unpleasant. It may feel like you are coming down with a cold or flu. In extreme cases of toxicity, you may feel quite ill. However, rest assured that it is your body expelling built up toxins and symptoms soon pass. During your colon cleanse, should you feel sick, chances are it is from toxins, bacteria and viruses that are being released into your body. If this happens please do not stop your cleanse.

**Your** kidneys will filter toxins out through your urinary system and you may feel nauseated. Completely normal symptoms are feeling hangover, headache, upset stomach, and feeling sick or fatigued. Your liver and gall bladder are releasing fatty deposits which travel into your colon. Some of these deposits may get reabsorbed on the way through your colon and end up back in your body that have been stored in your liver over the years. This may cause allergy or flu like symptoms, or cause acne, or even aches and pains as your body tries to eliminate these toxins. **Drinking plenty of water** helps your body flush out these toxins through your kidneys and colon.



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