

MSM

Methyl Sulfonyl Methane

By Thomas Stearns Lee, NMD

MSM is a white, odorless, water-soluble element produced in the fluids and tissues of all living creatures. Along with water and salt, it composes 90 percent of all living organisms.

This natural sulfonyl sulfur compound, once called "Factor N" (for returning cells to Normal), forms the flexible bond between protein amino acid chains. It builds and maintains supple, permeable collagen cell walls in flesh tissues, using Vitamin C for tissue cell formation.

MSM provides sulfur bonding in all enzymes and amino acids, and is required for the body to use Vitamin B5, Vitamin C, Vitamin D, Vitamin E, Selenium, Calcium, Manganese, and Co-Enzyme Q-10. 1/8 tsp. is used in the body daily. Humans contain about 0.2-0.25 ppm.

MSM softens leathery eye membranes, allowing nutrients to penetrate. It removes waste particle buildup (cataracts) and inside eye pressure (glaucoma), improves vision, muscle tone, red spots, damaged blood vessels for contact lens wearers (with MSM Eye Drops), and removes floaters.

MSM improves cell wall respiration, moving nutrients and oxygen into cells and waste toxins out, and it improves circulation. MSM lessens muscle inflammations and pain, athletic soreness, back problems, bursitis, tendonitis, arthritis, carpal tunnel syndrome, hip dysplasia, and toe pain from weather pressure changes on leathery membranes.

MSM relieves skin problems, leathery cracked skin, wrinkles, and skin itching. MSM reduces scar tissue, moles, brown spots, black spots, skin tumors, cuts, and burns. Dogs eat greens to counter itchy skin, and caged birds pull feathers out to counter MSM deficiency itching.

MSM lessens cholesterol buildup, hardening of the arteries, varicose veins, strokes, heart attacks, and improves athletic performance, boosts energy, and lessens recovery time after distance running by 75 percent.

MSM improves immunity, counters lung problems (as in nasal spray), asthma, and emphysema. It neutralizes free radicals and foreign proteins, counters food and pollen allergies in 3-4 days (250-270 mg. daily), dust mites, Candida, headaches, migraines, hangover, alcoholism, and Alzheimer's disease.

MSM binds foreign proteins, anti-venom that neutralizes (rattle) snake bites, bee stings, mosquito and flea bites, brown recluse spider and black widow spider bites, and reduces drug hypersensitivity to non-steroid anti-arthritis drugs and oral antibiotics.

MSM helps drug withdrawal and repairs prednisone drug damage. MSM lessens the need for diabetics' insulin use. MSM is a mild diuretic, and is beneficial for PMS, cramps, nausea, and hot flashes.

MSM prevents stomach problems, counters stomach acidity and ulcers, constipation, and diverticulosis. It loosens and flushes colon urogenital parasites, roundworms, Giardia, and Trichomonas.

MSM supplementation side effects are generally considered positive. Fingernails, toenails, and hair grow twice as fast. Users report a reduction in nail ridges and split hair ends. Excess MSM is flushed in 12 hours.

MSM Constraints

MSM is destroyed by aeration, processing, cooking, and homogenizing. It evaporates with moisture and declines with age.

MSM deficiency results in enzyme depletion, tissue and organ malfunction, physical and psychological stress, fatigue, onset of diseases and aging, as well as soft, thick, woody, ridged, cracked, layered, and brittle nails.

MSM dosages range from 2000-4000 mg. (2-4 grams) daily. It should be taken either morning and evening, or sipped through the day with plenty of water, a pinch of natural gray sea salt, along with half its amount of Vitamin C.

In horses, the MSM dosage is 6000-7000 mg., to 12-15 grams twice daily. It reduces inflammation and increases circulation, improves epiphysitis/inflammation of the growth center above the knee in fast-growing young horses (from imbalance of Calcium and Phosphorus, or from overfeeding a high-protein diet causing the body to develop before bones are fully formed). In horses, it lessens lameness, arthritis, pain, OCD, chronic pack problems, synovitis, puffy hocks (taken for 12 months), promotes rapid hoof growth and shiny hair, and rids internal parasites and gastric ulcers in foals.

MethylSulfonylMethane is the subject of 16 patents, and is found in most fresh raw fruits and vegetables, high in broccoli, rainwater, on blades of grass (dogs and cats seek it by chewing on grass), in some grains, wheatgrass juice, seafoods, seaweeds, mammal milk, [dairy (2-6 ppm.), and meats. It is high in paper pulp (DMSO) and also derived by oxidizing DMSO/Dimethylsulfoxide, adding a stabilizing atom of oxygen to sulfur for MSM crystals (CH₃SO₂CH₃).

For rebuilding tissues and increasing your levels of energy, try MSM.