

MSM Benefit for Diabetes

There is **msm benefit for a wide range of conditions**.

These include arthritis, muscle and joint problems, allergies, asthma, constipation, fibromyalgia, breast and colon cancer, acne, gastrointestinal problems, lupus, insect bites and sunburn, and parasites.

For general information on [msm](#), [click here](#).

This article focuses on the **benefit of msm for diabetes**.

MSM is a form of **dietary sulfur**. Sulfur has many uses in the body, but in relation to diabetes, sulfur is part of **insulin**. And insulin is of course, intimately associated with blood sugar metabolism. Sulfur is also associated with the B vitamin, biotin. Biotin is involved with an enzyme used in the utilisation of glucose (glucokinase).

Low levels of sulfur in the diet can result in low production of insulin. Conversely, a diet high in organic sulfur, like msm, might help the body produce enough insulin of its own that it doesn't need injections. That's a very useful msm benefit for the diabetic.

A related *benefit of msm* can be seen with **msm dosages** at around 2000mg/day. This can lead to cells becoming more permeable. This in turn leads to a greater absorption of blood sugars through the cell wall. The overall effect of this msm benefit would be a normalising of blood sugar levels.