



MSM

The miracle nutrient to combat the effect of ageing Painful joints? Muscle soreness? Skin problems?

Why you could need MSM – The natural solution for pain.

MSM (Methyl Sulphonyl Methane) is a natural organic form of bioavailable sulphur, an essential element we need every day for good health and relief from many of life's health problems.

Research into this compound by **Dr Stanley Jacob** and others in more than 12,000 patients over twenty years confirms that supplementing with MSM can benefit the following conditions:

- Acne
- Allergies
- Arthritis
- Asthma
- Brittle Nails
- Bums
- Cramps
- Constipation
- Diabetic Neuropathy
- Digestion
- Eyes
- Lung Disease
- Memory
- Pain
- Inflammation

What is MSM

MSM or Methyl Sulphonyl Methane is a naturally occurring compound of bioavailable organic sulphur found in the tissues and fluids of humans and all living plants and animals.

Sulphur and MSM – Essential for Life

Sulphur, one of the principal elements found in the body, is a constituent of all proteins and absolutely essential to man, animals, plants and micro-organisms.

Although the body contains only about 100g of sulphur, it is principally present in the three amino acids, Cysteine, Cystine and Methionine, the amino acid Taurine and the vitamins Thiamine (Vitamin B1) and Biotin. MSM provides a means of providing this essential mineral in a readily-absorbed form. However, although sulphur is essential for life, unfortunately as we age, our own natural levels of MSM decline resulting in a range of health problems that includes those listed above.

MSM – The Backing of Research

The leading authority on MSM, Dr Stanley Jacob, has been researching MSM for more than 30 years and evidence in more than 12,000 patients confirms the wide benefits of this natural compound and its safety!

From his research and the work of others, Dr Jacob believes that supplementing with MSM to provide the body's requirement for sulphur in a readily bioavailable form is an excellent form of health insurance.

MSM is Natural

Methyl Sulphonyl Methane, also known as Di Methyl Sulfone, provides naturally-occurring organic sulphur.

Without sulphur, which belongs to the same chemical group as oxygen, life as we know it could not exist because Sulphur is essential for:

- Maintaining the structure of body proteins
- The formation of keratin (for hair and nails) and collagen for healthy bones and skin
- The production of immunoglobulin for the immune system
- The reactions which convert food into energy
- Elimination of toxins from the body

Although MSM is found naturally in fruits, vegetables and other plants, many foods are now processed in ways that reduce the amount of MSM we receive. This effect becomes more marked as we age, since our ability to form MSM also declines, increasing the need for MSM supplementation.

Pain & Arthritis Research

According to Dr Jacob, MSM benefits patients with osteoarthritis, the most common form of arthritis in the following ways:

- It reduces pain and inflammation
- It reduces muscle spasm around arthritic joints and lessens scar tissue formation

- It increases and improves circulation throughout the body, including painful joints
- It may slow cartilage degeneration
- It delivers biologically active sulphur to the body

These findings are consistent with earlier research that shows the arthritic cartilage has only about one third the sulphur levels present in normal cartilage. Sulphur containing nutrients such as Glucosamine Sulphate and Chondroitin Sulphates are widely used to help restore essential nutrients needed for healthy cartilage and can be supported by MSM. Doctors Jacob and Lawrence say that a combination of MSM with Glucosamine enhances pain relief.

In one study, patients with x-ray evidence of degenerative joint disease given MSM had a 82% reduction in pain after 6 weeks, compared with only a 18% reduction in the group given placebos.

Dr Jacob's studies in tennis elbow and carpal tunnel syndrome, frequently associated with RSI or occupational overuse, showed MSM improved these conditions as well.

Studies in Brazil at the International Preventive Medicine Clinic in Sao Paulo have been going on for more than a year in arthritic patients. Dr Olszewer the director, in reporting on a study involving 60 men and women aged 40 to 82, noted that their results with MSM were found in 90% of cases.

Patients in this study who were on no other medication during the trial, were given 750mg of MSM twice daily and reported effective pain relief in 2 to 14 days.

In the cases where only one joint was affected, Dr Olszewer had patients apply MSM lotion to the affected area, since this remarkable nutrient can also be absorbed through the skin! No side-effects were noted, but some patients found no benefit from the treatment

Diabetes

Diabetes is a condition associated with excess blood sugar levels and a lack of insulin or cell resistance to insulin.

Studies have shown that MSM may be helpful for diabetic neuropathy of the extremities and gastrointestinal tract, however Dr Jacob states that his group has not seen any evidence that MSM reduces the requirements for insulin or any oral anti-diabetic medication. All diabetics should be under the care of a physician who will be able to advise whether MSM is appropriate for them.

The Importance of MSM in the Body

Studies on MSM have shown the following benefits:

- Analgesia and pain relief
- Anti-inflammatory
- Builds and maintain healthy joints through its effect on collagen
- Reduces muscle spasms and relieves muscle soreness
- Helps to normalize the immune system
- Readily absorbed orally and through the skin
- Dilates blood vessels and improves circulation
- Normalises bowel function and restores regularity
- Essential for the production of keratin and other proteins
- Adjusts body pH
- Needed for bile production and formation of Taurine

How safe is MSM & How Much do I Need?

MSM is remarkably safe, especially when compared to pharmaceutical medicines and drugs used to treat many health problems

There are reports of dosage up to 80g (80,000mg) daily, when given by mouth, and under the care of a physician.

From the research by Dr Jacob and others however, it appears to 2g to 8g (2000mg to 8000mg) daily is sufficient in most situations and this can be reduced when required, to a daily maintenance of 1 to 3g.

Areas Benefited Through Clinically Tested Results

Allergies (pollen/food)	Colitis	Heart disease	Respiratory (bronchitis)
Alzheimer's disease	Constipation	Heartburn & hyperacidity	Rosacea
Arthritis (Osteo & Rheumatoid)	Dandruff	Hypoglycemia	Round worms
Anxiety & Stress	Depression	Interstitial cystitis (bladder infection)	Scarring
Asthma	Diabetes	Joint Flexibility	Scleroderma
Back Pain	Diverticulitis	Kidney Stones	Shingles
Bells Palsy	Ear Canal	Liver	Sinusitis
Blood flow, pressure & circulation	Energy	Lung diseases or dysfunction	Skin/complexion disorders
Bowel Inflammation & disorders (Crohn's disease/ulcerated colitis)	Epilepsy	Lupus erythematosus	Trichomonads
Buerger's disease	Eyes	Muscle cramps, spasm & soreness	Snoring
Burns	Fibromyalgia (Muscle pain & weakness)	Mouth, teeth & gums (periodontal & pyorrhea)	Sprains & strains
Bursitis	Gastritis	Nails	Temporomandibular joint syndrome (TMJ (head, face, jaw, neck & shoulders)
Cancer (Breast/colon)	Guardia (travellers' diarrhea)	Nose canal	Tendonitis
Candida Albicans	Gout	Pancreas	Tennis Elbow
Carpel Tunnel syndrome	Gum irritation	Parasites	Ulcers
Colds/flu	Hair & hair loss	Pinworms	
Cold Sores	Headaches (migraine)	Polymyalgia Rheumatica	

My Healthy Options

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