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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Discovering MSM

By David Snape

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Discovering MSM.

MSM is a wonderful supplement with a low toxicity rating that naturally occurs in the body and targets a host of issues. Some of the problems it may help with include hair, skin, nails, muscle fatigue, allergies and scar tissue trouble. I have also heard of people with cancer utilizing the supplement. Once upon a time, there was a big craze about DMSO and how it helped arthritis sufferers. It has been observed that the solvent DMSO converts to MSM when it hits the blood stream. Taking MSM may be equivalent to using DMSO but without the side effects and problems that come with utilizing an industrial grade solvent.

What Does it Do?

Some of the patents I read on MSM suggest that MSM basically supplies the body with a usable form of sulfur, which can be used to repair connective tissues, aid in joint problems and potentially energize a system that pulls allergens out of our bodies. Studies have been conducted on MSM that seem to indicate that there has been a benefit to animals with joint problems.

Scar Tissue

If you have significant scarring, MSM may help to reduce the visible scarring. It may help to give the skin the sulfur it needs to help in restructuring; it may also help in preventing scars. So if you have a burn or jagged cut, it might be helpful to take MSM during the healing process.

The sulfur is useful in the process that is used to build skin; one theory is that if there isn't enough sulfur available the process is modified resulting in scar tissue. Hence, if you have enough sulfur, you could avoid scarring as tissue regrows, according to that theory.

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The Best Part of DSMO

Remember the craze about DSMO a few years back? It was widely used for arthritis and joint problems. DSMO is a solvent and has some potential side affects. In addition, it doesn't smell good and you have to wait for it to dry. It is an industrial grade solvent, so it is not very practical to use. Research has shown that DSMO is converted into MSM when it touches the blood stream. With MSM, you can get the benefits of DSMO without the potential side effects and problems.

Usable Form of Sulfur

How does MSM work? It provides a usable form of sulfur to the body, which is beneficial in a variety of different ways. In the case of allergies, there is a protein in your body that is used for removing allergens and free radicals and "junk" from your system. If there is not enough sulfur in your body, this great system is inhibited from working in an effective manner. Give your body a usable form of sulfur

and this system becomes much more effective.

Safe for Consumption?

MSM may be safe for consumption, but I don't know that the FDA has officially labeled it as safe for consumption as of yet. We do know that it is found naturally in foods such as coffee, tea, milk and eggs as well as green leafy vegetables. MSM does naturally occur in the body and it is not considered toxic and may be comparable to water in its toxicity.

If you are concerned about dosages of MSM, refer to the directions on the labeling and packaging that MSM comes in. I used to take 1,000 mg. two times a day, with no side affects.

My experience with MSM was one of increased energy. That is, of course, a subjective experience, but it was very real to me. Another benefit to MSM is that it is supposed to make you recover faster from working out. It might do that by getting rid of the waste products inside the muscle quicker, this allows the soreness to disappear.

Get More Information

To find out more from a truly worthy source, go to any technical library and read the patent research on MSM. There are actually several patents associated with MSM and I gained a great deal from taking the time to read them.

This article is for informational purposes only and is not meant to diagnose or suggest treatment for any health condition. Please consult a health care professional if you have or suspect you have any health related item for proper diagnoses and treatment.

David Snape is a health, fitness and well-being enthusiast. He maintains a website on that theme:

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Use MSM to Reduce Arthritis Inflammation

By Rudy Silva

In other articles, I mentioned two nutrients that you should take daily – serrapeptase and fatty acids, to fight the unseen inflammation that goes on everyday in your body. It is this unchecked inflammation that leads to those illnesses that you are so familiar with in people over 50 and even younger.

Here is one more nutrient that doesn't get much press and yet is one of the most needed nutrients that everyone should be using regularly. This nutrient is used by every body cell and is considered an anti-aging supplement because it will keep you young inside and out.

This nutrient is called MSM, methylsulfonylmethane, and is a natural occurring compound found in small amounts in many of the foods you eat. It contains about 35% organic sulfur that is absorbed by your body.

When MSM is embedded in your cell membranes, it keeps that structure flexible and prevents it from becoming hard and dry. This allows nutrients to go into the cells and wastes and toxins to come out. Wastes that do not totally come out of your cells causes inflammation.

MSM supplements has many benefits for the body that come from the sulfur it provides and also by the "Methyl" compounds that it has attached to it.

MSM supplements provide the body with,

- Nerve blockage
- Analgesic effects
- Increase blood circulation
- Anti-inflammatory action
- Softening of collagen
- Reduces scar tissue
- Reduces muscle spasms

The Methyl groups play an important part in making sure that Homocysteine is converted to methionine. This is important chemical conversion, since excess Homocysteine has been discovered to lead to arteriosclerosis, an inflammatory condition, Alzheimer's, and rheumatoid arthritis, another inflammatory condition.

Here's how to use MSM supplements.

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For serious inflammatory conditions use 6000 – 10,000 mg. When I use up to 10,000 mg, I find that I have around 4 bowel movements per day. So if you have loose bowel movements, you can back off a little.

For daily maintenance of inflammation in your body use 2000 mg.

You can take these with or without food. If you have a sensitive stomach, take MSM after your meal.

Some people experience stomach upsets when not taken with food.

Some side effects have been observed in people that are taking pain killers like aspirin, heparin, dicumerol.

MSM supplements can be purchased in 1000 mg torpedo size. It's a nice small size, allowing you to easily swallow them and quickly take 2000 mg by taking two torpedoes.

Rudy Silva is a natural Nutritionist. Check out his site for more natural arthritis pain relief at:

<http://www.arthritis-remedies.for--you.info>

To get more natural remedy tips and information sign up for his newsletter at:

<http://www.natural-remedies-thatwork.com>

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