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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!**

**MSM – The Best Natural Remedy For Pain Relief**

**By Brad Bahr**

**MSM – The Best Natural Remedy For Pain Relief by Brad Bahr**

With all of the dangerous side effects of pain medicine in the news these days it's great news that there is a safer alternative available to us. MSM (Methyl–Sulfonyl–Methane) is a natural and efficient source of organic sulfur, which is necessary for the formation of collagen, and is required by many of the body's structural molecules.

It is a safe and natural, assimilable food derived from the ocean. It is a member of the sulfur family but shouldn't be confused with sulfa drugs, to which some people are allergic. It is completely safe, odorless, and non–toxic.

MSM is a naturally occurring compound found in significant amounts in nerve tissue, skin, hair and joints. Tiny amounts of MSM can be found in grains, legumes, and fresh unprocessed vegetables like garlic, onions, cabbage, broccoli and Brussels sprouts. Meat, fish, poultry, eggs and milk all contain MSM.

MSM is highly soluble – it is easily lost during the cooking and processing of foods. Also, research has suggested that most people are deficient and that deficiency increases with age.

MSM has been proven essential to joint health and function, and for all types of connective tissue in general. It is an efficient analgesic and anti–inflammatory, and has been shown to be very effective in the treatment of allergies and asthma. It has also been found to provide nutritional

support for healthy energy levels and toxin elimination.

MSM is also effective at maintaining skin, hair and nail health. MSM is completely odorless and does not create body odor. It is sometimes referred to as the beauty supplement for its noticeable effects of making your hair thick and shiny. It helps to keep the skin elastic and healthy looking. It's also noted for strengthening the nails.

MSM supports a healthy digestive system and helps calm the nerves too. I personally use it to help fight depression. Even though most of the research being done on MSM is for

pain relief, many people have noticed that it really does make you feel in a better mood and has a calming effect on the nervous system. I also take it for pain in my hand and wrist due to typing and using the mouse. I always take it before and after I go to the gym for a workout. It has been known to help for post exercise soreness.

In its purest organic form it looks like white crystals, similar in size to white sugar crystals but slightly flatter so is sometimes referred to as flakes. It's very important to only take a pure form of MSM. Be careful what type you buy. Cheaper isn't always better when it comes to health supplements. I only take OptiMSM as it's tested by a third party to be 99.9 percent pure. You can get more information about OptiMSM at <http://www.findustuff.com/info/optism.html>.

I take at least four 1,000mg capsules every day. Research has shown that MSM is as safe as water so I do take more when needed. Also It is very inexpensive.

So if you're hesitant to take prescription drugs for pain you might want to give MSM a try but always consult with your doctor first before stopping any medication you may be currently taking.

Brad Bahr is the author of many healthrelated articles and websites. He has been testing and reviewing health supplements for many years. You can find more interesting health related articles at his website: <http://www.findustuff.com>

### **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.

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.

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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:

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



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