

MSM POWDER

What is it?

Methyl Sulfonyl Methane (MSM) is a nutritional form of sulfur. It is a pure, natural, stable, white odourless crystalline powder. MSM acts as a transport molecule for elemental sulfur, which is required for the amino acids; methionine and cysteine. Amino acids are the building blocks of protein. Proteins are required for growth and repair and are involved in; the formation of healthy connective tissues, joint function, proper enzyme activity and hormone balance, along with the proper function of the immune system. MSM has very important roles in the body because of its close relationship with proteins.

Where is it found?

Sulfur is the fourth most plentiful mineral in the body and is found in every cell of every animal and plant. Approximately half total body sulfur is concentrated in the muscles, skin and bones. Sulfur is found in many foods being most abundant in eggs, but can also be found in significant quantities in grains, legumes and animal proteins, however the sulfur found in these foods is easily destroyed through processing and cooking.

What is it used for?

- MSM is useful for relieving, inflammation and pain in joints that are associated with osteoarthritis, rheumatoid arthritis, muscle pain, fatigue and back pain MSM relieves inflammation and pain by helping to equalise cell pressure.
- MSM aids in digestion by aiding bile production, improves many lung conditions and relieves some allergies.
- MSM is an important component in insulin production, insulin is a protein hormone that has metabolic and growth promoting effects; stimulating glucose and amino acid uptake and stimulates protein, fat and glycogen synthesis insulin production is of particular importance for diabetics.
- Circulation is often Improved with supplementation of MSM.
- MSM helps soften tissue (including old scar tissue) and has been shown to improve the healing of burns.
- Hair and nails have been known to become stronger and skin to becomes softer.
- Lactic acid build up in the muscles can be relieved by MSM making it an appropriate supplement for athletes.
- MSM may help reduce cataracts by allowing proper levels of fluid to flow through the optical tissues.
- MSM is a free radical scavenger protecting, the body from damage and risk of disease and signs of ageing. The methyl sulfonyl group supplied by MSM has antioxidant benefits that can disrupt the damaging chain reaction of lipid per oxidation in cell membranes.
- Sulfur operates as a synthesiser and activator with vitamin C and the B vitamins, thiamine, biotin and pantothenic acid. All of these nutrients are needed for metabolism and healthy nerves.

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- The body never stops making, new cells, and this calls for an unceasing supply of MSM and all other essential nutrients

Research

MSM was isolated by Robert Herschler and Dr Stanley Jacob in the early 1980's. Their research suggests that minimum concentrations in the body may be critical to both normal function and structure. Limited studies suggest that the concentration of MSM drops in mammals with increased age suggesting that with increased age there is an increased need for MSM.

According, to Earl L. Mindell R. PhD who wrote "The MSM Miracle", MSM makes cells more permeable, enabling the body to flush out undesirable foreign particles

An experiment demonstrated that MSM was effective at prolonging, development of mammary cancer in rats given dimethylbenzanthracene (An inducer of rat mammary cancer). A similar experiment was conducted on rats with induced colon cancer and similar results were shown. These two studies demonstrate that MSM has chemoprotective properties.

An experiment was conducted involving guinea pigs supplemented with radiolabeled MSM. The sulfur from the MSM was incorporated into their- serum proteins, especially into the essential animal amino acid methionine

How do I use it?

MSM works optimally when taken with vitamin C (calcium ascorbate).

Toxicity

Considered very low, what the body does not use the body will flush the excess MSM out within a 12 hour period. Recommended doses should be followed unless otherwise recommended by a health professional.

Other uses

MSM can be applied topically to the skin, by blending it with a moisturiser such as Aloe Vera Hand and Body Lotion with vitamin E, or with Aloe Vera gel to help aid healing, of old scar tissue, to maintain the appearance of young, looking skin, help heal sunburn, rashes and relieve psoriasis

By dissolving MSM in water and then gargling, it in the mouth before swallowing it, MSM can help reduce plaque build-up on teeth

MSM

Nutritional information contained here is based on research literature and published knowledge on nutrition. any nutritional suggestions should not be taken as medical advice

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