

What is MSM?

As explained earlier, MSM is short for Methylsulfonylmethane. This is a chemical which is normally found in green plants, animals and humans. You can also prepare it in the laboratory. One of the main reasons for MSM's popularity has been the book titled "The Miracle Of MSM: The Natural Solution For Pain". This book explains how MSM is beneficial and useful for human consumption. However, you should know that the published scientific research to support MSM's use is fairly scant.

Contrary to popular belief which promotes MSM, there exists no recommended dietary allowance for MSM.

How To Take MSM

It normal for people to take MSM by mouth and apply it to the skin for illnesses such as chronic pain, joint inflammation, osteoarthritis, tendinitis, swelling around the tendons, muscle cramps, hardened skin, stretch marks, hair loss and more.

Other than these, MSM is also considered a useful option for relief of allergies, chronic constipation, obesity, ulcers, high blood pressure, and other ailments.

In addition to this, MSM is also considered highly useful for eye inflammation, mucous membrane inflammation, leg cramps, migraine, headaches, hangover, and parasitic infections occurring in the intestinal and urogenital tracts. Moreover, MSM is also believed to be a useful solution to boost the immune system. It seems that MSM is a cure-all when you look at all of the ailments it's claimed to treat!

How Does MSM Work?

The fundamental principle through which MSM works is through ensuring the supply of sulfur to the body so that other chemicals in your body can work efficiently. MSM makes sure that the amount of sulfur in the human body stays at adequate levels so that it could

provide supplies to those chemicals in your body that need it in order to function appropriately.

MSM is fundamentally a naturally occurring sulfur in the human body. This is used in numerous healing applications. One of MSM's most typical uses is found in curing a range of problems affecting the eyes, because the eyes are mucous membranes.

MSM has a highly effective healing impact because of its ability to successfully cross membrane barriers created within the human body. This makes MSM critically important for the treatment of eye ailments.

Aging Eyes

Just like our skin, our eyes grow tougher and less resilient as we age. This is where MSM eye drops come to the rescue. As these eye drops have the ability to soften the leathery membranes of the eye, they can comfortably allow nutrients to pass with greater ease to the locations where they are needed in the eye.

Cataracts

One of the most common eye problems we see today are [cataracts](#). MSM drops potentially provide relief by removing the waste particle buildup of cataracts. In addition to this, some research has shown that high levels of antioxidants can help prevent the progression of cataracts.

Additional Therapeutic Effects

Other than what has been mentioned already, there are also additional benefits that your eyes will get from MSM eye drops. For example, MSM drops are said to cause improved vision, lead to an improvement in red spots, and they have also been reported to help in the removal of floaters.

Science Behind This

Stanley Jacob, who is the MD at the Oregon Health Sciences University in Portland, has said that up until now, more than 11,000 articles have been written supporting MSM and

how its use is beneficial for certain eye ailments.

Despite the fact that hundreds of studies have been conducted so far, there is still no evidence that the use of MSM ever has a beneficial impact on the eyes.

In addition, there is a vast amount of anecdotal evidence that goes against the tall claims made about MSM and its advantages. Moreover, most qualified doctors do point out that scientific studies claiming the benefits of MSM are definitely not very credible. So while you may be planning to use MSM eye drops, keep in mind that there are no reputable studies showing that they actually work.

7 Best Benefits Of MSM Eye Drops

Having learned the fundamentals of [MSM eye drops](#) along with how they function, let's now look further. Since we have read a lot about how MSM drops are useful for numerous eye ailments, let's find out what benefits you might notice from trying them.

1. Anti-Inflammation

This is one of the most important benefits offered by MSM. This is a very strong anti-inflammatory eye drop. What makes it so is its impressive ability to ensure that all metabolic waste is removed from the cells. During inflammation, the cells of the body

become inflamed, which leads them to retain all of the byproducts created by and during the metabolic process.

These toxins require the presence of an adequate amount of sulfur in the body to be removed. It is upon the removal of these byproducts that cells can dispose of excess fluids from the body, which were being stored as a buffer.

2. Antioxidant

In addition to carrying excellent anti-inflammatory properties, MSM is also a highly impactful source of providing antioxidants to your body.

Aside from its anti-inflammatory properties, MSM also helps increase the level of glutathione in your body, which is a powerful antioxidant produced by the human body.

There have been different studies indicating that the use of MSM did actually help in adding this useful antioxidant. For example, a study discovered that MSM supplements played a significant role in reducing inflammation in mice who had stomach ulcers. MSM did so by containing the release of certain inflammatory cytokines, which included TNF-a and IL-6. In addition to inhibiting cytokines, MSM also increased the levels of glutathione.

Another study conducted on 40 physically healthy and active men showed that taking three grams of MSM before an exhaustive exercise training reduced inflammatory cytokines and also provided support to prevent over-stress of immune cells.

MSM has been shown to decrease the release of inflammation-causing molecules. Not only that, but it also provides effective support for boosting the levels of glutathione.

3. Immune Modulation

The immune system in your body is a highly sophisticated and specialized network of tissues, organs, and cells which plays a crucial role in protecting your body against numerous illnesses and diseases. If you have a poor diet, insufficient sleep, or stress, the immune network may weaken.

MSM is an important source of sulfur compounds, which have a highly significant role in ensuring the health of the immune network in your body. That's because MSM effectively reduces oxidative stress and inflammation, which actually render your immune system weak. As MSM reduces inflammatory compounds as well as stress, this means the immune system of your body stays in good health.

Moreover, MSM creates glutathione in your body, which is an excellent antioxidant that is considered fairly useful in improving the health of your immune system.

Cutting the long story short, MSM boosts your immune system by decreasing inflammation and increasing the levels of glutathione in your body.

4. Sulfur Donor and Methylation

MSM is considered as the best source of sulfur for your body. But do we really need sulfur in our body? Yes!

Sulfur is found in not only our hair, but it is an important ingredient of the proteins found all over our body. Sulfur facilitates the smooth functioning of many bodily processes. A lack of sulfur in your body would mean protein wouldn't be created.

In order to help reduce the sulfur deficiency in your body, MSM is something you should consider.

5. Helps With Allergies

At times, your body may suffer from what is called rhinitis, which is an allergic reaction leading to such symptoms as watery eyes, sneezing, runny nose, itching, and nasal congestion. This allergic rhinitis could get triggered by animal dander, pollen, and mold, and it happens both seasonally and all year long.

After you are exposed to an allergen, numerous inflammatory substances are released in your body, causing a few of those awful symptoms that keep you near the tissue box.

Studies show that an MSM dose may provide effective help in countering allergic rhinitis symptoms. MSM helps decrease allergic reactions by reducing the inflammation and containing the release of cytokines.

6. Accelerates Healing Process

Your body will experience pain and soreness due to the presence of lactic acid and byproducts after you exercise. Taking MSM will increase your body's ability to fight and remove these waste products at the cellular level. This means that the recovery process becomes faster and creates more energy for rebuilding.

7. Natural Source Of Energy

MSM increases the permeability of the cells, meaning less energy will be needed to eliminate toxins. Consequently, this leads to more energy being directed towards health-boosting activity and healing! Digestion is where the energy is most often consumed, and MSM helps increase your nutrient absorption rate so that energy on digestion is reduced.