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## **MSM Relieves Pain Associated with Arthritis, Scleroderma, Muscle Pain and Allergies**

Good news for people who suffer from muscle and joint pain, interstitial cystitis, scleroderma, or allergies: Methylsulfonylmethane, or MSM, is a nutrient effective in alleviating the numerous debilitating symptoms caused by each of these ailments. MSM is an extraordinary new dietary supplement that is amazing users and researchers alike because of its remarkable benefits. Completely natural, MSM has vitamin-like effects that promote normal growth and repair damaged mechanisms in the body.

MSM is extremely important to human beings because it provides a unique dietary source of sulfur that we must have in order to function. MSM is a special biological sulfur, 34% sulfur by weight, found in all plants, soils, fruits, vegetables, and meats. According to Dr. Stanley W. Jacobs, M.D., from the Oregon Health Sciences University in Portland, "MSM provides a good portion of the bodies need for sulfur. Sulfur is an important building block."

In fact, Dr. Jacob's comment might be an understatement. Sulfur, one of the most abundant minerals in the body, is a component of amino acids, vitamins, hormones, coenzymes, and antioxidants. Because sulfur is necessary to build "disulfide bonds", it forms part of the body's physical structure, including protein, collagen, glucosamine, skin, and nails.

One of the strongest effects of MSM is its ability to relieve muscle pain through the reduction of inflammation. People who suffer from sore joints or arthritis benefit greatly from MSM because many of the components of joints are made from collagen and glucosamine, which are both sulfur-dependent. People with arthritis report substantial and long-lasting relief while supplementing MSM in their diet in daily amounts ranging from 100 to 5,000mg.

The beneficial effect is due in part to the ability of MSM to sustain cell flow-through, allowing harmful substances to flow out while permitting nutrients to flow in, and thereby preventing pressure buildup in cells that causes inflammation in the joints and elsewhere, and translates to pain. MSM, by equalizing cell pressure, treats the cause of inflammation, unlike an aspirin that would treat the symptom by shutting off the nerve.

The sulfuric content of MSM is also effective in combating various other health problems. The anti-inflammation effect of the nutrient relieves the painful bladder irritation of interstitial cystitis. MSM often works in easing the symptoms of scleroderma and allergies as well. MSM is an effective tool for preventing the everyday aches and pains common in people who suffer from arthritis and from symptoms that can become a nuisance if left untreated. Jacobs calls it "... an important nutritional supplement. MSM is safe and useful." More ailments eased by MSM include gastro-intestinal problems, acid stomach, and lung problems.

Because it is needed to form crucial blood proteins and amino acids, the sulfur in MSM is essential to everyday living. Without proper levels of MSM, our bodies are unable to build good healthy cells, which leads to illness. When there is sufficient MSM in your system, your cells

become more permeable, enabling your body to quickly flush out any undesirable foreign particles. If your body is sulfur deficient, the cell walls become hard and stiff, hindering the flow of fluid through the cell walls. A healthy diet of MSM will keep your body feeling fresh every day.