

My Experience with a St. Lucian Medicine Man & the Amazing Benefits of MSM

September 21, 2016 walzstreet@gmail.com Immunity, Recovery

A few years ago when I was still dealing with Lyme I went to St. Lucia for a week with my parents. We stayed in a beautiful villa on the top of a mountain. The views were absolutely stunning.



The villa was run by a lovely couple and the husband came from a long line of medicine men. He was a friendly guy and I told him about Lyme disease and he didn't know much about it so I told him my symptoms and asked what I could do for my health and to increase my immunity.

He told me to go to the hot springs and drink the water which is high in sulfur and other minerals. Sulfur is pretty stinky stuff but at that point I had taken so many bad tasting herbs that not much bothered me so I gave it a try.

It made me feel really good. Of course I was visiting a beautiful place so I'm sure that played a role too. Unfortunately I didn't have any sulfur springs in Washington, DC, where I was living at the time so I needed to find another alternative.

Enter Methyl-Sulfonyl-Methane (MSM), which has been dubbed, **"The Miracle Supplement."**

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MSM is an organic form of sulfur and is found in fruits, vegetables, meats, and dairy. However to get the benefits these foods need to be eaten completely fresh and raw, so to get a therapeutic dose we need to supplement it.

Sulfur is the third most abundant mineral in the body and it is a part of at least 150 compounds in the body including proteins, hormones, and even more physically prominent aspects such as skin and hair.

Sulfur plays an important role in electron chain transport which is how your mitochondria make energy. Poor mitochondrial function is associated with nearly all disease.

Because sulfur is found in the connective tissue this also makes it an important component of collagen which relieves aches in the joints by keeping them well lubricated. MSM also keeps cell walls strong, allowing nutrients in, but keeping toxins out.

A lot of us with Lyme disease suffer from joint pain. One of the reasons for this is because Lyme spirochetes love to hide in cartilage in joints to avoid detection by the immune system. This causes inflammation and damage to the cartilage in these joints along with the breakdown of collagen.

Other common issues for those of us with Lyme disease are fatigue, inflammation, muscle pain, decreased immunity, high toxic burden, and leaky gut.

It turns out that MSM helps with all of these issues as well.

MSM has a ton of benefits to include:

- Eliminates chronic pain
- Detoxes the body
- Increases energy
- Treats skin disorders including eczema, psoriasis, acne and fungal infections
- Feeds collagen production
- Aids insulin production and carbohydrate metabolism
- Antiparasitic
- Antiinflammatory
- Increases immunity
- Heals scar tissue inside the body when ingested and heals scar tissue outside the body when applied topically
- Improves permeability of cell membranes and keeps nutrients in and toxins out
- Muscle relaxant

In addition to the above benefits, MSM has a synergistic effect with other nutrients such as vitamin C, CoQ10, all B-vitamins, vitamin A, D and E, amino acids, selenium, calcium, magnesium, and many others. MSM improves the cellular uptake of these nutrients, allowing the body to better utilize them. It also makes taking your supplements more efficient.

As mentioned above, MSM detoxes the body so start slowly and build up. You can take 2,000 mg to start and work up to 10,000mg per day, split into two doses. If you start to herx then reduce your dose. Listen to your body and build up slowly and maintain a level that works for you.

As mentioned above MSM improves mitochondrial function and can give you energy so don't take it at night or it may keep you awake. Take it in the morning and then around lunch if you take a second dose.