



METHYLSULPHONYLMETHANE (MSM)

The Ancient Greeks were aware of the health values of sulphur and used sulphur fumes from garlic to treat many different conditions. Sulphur has also been known by the name Brimstone for many years. Although sulphur is the fourth most plentiful mineral in the body, and can be found in almost every cell, it is only in recent times that we have begun to rediscover the importance of sulphur. Recent interest in sulphur has been stimulated by its use in the form of methylsulphonylmethane (MSM) on horses. MSM is a naturally occurring organic sulphur compound found in all living plant and animal tissues. MSM is easily destroyed by food processing and this in combination with the fact that sulphur is continually excreted by the body point to the possibility that supplementation may be beneficial.

The Benefits of MSM

Joint health - sulphur is important in the formation of collagen and glucosamine and therefore in the maintenance of healthy bones, joints, ligaments and tendons. Sulphur helps nutrients and fluids to flow through cells by increasing permeability which also aids in the removal of toxins leading to a reduction in pain and inflammation. Glucosamine is also important in the normal function of joints.

Allergy - a direct relationship between the amount of MSM present in the body and resistance to allergens has been established. In many people this has led to a substantial or even a complete relief of symptoms.

Hair, skin and nail health - sulphur is required for the production of keratin and collagen, important constituents of hair, skin and nails, and is therefore important in the maintenance and repair of these components.

Blood sugar regulation - sulphur is required to produce insulin. MSM also makes cells more permeable allowing them to absorb blood sugar.

Antiparasitic action - MSM has been shown to have antiparasitic action against many common parasites including intestinal worms.

Digestive system - MSM promotes digestion and the absorption of nutrients enabling us to utilise the food we eat.

Eye health - many eye conditions have been helped by MSM in drop form and also by supplementation because it soothes and softens the membranes.

Other - discoveries about the benefits of MSM continue to be made including stress relief, mental alertness, lung health, oral relief, relief from insect bites and even helping with snoring.

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