

## **Why We Need MSM**

### Summary

Methyl-Sulfonyl-Methane (MSM) is a naturally occurring sulfur compound found in every plant and animal tissue. It is the only bioavailable form of sulfur - a macro mineral that is used in significant amounts in the body.

MSM is probably the most significant discovery need our body has since discovering Vitamin C. Since we do not eat raw food, fresh picked, we need to take MSM just like we need to supplement our diet with Vitamin C. It's good for preventing muscle aches and sprains, general health, and a whole lot more:

MSM is a sulfur compound isolated from food, so it's more of a food than a supplement. It is apparently the only form of sulfur the body can assimilate, and this is why garlic is so healthy: It is high in sulfur content.

The compound (methyl-sulfonyl-methane, or MSM) is found in every plant and animal tissue, and it is very volatile; easily destroyed by cooking, food processing, pickling, and even storage. So taking an MSM "supplement" is like getting back to a healthy raw foods diet.

## **Why is Sulfur Important**

It is used in the formation of collagen - the "lattice" framework the cells fit in and is required in large quantities. MSM is a "macro mineral", not a trace mineral. (Vitamin C is a "macro vitamin", for the same reason.)

It creates the flexible bonds between cells, instead of the stiff cross-linked bonds. That means it's good for flexibility and helps in preventing wrinkles and helps ameliorate age-induced near-sightedness, which is essentially a stiffening of the cornea over time.

MSM is helpful for arthritis. It produces strong, healthy nails, hair, and skin. It promotes healing with flexible tissue. (Otherwise, scar tissue forms, which tears rather than stretches - the typical cause of re-injury.) On the surface, wounds heal with healthy skin instead of scar tissue. Inside, muscles and tendons heal with flexible tissue instead of easily torn scar tissue.

Because recovery from a workout is essentially a building process, MSM users report "no soreness after workouts".

MSM is also an antioxidant, and it helps flush toxins. This helps explain how it prevents muscle soreness, and why (along with Vitamin C).

Because the toxin flushing occurs through the skin via sweat, it's good for the liver. (Reduces strain on the liver, promotes healing.) MSM paints the insides of your stomach and intestines in such a way that it effectively prevents food allergies.

Sulfur is also a major part of insulin. So MSM improves energy levels due to its insulin and intestinal activity, and MSM dramatically reduces craving for sugar.

## **Lotion with MSM**

In the absence of sulfur, scar tissue forms. The problem with scar tissue is that it is not flexible. The solution is to work on relaxing the muscles as you're using them, and to vigorously rub in MSM lotion twice a day for a few weeks. Vigorous rubbing breaks the adhesions in the muscle (the places where scar tissue has formed). The MSM lotion then provides the sulfur needed to rebuild with healthy, flexible tissue. Do that twice a day, and see if your RSI hasn't cleared up entirely in 2 or 3 weeks.

Note:

**MSM crystals, MSM Lotion** and the highest quality **Vitamin C** is available at Greener Body Harmony Center. We supply you with what we know your body needs for optimum healing and wholeness

For cartilage healing, add a **Glucosamine Chondroitin** supplement. Glucosamine is the precursor for cartilage formation. Chondroitin becomes part of cartilage, creating spaces that absorb water for a cushioning effect.