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## MSM METHYLSULFONYLMETHANE

Methylsulfonylmethane (MSM) an organic source of bioavailable sulfur crucial to body function and structure found naturally in the body and in all living organisms. MSM is a dietary derivative of DMSO. MSM is often overlooked as an essential nutrient. Though necessary for life, unfortunately for various reasons, the amounts of MSM necessary for normal human health are not typically found in today's average diet.

MSM helps the body heal on a cellular level rather than simply masking the symptoms

Sulfur is mainly found in the muscles with the remainder located in the brain, hair, skin and bones. Interestingly, sulfur is important for helping the body to neutralize toxins that are absorbed by the body. It is important to know that MSM assimilated by the body also declines with age.

The skin is a vital organ in the body; in fact, it is the body's largest organ. The structure of the skin is held together by collagen. Collagen is also important for cellular tissue and bones. MSM helps maintain collagen health by bonding it together thus aiding in the formation of flexible bonds between cells. MSM helps to replenish and repair damaged skin and wound healing. If MSM supplies are depleted, the result may be dry, cracked, damaged and wrinkled skin.

MSM has also been found to enhance the availability of vitamin C and other antioxidant nutrients helping to protect the body from disease. The antioxidants help the immune system function more efficiently, allowing for the body to heal itself.

Sulfur aids in the growth, repair and healing of cartilage, bone, joints, tendons, hair, nails, vital organs, skin and all cells of the body. Sulfur combines with other components to contribute to the structure of connective tissue and to maintain flexibility and elasticity of tissue. MSM alleviates pain associated with inflammatory disorders. Clinical studies demonstrate a marked improvement in patients with arthritis, muscle spasms, stiffness, soreness, and leg cramps. Fibromyalgia patients report a decrease in overall pain.

In addition to cell maintenance, sulfur is also important for carbohydrate metabolism, which is a factor in blood sugar levels affecting diabetics. Inadequate levels of sulfur can contribute to low insulin production. A supplement of organic sulfur, such as MSM, may help reduce insulin requirements and stabilize blood sugar levels.

MSM provides a natural, organic source of sulfur easily assimilated in the body to use as needed for repair and growth. Supplementing can help the body to keep itself healthy and strong. No side effects or contraindications have been reported from long-term use of MSM. MSM may be taken with other supplements.

The body generally receives this nutrient from fruits, vegetables, milk, meat and fish. Unfortunately, during the processing of foods, such as heating, dehydrating and drying, most of this essential nutrient is lost. As it is water soluble, MSM is easily destroyed during food processing. Fruits and vegetables rapidly lose MSM after they are picked and stored for shipment and sale in the market. Before the modern methods of food preparation existed, raw foods were an important element of the diet. This ensured adequate amounts of MSM in the diet.

A deficiency of dietary MSM impedes the body's ability to promote cell growth and development. The body continues to produce new cells throughout the day and night. If adequate amounts of MSM are not available, poor quality cells may be developed. This in turn leaves the body susceptible to many ailments as it cannot heal itself. Research abounds as to the potential of this powerful nutrient MSM.

Staying healthy and feeling good is a goal for everyone. Often this is difficult to achieve with high-stress lifestyles and improper diet. Low levels of MSM in the body can result in physical as well as psychological stress, leading to fatigue, immune system deficiencies, and susceptibility to disease and chronic conditions. The body needs MSM to function properly, remove toxins and repair cells.