

MSM (methylsulfonylmethane Remedy)

(CB703 for 1 Matrix Point in <http://StartOver.xyz>) (revised 5 December 2018 by Clinton Callahan)
(original information from Dahlia Abramovic <http://4-koerper-osteopathie.de>)



SYMPTOMS

Joints need repair and maintenance.

INFORMATION

MSM is the abbreviation for methylsulfonylmethane - also known as dimethylsulfone. It is an organic sulfur compound that can provide the human body with valuable natural sulfur.

SULFUR IN THE BODY

Sulfur is a vital element. The human body consists of 0.2 percent sulfur. For example, our body contains five times more sulfur than magnesium and forty times more sulfur than iron. How important it is to take enough magnesium and iron daily? Most people know. On the other hand, only a few care for a sufficient supply of sulfur.

INDISPENSABLE

Sulfur is an indispensable component of many endogenous substances, e.g. in the synovial fluid and also the inner layer of the joint capsules. Both are constantly renewed due to permanent stress on the joints of the body independently. However, if sulfur is missing, the body can no longer perform the necessary joint repairs.

INSTRUCTIONS

The MSM needs Vitamin C (ascorbic acid) as a carrier to better make the sulfur available to do its work in repairing joints etc. in the body. Take the MSM and Vitamin C together.

Stir until dissolved 2 teaspoons of MSM powder along with approximately ½ teaspoon (1 gram) of vitamin C powder in a glass of water and drink it down, once a day, just before a meal. The MSM tastes bitter and the Vitamin C tastes sour, so they seem to balance each other out.

PURCHASE

You can order pure MSM by the kilo online for around 11€ plus shipping, and Vitamin C powder from your local pharmacy. The inspectors have so far let me carry MSM with me in a small plastic jar on flights in my carry-on bags.