

MSM (methylsulfonylmethane) “The Miracle Nutrient”

MSM has been touted by leading medical authorities as a vital nutrient for the alleviation of many health problems, especially musculo-skeletal symptoms. MSM is a necessary bio-available sulphur compound that helps nourish the production of collagen and joint connective tissues.

MSM is contained in minute amounts in everyone's blood and most foods. It's unclear what role MSM plays in the complex chemistry of the human body, but some experts believe that, like other sulfur compounds, it's a necessary building block for proteins, especially those found in the hair, muscles, and connective tissue of the joints and skin. Sulfur also is found in insulin and bile acid.

Now widely available in concentrated supplement form, MSM has been much publicized of late as an effective remedy for back pain, arthritis and a host of other disorders.

In the body, MSM converts into DMSO (dimethyl sulfoxide). Years ago, enthusiasts hailed DMSO as a remedy for a variety of ailments, particularly arthritis, but the noxious odor it created in users seriously lessened its appeal. It also caused toxic effects in some people. MSM is thought to have many of DMSO's advantages without the smell or toxicity.

Those who use MSM supplements contend that it not only helps treat osteoarthritis—the degenerative form of arthritis that wears down cartilage over time--but rheumatoid arthritis, lupus and other autoimmune-related conditions as well.

Numerous studies have shown that sulfur levels in arthritic joints are lower than in healthy joints. MSM may help by delivering needed sulfur to the afflicted areas. Once in the joints, exactly how MSM works remains unclear: It may exert an anti-inflammatory, analgesic effect similar to that of aspirin.

It may also help to maintain or repair cartilage, the gel-like substance that cushions joints and that is a key ingredient of connective tissue.

MSM is considered a great nutrient for the tendons and joints.