

# Organic Sulfur - MSM

Methyl-Sulfonyl-Methane

by Bryon Verhaeghe



## Thick Hair

Sulfur is the natural element that is needed for flexibility. It allows rubber to have its' rubbery properties. Our hair breaks and falls out easily when MSM is low. Sulfur keeps us from bruising when we bump ourselves. This is the same for bones where MSM allows slight flexing without breaking. When sulfur is low we break bones easy.

The main ageing process is to loose our sulfur and become brittle. An early symptom is varicose veins and poor circulation with cold hands and feet. To slow down ageing it is best to have both a diet rich in sulfur and supplement with MSM.

Elemental sulfur is pale yellow with slight odor. It works its way to the ocean were plankton bind it into organic molecules. Then this organic sulfur has a characteristic unpleasent odor. Fish and sea weed contain high

amounts and evaporation carries it inland to fall in rain water.

Some plants bind it better than others. It is very high in peanuts. Large amounts are often in the stinky foods such as cabbage and eggs. Animals need much more than plants. As our body continues to replace skin cells it is in constant demand. This structural sulfur is best supplemented as MSM (Methyl-Sulfonyl-Methane). The first results can be seen in hair, skin and nails. We also notice a reduction in arthritic pain. After exercise or injury the body repairs faster and smoother.

MSM will allow surgical scars to fade and varicose veins to disappear. A more recent study finds that MSM will stop aggressive breast cancers.

MSM is a natural compound without any toxicity. It is dose-dependent which means the more the greater the effect. Best results are found when used for a minimum of 4 weeks. We suggest six or more capsules per day with or without food.

## Research:

- **Breast Cancer:** It was demonstrated that MSM substantially decreased the viability of human breast cancer cells in a dose-dependent manner. Thus, we strongly recommend the use of MSM as a trial drug for treating all types of breast cancers including triple-negative cancers. April 2012 (PMID: 22485142)

- **Babies:** Sulphur is the sixth most abundant macro mineral in breast milk for healthy baby growth. In adults it is the third most abundant mineral based on percentage of total body weight. (PMID: 11896744)



## Reduce Breast Cancer

• **Joint Pain:** A study was conducted on 50 men and women aged 40-76 years of age with knee pain (osteoarthritis). Intervention was randomized and double blind for 12 weeks with half placebo and the others received 3 gm MSM twice per day (6 gm/day total). Compared to placebo, MSM produced significant decreases in pain and physical impairment. (PMID: 16309928)

• **Allergies:** Seasonal allergic rhinitis (SAR), a common allergy with runny nose, affects 23 million Americans and increasing. Fifty subjects completed a study and for 30 days took 2,600 mg MSM per day. On day 7 upper and total respiratory symptoms were reduced significantly from baseline. By week 3 lower respiratory symptoms significantly improved. Energy levels significantly increased by day 14. (PMID:12006124)

• **Repair:** To study this they recorded exercise related changes and injury in 24 jumping horses involved in competition. Three diet groups were established; control, MSM 8 mg/kg, and this amount of MSM plus Vitamin C 5 mg/kg. The control group continued to have exercise induced injury while the other two groups did not. They noted that the best recovery was the combination of MSM and Vitamin C. (PMID:18992134)



## Fix Runny Nose

MSM is often found as 1,000 mg tablets or capsules. The capsules seem easier to absorb. It is also found in skin lotions and eye drops. Best results are found when both MSM and salmon oil are taken. Glucosamine is a dangerous supplement that increases diabetes and cancer. Many companies combine glucosamine with MSM. Avoid these.

Rebound Health is constantly on the lookout for effective ways to be healthy. You are welcome to visit our web site [www.reboundhealth.com](http://www.reboundhealth.com) to read more. Free consultations are available in person or on-line. We can supply supplements in most countries.

Item	Weight	Sulphur
MSM Capsules 6 =	6 g	6,000 mg
Scallops 10 =	100 g	570 mg
Crab, boiled	150 g	470 mg
Peanuts, roasted salted	28 g	426 mg
Eggs, fried 2 =	120 g	420 mg
Eggs, boiled 2 =	110 g	360 mg
Veal cutlet, fried	110 g	330 mg
Fillet, roast	100 g	330 mg
Chicken, boiled	100 g	300 mg
Heart, roast	140 g	300 mg
Kidneys, fried	100 g	290 mg
Liver, fried	130 g	270 mg
Chicken livers, fried	130 g	250 mg
Parmesan	10 g	250 mg
Prawns, boiled 6 =	120 g	370 mg
Cheddar	25 g	230 mg
Cabbage, raw	50 g	90 mg
Onion, fried	70 g	90 mg
Spinach, boiled	60 g	90 mg
Brussels, boiled 7 =	70 g	80 mg
Banana	100 g	10 mg
Apple, skin and core	110 g	5 mg

References: PMID- Published Medical abstract ID: numbers found on [www.ncbi.nlm.nih.gov/PubMed](http://www.ncbi.nlm.nih.gov/PubMed). This is the document database of the National Centers for Biological Information, National Library of Medicine, National Institutes of Health, and American Government.

[www.reboundhealth.com](http://www.reboundhealth.com)



# Rebound<sup>TM</sup> Health

17/F, The Strand  
49 Bonham Strand East  
Sheung Wan  
Hong Kong

Phone: 2544-4055  
[info@reboundhealth.com](mailto:info@reboundhealth.com)