

Anti-Ageing - Sulfur

By Bryon Verhaeghe

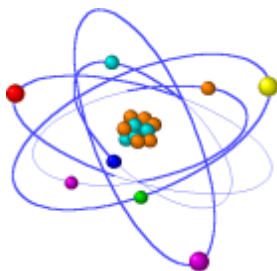


Some people feel that there is a certain mystique or secret to help avoid getting old. Often we think of the Hollywood version of cosmetic surgery. But looking good only on the outside leaves the internal deterioration progressing along with the aches and pains. To me, anti-aging is best done at the cellular level so that in old age we are still active and pain free.

One study describes aging as an active process. This means that the rate is controllable. Most all studies on this topic describe cell protection and cellular energy production. Along with this I like to pay particular attention to the chemistry of cellular processes and the make-up of the active molecules. Of particular interest are the building blocks of proteins and enzymes called amino acids. Most disease states, where the body is unable to heal and repair, have had studies that identify the chemical limitation and the amino acid responsible.

The abilities of a protein to perform certain activities relates not only to the sequence of amino acids, but also to the total shape of the protein. A comparison could be explained as; where a folded up pretzel is food but when it becomes unfolded it is not food. This folding of amino acids gives the molecule its value. In a protein the sulfur-to-sulfur bond is what holds the protein in its active folded up shape.

It is this property that allows substances to be flexible, compress and stretch without breaking. Sulfur allows rubber to make tires strong and yet flexible. The same is true in all parts of our body. The skin, hair, nails, tendons, cartilage, heart, lungs, arteries and muscles all rely on sulfur to be strong, resilient, and flexible. Think of a package of uncooked spaghetti, brittle, now think of cooking it as like adding sulfur, it becomes flexible and resilient. Consider adding sulfur to your daily supplements and not being stiff and brittle as you age.



MSM

“MSM can be a natural remedy for osteoarthritis, rheumatoid arthritis, fibromyalgia, tendonitis and bursitis, muscular soreness and athletic injuries, carpal tunnel syndrome, post-traumatic inflammation, pain, heartburn and hyperacidity, headaches and back pain, and allergies. Including softer skin, harder nails, thicker hair, and softening of scar tissue.”

Notice how flexible and resilient kids are and how stiff and brittle old people are. The sulfur in our diet is high in vegetables and very low in fruit and grains. Potatoes, squash, and cabbage are quite high. It is sulfur that stings our eyes from onions, sulfur that makes eggs stink along with cabbage, and the strong odor from garlic is also sulfur based.

Why is Sulfur Important?

MSM: The Wonder Supplement for Anti-Aging

As for the supplements that I know about, sulfur is in MSM (methyl-sulfonyl-methane), alpha lipoic acid, and glutathione. MSM is particularly good for joints, tendons, hair, skin, and nails and is highly used in horse racing to keep their hooves, feet, and legs healthy. When low in sulfur our nails are like a dried out carrot that is splitting and breaks easy but with more sulphur they become like a tough flexible leaf of cabbage.

Alpha lipoic acid comes from potatoes and has a very specific use in our body to help convert sugar into energy. It also is very useful to restore circulation in people with cold hands and feet. It is usually in short supply in people with diabetes.

Glutathione is the pinnacle of cellular protection. This is the molecule that most viruses target to allow them access to the cell. Recent studies show that the herpes virus destroys this molecule as its only means of being able to persist in our cells. Bayer Corporation has a drug to cure herpes based on this knowledge. Studies also show that this molecule is depleted before Parkinson's disease progresses.

MSM is a naturally occurring sulphur found in every tissue of your body and in all living organisms. High temperature cooking, as when we cook in oils and fry foods cause the protein to destroy the sulfur-to-sulfur bonds, uncoil, and loose the nutritional value. The sulfur becomes crystallized in a similar way that an old tire begins to crack and deteriorate in the sun. This also happens to our skin when over exposed to the sun and loses its elasticity. A strong alpha lipoic acid cream will neutralize sunburns overnight.

Being youthful and avoiding the health troubles of the elderly cannot be done with cosmetic surgery. Our foods give us life. Eating certain foods, or better yet, avoiding the damaging foods and keeping the food healthy in its preparation will keep us going a lot further in the long run. And it is possible to save money as well. The healthiest foods (less processed) are usually the least expensive.

Keeping the body running like the incredible machine it is may not be all that hard or mysterious.