

# MSM and Hair Growth

MSM is quickly becoming known for its role in hair growth. MSM is a naturally occurring form of sulfur found in many foods. However, conventional processing and cooking methods significantly decrease the effectiveness of MSM from foods. This is why it may be beneficial to supplement MSM for hair growth.

How does it work? MSM can naturally lengthen your hair's growth phase.

Your hair grows in three cycles: Growing, Resting, and Shedding. Each and every hair on your head (even body) is in one of these phases at all times. However, you may not notice significant shedding, because you have many other hairs in the other two phases at the same time.

So how will MSM make your hair grow longer? If your "Growing" phase lasts two years, and your hair normally grows one half inch per month, your hair will only grow 12 inches before entering the resting and shedding phases. (24 months times ½ inch per month).

On the other hand, if your "Growing" phase lasts 3 years, then it will grow 18 inches. (36 months times ½ inch per month).

Since your growth phase is genetically determined, there is no way this will change unless you use a supplement containing MSM. MSM is known to naturally increase the length of your hair's growing phase.