

Sulfur Quick Facts:

- ½ of body sulfur is in muscles, skin, bones, nails and hair
- Sulfur is necessary in making collagen and holds connective tissue together
- It is in the blood provides body with necessary raw materials to create healthy new cells
- Without MSM, the body can't repair cells or replace damaged tissue and organs leading to illness and disease
- MSM keeps cell walls flexible and permeable allowing fluids to pass through tissue more easily
- 2000-6000 mg/day. We need more as we age. 1 dose is not the answer and typically needs to be taken several days and up to three weeks
- Protein cannot hold its molecular structure without it.
- Cysteine, a sulfur amino acid renders toxic chemicals and carcinogens harmless. It prevents free radical damage from chemotherapy and radiation.
- Cysteine and vitamin B6 support the manufacture of Taurine.
- Taurine, another sulfur amino acid is NOT available in VEGETABLE PROTEINS! So, if you are a vegetarian, be aware of problems with Taurine deficiencies.
- Taurine facilitates the transition of calcium, potassium, magnesium and sodium in and out of cells. There are 150 mineral deficiencies alone associated with a calcium deficiency, including hypertension and obesity.
- You will find high concentrations of taurine in white blood cells, kidneys, brain, heart and retina.
- It is used for its anticonvulsant and anti-anxiety properties.
- MSM is responsible for the flexible bond between the cells, including the most abundant protein in the body, Collagen. MSM enhances tissue pliability and encourages the repair of damaged skin. If there is insufficient MSM in the body when new are being formed, they become rigid contributing to cracking, wrinkles and scar tissue.
- The skin cannot absorb cosmetic products with collagen because the skin cannot absorb that protein. Supplementation puts it in a form that the body can readily use.
- One side effect of MSM is that it will make your hair and nails stronger!
- Unlike allergy medications that only treat symptoms, MSM makes your cells more permeable, enabling your body to quickly flush out undesirable foreign particles. If you are an allergy sufferer, Dr. Mindell recommends taking 6,000 mg /day for 3 weeks then drop back to 3000 mg/day. Also, drink more water and up your intake of vitamin C.
- MSM can rid the body of all sorts of disease producing parasites by putting down Teflon like coating that parasites find impenetrable. If you have parasites, start with 10,000 mg/day for 3-4 weeks then drop back to a regular dose of 3000 mg/day.
- 3000 mg = 1 tsp.

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