



MSM Miracle

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Discover Miracle Products

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Introduction

MSM is organic sulphur which is essential for the survival of all biological life. Since its discovery in supplemental form, it has become well known for its miraculous joint health benefits but did you know that it is now proving to be vitally important for a host of other reasons as well?

MSM is now recognized as a really critical nutrient, without which many other nutrients and body functions are dependant to work properly. The synergy of natural systems continues to amaze me!

Sulphur is found in over 150 different compounds within the human body. There are sulphur components in virtually every type of cell, so it's extremely important and most people are probably not getting enough sulphur from their diet.

MSM plays a decisive role in detoxification which is critical if you are seeking a healthy long life. In detoxification, sulphur is part of one of the most important antioxidants that your body produces: glutathione. Without sulphur, glutathione cannot work. Even though MSM is not an antioxidant by itself, part of MSM's action is to improve your body's ability to make its own antioxidants.

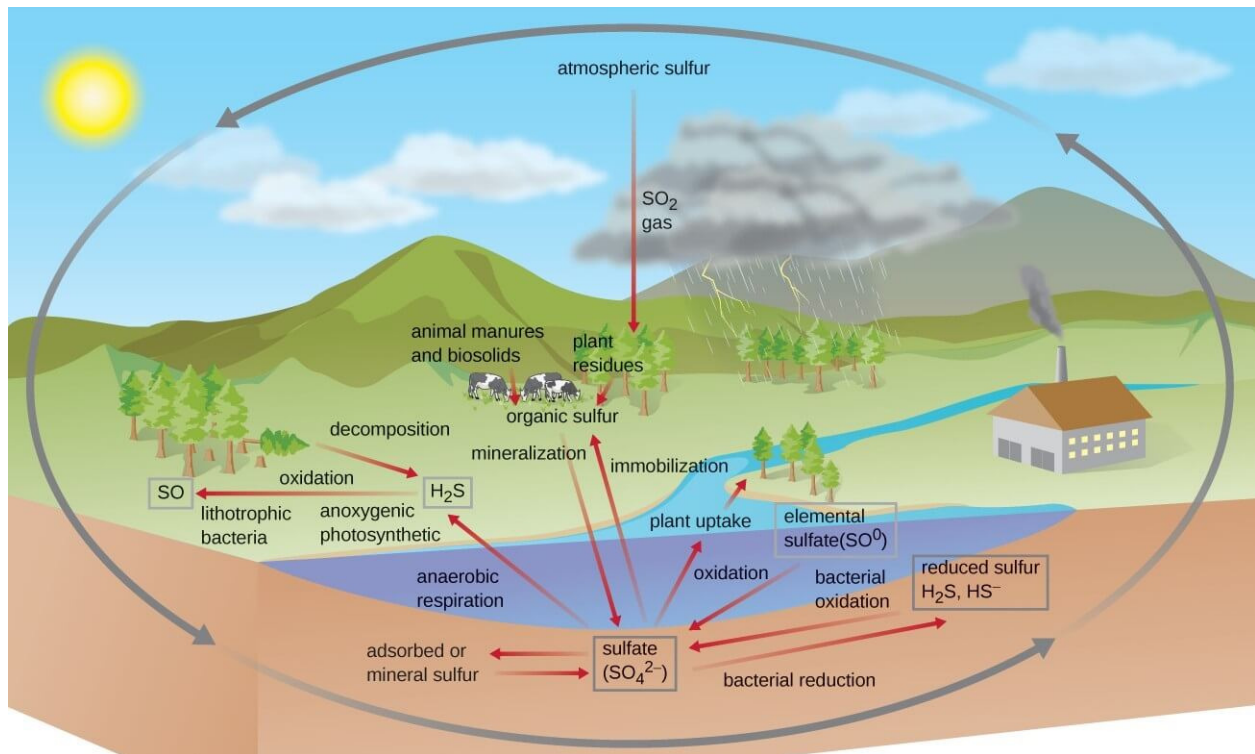
In this report we will show how MSM works at a cellular level to increase health in vital systems of the body, while alleviating inflammation and aging.

The most important factor in selecting an MSM supplement is the way in which it is produced and the resulting purity. Currently there is so much misinformation on what constitutes a quality product, so we will explore the manufacturing process to dispel these myths.

We will also review the importance of MSM and its extraordinary role in protecting lung health and reversing cancer cells, improving oxygenation of tissues, increasing energy and vitality to help you achieve increased immunity, optimal health, feel and look wonderful!

What Is MSM

MSM (methylsulphonylmethane) is the natural form in which sulphur makes a cyclical journey from the food chain into the earth and back again, known as the earth's "sulphur cycle". As a result of this process, rainwater contains a lot of MSM. It is also abundantly found in fresh fruit, vegetables and raw milk from cows which graze in pastures. Due to the unstable nature of MSM, it is rapidly lost when foods are heated during food preparation or pasteurization. Pasteurized milk therefore contains very little, if any MSM.



MSM is also lost when vegetables and fruit are frozen for a long period of time, or if they are irradiated. Due to the realities of the modern food industry, in which a great portion of everything consumed is either heated, irradiated, or frozen most people suffer from a chronic shortage of MSM.

MSM is the nutritional organic form of biologically active sulphur found in all living things. MSM is an odorless, white, crystalline powder that is highly soluble in water. This biologically active sulphur has incredible preventive and therapeutic properties which is why many health practitioners consider it to be one of the leading advances in orthomolecular medicine.

MSM is actually one of the most prominent compounds in our bodies, just behind water and sodium.



Organic Sulfur. Natural Mineral, Critical to every cell in your body.

Yellow sulfur, mined from the ground, smells unpleasant. (Not this Sulfur) .

Years ago two chemists, Dr. Stanley Jacob and Dr. Robert Herschler, employed with the pulp and paper industry, were asked to find a use for lignin, one of the primary waste products of the plant. Oxidation of lignin in a reactor results in the formation of DMSO (Dimethylsulfoxide), a natural organic form of water soluble sulphur. DMSO has a strong bitter, garlicky taste, and is readily absorbed through the skin. The workers coming in contact with the DMSO-saturated wastewater noticed that their perspiration began smelling like DMSO (garlicky), and they could taste its bitterness in their mouths. The workers in the plant also reported that their ailments cuts, scrapes, burns and sprains recovered much more quickly when in contact with this water. Several workers also noticed that conditions caused by arthritis and asthma were also improved dramatically.

Following this original discovery, thousands of articles have appeared discussing the medicinal properties of DMSO but because of its awful taste and sharp odor, it never became very popular. Another problem with DMSO was that for some

people it can cause skin irritation when applied topically. For these reasons, the search began looking to create a user friendly form of DMSO that would contain all of its positive health benefits without the negative aspects.

Oxidation of DMSO was found to produce MSM, which is a much more stable organic sulphur compound with medicinal properties at equal to DMSO, but without the odor and skin irritation issues (1, 2, 3).

Is MSM Safe

Studies have shown that MSM can be ingested by all living organisms in almost unlimited quantities without causing any toxic effects (2).

MSM has similar toxicity ratings to water.

When MSM was provided to human volunteers, no toxic effects were observed even at huge levels of 1 gram per kg of body weight per day for 30 days. Intravenous injections of 0.5 grams per kg body weight daily for five days a week produced no measurable toxicity in human subjects. The lethal dose (LD50) of MSM for mice is more than 20 g/kg body weight; this means that the average lethal dose of MSM for humans is more than one and a half kilograms. This is about six times the lethal dose of common table salt.

MSM has been widely tested as a food ingredient without any reports of allergic reactions. A study conducted at the Oregon Health Sciences University for the long-term toxicity of MSM ran trials for over a period of six months and showed no toxic effects. More than 12,000 patients were treated with MSM at levels above two grams daily, without toxicity.

MSM is used as a food supplement only and is not intended for use as a medicine, vitamin, or a drug. **Even though MSM is a member of the sulphur family, it should never be confused with sulpha drugs.** It is completely safe, odourless and non-toxic. It has been tested and proven to provide relief from numerous ailments.



Your body uses 1/8 tsp of organic sulphur each day during resting time alone. If you are active or ill, your body needs much more.

MIRACLE PRODUCTS MSM IS DISTILLED 99.9% PURITY GUARANTEED.

The natural level of MSM in the human body is about 0.2 mg/kg. Normal adults use 1/8 tsp of MSM each day, just during resting time alone; while active or ill bodies need much more. It is known that the systemic concentration of MSM tends to drop as we age and there is a minimum concentration of MSM that must be maintained in the body just to protect normal physiological function (2, 3).

As concentrations of MSM become depleted people can experience a variety of issues; such as fatigue, depression, high sensitivity to physical and psychological stress, and a large number of degenerative diseases (4, 5).

World-renowned expert on nutritional medicine Carl Pfeiffer, M.D., Ph.D. states, "sulfur is the forgotten essential element."

Sulphur is the third most abundant mineral in the body following calcium and phosphorus. An adult of average height and weight has approximately 140 grams of sulphur distributed through their system, with nearly half of all sulphur contained in muscular tissue, skin, and bones.

How MSM Is Made

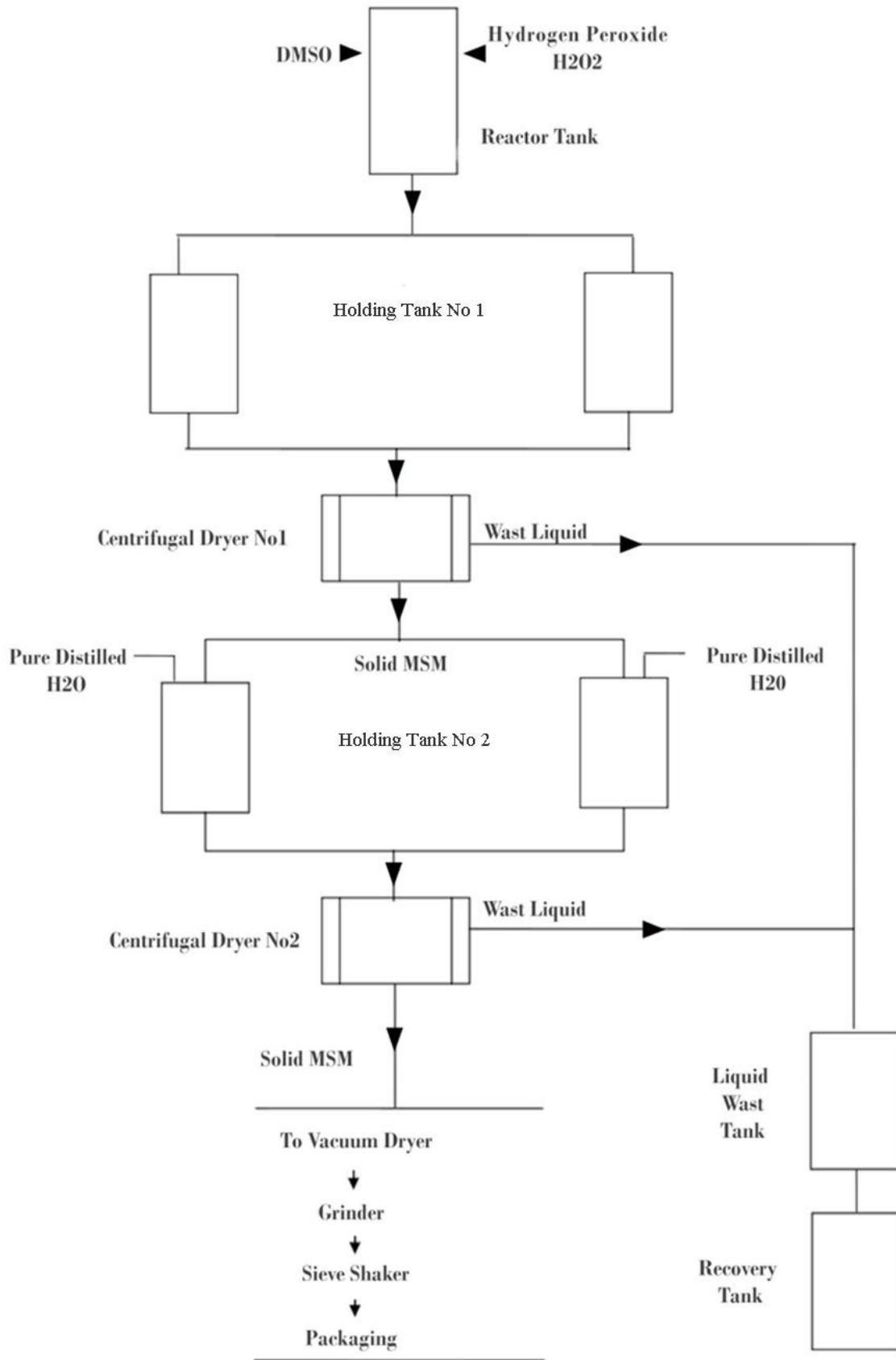
There is ongoing debate around the question of whether MSM is a “natural” or “synthetic” product. When we understand the manufacturing process, we realize the real question or focus needs to be on the way it is manufactured and the purity of the end product.

It is not possible to extract MSM directly from natural plant deposits. The amount of MSM found in plant sources is so minute that the only way to produce marketable quantities for supplementation depends on processes developed by chemical engineers. MSM is identical in molecular structure whether it comes from a factory or is found in nature. The question of purity depends on cleanliness of the manufacturing facility to avoid cross contamination and the quality of water and raw materials used in production.

All MSM is formed by reaction of hydrogen peroxide with DMSO. All DMSO is formed by reaction of nitrogen tetroxide and oxygen with DMS. Manufacturers can choose either to distill the compound, which is expensive and time consuming or they can crystallize using a simple centrifuge “spin and wash” process, which is quick and inexpensive. Many manufacturers choose the crystallization method, which allows them to cut costs and create a less expensive product. The problem with the crystallization method is a low quality, impure end product. The process of crystallization is prone to trapping contaminants, and it will concentrate any impurities in the water or raw chemicals used, leaving it in the end product.

Manufacturers that use a distillation process, which uses heat to separate MSM from manufacturing impurities and moisture, create a pure quality product. The most important benefit of more expensive MSM is that it is distilled.

The following flow chart shows the process used in making
Miracle Products MSM



Why You Need MSM

Many people notice that as they age flexible tissues lose their elastic properties. A shortage of sulphur is the likely cause of this problem. The consequences are stiffening of muscles and joints, wrinkling of the skin, and decreased elasticity of lung tissues and arterial blood vessels.

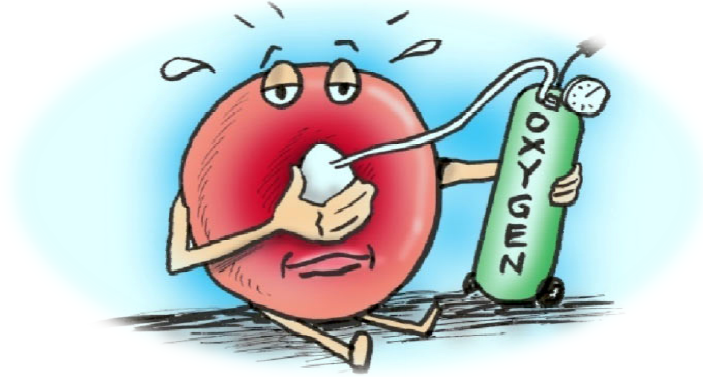
Nails and hair primary consist of a tough protein with high sulphur content, known as keratin. Flexible tissues like connective tissue and cartilage contain proteins with flexible sulphur bonds. Collagen is the most abundant protein in the body, and a major component of all connective tissue. In skin, collagen works with fibers of another protein called elastin, to give skin its elasticity. In cartilage, the sulphur containing proteoglycans glucosamine and chondroitin form with collagen, a fibrous protein substance that give cartilage its structure and flexibility (4, 5).

Sulphur forms flexible connections between the cells and the surrounding connective tissues. This allows the cells to retain their elasticity. When sulphur is in short supply, the cell wall hardens, and the cells lose their elasticity. The transport proteins of the membrane become locked, and the membranes become less permeable. This results in a reduced transport of oxygen and nutrients into the cells as well as reduced excretion of waste products from within the cells. This causes a shortage of oxygen and nutrients, and an accumulation of toxic metabolic waste products inside the cells. Reduced vitality and eventually degenerative diseases are the result.

MSM Oxygenates Cells

Biologically active sulphur is the main carrier of oxygen across the cell membrane. MSM prevents and corrects the clotting of red blood cells, allowing the blood to absorb more oxygen. Oxygen is needed for cellular regeneration and detoxification. When oxygenation is improved, so is nutrient uptake. Sulphur also alkalizes the blood. Cancer cells and parasites thrive in low oxygen and acidic

conditions. MSM helps the body to fight both of these conditions.



MSM oxygenates the cells and alkalizes the blood.

MSM Stimulates Glutathione Production

Without sulphur, glutathione cannot work. If you are not getting enough biologically active sulphur in your diet, you're not going to be able to naturally produce glutathione, which is absolutely essential for removing heavy metals and many other toxins you're exposed to.

From increasing your energy levels to helping with conditions like allergies and asthma, MSM performs a series of important functions in your body every day.

What Can MSM Do For You?

1. Body Repair

MSM is perhaps one of the most important nutrients required by our body for repair. It is present in the amino acids which create the basic building blocks of protein and collagen. Collagen is the chief protein in connective tissue. MSM helps form all the connective tissues of the body; cartilage, ligaments tendons, mucosa lining of the lungs, sinus and intestines. It also has a series of other healing and preventive properties for the human body. MSM happens to be the best form of sulphur that can be consumed.

MSM is a key player in the utilization of Amino Acids - 70% of which are sulphur based.

2. Improve Exercise Recovery & Athletic Performance

Perhaps we can learn from trainers of million dollar racehorses. For many years and with great success, trainers feed MSM to their prize horses before a race to prevent muscle soreness, and afterwards to lessen the risk of swelling, cramping and improve physical recovery (1).

For athletes the physical fatigue following intense competition sports can persist for 8-10 days. Athletes who consumed 1-2 grams MSM per day six months prior to the sport event enjoyed a significant decrease in fatigue to only 2-3 days (6).

MSM is clearly demonstrated to help muscle recovery after exercise, injuries and even surgeries. Consuming MSM is contributed to better immune function, accelerated healing and reduced pain because it helps counteract certain byproducts (like lactic acid) that contribute to the feeling of soreness, inflexibility, pain and stiffness.

In addition, a study in *The Journal of Sports Medicine and Physical Fitness*, in which it was reported that even only 10 days of MSM supplementation helped decrease muscle damage through its antioxidant effect. It also helps repair the rigid fibrous tissue cells in our muscles that become broken down during exercise and helps prevent swelling.

3. Bone, Joint Care & Arthritis

MSM is a beneficial nutrient for your bone health, helping conditions like arthritis, rheumatoid arthritis and osteoarthritis. Being a calcium phosphate dissolver, MSM helps in breaking up the unhealthy calcium deposits in the body that are a root cause of degenerative diseases.

Countless people who suffer from arthritis report relief when taking MSM. One of the most researched benefits of MSM is that it helps decrease joint inflammation, improves flexibility and restores collagen production. It can help form connective tissue to repair joints, tendons and ligaments.

In one study, 24 people with symptomatic osteoarthritis were treated with either a regular NSAID drug, or with 3 grams of MSM daily. After one month, both groups noted equal improvements in pain and stiffness (5).

In another experiment, mice with a predisposition to rheumatoid arthritis-like joint lesions were studied. Researchers found that two-month old mice who were given water containing a 3% solution of MSM for a period of three months suffered no degeneration of articular cartilage. In the control group of mice that received only tap water, 50% of the animals were found to have degeneration of articular cartilage. In the control animals, 95% - nearly all had inflammatory reaction in the synovial tissues, compared to less severe inflammatory reaction in 50% of the MSM group (2, 10). The beneficial effect of MSM is due in part to its ability to improve cell permeability, allowing harmful substances (lactic acid, toxins) to flow out while permitting nutrients to flow in, thereby preventing a pressure buildup in cells that causes inflammation in the joints (4).

MSM is an essential building block required for the body to form new joint and muscle tissue while lowering inflammatory responses that contribute to swelling and stiffness.

Another clinical trial testing the effects of MSM for joint pain in 118 patients with osteoarthritis found that after 12 weeks patients had more improvements in pain, swelling and joint mobility. MSM supplements were given in 500-milligram doses three times daily along with glucosamine (also taken in 500-milligram doses three times daily). (13)

4. The Detoxification Effect

MSM has been shown to help the body's natural free radical-scavenging abilities, which means it lowers oxidative stress as well as the many ailments that come along with it. Sulfur helps us regenerate all of our cells so we can heal from the inside, out. (14)

MSM plays a key role to one of the most important antioxidants that your body produces for detoxification; glutathione.

Sulphur containing amino acids help to regulate cellular systems by detoxifying toxins which could threaten the cell's function. MSM also acts to protect your cells against free radical attack. Here's how:

Cell Strength: Sulphur maintains the integrity of cell membranes, the outer layer of a cell that controls what comes in, and what moves out. Therefore, MSM has an

important role in removing cell waste, which is obviously important for overall detoxification!

Toxin Removal: MSM is a strong antioxidant, capable of binding and deactivating free radicals. Damaging free radicals are caused by physical and mental stress, malnutrition, air pollution, radiation, heavy metals and contaminants in drinking water and food, to name a few. In light of this, everyone can benefit from extra antioxidants in their diet and MSM is such an antioxidant.

MSM enhances the permeability of cell membranes which makes it easier not only for nutrients to be taken up by the cells but also waste products to be eliminated.

MSM drastically increases the ability of cells to excrete toxic waste products. (1).

Many health practitioners working with MSM will state that it is the most powerful detoxifying nutraceutical or pharmaceutical agent they have ever worked with.

Liver Aid: Sulphur is required for detoxification pathways cytochrome P450 in the liver. MSM is therefore critical to our body's most essential detoxifying function.

Antioxidant Boost: MSM is essential for forming glutathione, which is perhaps our most powerful antioxidant. Glutathione also optimizes the function of other antioxidants in our body. Therefore, MSM is important for whole body healing, healthy aging and maintaining general well-being.

Inflammation: There is evidence that supports the synergistic effect of MSM and glutathione working together with other minerals, fatty acids and vitamins in many healing processes throughout the body. In particular, this dynamic duo help our body to make prostaglandins, which reduce inflammation.

Only Consume the Purest Quality Distilled MSM

Important Note For MSM & Detoxification

It is vital to know that not all MSM is equal. In creating MSM retail products, anti-caking agents are used for the production of capsules and pills. These additives and the process of pulverizing the MSM crystals into powder, seriously interferes with the body's uptake of the sulphur.



Pills ❌

Amount of MSM: Low

Body Absorption: Low

Purity: Low (uses fillers and binders)



Powders ❌

Amount of MSM: Medium

Body Absorption: Medium

Purity: Medium (can use stearates and anti-clumping agents).



Crystals ✅

Amount of MSM: 99.9% MSM

Body Absorption: Excellent

Purity: 99.9% Pure MSM (no fillers, binders or clumping agent, no GMOs and Gluten Free)

Detoxification cannot happen with MSM that contains anti-caking agents because these ingredients block the bioavailability of sulphur to the cells.

Most commercially available MSM does not contain more than 34% sulphur, the sulphur it does contain, is often contaminated with additives. Some MSM products actually contain no biologically active sulphur at all.

Studies show that the silicon dioxide or silica used in prescription medications and nutraceutical products can block 100% the body's uptake of sulphur.

5. Nerve Repair

Sulphur supports the repair of the myelin sheath, the protector and insulator that wraps around segments of the nerve axons, making it especially important for people dealing with any type of nerve damage, Multiple Sclerosis and Peripheral Neuropathy.



6. Reversing Cancer

Dr Joan Caron, assistant professor at the Department of Cell Biology in the USA, began searching for a new approach to chemotherapy. She and her team, sought compounds that would stop cancer cells from growing without killing the healthy cells. In this process they discovered MSM. Most people have not heard about Dr Joan Caron's research; which by rights should have been broadcast world-wide. In 2013, she and her team were surprised with their discovery because they believed that MSM would kill the cancer cells. Instead they found that MSM reverses cancerous phenotypes back to normal healthy tissue. (11)

Dr. Joan Caron demonstrated that MSM actually reversed the cancer cells back to healthy normal cells!

Dr. Caron chose to study MSM because its chemical structure suggested anticancer activity. They first tested the effect of MSM on aggressive metastatic melanoma cells (Caron et al., 2010). However, instead of looking for cell death, they observed the cells under a microscope and surprisingly, within 24 hours the melanoma cells became contact inhibited. And after three weeks using MSM, cells transformed into nongrowing, wellbehaved normal cells.

Their research continued, studying the effects of MSM on metastatic breast cells. Again MSM normalized the cancerous tissue and made the normal tissue look even healthier. These results mean that MSM is active against more than one type of cancer and at the same time enhances healthy tissue.

Dr Caron summerizes: “our data show that chemotherapeutic agents need not kill cancer cells. Instead, it is possible that metastatic cells can be reprogramed into normal cells.”

Considering the number of people diagnosed with cancer daily; the question needs to be asked, why are doctors not made aware of this inexpensive and life saving nutrient? And why are so few people aware of this extraordinary discovery? Why wait for some dangerous drug when MSM may be the missing nutrient?

7. Skin & Hair Care

Nails and hair primarily consist of a tough protein with a high sulphur content, known as keratin. MSM produces generous quantities of collagen and keratin which is vital for healthy skin, hair and nails. In fact, MSM is often referred to as the 'beauty mineral' owing to its ability to enhance the thickness and strength of nails as well as hair in a very short span of time. (5)

Several experiments have shown that several dermatological disorders, including those that are allergy-related, respond favorably to a diet supplemented by MSM. Oral dosages of MSM have shown to be effective against acne, Rosacea, and dry, scaly or itching skin(6). When used topically in the form of a cream (such as Bless Beauty Cream), MSM is helpful in treating skin disorders including acne, psoriasis, eczema, dermatitis, dandruff, scabies, diaper rash and certain fungal infections (7,5). Scars resulting from operations or burns also respond well to topical application. New scars can heal so perfectly that they are almost invisible. Old scars, too, can improve dramatically.

Burn victim Bill Rich discovered the astounding benefits of MSM when a veterinarian friend recommended it for him. Bill's skin was flat, purple and leathery, up and down a majority of the right side of his body. After only a few days of taking MSM, Bill noticed an increase in stamina and energy, and, in time an astonishing effect on his scarred skin as it began to heal, turn pink, and fill in. As of this writing, Bill had little more than a 2 inch section of skin that is still barely detectable after having more than 60 feet of skin graft scars.

8. Natural Energy Booster

Sulphur is key in carrying oxygen into the cell. As we age our cell walls become more rigid creating a decrease in the amount of nutrients and oxygen that can enter the cell. Also, toxins which get stored in the cell get trapped due to the lower permeability of the cell wall. MSM increases permeability of the cell walls enhancing the absorption of nutrients and oxygen while also helping toxins to be released. Detoxification of the body increases energy.

9. Relieve Chronic Pain

Perhaps the most remarkable discovery regarding MSM is that it is an effective pain killer. MSM works for many types of chronic pain. In March 1999, Stanley W. Jacob, M.D., and Ronald M. Lawrence, M.D., Ph.D., published “The Miracle of MSM: The Natural Solution for Pain”. Their book was based on their experience as medical doctors and MSM researchers. Dr. Jacob is the head of the DMSO Pain Clinic in Portland, OR, and a Professor at the Oregon Health Sciences University, and Dr. Lawrence was the founder of the International Association for the Study of Pain and the American Association for the Study of Headaches. Together, these doctors have over 20 years of experience in addressing pain using MSM. With more than 18,000 patients that suffered from chronic pain, they found that about 70% experienced their pain either diminished or disappeared altogether.



Types of pain which have been treated successfully with MSM include:

- Personal injury due to accidents, burns, etc.
- Headaches, migraines
- Muscle aches
- Bursitis
- Osteoarthritis and rheumatoid arthritis
- Fibromyalgia
- Lower back pains
- Tennis elbows and other sports injuries
- Carpal Syndrome
- Sclerosis
- Whiplash

- RSI (Repetitive Strain Injury)
- Scars due to burns, operations, accidents, etc. Crosslinking in collagen is the natural process in scar formation which creates the hard and often painful scar tissues. MSM slows down and restores the crosslinking in collagen. MSM makes the skin more flexible and heals scar tissue.

The way MSM impacts pain is currently explained by the following mechanisms:

- MSM is a natural analgetic: it blocks the transfer of pain impulses through nerve fibers (C-fibers).
- MSM blocks inflammations and inflammatory processes. MSM enhances the activity of cortisol, a natural anti-inflammatory hormone produced by the body.
- MSM improves the permeability of cell membranes. This improves the uptake of nutrients and many vitamins and the elimination of waste products and excess cellular fluids.
- MSM dilates blood vessels, enhancing the blood circulation. This, too, helps to eliminate waste products from the body, which speeds up healing.
- MSM is a muscle relaxant. This is an important and often overlooked benefit of MSM. Many chronic pains are aggravated by chronic muscle tension in the body.
- MSM aids the natural defense mechanisms in the body by regulating the prostaglandin metabolism, and regulates the formation of antibodies and immune complexes.

10. Alleviate Lung Issues

Emphysema is not always caused by smoking. Horses and dogs get emphysema, and they don't smoke. When there is a deficiency of sulphur the mucosa of sinus, lung and intestine begins to degenerate. Once the tissues are compromised by sulphur deficiency they are much more susceptible to damaging irritants such as diesel and welding fumes, smoke, etc. Supplementation with MSM has been shown to reverse it. John Booth of Portland Oregon, states: "I worked in the shipyards as a welder down in the hull and smoked 2 packs of cigarettes a day. I got emphysema; I was coughing and hurting most of the time. I started taking

MSM, and after a year I have strong lungs that allow me to breathe easily. The MSM made it possible for me to continue on with my work and my life."

11. MSM For Diabetes

The sulphur-containing B vitamin biotin is a critical part of glucokinase, the enzyme involved in the utilization of the sugar glucose. Sulphur is also a component of insulin, the protein hormone secreted by the pancreas that is essential to carbohydrate metabolism. Lack of MSM in the diet can result in low production of biologically active insulin. Studies indicate that MSM improves cellular glucose uptake by improving cell permeability, whereby balancing blood sugar level and returning the pancreas to normal functioning (4).

12. Brain Protection

The brain is extremely sensitive to the effects of toxic materials such as heavy metals and organic compounds. Many of these compounds tend to accumulate in nerve cells where they can cause severe oxidative damage. Neurological disturbances may be the result. MSM is one of the few antioxidants which can easily pass the blood-brain barrier. It prevents and repairs oxidative damage and restores cell membrane elasticity and permeability. This allows the nerve cells to start excreting waste products.

Years ago I came across this extraordinary story that reveals the powerful potential of MSM. An older woman suffered from aluminum poisoning which had accumulated in her brain and caused severe neurological damage. The woman had been bed ridden for six years and was unable to communicate with her surroundings. All this time she had not spoken a word. Medical doctors could not help her and had given up on her. She was completely dependent on her husband who took complete care of her needs. A natural health care practitioner recommend two teaspoons of MSM daily. Since MSM passes the blood brain barrier, it restored the permeability of the brain cell membranes and allowed her brain cells to detox the heavy metal poisons. Two weeks after beginning this regime, the orthomolecular physician suggested a warm bath to help her eliminate the released poisons through the skin. After twenty minutes in this bath, the woman suddenly smiled and said "Gee, I feel much better now." These were the first words she had

spoken in six years. Several months later, the woman was capable of leading a normal life again (8).

13. Parasite Infection

One of the most amazing discoveries on MSM is its anti-parasitic action against Giardia, Trichomonas, roundworms, nematodes, Enterobius and other intestinal worms (4). Animal studies include laboratory mice with pin worms (Enterobius). They were given commercial food and drinking water, both containing 2% MSM by weight. After 17 days, fecal examination indicated the feces were free of worms and eggs. Human studies include a man with confirmed Giardia lamblia, apparently contacted from contaminated water in a primitive area. He was given 500 mg MSM three times a day for 14 days. By the eighth day he was free of symptoms, and the stool specimens collected one week later were clear of the parasite (6).

The chief antiparasitic property of MSM stems from its ability to bind to the mucosa and present a natural blocking interface between hosts and parasites. It's as though MSM puts down a coating on the mucosa, which parasites find impenetrable and can't cling to. Unable to stick, the parasites are simply flushed out of the body (3,4).

Numourous natural health practitioners understand the concerns about parasites. It is becoming increasingly clear that they can be a continuous source of poisoning which can spread throughout the body and affect immune function. It is an intriguing thought that MSM may be nature's original means of protecting us against parasites.

14. Allergies

MSM is known to reduce or eliminate allergic reactions to foods, chemicals, and inhaled allergens. It also reduces reactions to the bites of mosquitoes, bees, poisonous spiders and snakes. It lessens inflammation, pain, stiffness and swellings due to arthritis or from other musculoskeletal system disorders and helps to normalise the blood chemistry in these conditions. It also reduces inflammations of the skin and mucous membranes.

One study published in the Journal of Alternative and Complementary Medicine found that it can help to reduce symptoms of allergic rhinitis, which can include itching, congestion, shortness of breath, sneezing and coughing.

The major anti-allergic characteristic of MSM stems from its ability to decrease the release of cytokines and prostaglandins, this supplement can be useful for managing allergic reactions. Several researchers have noted that MSM works as a histamine inhibitor at least as well as the traditional antihistamines, without any negative side effects (4, 5, 8).

MSM also provides a curative effect through strengthening the mucosa which provides a natural shield between the body and allergens. A direct correlation between the amount of MSM used and resistance to allergens has been established.

15. Autoimmune Disorders

According to some estimates, allergies and diseases of the immune system have doubled or even tripled in the last few decades. Asthma, hay fever, eczema, food allergies, lupus, multiple sclerosis and other immune mediated afflictions are all on the rise. At an alarming rate, people's immune systems are over-reacting to substances that should be harmless. For some this over reaction leads to allergies and for others a complete immune systems malfunction.

MSM seems to help the body's natural free radical-scavenging abilities, which means it lowers oxidative stress as well as the many ailments that come along with it. It's an effective anti-inflammatory because it blocks the release of pro-inflammatory mediators and down regulates certain harmful signals sent from the immune system that can affect the entire body.

How to Select a Quality MSM Supplement

As with most other supplements and food, quality is a major issue when it comes to selecting an MSM supplement. With MSM it's fairly easy to determine. There are two methods of purification used for the production of MSM, distillation or crystallization.

With MSM, distillation is by far superior but a more expensive process, so many manufacturers use the less expensive and a lot less energy intensive crystallization process.

The problem with the crystallization process is impurities, which could be heavy metals and aromatic hydrocarbons etc. Distillation ensures purity.

MIRACLE PRODUCTS MSM IS DISTILLED 99.9% PURITY GUARANTEED.

How Much MSM Should I Take?

Most practitioners and suppliers recommend dosages that are twice the amount suggested by Miracle Products. Due to purity and the *Dynamically Enhanced*TM process of Miracle Products MSM, less product is required to achieve optimal results.

Dynamic Enhancement Explained: <https://miracleproducts.shop/blogs/dynamic-enhancement/what-is-scalar-vortex-dynamic-enhancement-1>

The optimal dosage depends on the nature and intensity of the complaints. In most cases, it is effective to take an initial dose of one gram (1/4 tsp) daily. People with serious ailments have been shown to benefit from higher dosages, up to four grams daily. Such a high dosage may be advised to fight parasital infections. Case studies have been reported whereby noticeable improvement was not achieved for some people until they received a daily dosage of 30 grams (5). Such extreme dosages are not generally recommended, although no negative effects were reported (6,5).

People using MSM should make all changes to their dosage gradually. They should not increase their dose as long as detoxification symptoms persist. Although uncommon, these symptoms may include nausea and headaches. Due to the profound detoxification effects it is important to always drink plenty of water when consuming MSM.

Basically, Take the amount of MSM that gives you the relief you desire.

Suggested Usage: Mix 1/4 teaspoon in water per day for four days then increase to 1/2 tsp daily.

Repeat for several weeks gradually increasing the amount until you are taking 2 tsp daily. Some people take up to 2 tablespoons daily.

This can make up for the years of deficiency that your body has experienced.

Once you achieve the results you are after reduce the amount to a maintenance level for whatever works best for you.

Average maintenance level: 1/2 to 2 teaspoon per day.

Suggested dosage for a person weighing 70 kg is 1/2 teaspoon once in the morning and again mid afternoon. Too much MSM has never revealed harm; in fact evidence shows the body works better with too much rather than too little.

Pure distilled MSM has similar toxicity rating of water!

Possible Detox Symptoms When taking MSM

Generally most people who use MSM notice very little when first beginning, or may experience slight detoxification symptoms. These symptoms may include mild forms of diarrhea, skin rash, headache and fatigue. After one week, these symptoms usually disappear. Fewer than 20% of users of MSM report feeling slightly unwell in the first few days of using MSM. Generally, the stronger the symptoms are, the more toxins have been stored in the body, and the more MSM was needed for its purification. Cleansing reactions are a common and necessary part of effective natural healing processes. If more moderate symptoms of detoxification are experienced, it may be advisable to reduce the dosage of MSM, and to gradually rebuild it once the symptoms disappear.

“Sulphur is third most abundant mineral in your body. It is required for proper synthesis and biological activity of proteins and enzymes, and plays an important role in your body’s electron transport system; vitamin conversion; synthesizing metabolic intermediates such as glutathione; detoxification; joint health; and proper insulin function, just to name a few.” - Dr Mercola

Synergistic Effect of MSM With Other Nutrients

MSM amplifies the benefits of most vitamins and other nutrients, such as vitamin C, CoQ10, all B vitamins, vitamin A, D, E, amino acids, selenium, calcium, magnesium and more. MSM improves the cellular uptake of these nutrients and keeps them working longer and more effectively in the body (4, 5, 2).

Redox Signalling Molecules

Combining MSM & natural food source Vitamin C in water forms a synergy that creates reduction-oxidation or redox signaling molecules. This reaction amplifies the benefits of both nutrients as they combine together and becomes a super oxygenating beverage.



Is MSM Safe For Your Pets?

Pet owners that provide MSM for their horses, dogs and cats all swear by it. Understand that MSM is biologically active sulphur and every living creature requires it! All the benefits that humans can enjoy from supplementing with MSM can be enjoyed by your pets too.



One of our customers runs a dog kennel and she reports that all issues of fleas and ticks are no longer an issue ever since she began adding MSM into their drinking water. The recommended dosage for dogs is about ¼ tsp per 10kg body weight.

Summary

Deficiencies in MSM can result in the less optimal functioning of every cell, tissue and organ in the body. Inorganic sulphur is very poorly assimilated. Organic, biologically active sulphur is therefore extremely important for the health of every living organism. MSM is the natural source of biological active sulphur to which all living organisms have adapted.

Supplementing with MSM opens a whole new world of possibilities for improving your health, longevity, and vitality.

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Miraculous MSM

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