

How to use Organic Sulfur Crystals & Tips

1. The Basics: Starting any new supplement takes a bit of understanding for true success. You have invested the money so understanding these tips will allow you to be very successful with this nutritional tool.

a. Take it twice daily! Simple we know, but it's amazing how many people can forget especially since we are all so busy! If you forget for a day or two, its OK, just get back on the horse.

b. Sulfa Versus Sulfur. Many people that purchase Organic Sulfur are concerned about Sulfa allergies. Sulfa is **NOT** the same as MSM (Organic Sulfur). Typically sulfa based drugs have a sulfonamide molecule, that when metabolized can create an allergic response.

MSM / Organic Sulfur, on the other hand, is a fully natural, bio-active form of sulfur, thus people with 'Sulfa' allergies typically have zero issue with MSM. We say 'typically' because everyone's body is different, and there is a very rare scenario, where a sulfa allergy could create a general form of allergy to any sulfur based compound. This is again very rare, as the vast majority of people with Sulfa issues have no issues using MSM.

c. Doctors & Supplements. We always encourage talking with your doctor before starting any new supplement, as they can advise you about which medications that may interfere or be interfered with, and know your medical history.

The simple rule here is to take supplements 1 or 2 hours after OR before medications so the body can properly metabolize everything.

One thing to also note is that doctors typically have very little formal training in nutrition. This is not an assumption it is a fact.

"Medical students are still getting less than 20 hours of nutrition education over 4 *years*, and even most of that has limited clinical relevance. Thirty years ago, only 37 percent of medical schools had a single course in nutrition. According to the most recent national survey, that number has since dropped to 27 percent. And, it gets even worse after students graduate. Dr. Micheal Grieger MD

This is not a statement against doctors, far from it. This simply represents the truth, Doctors are not well versed in nutritional concepts and supplements. Doctors are schooled in medicine and identification of illness.

2. How much to take: For adults, start with between 1/4 – 1/2 teaspoon, 2 x a day. Sulfur stays in your system for about 12 hours before your body disposes of it, so morning and night is the best regime for results.

Tip: The ideal dosage is actually around 1 teaspoon 2 x daily. This can be even higher based on your health practitioner recommendations. You can move up by a 1/4 teaspoon every two weeks, till you reach the full teaspoon level. Starting at 1 teaspoon versus a lower dosage has actually been shown to reduce detox effects and can help your body better ease into the protocol.

3. When To Take It: Sulfur is very safe to use and has been used safely for decades, and if you want the best results follow these rules:

a. Take Organic Sulfur a few hours before OR after medications, because medications can destroy the active sulfur in the crystals. Sulfur can have a mild blood thinning effect, so be mindful to take it a few hours after any blood thinning medication.

b. Do not take Organic Sulfur at the same time as other minerals (zinc, magnesium, calcium, potassium), as these will compete for the same pathways in the body. Take minerals 1 hour away from each other. Or just use the Organic Sulfur only as your primary mineral when starting the protocol.

c. Sulfur can have a mild blood thinning effect, so be mindful to take it a few hours after any blood thinning medication.

d. It is best to take your second dose before 7pm. This is because Sulfur lets oxygen flow freely into your cells, which provides more energy, and less fatigue. Note: This not the same as a caffeine feeling, sulfur provides good, 'clean' energy.

4. How to take it: Organic Sulfur has a bitter taste, so the best way to take our supplement is by mixing the crystals in a small glass with some filtered water or juice. You can also use things like yogurt or applesauce as well.

It's Easy: Just add the crystals, to a small amount of your preferred liquid, swirl it around to get the crystals moving in the glass, and drink it back. The bitterness goes away very quickly.

Note: Pure MSM does not dissolve easily in water because they are pure MSM with no cheap additives. So if you want to dissolve them use hot and stir, it should take about 3 – 4 minutes.

5. Drink water! Sulfur works to bring oxygen into our cells, it gets that oxygen from water. Water is the fuel for this process, ensure you try and take at least **5 – 8 glasses (1 glass = 16 OZ / 500 ML)** of water per day at the beginning of the process. Your body will love you for it.

1. Water provides the oxygen that MSM to help flood cells with added oxygen helping with repair and to battle fatigue.

2. Water helps the body remove toxins and heavy metals, made inert, and then released by the MSM.

Note: Filtered water is always best because tap water is filled with terrible chlorine which can destroy active sulfur.

6. O/S Supercharges Vitamins: Remember Sulfur is also an amazing carrier that supercharges the absorption and efficiency of Vitamin C, D, B and E. You can take Organic Sulfur at the same time as these vitamins, as long they are not minerals.

Minerals like MSM, magnesium, potassium, zinc, and calcium, should not be taken at the same time because they are all minerals and 'compete' for the same pathways in the body, lowering the effectiveness of all the minerals.

7. How long does Organic Sulfur take to work? It depends, as everyone and everybody is different. Most see a difference in 3+ weeks, some, however, see a difference in days.

From our experience, most feel a difference within 3 weeks to a month, and it just gets better with time. Some people feel a difference in just days.

8. Detoxification & Organic Sulfur. If on the rare occasion, at the beginning of the sulfur protocol, you feel mild headaches, tummy issues, skin rashes or mild cold-like symptoms, lack of energy – don't worry... This can be common when people start the Organic Sulfur protocol because the Organic Sulfur is actually an extraordinarily powerful, natural detoxifier in the body, helping to eliminate decades worth of toxins, lactic acids, and heavy metals trapped in your body.

The release of that 'junk' into the bloodstream and intestinal tract can sometimes cause these feelings temporarily, as the body deals with and eliminates the toxins.

It is actually a great thing! It means the sulfur is working away in your body. Just keep taking your Sulfur to power you through any brief detox period. Again, most important, drink Lots of Water! 70 – 90 Ounces / Day.

This added water will help your body flush out all of the toxins and nasty stuff that is being released by the Organic Sulfur.

Tip: If you feel this way, you should consider increasing your sulfur dose to at least 1/2 to 1 full teaspoon 2 x daily till the symptoms reduce, AND continue drinking plenty of water (90 ounces/3 liters per day) to support your body during this 'flush' of wastes and toxins. Then once symptoms pass you may go back down to your normalized dose of 1/4 to 1 tsp, 2 x day.

In fact, some people who start on a lower dosage of organic sulfur (ie: 1/4 teaspoon once a day), and who **do not** drink a lot of water daily are more likely to feel detox reactions than those that are well hydrated, and use a higher dose (1/2 to 1 full teaspoon 2x daily). Remember this is part of the healing process!

We wish you nothing but success with this amazing supplement.

If you ever have any questions you can always ask your health practitioner about Organic Sulfur (MSM). We are also here to help.