

# Are YOU suffering PAIN, ARTHRITIS, SNORING, MEMORY LOSS, SPORTS INJURIES, ALLERGIES etc?

## IN PAIN?

SUFFERING FROM THE ABOVE? THEN READ ON because YOU can gain amazing relief with natural organic MSM -

### The Natural Solution

Methyl Sulfonyl Methane is a natural organic form of sulphur, an essential element we need every day for good health and relief from many of today's health problems.

Research by Dr Stanley Jacob & others in more than 12,000 patients over 20yrs confirms MSM can benefit, sometimes dramatically the following ....

- ◆ACNE
- ◆CHRONIC FATIGUE
- ◆ALLERGIES
- ◆ARTHRITIS
- ◆SPORTING INJURY
- ◆DIARRHOEA
- ◆CARPEL TUNNEL
- ◆HORMONE IMBALANCE
- ◆RHEUMATISM
- ◆STRESS
- ◆SCAR TISSUE
- ◆BURSITIS
- ◆OBESITY
- ◆CONSTIPATION
- ◆INDIGESTION
- ◆LUPUS
- ◆LUNG DISEASE
- ◆ALZHEIMERS ( MEMORY LOSS )
- ◆BRITTLE NAILS
- ◆CRAMPS
- ◆ENERGY
- ◆PMS
- ◆RSI
- ◆DIABETES
- ◆SNORING
- ◆ULCERS
- ◆HAYFEVER
- ◆RASHES
- ◆PAIN
- ◆CANDIDA
- ◆IRRITABLE BOWEL
- ◆HEADACHES
- ◆PNEUMONIA
- ◆TENNIS ELBOW
- ◆WRINKLES
- ◆TENDONITIS
- ◆VARICOSE VEINS
- ◆EMPHYSEMA
- ◆GUM DISEASE
- ◆EYES
- ◆WELL BEING

### MSM Essential For Life

MSM, one of the principal elements found in the body, is a constituent of all proteins, and absolutely essential for man, animals, plants and micro- organisms.

MSM provides a means of providing this essential mineral in a readily absorbed form. Unfortunately as we age our MSM levels decline resulting in a range of health problems and the need for MSM supplementation becomes important.

From his research and the work of others, Dr Jacob believes that supplementing with MSM, to provide the body's requirement for *MSM in a bio available form, is an excellent form of health insurance.*

Without MSM, which belongs to the same Chemical group as oxygen, life could not

exist, because **MSM is essential for:**

- 1 / Maintaining the structure of body proteins
- 2 / The formation of keratin (for hair and nails) and collagen for healthy bones and skin
- 3 / The production of immunoglobulin for the immune system
- 4 / The reactions which convert food into energy
- 5 / Elimination of toxins from the body

MSM is found naturally in fruits, vegetables and other plants, but many foods are now processed in ways that reduce the amount of MSM we receive. This effect becomes more marked as we age, since our ability to form MSM also declines, increasing the need for MSM

### Pain & Arthritis

Dr Jacob, indicates MSM benefits for patients with osteoarthritis,

- A / Reduces pain and inflammation
- B / Reduces muscle spasm around arthritic joints

- C / Lessens scar tissue formation
- D / Increases and improves circulation in the body, including painful joints

- E / Highly likely to slow cartilage degeneration

Research shows the arthritic cartilage has only about one third the MSM levels present in normal cartilage.

In one study, patients with x-ray evidence of degenerative joint disease given MSM had an 82% reduction in pain after 6weeks, compared with only an 18% reduction in the group given placebos.

Dr Jacob's studies in tennis elbow and Carpal Tunnel Syndrome, frequently associated with RSI showed MSM improved these conditions as well.

With arthritic patients, Dr Oiszewer of the Preventive Medicine Clinic in Sao Paulo, Brazil had a study involving 60 men and women aged 40 to 82, noted that their results with MSM were good in 90% of cases!! Patients in this study who were on no other medication during the trial, were given 750mg of MSM twice daily and reported effective pain relief in 2 to 14 days. In the cases where only one joint was affected Dr Oiszewer had patients apply MSM lotion to the affected area, since this remarkable nutrient can also be absorbed through the skin!

MSM Actor JAMES COBURN halts crippling ARTHRITIS & wins 1st Oscar in 40 yrs!

No side-effects were noted, but a few patients found no benefit from the treatment.

### **Diabetes**

Diabetes is a condition associated with excess blood sugar levels and a lack of insulin or cell resistance to insulin. Cells have become rigid and non-permeable. Insulin carries blood sugar to the cells but does not become absorbed because the cell walls are not permeable and prevents blood sugars penetrating the cell walls. In turn the pancreas works too hard and quickly to compensate for the deficiency, becomes injured and ceases correct function. Unused blood sugars saturate the blood stream creating a high level of blood sugar. MSM taken regularly may make cells more permeable and assist pancreas recovery. After a few months many people report that sugar levels have once again become balanced.

### **Hair Loss**

Hair is made up of a protein called keratin, produced in the follicles in the outer layer of skin. As follicles produce new hair cells, old cells are being pushed out through the surface of the skin. MSM is necessary for the production of collagen and keratin. *Researchers report rapid hair growth*, and return of colour in some cases. MSM may be taken orally and added to your natural shampoo at 15% MSM to shampoo.

### **Skin and Nail Conditions**

MSM is known for preventative effect on cross-linking of collagen and protein thus reducing hardening of skin and connective tissue. This makes MSM an extraordinary treatment for improving skin quality of the skin problems such as acne, burns, topical fungus or dry, aged, wrinkled skin. Apply liberally to skin and rub into area affected.

### **Snoring**

Sufferers of chronic snoring were given 16% MSM drops in a water solution in each nostril 15 mins prior to bed. 80% reported reductions in snoring with *no side effects whatsoever after 90 days*.

### **Sunburn, Insect & Plant Stings**

MSM also eases irritation from insect / plant stings and allergies. MSM increases permeability and pliability properties to all tissues, prevents blistering, also promoting faster healing from sunburn and wind damage. People who took from 1-2 grams of MSM suffered only mildly after about 4 hours of exposure to summer sun and wind, while their companions who took no MSM were severely burned.

### **Allergies**

An adverse reaction to a substance normally harmless to others is deemed allergic. Allergies are not limited to hives, hay fever and asthma. Individuals may develop an endless combination of mild to severe behavioural, emotional and physiological problems - exposure to chemicals, pollen, dust mould, food etc.

Nutrition has deteriorated - we no longer have a strong immune system!. MSM is extremely beneficial for allergies. Users repeatedly say that chronic allergies have improved immeasurably. These were frequently people for whom medication had provided only limited relief!

### **Memory Loss**

People who take MSM on a regular basis report increased alertness, enhanced concentration, reduced mood swings and depressed people have experienced rapid relieve in hours rather than days!

### **Acidity / Heartburn**

Both Lab and clinical studies illustrate that MSM can provide extremely effective, often immediate relief from excess acidity, with no side effects Dr. Jacob states patients with hyperacidity who use antacids or acid-blockers use MSM with excellent results, experiencing none of the side effects that often accompany anti-acid drugs.

### **Importance of MSM in the Body**

Studies shown these benefits:

- 1/ *Analgesia and pain relief*
- 2/ *Anti-inflammatory*
- 3/ *Builds and maintain healthy joints through its effects on collagen*
- 4/ *Reduces muscle spasms and relieves muscle soreness*
- 5/ *Helps to normalise the immune system*
- 6/ *Readily absorbed orally and through the skin*
- 7/ *Dilates blood vessels and improves circulation*
- 8/ *Normalises bowel function and restores regularity*
- 9/ *Essential for the production of keratin and other proteins*
- 10/ *Normalizes body pH*
- 11/ *Needed for bile production and the formation of Taurine*

### **Is MSM Safe?**

MSM is remarkably safe (similar in toxicity to drinking water!), especially when compared to pharmaceutical drugs, and is used globally for many health problems.

### **Servings**

Up to 80g daily, by mouth, under the care of a GP. From research by Dr Jacob and others however, it appears that 2g to 8g daily is sufficient in normal situations (Such as an immune system booster) reduce or increase as required—taken with vitamin C can improve the effect. *The world's top MSM authority Dr. Jacob has taken 30grams MSM daily for the past 20yrs - no side effects, colds or flu !!*

### **Use Only Pure MSM**

*Use only 99.9% Pure MSM, sprinkle on food or mix with unsweetened fruit juice or water. Avoid MSM tablets, capsules and pills as the majority contain inexpensive and undesirable bulk fillers, This effectively means you may require dozens a day for the desired effect !*

Nature's Beauty  
Nutrient . . . MSM