

Key MSM Benefits

If you've heard of MSM you've probably heard the many [MSM benefits](#) that come along with it. MSM is an organic sulfur compound and is the third largest nutrient found in the human body that can be found in all vertebrates. Beyond that, MSM is an ingredient that can be seen in a large number of foods including some meats, dairy products and vegetables. The clinical use of sulfur in diets is becoming more progressive and recognized as a tool for improving health and reducing pain. MSM has already been touted as being great for joint health, but there's more to it than just that.

Without a doubt, diet is the primary tool for reducing the risks of chronic degenerative diseases, but the question then becomes: how do you get sulfur from food? Sulfur is difficult to obtain unless you're eating raw, especially since cooking the sulfur out of foods becomes an art, and the results are typically much less than palatable.

Sulfur is becoming more and more recognized as a critical nutrient that, without, many things will not work properly and most people are likely at a point where they aren't getting enough in their diets anymore. Sulfur plays a key role in detoxification and inflammatory conditions. Sulfur is found in over 150 different compounds within the human body and there are sulfur components in virtually every type of cell, so it seems pretty obvious how important it is to the body.

That's great about sulfur, but how does MSM help with that? MSM's benefits can first be seen as a vessel for sulfur. With over 30% of MSM's composition being sulfur, you're immediately receiving a huge boost. This provides the nutrients our bodies require as it's present in amino acids which are basic building blocks of protein.

MSM is critical in bone and joint care helping to fight off conditions like arthritis, rheumatoid arthritis and osteoarthritis. MSM is a calcium phosphate dissolver which helps to break up unhealthy calcium deposits that are the root cause of degenerative diseases. MSM also helps with increasing joint flexibility, reducing pain and swelling, reducing stiffness, improving circulation and improving cell vitality.

MSM considerably increases the permeability of your cells which can increase your cells' ability to flush out excess fluid and toxins. Doing this has the effect of detoxification and makes way for essential nutrients into your system, which helps to improve the overall functioning of your cell membranes. The

movement of nutrients through the body helps to ensure a good quality of health for longer periods of time.

MSM has benefits for skin and hair care as well. The sulfur provided by MSM produces generous quantities of collagen and keratin, both of which are vital for healthy hair and nails. MSM is often referred to as the “beauty mineral” for this reason and because it can add thickness and strength of nails and hair in a very short span. MSM has been proven to also help with psoriasis, eczema, rosacea, dermatitis, acne and dandruff.

As a natural energy booster, MSM works by detoxifying the cells as mentioned before which reduces the amount of energy your body spends digesting food. MSM also helps with conditions like asthma, allergies, maintaining a proper PH balance, help cure gastrointestinal issues, reduce snoring, reduce cramps, headaches, muscular pain, carpal tunnel, balance blood sugar levels, and reduce overall stress.

MSM can be obtained through a variety of sources, MSM supplements being the easiest, but you’d ideally be getting all of it in the foods you eat. The challenge with this is that many of these foods just simply aren’t eaten as much anymore. Cooking down natural animal bones is one way to get it and using them as a base for soups, but again, these are more challenging ways to obtain it and more often than not, you’re better just going with a supplement. MSM also has the added difficulty of being able to be boiled off when cooked at too high a temperature.

You need to decide if MSM is right for you, and typically recommending supplements can be a tricky situation for most people, but it’s important to understand the benefits and see if it fits with your life goals.