Sulfur is a naturally-occurring mineral that provides the body with essential sulfur and methyl groups that are used in the healing and repair processes. It is these healing and repairing abilities that make it an optimal choice to recover from soft tissue and joint injuries, and a wide array of other health challenges.
Because MSM contains sulfur, a vital element in the composition of virtually all connective tissue, it is thought to help repair damaged connective tissue (for example, in joints) rather than simply suppressing symptoms associated with joint degeneration.
Sulfur is a prime building material used throughout the body to make a variety of chemicals from systemic enzymes, collagen, amino acids, hormones, neurotransmitters, ATP, and so much more.
If you want to ignite all the cells of your body and truly live at the high state of health and potential that we were created to live at then organic sulfur is an absolute must in your diet.
You can spend thousands of dollars on exotic herbs, minerals and supplements and yes, to some degree or another they will all work. However, **adding organic sulfur to your regimen will be like putting all of these nutrients on steroids.**
Sulfur is an activator. *Without it, nothing works right,* whether it’s in farming or with human health.
If you take the organic sulfur and put some in a glass bowl, pour in some hot water, and let it evaporate, you will see large crystals form. You need sulfur that will form large crystals to work optimally in your cells. If you try this with most commercially available MSM, due to the damage from heat in the manufacturing process it won’t form large crystals.
At least four essential amino acids in the body are ‘sulfur-containing’ amino acids – methionine, cysteine, homocysteine, and taurine. This means that without adequate sulfur in the body deficiencies in these amino acids may be prevalent as well.
Sulfur is a transport and delivery mineral. It is needed to make everything else you put into your body work more effectively and efficiently.
Organic sulfur helps to usher all of the other minerals and nutrients into the cells that your body needs while playing an important role in eliminating all of the wastes that don’t belong there.
Organic sulfur is a very effective mineral that provides whole body protection against radiation poisoning.
There is low dose radiation exposure also coming from TSA body scanners, X-Rays, Fluoroscopy, CT Scans, nuclear power plants, atomic bomb tests, radon, etc. We cannot ignore the fact that we are all being exposed to low levels of damaging radiation on an ongoing basis.
The most recognized source of radiation protection is potassium iodide because it is approved as a treatment to block the thyroid from absorbing radiation. Very little is ever mentioned about organic sulfur though.
Today, sulfur deficiency has been linked to major diseases like obesity, heart disease, Alzheimer’s, and chronic fatigue.
Organic sulfur can help people suffering with chronic fatigue & fibromyalgia. Studies have shown that individuals with CFS and Fibromyalgia often have protein and sulfur deficiencies.
A protein deficiency leads to an enzyme deficiency since the amino acids that are found in protein are used to build enzymes in the body.
Sulfur is also an essential mineral that is necessary for the production of systemic enzymes. Systemic enzymes are enzymes that are produced not only for digestion, but throughout all the organs and systems of the body.
Systemic enzymes can boost your efforts in weight loss because it improves digestion and the immune functioning of the body. It also speeds repair of the body and inflammation conditions.
Sulfur is also involved in the creation of at least four essential amino acids that contain fat burning properties. Sulfur helps you burn fat by pumping more oxygen into the fat cells to burn them up.
You’ll need to exercise more, but sulfur helps you feel like exercising more because it just puts you in a good mood, and when you exercise, it helps you stay out of oxygen debt.
While sulfur is a vital building block of healthy, elastic connective tissue, joints and skin, it is also crucial for mitochondrial energy generation.
Sulfur is necessary for the production of collagen and keratin, proteins necessary for the health and maintenance of skin, nails and hair.
Crow’s feet and wrinkles will go away. Your skin will glow, it will become smoother and more supple as your cells become healthier.
Oral dosages of MSM have shown to be effective against acne, Rosacea, and dry, scaly or itching skin.
When used topically in the form of an ointment or lotion, MSM is helpful in treating skin disorders including *acne, psoriasis, eczema, dermatitis, dandruff, scabies, diaper rash* and certain *fungal infections*. 
Scars resulting from operations and from burns also respond well to topical application. New scars can heal so perfectly that they are almost invisible. Old scars, too, can improve markedly.
Organic sulfur has a tremendously positive effect on libido.
Sulfur helps to **modulate and balance hormones** in the body. Sulfur helps to **increase energy and stamina.**
When your cells get the nutrients they need to function optimally and the toxic chemicals and trash that are poisoning the body are removed, everything in the body gets recalibrated and functions better, including libido.
Sulfur is found abundantly in soils rich with volcanic basalt and used to be available in eggs, onions, garlic, raspberries, turnips, and cruciferous vegetables like cabbage, broccoli, kale, etc.
Unfortunately, our food today is grown in soil that is deficient in trace minerals and sulfur that our bodies need to build our immunity and repair our bodies.
In plants, sulfur is essential for nitrogen-fixing nodules on legumes, and necessary in the formation of chlorophyll.
If sulfur isn’t being taken up from the soil into plants in adequate quantities then the plants will be mineral deficient. This results in a wide variety of our foods being mineral deficient.
If we aren’t consuming enough sulfur in our diets then we will become mineral deficient, even if we are taking in adequate amounts of nutrition from other sources because sulfur is the locomotive needed to usher these nutrients into the cells of the body.
Plants use sulfur in the processes of **producing proteins, amino acids, enzymes and vitamins**. Sulfur also helps the plant’s **resistance to disease**, aids in **growth**, and in **seed formation**.

![Image of plants in pots with and without sulfur](image_url)
The "Sulfur Cycle" was broken in the 1950s, when commercial farmers switched from using manure as a fertilizer to petro-chemical-based fertilizers and also began spraying the farmlands of the world with a host of dangerous pesticides and herbicides. These man-made chemical-based agents deplete the sulfur found in our soils and inhibit sulfur in the human body, and this eventually led to a global disease epidemic.
Breaking the "sulfur cycle" has triggered a quantum increase in the rate of every kind of degenerative disease. Remove sulfur from the food we eat by removing it from the soil, and you can trigger a huge incidence of cancer and every other kind of degenerative disease.
Almost every person alive is "Sulfur Deficient." Any food product that has been processed, canned, cooked or packaged has most likely lost any usable sulfur.
Organic sulfur (MSM) is used for: chronic pain, osteoarthritis, joint inflammation, rheumatoid arthritis, osteoporosis, bursitis, tendonitis, musculoskeletal pain, muscle cramps, leg cramps, migraine headaches, high blood pressure, high cholesterol, hangover, allergies, parasitic infections of the intestinal and urogenital tracts, scleroderma, scar tissue, stretch marks, sun/wind burn, eye inflammation, oral hygiene, periodontal disease, wounds, cuts and abrasions, chronic constipation, sour stomach, ulcers, diverticulosis, premenstrual syndrome (PMS), mood elevation, obesity, poor circulation, type-2 diabetes, liver problems, Alzheimer’s disease, lung disorders including emphysema and pneumonia, autoimmune disorders, chronic fatigue, fibromyalgia, and just about any ailment known to man.
Sulfur plays a major role in maintaining the health of your gut.
Another cause of sulfur deficiency is gut dysbiosis, either from ingestion of prescription medication like birth control pills, antibiotics, antacids, and so on, and the proliferation of sulphate-reducing microbes that make sulfur unavailable to the body, and metabolize sulfur into sulfites which are toxic to the body.
Our brains are inextricably intertwined with every organ system in the body, especially with the neurons or nerve cells in our gut. **We have more neurons in our gut than in our brain.**
In fact 95% percent of the “feel good” neurotransmitter serotonin manufactured in our body is not made in the brain, it’s made in our small intestines, our gut!
In autistic children, severe deficiency of sulphate is found 95% of the time due to an overgrowth of these sulphate-reducing microbes.
A “healthy” person has approximately 4 pounds of beneficial probiotics comprised of beneficial bacteria, yeast and viruses that populate the gastrointestinal tract or gut.
These non-human organisms are also called the “microbiome” and provide a symbiotic relationship with our enterocytes or gut cells that line the small intestines by helping digest fiber and other nutrients into our body.
We have our very own biochemical factory that synthesizes the substances our bodies need to help keep our immune system intact and our moods balanced.
Most often, there’s an imbalance that allows opportunistic flora to overwhelm the beneficial gut flora, thereby causing disease.
We “inherit” the health or imbalance of our Mothers’ gut flora. If she has gut dysbiosis, then the child will most likely be born with compromised immunity and may experience a range of symptoms from mild (allergies) to severe (learning disabilities like hyperactivity, autism, dyslexia, dyspraxia).
Organic sulfur is well documented and proven to be one of the most effective natural solutions for ridding or greatly reducing almost all forms of allergies.
By helping to rid the body of these toxic substances sulfur helps all the cells of the body work better and keeps the system cleansed, thus leading to a reduction or elimination of allergies.
Organic sulfur binds to the receptor site of mucosa and makes the mucosa impermeable to irritants including allergens and parasites.
Sulfur has a tremendous natural antihistamine effect on the body too. Some of the most noticeable benefits with organic sulfur are with seasonal allergies as the results can generally be felt within a few days.
Ingesting sulfur every 12 hours can keep most allergy symptoms at bay.
Organic sulfur is a safe, naturally-occurring supplement showing no toxicity in clinical trials and this makes it a much better choice compared to potentially liver destructive allergy drugs that have potential long-term side effects and generally make you groggy and foggy.
Sulfur has 16 electrons and 16 protons, which makes it among the most reactive elements on the periodic chart.
Most forms of sulfur found in nature are toxic to the human body and cannot be ingested. Organic sulfur is one of the only ways to get bioavailable sulfur to the cells of your body through a nutritional supplement to obtain the incredible health benefits.
Organic sulfur crystals are derived from pure liquid DMSO (dimethyl sulfoxide). DMSO contains a high concentration of naturally occurring bioavailable organic sulfur that can be utilized at the cellular level.
One of the biggest purchasers of DMSO is the pharmaceutical industry. There are over 700 pharmaceutical products that utilize DMSO. Most topical pharmaceuticals contain DMSO and without it they wouldn’t be nearly as effective.
DMSO and MSM are one of the greatest medical breakthroughs of our time and sadly, very few people know about it or use these compounds to protect their health.
There are very few things this mineral won’t combine with and either neutralize from doing your body harm, or activate to make more effective.
There is really only one disease: *cellular malfunction* due to lack of oxygen on the cellular level.
Sulfur makes cell membranes more porous so oxygen can flood in to push out the toxic materials our bodies are assaulted with.
MSM is chemically referred to as “Organic Sulfur” because it contains a stable source of biological sulfur (34%) that is non-toxic and safe for human use.
It is a *food-grade* form of sulfur that **works at the cellular level** as opposed to *inorganic* forms of sulfur which are toxic to the body.
Organic sulfur is supposed to be prominent in all living organisms; however, it is only present in very minute/trace quantities—not enough to be of benefit.
That fact, combined with the horrendous increase of stress and the toxins our bodies must contend with make organic sulfur crucial to our health.
When we’re under stress, we get a huge acid dump into our gut, causing our small intestines to go from neutral to acidic.
This can lead to a disturbing phenomenon of small intestinal bacterial overgrowth or SIBO that colonize the small intestine.
The *large* intestines, not the *small* ones, were meant to be colonized by bacteria. These rod-shaped bacterial colonies are associated with damaging the lining of the small intestine, and in high enough amounts, produce enough acids that are related to neurological and cognitive symptoms known as “leaky gut syndrome.”
When cells exist in a low pH or acidic environment, their ability to transport oxygen into the cells and remove toxins becomes impaired. The lack of oxygen creates cellular malfunction, and the result is disease such as cancer.
In other words, cancer cells proliferate in an anaerobic environment where the mitochondria inside the cells produce energy without oxygen and one of the byproducts is a build-up of lactic acid.
Sulfur helps to clean up the digestive system and eliminate toxins and waste in the digestive system and throughout all the cells of your body. Many users notice better bowel eliminations almost immediately once beginning a sulfur regimen.
Organic sulfur has a long history as a healing agent. For centuries mankind has soaked in sulfur-rich springs to help heal a variety of ailments.
It is the presence of sulfur that is believed to assist in easing joint pain—reducing discomfort and pain that arises from degenerative conditions including osteoarthritis and/or from physical indications, such as tendonitis or joint sprains and hyperextension.
Glycosaminoglycans (GAGs) are the fundamental building blocks of joint cartilage, and GAG molecules are linked together in chains by disulfide bonds. As the name implies, these bonds are between two sulfur atoms.
Glycosaminoglycans contribute to the functionality of proteoglycans and participate in cellular signaling, neuron development, lipoprotein metabolism, inflammation, and bacterial infection.
The research has proven that the most effective way to take organic sulfur is in its purest crystal form with nothing added to it and dissolved in water.
Organic Sulfur (MSM) is an inexpensive FOOD, and we can use it to help supply our bodies with a major missing component to stay well without any toxic side-effects, that is completely safe for everyone, and is needed by everyone to counter the toxic assault!
Organic sulfur is one of the most powerful and effective solutions for detoxifying the entire body from head to toe because it oxygenates your cells, alkalizes your blood and removes toxins and heavy metals that lead to cellular malfunction and disease.
Sulfur lets oxygen in by increasing the permeability of cell membranes, making it easier for nutrients to be absorbed by the cells, and it takes the trash out.
Sulfur, in the form of sulfates, plays an essential role in cellular detoxification.
Organic sulfur can cause a *Herrxheimer* or healing reaction in some people. If you have a headache or flu-like symptoms while taking it, you are just detoxing! Do not stop!
Organic sulfur forms 146 different chemical combinations.
Sulfur will combine with all metals except gold and platinum to form inorganic sulfides.
Inorganic sulfides *convert these hazardous toxic metals into non-hazardous, stable forms which are safely ushered out of the body.*
By bonding with all the toxic heavy metals, sulfur can safely chelate and remove these toxic metals from our bodies.
Sulfur attaches to toxins to form a sulfate, i.e.: mercury sulfate, lead sulfate, barium sulfate, arsenic sulfate, aluminum sulfate, strontium sulfate, etc.
Since sulfur is a mineral that cannot be stored, it must exit the body, and it pulls ("chelates") all these dangerous toxic heavy metals out with it.
Sulfur also neutralizes acid caused by stress that’s dumped into your small intestine to help you be very calm and grounded.

Every single person who has cancer has a pH that is too acidic.

Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.
Organic sulfur (MSM) is not similar to inorganic sulfides, sulfites, and sulfates which many people are allergic to.
Organic Sulfur is bitter and tastes much better when mixed with a non-glycemic sweetener like stevia. Do not use Aspartame, or Sucralose...
Organic sulfur has been shown to be safe for all people, including children and pregnant women.
The amount a person takes or needs can vary on a case by case basis. The general guide is to use 1 teaspoon (4 grams) twice daily, preferably between meals or on an empty stomach, so nothing interferes with its full utilization in the body.
Amounts can be raised or lowered accordingly, depending on your state of health and the results you are or aren’t experiencing. It is recommended to start with 1-2 teaspoons per day in the first week and gradually work up to 6 to 8 teaspoons.
It is not uncommon to experience headaches or mild detoxification effects in the beginning stages as a majority of people are severely sulfur deficient and toxic. This is why it is recommend to gradually building up to higher dosages.
If your body requires higher amounts you can administer it in smaller doses over the course of the day to allow your body to adjust.
There are no serious reports of sulfur causing any damage or discomfort when taken in the dosage amounts described above.