

[Minus the Hellfire, Brimstone Is Essential](#)

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HEALING

## Minus the Hellfire, Brimstone Is Essential

Organic sulfur must be maintained in our body to provide flexibility and combat disease

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Brimstone, the legendary yellow substance that burns with malodorous fury, is very toxic to humans in its inorganic form. It is better known as sulfur, which is a nonmetal mineral that behaves somewhat the same as oxygen in its chemical reactions. It is also reputed to have cleansing properties. In its organic form it is one of the essential elements of the body. It is not in any way similar in reaction to the inorganic sulfides, sulfites and sulfates to which many people are allergic; in the organic form there is no allergy. This substance has been somewhat ignored by nutritionists even though it is essential. Our bodies contain a great deal of this organic sulfur. It is found within the muscles and brain tissues, the hair, skin and bones.

There is now available a pure crystalline substance called MSM, methyl sulfonyl methane. It may be derived from DMSO--a naturally occurring compound. MSM occurs naturally in the following foods: plants, meats, fish, dairy products,

cabbage, broccoli, cauliflower, and other crucifer vegetables. Garlic is a good source. Since MSM is soluble in water, most of that found in our foods is either dissipated as steam or thrown out with the water. Incidentally, this cooking water is a great source of nutrients to be added to stews and soups. It is easy to see that the vegetarian, and especially the vegan, is likely to be deficient in this essential substance.

MSM links with amino acids and vitamins to assure that "new" cells are viable and able to perform their function. These sulfur amino acids are essential, and the body cannot fabricate them without the presence of organic sulfur. Without enough sulfur, the body tends to become more rigid, less flexible, which is part of the "aging" process. Sulfur helps to regulate tissue breathing and maintain a balance between acid and alkaline properties of the body. Perhaps its most important role is in carbohydrate metabolism, necessary for hypoglycemic states (low level of glucose in the blood) and diabetic conditions. Organic sulfur acts as an antioxidant and so aids in having a strong immune system and defense against invaders. Patients who are hypersensitive to various drugs notice that if MSM is taken along with the drugs, hypersensitivity is decreased or eliminated. There are no apparent drug interactions with MSM, and no toxic data is obtainable since it is water soluble and excreted in the urine if not utilized.

Clinically, such conditions as allergies, hyperacidity, hypersensitivity to drugs, chronic constipation, chronic fatigue, chronic bronchitis and pulmonary (lung) dysfunction, parasitic infestation, deafness (due to fibrosis), glaucoma (eye disease) and also cataracts have shown elimination or improvement after adding MSM as a dietary supplement. Present studies are

being done on the effect that MSM may have on macular (skin) degeneration. Many skin conditions as well as joint stiffness and aches do well with this supplementation.

There are no known toxic reactions to the addition of MSM to the diet. It is available in capsules, crystalline form, ointment and in solutions for eyes and ears. Suggested daily dose, as a supplement, is 500-2000 mg per day. It must be taken daily as it is used by the body right away or excreted. rimstone, the legendary yellow substance that burns with malodorous fury, is very toxic to humans in its inorganic form. It is better known as sulfur, which is a nonmetal mineral that behaves somewhat the same as oxygen in its chemical reactions. It is also reputed to have cleansing properties. In its organic form it is one of the essential elements of the body. It is not in any way similar in reaction to the inorganic sulfides, sulfites and sulfates to which many people are allergic; in the organic form there is no allergy. This substance has been somewhat ignored by nutritionists even though it is essential. Our bodies contain a great deal of this organic sulfur. It is found within the muscles and brain tissues, the hair, skin and bones.

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Dr. Tandavan, 77, retired nuclear physician and hospital staff president, lives in Chicago, where he specializes in alternative healing arts. Visit his home page at the Hinduism Today Website.