

sulfur is not a simple body or there was an unknown source of sulfur."

— Professor C.L. Kervran, *Biological Transmutations*

Experiments I have performed in nature have proven to me that plants in the mustard family (broccoli, arugula, mustard, radish, etc.) create sulfur. These plants can form sulfur compounds in heavy concentrations where no sulfur is present in the soil, and in desert conditions where sulfur from rainfall is minimal.

Professor C.L. Kervran concluded that sulfur can actually be formed from a "fritting" of two oxygen atoms into an atom of sulfur. Sulfur, in fact, still retains oxygenating properties. Sulfur compounds are spicy. They tend to cleanse our tissues in a way that they feel "oxygenated." Oxygen and sulfur are more closely related than most scholars currently understand. This is just one of the mysterious properties of sulfur.

Strange odors in nature, especially near hot springs, are produced by sulfur compounds.

Of all the major minerals, sulfur is one of the least discussed, yet one of the most important.

What Sulfur Does In The Body

Sulfur is the foundational mineral of all beauty. It produces a flame-like tint in the skin. It creates a subtle lustre as delicate as the halo around the full moon on a clear desert evening. It carries with it a certain elegance and aristocracy. Sulfur-residue foods make the complexion radiant.

In nature, sulfur is found in MSM (methyl-sulfonyl-methane), a sulfur compound found in the oceans, rain water, and all living things. It is also found in the following amino acids: methionine, taurine, cysteine, and cystine. The latter three amino acids can be made by the body from methionine, MSM, and/or sulfur-rich foods. Sulfurous amino acids protect us against the effects of radiation and heavy metals. Methionine helps draw heavy metals out of the body. Methionine is found in high concentrations in raw pumpkin seeds. Cystine and cysteine are found in hemp seeds. They are closely related and are nearly identical. Cystine is present in hair, keratin, and insulin. Cystine makes up about 14% of the skin and hair. Cysteine is present in the skin, making it more flexible, and in the collagen, helping to protect these tissues from damage. Scar tissue results without adequate cysteine.

Sulfur plays a major role in bile fluid, the brain, connective tissue (collagen), hair, liver, nails, pancreas, and skin. Sulfur is generally considered to be the 8th or 9th most abundant mineral in the body. It is stored in every cell in the body, and is especially highly concentrated in the joints, hair, skin, and nails. Adequate sulfur intake has a great deal to do with a beautiful complexion, mineralized hair, and glowing skin.

Sulfur

"In 1844 Vogel experimented with watercress seeds placed under a large bell jar. Keeping the air 'analyzed,' he added a nutritive solution containing no sulfur whatsoever. After their germination he analyzed the young plants, finding that they contained more sulfur than the seed from which they stemmed. This phenomenon remained obscure to Vogel, who concluded that either

Collagen & Elasticity

Sulfur is an essential component of all connective tissue. Connective tissue supports and connects all the

internal organs. Collagen is the protein found in the connective tissue, and also in the bones and teeth. Sulfur-rich collagen is the most common protein in the body. Collagen retains fluid and provides elasticity and flexibility to the tissues.

Sulfur compounds, such as glucosamine, give cartilage its strength, structure, and resilience. Glucosamine builds bone, ligaments, tendons, skin, eyes, and nails. Glucosamine is found in joint fluids.

Sulfur is found in keratin, a fibrous protein that makes up 98% of the nails. Sulfur in the form of keratin is also found in the skin, hair, nails, and in tooth enamel. Sulfur simultaneously gives these tissues greater strength and shape, as well as greater elasticity and flexibility.

Hair, Nails, and Skin

Essentially, through its ability to continuously build and rebuild perfect collagen and keratin, sulfur is able to make our hair, nails, and skin shine with radiance. Sulfur truly is the most beautifying of all food nutrients, and the best cosmetic in the world.

The curliness of one's hair depends on increasing the sulfur-to-sulfur bonds of the amino acid cystine. My hair is naturally curly, and my experience has demonstrated that from following the principles of the Beauty Diet™ my hair has become more curly and shiny.

I have seen even the worst cases of acne clear up quickly (sometimes in weeks), by switching to a raw-plant-food-based diet, taking in superfoods (Pure Synergy or Nature's First Food), including MSM, acerola berry (vitamin C), enzyme and probiotic supplementation in the diet, and by topically using moderate quantities of MSM cream. Even difficult internal and external scar tissue and burns can be broken down and repaired by following this protocol.

In general, bathing in hot springs water containing sulfur greatly enhances skin beauty. At hot spring retreats we conduct, often we add to the hot spring bathing by alternating with cold water plunges containing chaparral leaves to accelerate skin transformation and inner cleansing.

Cell Permeability & Detoxification

Sulfur regulates the sodium/potassium electrolyte balance in and out of the cell. This makes the cell more permeable and better able to drive nutrients into, and waste out of, the cell.

Sulfur helps relieve pain and inflammation by allowing waste products to be flushed out of the cell. Every time the body removes toxins from the cell, it also removes a sulfur compound that neutralizes the toxin. Therefore, sulfur is a vital mineral in the detoxification process.

Blood Sugar

Stable blood sugar is a major component of beauty because excess sugar damages collagen and excess sugar causes mood swings, leading to irritable behavior.

Sulfur is a component of insulin, which is the hormone that allows the uptake of glucose within cells for energy. Sulfur functions along with thiamine and biotin in a normal sugar metabolism. Hypoglycemia (low blood sugar) is associated with a deficiency of sulfur at some level.

MSM (methyl-sulfonyl-methane) is effective in regulating blood sugar imbalances (hypoglycemia/diabetes). By making the cells more permeable, more blood sugar is absorbed by the cells.

Tissue Repair

Sulfur provides elasticity, movement, healing, and repair within the tissues. Sulfur reduces lactic acid build up, and has the ability to reduce and possibly eliminate muscle, leg, and back cramps. Adequate sulfur levels in the diet can increase the speed of recovery in athletes by 75% as reported by Dr. Jacob (the leading medical authority on MSM and co-author of **The Miracle of MSM**).

Immune System

Good bacterial flora (probiotics) use sulfur-residue foods to build various naturally occurring body penicillins to fight infections.

Sulfur also competes for binding receptor sites in the mucus membranes of the intestines, thus crowding out parasites (giardia, trichomonads, roundworms, etc).

MSM

(Methyl-Sulfonyl-Methane)

MSM (methyl-sulfonyl-methane) is an organic form of sulfur that appears in all living organisms. It is formed as a byproduct of algae growing in the oceans, and then is evaporated into clouds. As clouds precipitate, the MSM falls to the Earth and becomes food and nutrition for all lifeforms on earth.

Because MSM is extremely volatile, and is either evaporated or destroyed by cooking, most people are extremely deficient in it. Even those who switch to raw foods or even those who eat only raw foods will benefit from additional MSM. Adequate volumes of sulfur are usually lacking in even a raw-food diet. This is because many foods are grown through irrigation and in greenhouses where they do not rely on the rain cycle where much MSM originates. MSM is found in high concentrations only in plants that are watered by rain. Pine bark, pine needles, pine nuts, aloe vera, wild grasses, and fresh tobacco leaves are some of the richest sources of MSM in nature.

MSM has been isolated and is now available in a supplemental crystal powder form. I had been eating 100% raw plant foods for over 6 years when I began to include additional MSM in my diet. I started out small, and gradually increased the dosage. I have experienced enough phenomenal results to radically alter my views on the importance of sulfur. The beautifying effects have been startling — no pimples, fast and thick hair growth on my face and scalp, no soreness in any muscles even after vigorous exercise, more elasticity for yoga, better brain function, and more.

MSM helps to alleviate pollen and food allergies. In fact, MSM neutralizes foreign proteins, such as pollen allergens, faster than anything else I have seen.

The sulfur concentration of arthritic tissue has been found to be 1/3 that of normal. MSM has been shown to reverse arthritic conditions by improving joint flexibility, reducing stiffness, reducing inflammation, reducing arthritic pain, and by breaking up scar tissue.

MSM is a potentiator. It makes all nutrients and supplements work better.

MSM greatly enhances the structural integrity of connective tissue and joint cartilage. It works synergistically with vitamin C to build new tissue.

MSM actually alters cross-linkages that create scars on the skin. MSM lotion applied topically is greatly beneficial in treating acne, dermatitis, eczema, psoriasis, rosacea, and scars.

Also, MSM lotion, because of its ability to neutralize foreign proteins, almost immediately neutralizes mosquito and insect bites. Test and be convinced.

Recommended MSM Intake

MSM appears to be completely safe, even in large doses. There are no known toxic effects from MSM.

Experience with MSM has shown that it works best when taken in small quantities initially (1/4 to 1/2 tablespoon twice per day) and then building up to 1, 2, and even 3 tablespoons taken twice each day. As with anything, shift slowly, and then gradually, as your body opens to it, increase.

MSM has a natural affinity for water (this is why it is lost when food has its water removed by heating). Therefore, MSM is best taken by mixing it with your morning and afternoon glass of water.

Sulfur-Residue Foods

Adequate sulfur levels are maintained by including MSM and sulfur-residue foods regularly in one's diet, and sometimes, when instinct tells, to include large doses. Sulfur-residue foods are commonly recognized by either their high protein content, or their characteristic spicy, heating effect that is evident in garlic, onion, mustard, horseradish, etc. The following is a list of sulfur-residue foods:

Arugula

Blue-green algae (E3 Live Fresh algae)
 Bee pollen (the most complete food found in nature)
 Cabbage (spicy)
 Durian
 Hot chiles/peppers
 Broccoli
 Brussel sprouts
 Garlic
 Hemp seeds
 Horseradish
 Kale
 Mustard leaves
 Mustard, radish flowers (very powerful sulfur source)
 Many wild and domesticated cruciferous vegetables (including broccoli, cauliflower, and kale)
 Nasturtium
 Onions
 Pumpkin seeds
 Radishes (black, red, and daikon)
 Spirulina
 Watercress