**Natural Pain Relief**

While medicines are often used to treat the pain of arthritis, they all have many warnings and adverse side-effects and contra-idications

We take a look into **MSM (Methylsulphonylmethane)** – an organic form of sulphur which has been shown to achieve remarkable results in pain relief.

After James Coburn won an Oscar for Best Supporting Actor, he credited the supplement MSM for helping him overcome the pain and disability of rheumatoid arthritis. MSM, he said in many interviews, made it possible for him to work.

Stanley Jacob, MD, the doctor who developed MSM, stands by the many benefits of MSM, but he is quick to point out that it’s not a “cure.”

MSM is not a cure for arthritis – but the major benefit is pain relief. It has not been shown to repair or stop progression or joint destruction caused by autoimmune types of arthritis.

Inflammation puts pressure on nerves and other tissue causing pain. MSM is a bonafide anti-inflammatory agent and impacts on each of these inflammatory signs in the body. MSM has therapeutic benefits that relieve arthritis, chronic back pain, tendonitis, bursitis, neck pain, muscle sprains and pains, carpal tunnel syndrome, athletic strains and pains, osteoarthritis or degenerative arthritis, rheumatoid arthritis and other inflammatory conditions. MSM decreases inflammation in cells and increases elasticity which can restore flexibility in connective tissue.

Actual results may vary and MSM products are not intended to cure or prevent any medical condition. It may be effective to treat and relieve pain caused by:

**Arthritis**

Improves the chemical profile of arthritic patients e.g. providing relief from pain and stiffness.

Reduces swelling and inflammation

Reduces or eliminates contra indications and problems associated with oral medications (such as nonsteroidal anti-arthritic agents and warfarin).

Pain Associated with Systematic Inflammatory Disorders.

**Muscle Cramps**

Muscle cramps, Muscle spasms, Night leg cramps, Leg and back cramps after long periods of inactivity or in Athletes such as runners who experience cramps during the participation in their sport. **Other**

Migraine sufferers have obtained substantial relief with MSM, when applied to neck muscles and temples.

Pain associated with Bruises, Muscle Strains , Carpal Tunnel Syndrome,

Varicose Veins, Tendonitis, Painful feet, Burns and Sunburn.

**Topical MSM products**

Only the topical MSM products that state the actual concentration of the MSM and all the other ingredients in the product should be trusted. An established company that you can be sure will stand by its products will list these concentrations. Be wary of companies making “miracle” “contains MSM” and other hyped claims, without the disclosure of the actual content of the product.

There will not be any of the possible health risks or interactions with other medications

**Get the pain medicine right to the joint that hurts - and avoid unwanted systemic side effects**

NOTE: This is not to render advice or to diagnose / treat / prevent / cure any disease. The data herein is as current / accurate as possible. Nothing stated here should be considered as medical advice for dealing with a given problem. You should consult your health care professional for individual guidance for specific health problems. This page on MSM is simply a collection of information in the public domain, and presented strictly for informational and educational use only. No claims whatsoever can be made as to the specific benefits accruing from the use of MSM. Anyone with knowledge of additional information on MSM is highly encouraged to e-mail that information so that it can be shared with others who may be interested.

References available on request