



Msm the Definitive Guide: The Nutritional Breakthrough for Arthritis, Allergies and More

By Stanley W. Jacob; Jeremy Appleton

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This guide provides thorough research of the most popular supplements and herbs used for arthritis to help you figure out what's right for you. While some of these supplements may help treat arthritis symptoms, nothing can substitute doctor-prescribed medications, a healthy diet and exercise. And remember – always talk to your doctor before adding a new supplement to your regimen. Sulfur is needed to form connective tissue. MSM also seems to act as an analgesic by lessening nerve impulses that transmit pain. Studies: A 2006 pilot study of 50 men and women with knee OA showed that 6,000 mg of MSM improved symptoms of pain and physical function without major side effects. No large, well-controlled human studies have been performed. MSM the Definitive Guide: Nutritional Breakthrough for Arthritis, Allergies and More. Freedom Press. ISBN 978-1-893910-22-5. "Systematic review of the nutritional supplements dimethyl sulfoxide (DMSO) and methylsulfonylmethane (MSM) in the treatment of osteoarthritis". Osteoarthritis and Cartilage. 16 (11): 1277–88. doi:10.1016/j.joca.2008.03.002. MSM the Definitive Guide and millions of other books are available for Amazon Kindle. Learn more. Share. See All Buying Options. Sell yours for a Gift Card We'll buy it for up to \$3.74 Learn More Trade in now. Have one to sell? Sell on Amazon. Msm the Definitive Guide: The Nutritional Breakthrough for Arthritis, Allergies and More Paperback – February 25, 2015. by Stanley W. Jacob (Author). Visit Amazon's Stanley W. Jacob Page. Find all the books, read about the author, and more. See search results for this author. Are you an author? MSM The Definitive Guide (A comprehensive Review of a Science and Therapeutics of Methylsulfonylmethane). M.D. and Jeremy 4.8 out of 5 stars 12.