

# The Use of Methylsulfonylmethane (MSM) in Dogs & Cats

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MSM is a natural sulfur-containing compound produced by kelp in the ocean. Sulfur is stored in almost every cell in the body. The highest concentrations are found in joints, hair, skin, and nails. MSM is claimed to be an antioxidant, cell rejuvenator, and joint healer.

MSM is reported to enhance the structural integrity of connective tissue, and help reduce scar tissue by altering cross-linkages which contribute to scar formation. MSM has been promoted as having powerful anti-inflammatory and pain reducing properties, blocking the pain perception in certain nerve fibers before the pain impulse reaches the brain.

MSM may fortify the body's natural barriers against allergens. Oral MSM has been reported to help alleviate the allergic response to pollen and food in people. MSM may help to decrease allergic sinusitis symptoms by strengthening the integrity of the mucous membrane tissues.

Sulfur is needed to maintain the cell membrane permeability by regulating the sodium potassium pump. This system allows fluids and nutrients to flow freely into the cell and allows waste and toxins to exit the cell. Each time the body removes toxins from the cells, it also removes the compound that neutralized the toxin. This is why sulfur is needed in the diet on a frequent, regular basis.

Sulfur is a component of insulin, the very important hormone that regulates the uptake of glucose by cells for use as energy.

Sulfur is called nature's 'beauty mineral' because it is necessary for the production of collagen and keratin, protein substances necessary for the health and maintenance of the skin, nails, and hair. Sulfur is a favorite homeopathic remedy for a variety of skin disorders. It is especially used when the skin is red, shows pruritus, and is worsened by heat.

Some authorities believe that sulfur is more effective when taken with vitamin C, B complex vitamins, and electrolytes. Plenty of water is needed to help sulfur remove toxins from the body.

In addition to kelp, MSM is also found in raw fruits, vegetables, nuts, and seeds. MSM is destroyed by cooking, is extremely water soluble, evaporates quickly, and is destroyed during storage.

Sulfur is found in eggs, cheese, and meats. A deficiency in sulfur may cause slow growth or fatigue. Excess amounts of sulfur are excreted in the urine and feces. Symptoms of sulfur toxicity are unknown at this time.