

MSM Protocol Instructions for Detoxification

****Exclude this protocol for those allergic to sulfur****

This protocol is a sulfur detox that reduces inflammation and improves your body's ability to make its own antioxidants.

Do not start the MSM protocol until an intestinal cleanse has been completed over the course of 4-6 weeks. (See the Psyllium/Bentonite cleanse instructions.)

INSTRUCTIONS for using MSM:

Day 1: Take 1 capsule

Day 2: Take 2 capsules

Days 3 through 6: Increase by 1 capsule each day until on Day 6 you are taking 6 capsules.

Days 7 through 14: Take 6 capsules per day.

Days 15 through 28: Take 2 capsules per day.

Thereafter, alternate 2 weeks of taking 6 capsules per day and 2 weeks of 2 capsules per day.

INSTRUCTIONS for using a MSM nasal spray:

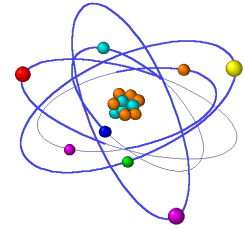
Create the spray solution by adding the contents of 2 capsules of MSM (break open the capsules and empty the contents) to 2 oz of warm distilled water. Stir until dissolved. Pour into a [glass spray bottle intended for intra-nasal use](#).

USE & FREQUENCY: 1-2 sprays per nostril 2x a day for allergy relief or an immune boost while traveling.

Medical Disclaimer: The information provided is for educational purposes only and is not intended as a substitute for advice from your physician or healthcare professional. You are, however, advised to share and discuss the information with your physician or healthcare provider. You should not use the information found herein for diagnosis, treatment, or prevention of any health problem or as a substitute for any prescribed medication or other treatment. You should not stop taking any medication without first consulting your physician. NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING MEDICAL TREATMENT BECAUSE OF SOMETHING YOU HAVE READ OR ACCESSED HERE.

What is MSM and How Does It Benefit the Body?

Methylsulfonylmethane (MSM), is an organic compound that contains biologically active sulfur. This is important because sulfur is the fourth most plentiful mineral in the human body, and it's necessary for many critical bodily functions—including detoxification.



In our bodies, MSM helps facilitate the detoxification process by making cells more permeable, which helps to release built up heavy metals, waste and toxins, while also making it easier for nutrients and water to enter the cells and continue the cleansing process. The sulfur contained in MSM is also an important factor in the production of glutathione, the body's "master antioxidant" and potent detoxifier.

The clinical use of sulfur as an adjunct in our diet is becoming progressively more recognized as an important tool for optimizing health. MSM, which is a metabolite of DMSO, and approved for use in humans, primarily impacts your health by reducing inflammation. It's widely used as a supplement for arthritic conditions.

Increased Cellular Permeability

MSM appears to improve cell wall permeability, which benefits our body in the many ways:

- *Increased permeability of cells increases the absorption of nutrients.*
- *Helps deliver other active ingredients directly to the cell.*
- *Allows metabolic wastes to be removed from the cells. Sulfur is required in the body to remove these toxins and wastes from the body.*
- *When these byproducts are able to be flushed out of the system, cells can also get rid of excess fluids that can actually cause inflammation.*
- *Protects against oxidative damage.*

MSM Protocol Support



Purchase Your MSM Capsules Through
TAMMY To SAVE 10%
[ORDER on FULLSCRIPT HERE](#)



[GLASS SPRAY BOTTLE \(NASAL SPRAY\) -
30ML Available on Amazon](#)

Please note that some of the links in this document are affiliate links. This means that if you make a purchase through these links, I may earn a small commission. Rest assured, this does not affect the price you pay, and I only recommend products I believe can benefit you.