



# HEALTH AWARENESS

## Natural Compound Shows Pain Relieving Properties Without Drug Side Effects

(NAPSA)—Doctors have found some encouraging news for sufferers of joint and arthritis pain: Taking a form of sulfur called methyl-sulfonyl-methane (MSM) may help soothe their condition.

MSM is a naturally-occurring sulfur found in many common foods and beverages such as milk, coffee, tea and green vegetables.

Sulfur, the eighth most abundant element in the human body, has a long history of use as a healing agent. For centuries, mankind has soaked in sulfur-rich, mineral hot springs to try to heal a variety of ailments.

According to Dr. Ronald M. Lawrence, executive director of the Council on Natural Nutrition, recent research has shown that the supplement Lignisul MSM provides pain relief and anti-inflammatory benefits for a variety of ailments ranging from osteoarthritis to sports-related injuries, without serious side effects.

Lawrence cites the case of Mark O. of Cleveland. Mark was taking 1000 mg of a common anti-inflammatory drug twice daily for tendonitis. After taking Lignisul MSM, his symptoms disappeared.

Similarly, Jeff B. of London, Ontario, in his early 30's and active in sports, was diagnosed with fairly advanced osteoarthritis. His initial treatments (prescription medication), yielded only moderate results. After using Lignisul MSM for less than one month, however, Jeff reported that he was pain free and no longer took the prescription drug.

The supplement has also been shown to be an effective treatment for the uncomfortable symptoms many women associate with their menstrual cycles. Sue E. of Los



**Lignisul MSM, a naturally occurring sulfur compound derived from pine trees, shows promise as a pain reliever.**

Angeles, for example, says that a week before her cycle she would experience "swelling, pain and severe mood swings." After taking Lignisul MSM, however, she reports that "it all went away."

Lawrence also says that many people report that MSM gives them softer skin, harder nails and thicker hair.

To determine the cosmetic benefits of MSM, Lawrence recently completed a pilot trial in which 100 percent of the subjects on Lignisul MSM said they had increased hair growth and 50 percent of the subjects showed increased nail growth and thickness compared to the placebo group.

"Hair and nail health was significantly improved in a short term of six weeks," says the doctor.

For more information, visit [www.msm.com](http://www.msm.com) or call 1-888-646-0350.