

Studies Show MSM Naturally Helps Hair Growth, Nails and Skin

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January 7, 2015 (FPRC) -- Millions of people worldwide would like to have stronger, longer, more brilliant looking hair and nails. There are very few nutritional supplements supported by research studies showing they help natural hair growth and nail strength, but MSM is one of them. According to the book "The Miracle of MSM" by doctors Jacob and Lawrence, "MSM is one-third sulfur and sulfur has the reputation for being nature's 'beauty mineral' for keeping the hair healthy and the complexion youthful."

MSM sulfur (methyl-sulphonyl-methane) is a white, odorless, water-soluble element found in nature and in foods such as milk, fresh fruits, vegetables, seafood and meat. It is especially high in eggs, onions, garlic, asparagus and broccoli. Sulfur has a long tradition of healing and throughout history doctors have prescribed mineral hot springs rich in sulfur to their ill patients. Food processing methods such as heating, washing and freezing, all deplete MSM in foods, making daily replenishment beneficial.

While MSM is best known for its arthritis and natural pain relief benefits, it also helps to form keratin, which is the main protein found in hair, nails and skin. MSM is a proven allergy remedy, an aid to soothing muscles and joints from sports injuries, a substance that helps to control yeast infections, and one that also relieves headaches and increases energy.

The 'beauty mineral' study was published in Total Health Magazine and is called "MSM -- Increased Hair Growth, Nail Length and Nail Thickness", by Ronald M. Lawrence, M.D. Dr. Lawrence says: "We completed a placebo-controlled trial over the course of six weeks showing that 100 percent of the subjects on MSM had increased hair growth, compared to the group on placebo. Only one subject on placebo showed an increase in hair length.

In addition, 30 percent of the subjects on MSM showed improvement in hair brilliance, while none of the subjects on placebo showed such an improvement."

The hair trial involved a total of 21 patients; 16 women and 5 men. Data was collected by certified cosmetologists under the doctor's direction. The trial measurements included hair length, brilliance, and diameter of the individual hair shafts using industry standard measurement scales. All subjects supplemented with MSM were impressed with the changes in the health and appearance of their hair. The cosmetologists could literally differentiate which participants had taken the MSM by the appearance of their hair alone after six weeks of use.

Regarding nail growth, Dr. Lawrence writes: "A second placebo-controlled trial, conducted simultaneously, showed that 50 percent of the subjects on MSM showed increased nail length, nail strength, and nail thickness growth compared to the group on placebo. We measured nail length, thickness, luster, and general appearance using industry standard scales."

"Based on the results of the two trials, we concluded that oral supplementation with MSM is a valuable addition to hair and nail growth. Hair and nail health was significantly improved in a short

term of six weeks."

One example of a natural remedy that contains all the benefits of MSM is Joints and More from Nutrition Breakthroughs. Joints and More is made from "organic" (meaning coming from living things) sulfur and is a 99% pure, simple molecule, indistinguishable from a molecule of MSM found in nature.

Stanley Jacob, M.D. the co-discoverer and 'Father of MSM' says: "MSM is a surprising supplement. When you start taking it, you may notice a number of good things happening in your life in addition to natural pain relief, natural joint relief, and allergy relief – such as more energy, cosmetic benefits such as softer skin, thicker hair and stronger nails; as well as decreased scar tissue and relief of constipation."

For more information on Joints and More, visit www.NutritionBreakthroughs.com.

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