

It Took 10 Years Off My Face

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I am always on the hunt for simple things that fix global physiology. So when a colleague shared some insights with me how she is having profound results supplementing her patients with sulfur, she had my full attention. Sulfur is needed for a number of detox and connective tissue pathways, but here's what her patients say about it, "it took 10 years off my face." Meaning it reverses the wrinkles and sagging that takes place as we age. She laughed and said my patients may not take it for their knees or back but they will take it to look good. Sulfur is an essential ingredient for the amino acid cysteine which is needed for healthy hair, skin, nail, collagen, etc.

Many of our viewers recognize sulfur as a key component to chondroitin, glucosamine and keratin sulfates all needed for healthy joints and connective tissue. My friend Dr. Wally Schmitt conducted a webinar a few years ago on his favorite



minerals and cofactors that reduce injury, inflammation and pain. He discussed how sulfur is critical for phase 2 liver detoxification. He said "We can isolate 10 different detoxification pathways for phase 2 detoxification, 5 of these 10 pathways require sulfur."

And now newer research shows the gut plays a huge role in phase 2 detoxification as well, perhaps even larger than the liver. Speaking of the gut, parasites hate sulfur. You would be hard pressed to find parasites in drinking water that contains sulfur.

So let's see why sulfur may play a larger role in our nutritional strategy than we realized. Sulfur is the eighth most common element by mass in the human body behind oxygen, carbon, hydrogen, nitrogen, calcium, phosphorus, and potassium. Oddly, there is no minimum daily requirement (MDR) for sulfur.

Sulfur containing foods include the cruciferous vegetables broccoli, cauliflower, cabbage, Brussels sprouts, kale, bok choy, watercress and arugula; foods with a kick like wasabi, onions, garlic, radishes, mustard,

and turmeric; also meat, nuts, seafood, eggs and leafy dark green vegetables. As you might expect diets high in grains and refined foods are low in sulfur. There are also factors that limit sulfur availability: softened water, a deficiency of essential mineral cofactors and NSAIDS. NSAIDS block the availability of sulfates and interfere with the synthesis of healthy connective tissues like chondroitin sulfates or glucosamine sulfate.

Sulfur is needed for sulfur containing amino acids like methionine and cysteine which as you know are also valuable heavy metal chelators. Sulfur is needed for a host of enzymes like glutathione, the holy grail of antioxidants. Lipoic acid, also a major heavy metal chelator and antioxidant, contains 2 sulfur atoms. I think you are starting to understand that since our body uses so much sulfate for structure and detoxification it is easy to see how there might be a deficiency.

It's the sulfate form of sulfur that has the greatest biological activity. But the body can easily convert the sulfite form to the sulfate form. Dr. Schmitt shared that we need molybdenum to make the conversion. Biotics Research makes 2 products with molybdenum: Mo-Zyme with 50 mcg per tablet and Mo-Zyme Forte with 150 mcg per tablet.

As a side note: Aldehydes are normal metabolic byproducts in our body. Aldehydes are a component in perfume and the base for many fragrances. However if our bodies are already having a difficult time breaking down our own metabolic aldehydes, external smells of aldehyde can set off a reaction. We need molybdenum to break down both internal and external aldehydes. So if your

patients react to odor ranging from cigarette smoke to perfume think Mo-Zyme.

In terms of sulfur products, Biotics makes several: NAC (N-Acetyl-L-Cysteine), Purified Chondroitin Sulfates and Methionine-200. But the one that has the highest amount of elemental sulfur, (34%) is MSM (methylsulfonylmethane). MSM comes in 800 mg capsules or as a powder, each teaspoon contains 3 grams of MSM.

Clearly the powder is the most economical form. You can mix the powder in juice and water but remember sulfur has a strong taste. My colleague uses a teaspoon to a tablespoon twice a day. You can see an extremely well written article below *Could Sulfur Deficiency be a Contributing Factor in Obesity, Heart Disease, Alzheimer's and Chronic Fatigue Syndrome* by Dr. Stephanie Seneff.

Knowing that sulfur is an essential precursor to so many high tech nutrients like lipoic acid, glutathione, NAC, SAME, etc. may not get your patients to take action. But knowing that healthy skin, hair and nails require sulfur might be the X factor in convincing your patients to pursue a wellness lifestyle. It's my firm belief that if patients knew the health and vibrancy they could enjoy, they would commit to a wellness lifestyle in a second.

Ask them to follow Dr. Vasquez's five-part protocol to make sure all the cofactors are present to build foundational health and then suggest adding MSM for 60-90 days and see what happens.

Thanks for this week's Tuesday Minute edition. I'll see next Tuesday.