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Wholistic Dermatology™

Treating the body as a whole

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Organic Sulfur Info and Instructions

Organic sulfur is a **food** not a drug: it is Methylsulfonylmethane (MSM) in its crystalline matrix. Sulfur exists as a crystal in its mineral and organic forms. NO fillers, anti-caking agents or preservatives are added. Flow agents are deemed necessary for the production of powders for pills and capsules, these flow or anti-caking agents interfere with the uptake of sulfur. Your body is comprised of 4% sulfur, but does not store nor produce sulfur. We should be able to get sulfur from the foods we eat, but the use of chemical fertilizers has broken the sulfur cycle. Sulfur is a naturally occurring element in the body. Even if you are allergic to Sulfa (the drug), which is in some pharmaceutical medications, namely antibiotics, this does not mean that you are allergic to Sulfur. They are two completely different things.

You HAVE to take **Organic Sulfur - SPECIFICALLY as instructed below** - daily along with eating garlic and onions, parsley, cilantro and lots of raw greens. At first if you are full of heavy metals, Organic Sulfur tastes bitter so add into it a slice of fresh lemon and a bag of herb tea you like or a bit of raw honey or some green tea which helps rid as well. As your levels of heavy metals decrease I find you stop tasting it much at all, so IF it tastes bitter at first this is ANOTHER test I find in my practice CONSISTENTLY that you are FULL of heavy metals primarily lead and mercury! Organic sulfur is also EXCELLENT for your joints and helps RID even SEVERE joint pains and for you skin and hair for hair loss, thinning and helps make new collagen for anti-aging and improving skin conditions and rashes! So, it helps treat many conditions, and after Vitamin D3 and Omega fish oil is the MOST important I believe for ENTIRE body and skin health, prevention, reversal and preserving and restoring beauty!

Sulfur should always be taken **30 minutes before any prescription medications or nutraceutical products including vitamins.** Pills and capsules contain silicon dioxide, calcium stearates or other ingredients, which block the uptake of sulfur 100%. These agents are sometimes hidden under "other ingredients."

You will start with **½ teaspoon once a day** for 5 days, then **1 teaspoon once a day** for 5 days, then **1 tablespoon once a day**. Some people have reported detox symptoms initially. If this occurs, decrease to the lower dose for a week before increasing again.

Dissolve the crystals in a small amount (4 oz) of warm or hot NON-chlorinated water (best to use bottled/spring water) followed by a full glass (8-10 oz) of water. If a microwave is used to heat the water, do NOT add the sulfur until AFTER the water is heated. Microwaves use temperatures above 400 F and sulfur vaporizes at 270 F. However, heating the water in a microwave is a good way to remove chlorine.



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Proper hydration is absolutely necessary since the oxygen for cellular metabolism is in the water we drink, so make sure to drink plenty of water throughout the day.