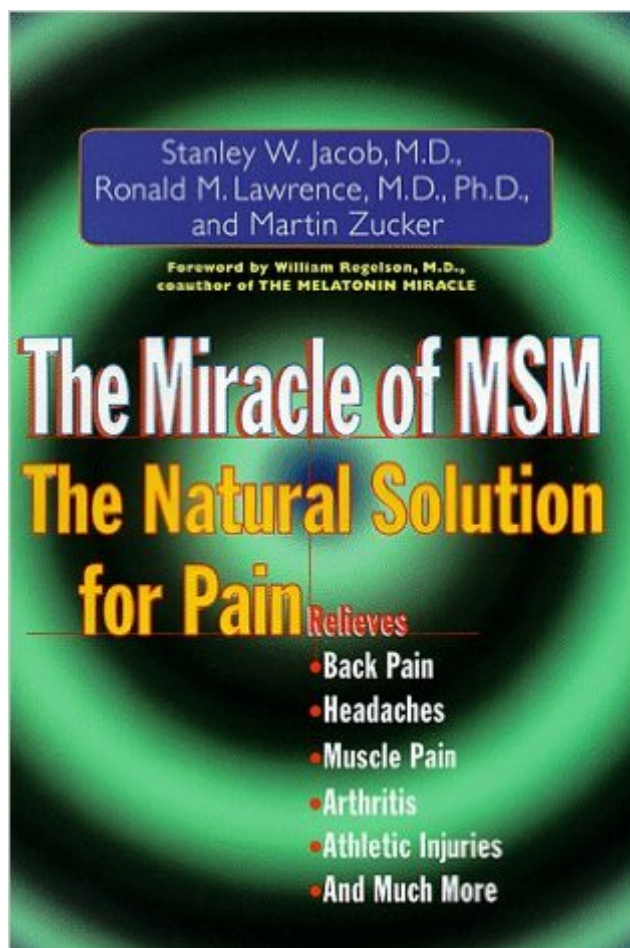


The book was found

The Miracle Of MSM



Synopsis

"Here is something natural, a supplement that appears to be safe and is helping many people. Why shouldn't you be one of them?"#151;William Regelson, M.D., co-author of The Melatonin MiracleMSM, or methylsulfonylmethane, is the first safe, natural, side-effect-free remedy for many types of pain and inflammatory conditions. In this authoritative look at MSM, Drs. Stanley Jacob and Ronald Lawrence reveal how to tap into the benefits of this amazing "miracle" compound. Experienced in the successful treatment of thousands of patients for pain, they explain how to take MSM#151;how much, when, with what foods, and in what form#151;to relieve pain in its many varieties, including:Degenerative arthritisChronic back painChronic headacheMuscle painFibromyalgia Tendinitis and bursitisCarpal tunnel syndromeTMJPost-traumatic pain and inflammationAllergiesand more --This text refers to the Paperback edition.

Book Information

Hardcover: 250 pages

Publisher: Putnam Adult (February 15, 1999)

Language: English

ISBN-10: 0399144749

ISBN-13: 978-0399145391

Product Dimensions: 5.8 x 1 x 8.8 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (129 customer reviews)

Best Sellers Rank: #135,077 in Books (See Top 100 in Books) #15 inÂ Books > Medical Books > Pharmacology > Neuropsychopharmacology #40 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Psychopharmacology #53 inÂ Books > Medical Books > Medicine > Reference > Drug Guides

Customer Reviews

Dr. Jacob and Dr. Lawrence have provided laymen with a resource that is easy to understand and full of information about our body's processes. I am a 55 year old female suffering from severe osteoarthritis pain from a ski-related injury 15 years ago. I was considering having surgery to alleviate the pain, but heard about MSM from a friend, and then found this book which gave me the facts I needed. After only one week of taking the crystals (5 grams per day), my pain was almost eliminated. I have continued taking MSM for two months now, increased to 8 grams per day with 1500mg of glucosamine sulfate daily, and have reduced my use of NSAIDs (non-steroidal

anti-inflammatory drug) to 1 per day from 3. I hope to completely eliminate the NSAID soon. My range of motion has improved so much that I am able to ride my horse in the mountains, climb stairs, jog, etc., all without pain! Thanks for the miracle!

This title by Drs. Jacob and Lawrence is by far the best word on MSM (along with product manufacturers dmso2.com etc). I, also, prefer the hardback version of this book. It is out of print but I found that it is still available at the distributor (msmsupplement.com as mentioned by someone in another review). I hope that there is a new, updated version of this book on the horizon, because I know that MSM is helping so many people with a variety of problems (e.g. Arthritis, Allergies, Energy, Joint and Muscle & Nerve Pain, Skin Conditions ...). I even give it to my dogs and cats now! By the way, Dr. Lawrence (one of the authors) is the doctor of the famous actor James Coburn. Mr. Coburn now attributes his recovery from crippling arthritis pain to benefits derived from MSM.

These two MDs have a total of some 90 years in practice and have used MSM for their patients, themselves and their families including their children, for over 20 years. This book is really a compilation of their successes, improvements and yes, they admit about 70% improvement and about 30% of no improvement. BUT, those that did not improve, were no worse off than they were before. I appreciate their honesty and they have a section that affirms or denies some claims that have been made. This is believable. I am experiencing about a 75% improvement in my prior discomfort.

MSM is wonderful for me. I have taken MSM for nearly 2 years now (off and on). I would quit taking it, just to see what would happen. It wouldn't take long before my pain and stiffness would return to my knees. I wouldn't want to go through life without MSM. I am able to go through life without pain in my knees when I take MSM on a regular schedule. I have had no problems taking MSM and I take 12,000 mg. a day. I use a powder MSM that I put in my water, which also encourages me to drink the water I need daily. I even use a MSM soap and lotion for my skin. It has helped my skin a lot. I can't say enough good things about MSM. This is the first book I bought about MSM and would recommend it to anyone. I've also read many other papers and articles on MSM, plus I've read a lot on the internet about MSM. In fact I've bought this book to give to other people. I am always telling the wonders of MSM to people. I wish you well and happy health.

What I liked best about this book was its honesty. It says MSM is a miracle for some, while for

others it does nothing at all. MSM is recommended for rheumatoid arthritis, which I have, and I find it does not help with pain or inflammation. But it does give me more energy. And as side benefits, my hair grows incredibly fast and my allergy symptoms are not as severe.

My husband has been ill since 1982 with debilitating pain that has recently been diagnosed as fibermialisia. He has used glucocsimine sulfate with some success, but was still in pain most of the time. After reading this book, I started on a search to find MSM in the best form. Not only did I find a company who supplies MSM in a wonderfully useable solution, but I found that Dr. Lawrence also uses this company's product. My husband is doing remarkably well. I'm telling everyone I know about MSM, it truly is a miracle. I'm purchasing this copy of the book to loan to others who will benefit from it as much as my family has. After 17 years, it's wonderful to have my husband back 100%.

I am a 43 year old female who for 3 1/2 years have been battling with back pain, headaches, muscle pain, fibromyalgia, TOS, tmj and many,many more problems due to many accidents. I thought I was finally to the point of giving up until last week my doctor told me to try MSM. What A Miracle. I started with 1000mg tablets 2 times a day and I am now taking 3, 2 times a day until I get to a level that I can live with. I have been on every medication known to man and I am now cutting all med's in half or not having to take them at all. I would love to get my book signed and after reading it I gave it to my physical therapist to read and all of my friends who also have many of the problems I suffer with. You are a god send for such a wonderful pill. One question after reading the book it keeps telling all about the crystals, is there a difference between the pills, tablets or crystals. The bottle states that it is pure Methylsulfonymethane and nothing else but I would like to no if there is a difference between the three and would like to know who I can ask regarding this. Once again thank you for saving another person who thought all hope was gone..... Cheryl Thanks-you:)

[Download to continue reading...](#)

The Miracle of MSM: The Natural Solution for Pain The Miracle of MSM Apple Cider Vinegar: Miracle Health System (Bragg Apple Cider Vinegar Miracle Health System: With the Bragg Healthy Lifestyle) The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] The Miracle Morning for Writers: How to Build a Writing Ritual That Increases Your Impact and Your Income (Before 8AM) (The Miracle Morning Book Series) A Miser, A Manger, A Miracle The Christmas Miracle of Jonathan Toomey Miracle Man: The Story of Jesus Kwanzaa Miracle A Kwanzaa Miracle Bone Broth: Healthy Benefits of Bone Broth, Enjoy a Healthy

Diet, Lose Weight, and Fight Aging (Bone Broth,Bone Broth Diet,Bone Broth Miracle,Bone Broth ... is bone broth,bone broth fast)) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) The Everything Sprouted Grains Book: A complete guide to the miracle of sprouted grains (Everything®) The Miracle Morning Art of Affirmations: A Positive Coloring Book for Adults and Kids The Migraine Miracle: A Sugar-Free, Gluten-Free, Ancestral Diet to Reduce Inflammation and Relieve Your Headaches for Good The Garcinia Cambogia Miracle: A Complete Guidebook For The Holy Grail Of Weight Loss! (Garcinia Cambogia, Weight Loss, Lose Weight, Paleo Diet, Whole ... Free, Wheat Belly, Atkins, Dash Diet) The Detox Miracle Sourcebook: Raw Foods and Herbs for Complete Cellular Regeneration 7-Day Detox Miracle, Revised 2nd Edition: Revitalize Your Mind and Body with This Safe and Effective Life-Enhancing Program Miracle on Wolf Hollow Lane The Micronutrient Miracle: The 28-Day Plan to Lose Weight, Increase Your Energy, and Reverse Disease

[Dmca](#)