

Study Shows MSM Reduces Knee Pain and Improves Activities and Function

A recent study from the journal "Osteoarthritis Cartilage" has found that MSM decreases pain, improves function, and enhances the activities of daily living.

August 14, 2014 (FPRC) -- According to the U.S. Census Bureau, arthritis is the number one cause of disability among adults. It is defined as painful inflammation, aching, stiffness and swelling in or around the joints. Arthritis can occur in any joint, but usually it affects the hands, knees, hips, neck or spine. The cartilage covering the surface of joints can wear away. In a study published in the journal "Osteoarthritis Cartilage", researchers noted that MSM (methyl-sulphonyl-methane) is a popular dietary supplement and they set out to conduct a placebo-controlled trial to find evidence to support its use in osteoarthritis of the knee.

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. Food processing methods such as heating, washing and freezing, all deplete MSM in foods, which makes daily replenishment beneficial. Many people with joint pain may be deficient in MSM. In one study that confirms MSM benefits, sulfur concentration in arthritic cartilage was shown to be about one-third the level of normal cartilage.

The recent study published in the journal "Osteoarthritis Cartilage" was done at Southwest College of Naturopathic Medicine and Health Sciences in Tempe, Arizona. Fifty men and women, 40 to 76 years of age with knee osteoarthritis pain, were enrolled in an outpatient medical center. Part of the group received 3,000 milligrams (3 grams) of MSM per day, twice a day, for 12 weeks – 6 grams per day total. The other part of the group received a placebo.

The results showed that compared to placebo, MSM produced significant decreases in pain and significant improvement in physical function. MSM use also resulted in improvement in performing the activities of daily living. Important improvements in stress and cardiovascular health were also observed. These are good advantages, as there are many side effects from the usual drugs used for arthritis.

The Arthritis Foundation's web site lists the most common side effects of the medications used to treat arthritis. Nonsteroidal anti-inflammatory drugs such as aspirin and ibuprofen can create edema (swelling of the feet) heartburn, stomach ulcers and possibly increased risk of blood clots and heart attack. Corticosteroids (cortisone) may contribute to cataracts, elevated blood sugar levels and bone loss. Injections at the arthritis site can create redness and swelling and increased risk of infections.

One example of a natural arthritis remedy that contains MSM benefits is Joints and More from Nutrition Breakthroughs. Joints and More is made from "organic" sulfur (meaning coming from living things) 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 pain and allergy relief -- more energy, cosmetic benefits such as softer skin, thicker hair, stronger nails; as well as decreased scar tissue and relief of constipation.”

For more information, visit www.NutritionBreakthroughs.com

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Keywords

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