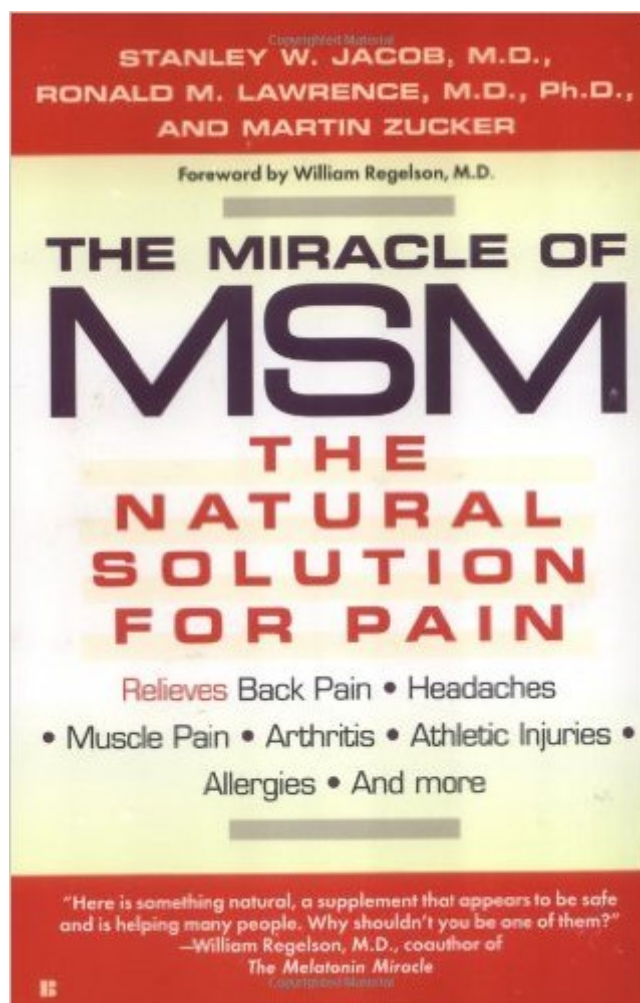


The book was found

The Miracle Of MSM: The Natural Solution For Pain



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—how much, when, with what foods, and in what form—to relieve pain in its many varieties, including:Degenerative arthritisChronic back painChronic headacheMuscle painFibromyalgia Tendinitis and bursitisCarpal tunnel syndromeTMJPost-traumatic pain and inflammationAllergiesand more

Book Information

Paperback: 272 pages

Publisher: Berkley; Reprint edition (December 1, 1999)

Language: English

ISBN-10: 0425172651

ISBN-13: 978-0425172650

Product Dimensions: 5.5 x 0.7 x 8.2 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

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

Best Sellers Rank: #77,097 in Books (See Top 100 in Books) #9 inÂ Books > Medical Books > Pharmacology > Neuropsychopharmacology #73 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #127 inÂ Books > Health, Fitness & Dieting > Reference

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 (on 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 alot. 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 alot 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 fibromyalgia. He has used glucosamine 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 Methylsulfonylmethane and nothing else but I would like to know 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 The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating

Chronic Pain The Chronic Pain Solution: Your Personal Path to Pain Relief The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management Apple Cider Vinegar: Miracle Health System (Bragg Apple Cider Vinegar Miracle Health System: With the Bragg Healthy Lifestyle) 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) Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Tinnitus Miracle Solution: Proven Tinnitus Remedy Guide to Stop Hearing Loss & Ear Ringing (Tinnitus Relief, Tinnitus Remedy, Tinnitus Treatment) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery

[Dmca](#)