

# Organic Sulfur

[rev\_slider\_vc alias="OrganicSulfur"]Organic sulfur is a **food** not a drug: Methylsulfonylmethane in crystal form precipitated from lignin based DMSO.

It has not been processed past precipitation into 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.

The Study suggests that **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 blocks the uptake of sulfur 100%. These agents are sometimes hidden under "other ingredients".

**The rule of thumb** is to take **1 TSP/100 pounds of body weight twice a day.** (If you weigh 200 lbs., take 2 TSP twice a day). Some people (not many) have reported a "detox" or healing crisis by taking  $\frac{1}{2}$  teaspoon twice a day. Should "detox" or flu like symptoms occur, take more sulfur NOW. More sulfur seems to be better tolerated than too little sulfur. **You cannot take too much!**

As the label suggests sulfur can be eaten but most of our Study Members choose to dissolve the crystals in a small amount (1-2 oz.) of warm or hot non-chlorinated or filtered water, followed by a full glass (8-10 oz.) of water or juice. Sulfur can be taken with real food and meals. Brushing your teeth with sulfur is beneficial for the gums.

Proper hydration is absolutely necessary since the oxygen for cellular metabolism is in the water we drink as opposed to the air we breathe. We use the rule of 64 ounces of water per 100

lbs. per day, which means a 200 lbs. person needs 128 ounces of water per day (one gallon). There is an excellent article about proper hydration [here](#), which contains a calculator to help you determine your exact needs. It contains valuable health information that would help anyone and is well worth the time to read.

Your body is comprised of 4% sulfur, but does not store sulfur nor make it. We should get sulfur from the foods we eat, but the use of chemical fertilizers, we believe, has broken the sulfur-cycle. Please take a 5 megapixel or greater flash digital photo of your face before starting on sulfur (without makeup). Save it to your hard drive. Take another photo 6 months later (or weekly or monthly if you want) and compare. You will see a vast improvement in your cellular health via the skin in your face that will correspond to the health of your internal organs. Wrinkles and crows feet will disappear. Your skin will look much smoother and healthier over time. Your hair will become stronger and more lustrous. Your nails will become stronger. If you take sulfur for 12-18 months you can even reduce scarring. Stress causes you to dump acid into your gut. Sulfur alkalizes your gut to neutralize acid, which helps you stay grounded and calm. Bowel movements become more regular, sleep improves, you should notice significant increase in your energy level and you will start dreaming in color. If you don't notice these improvements you are either not taking sulfur twice a day, every day or you are not hydrating properly (see above). When the sulfur cycle was broken in the 1950s it caused a huge incidence of every kind of degenerative disease as farmers stopped using manure as fertilizer and moved to using synthetic, petroleum based fertilizers. People taking organic sulfur have been able to get off every kind of Rx drug. Sulfur is a FOOD not a drug!

Please call: 208-255-2307 or email us: [vaclib@startmail.com](mailto:vaclib@startmail.com), with any questions or concerns. We want to talk to you. Any information you have will only further the study. We appreciate your input.

To purchase organic sulfur, go to Web Store page.

For purchase of products in the U.S., a flat fee for Shipping and Handling of \$8.00 will be added for Priority Mail. Shipping time is approximately 2-5 business days. For purchase of products shipping to Canada, a flat fee for Shipping and Handling of \$28.00 USD will be added for Priority Mail International. For countries other than the U.S. and Canada, a flat fee for Shipping and Handling of \$35.00 USD will be added for Priority Mail International mailing. Shipping times to countries outside the U.S. will vary.

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