

# Organic Sulfur, The Missing Link

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**Organic Sulfur: The Missing Link to Regenerating Cellular Health,**

**Boosting Immunity and Reducing Pain and Inflammation**

By John C. Hammell

All of us are undergoing an unprecedented level of toxic assault from microwave radiation, GMO foods, herbicides/pesticides, toxic chemicals the FDA fraudulently allows to be put into food, personal care products and medication, and now more recently, chemtrails that poison our air, water and soil with toxic metals. How can we be free to experience optimal health in the face of this onslaught? As the first person in the world to call attention to the UN Codex international threat to health freedom, I've been on a personal quest to improve my health ever since orthomolecular medicine helped me finally escape the hell of the psychiatric system 35 years ago.<sup>1</sup>

Although orthomolecular medicine, a suppressed nutritional treatment mode, addressed the nutritional deficiencies that caused my biochemical imbalance, there were still several key missing pieces of my personal health jigsaw puzzle that only recently have I fully discovered. The first was the discovery of the need to focus on the health of my gut. The second discovery was the essential role organic sulfur played in maintaining the health of my gut. The third discovery is that there is only one true cause of disease: [cellular malfunction](#)<sup>2</sup> due to lack of oxygen at the cellular level.

## Oxygen and Cellular Health

*The health of the cell is very important, especially our gastrointestinal (GI) cells called enterocytes. In a healthy person, the small intestine usually is neutral in pH, the stomach is very acidic (pH 2.5) and the large intestine is normally around pH 6.5.*

When we are under stress, our bodies dump a large amount of acid into our gut, causing our small intestines to go from neutral to acidic. When cells exist in a low pH or acidic environment, their ability to transport oxygen into the cells and move toxins out becomes impaired. This lack of oxygen creates cellular malfunction, and the result is diseases such as cancer.

Back in 1931, Dr. Otto Warburg, M.D., won the Nobel Prize for discovering the nature of cancer and “the mode of action of the respiratory enzyme”. Warburg said: “*Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, [the prime cause of cancer](#) is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.*”<sup>3</sup> In other words, cancer cells proliferate in an anaerobic environment where the mitochondria inside the cells produce energy without oxygen and one of the byproducts is a build-up of ***lactic acid***. Research for the last 50 years has shown that ***tumor cells*** use lactic acid for food that makes tumor cells resistant to radiation and chemotherapy.<sup>4</sup>

## Oxygen and Organic Sulfur

One of the best ways to oxygenate your cells, alkalinize your blood and ***remove toxins that can lead to cellular malfunction*** is to consume organic sulfur. Sulfur lets oxygen in by increasing the permeability of cell membranes, and takes out the trash! Sulfur, in the form of sulphates, plays an essential role in cellular detoxification and the normal

metabolism of brain neuro-transmitters<sup>5</sup>. Sulfur is one of the few anti-oxidant compounds that can easily cross the blood-brain barrier and repair oxidative damage to neurons and tissues<sup>6</sup>. Sulfur is also essential for making certain vitamins like thiamine (vitamin B1) and biotin, and for producing insulin in the pancreas<sup>7</sup>.

Organic Sulfur forms **146 different chemical combinations**. Sulfur will combine with all metals except gold and platinum to form inorganic sulfides<sup>8</sup>. Inorganic sulfides convert these hazardous toxic metals into non-hazardous, stable forms that are safely ushered out of the body. For example, when sulfur binds with mercury, it produces mercuric sulfate, a compound that our cells expel, the liver detoxifies and then we expel from our intestines<sup>9</sup>. By bonding **with all the toxic heavy metals**, organic sulfur can safely chelate and remove these toxic metals from our bodies, greatly enhancing one's detoxification protocol!

Sulfur is the **ANTIDOTE** to the toxic chemtrails being sprayed on us, as well as to the increased levels of radiation stemming from the Fukushima nuclear reactor disaster in Japan back in February 2011 as well as the microwave radiation from wireless devices, smart meters and celltowers. All these sources combined with prenatal ultrasound and an aggressive vaccine schedule that is including pregnant women has caused a huge rise in infant mortality in the USA and all over the world. According to the December 2011 edition of the International Journal of Health Services, 14,000 US deaths have been attributed to fallout from Fukushima<sup>10</sup> .

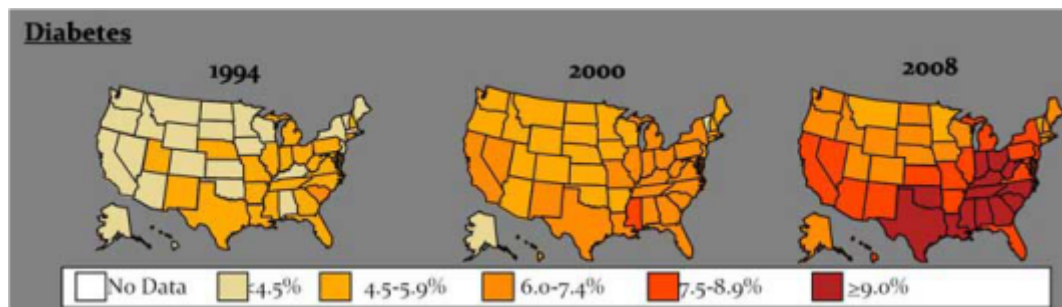
### **Sulfur Deficiency and Disease**

Every cell in our body contains sulfur compounds. **Sulfur** is found abundantly in soils rich with volcanic basalt and used to be available in eggs, onions, garlic, raspberries, turnips,

and cruciferous vegetables like cabbage, broccoli, kale, etc. Unfortunately, our food today is grown in soil that is deficient in trace minerals and sulfur that our bodies need to build our immunity and repair our bodies. Since the 1950s, commercial farmers have used petroleum-based fertilizers that deplete the sulfur found in our soils. The USDA was aware of the sulfur deficiency in the soils in the south eastern US, but little was done to address or reverse the deficiency.

Today, sulfur deficiency has been linked to major diseases like obesity, heart disease, Alzheimer's, and chronic fatigue<sup>11</sup>. One need only look at the Center for Disease Control's (CDCs) own Diabetes Translation Division<sup>12</sup> trend maps (Figures 1 – 3) that show that obesity and diabetes comprise 26% and 9% respectively of the population in the South Eastern US from 1994 – 2008. For 2010, the trends show some states having obesity rates at 30% of their population.

**Figure 1. Diabetes trends from 1994 – 2008 as percentage of population**



**Figure 2. Obesity (BMI ≥ 30 kg/m<sup>2</sup>)**

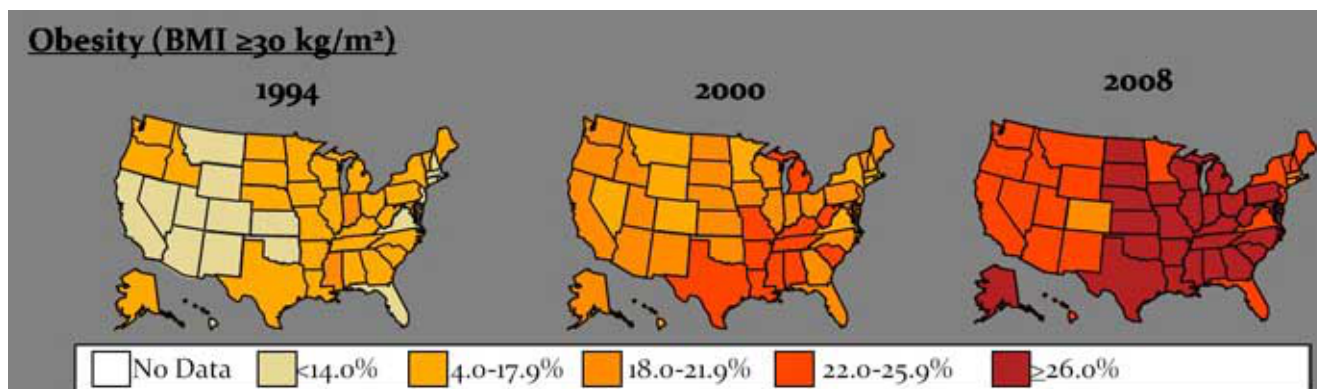
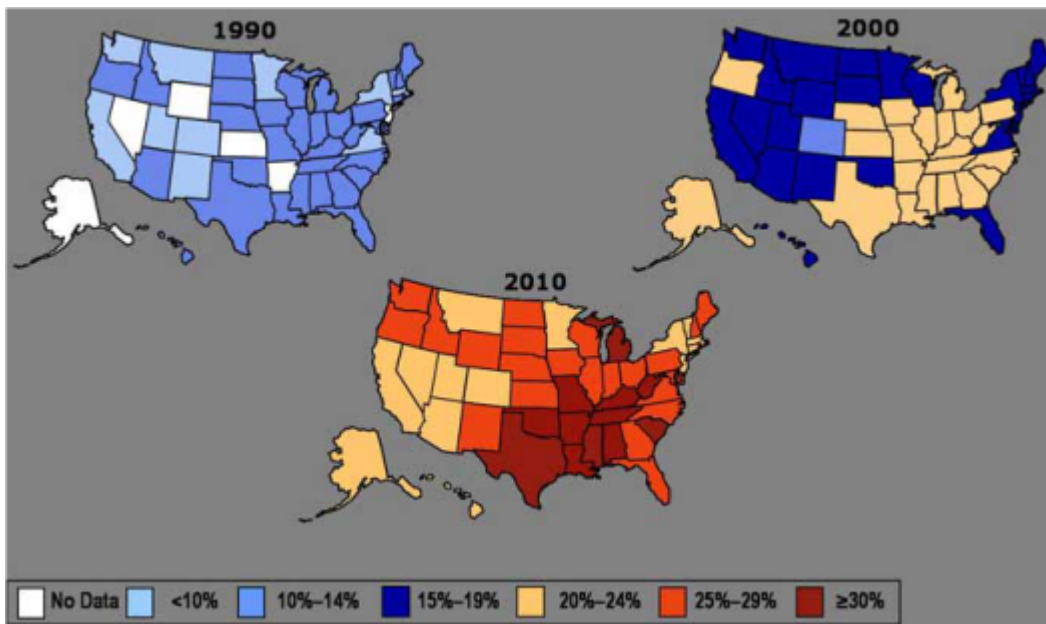


Figure 3. Obesity Trends among US adults, BMI  $\geq 30$  or 30 lbs. overweight for 5'4" person



**Source:** Behavioral Risk Factor Surveillance System, CDC

Another reason for sulfur deficiency is due to the gut dysbiosis either from ingestion of prescription medication like birth control pills, antibiotics, antacids, etc. and the proliferation of sulphate-reducing microbes that make sulfur unavailable to the body, and metabolize sulfur into sulfites that are toxic to the body. In autistic children, severe deficiency of sulphate is found 95% of the time due to an overgrowth of these sulphate-reducing microbes<sup>13</sup>.

More recently, there is a growing threat of toxicity from chemtrails. Filmmaker Michael Murphy recently completed a very solid documentary about chemtrails called [“What in the World Are they Spraying?”](#). In the film you can see a video<sup>14</sup> [shot by a pilot of a spray plane flying just underneath him](#). The aircraft shown is a KC 10 Tanker, a type of plane used to refuel other aircraft, used to spray us all with very toxic levels of heavy metals including aluminum oxide, barium, strontium, zinc, iron, even arsenic, as well as mycoplasma.

The spraying is going on all over the USA and throughout the

world. With the onslaught of chemical fertilizers that deplete our soils of sulfur, plus chemtrails that add toxic metals like aluminum, barium, strontium into our air, water and soil, and GMO foods, our bodies are under constant assault. Given the unique detoxification properties of sulfur, it makes sense to begin adding organic sulfur to your daily regimen of health protocols. **But not all sulfurs are the same.**

## **What is Sulfur?**

Organic sulfur is also known as dimethyl sulfoxide (DMSO). Back in the 1970s, a University of Oregon researcher by the name of Stanley W. Jacob, M.D. achieved miraculous results with organic sulfur compounds in pain reduction and wound healing. However, DMSO had such a bitter taste and a strong odor that he experimented with an odorless DMSO metabolite called dimethyl sulfone, today more commonly known as methylsulfonylmethane or MSM. Dr. Jacob soon discovered that sulfur in the form of MSM was retained longer in the cells than DMSO. MSM's healing benefits were in reducing pain and inflammation especially muscle spasms, as an anti-parasitic especially against Giardia, in normalizing auto-immune diseases like rheumatoid arthritis, lupus and scleroderma, and in alleviating constipation. Dr. Jacob chronicled the results in his book, ***The Miracle of MSM: The Natural Solution for Pain.***

## **Organic Sulfur vs. MSM**

Do I hear you say “but **I ALREADY HAVE** some **MSM!**”? You might have some MSM, but unless it was made **WITHOUT** a high heat distillation process, which damages the sulfur crystals, and **WITHOUT** silicon dioxide, the anti-caking ingredient that interferes with the uptake of sulfur to the cells and disrupts the ability of sulfur to create a crystal matrix, it will not protect you properly from the toxic load we're under from chemtrails and sulfur deficiency in the foods we eat!

It also won't protect you optimally from the degenerative diseases that have been running rampant since the sulfur cycle was broken in the 1950s when farmers stopped using manure in favor of synthetic petroleum based fertilizers which increased crop yields but made the soil deficient in sulfur.

One easy way to test the efficacy of your sulfur is to put some in a shot glass, pour in some hot water, and let it evaporate, you will see large crystals form. You need sulfur that will form large crystals to work optimally in your cells. If you take most commercially available MSM, and try this, due to the damage from heat in the manufacturing process it won't form large crystals and it takes about five times as much to even approximate the results you'll get from organic sulfur.

With proper hydration, you will experience the following health benefits if you take organic sulfur twice a day:

- **Radically increased energy level:** sulfur increases the permeability of cell membranes to allow for improved oxygen transport to the cells and improved waste transport from the cells. You must drink it twice a day, once in the morning, and at lunchtime, 1 teaspoon (tsp.) per 100 lbs. of body weight,  $\frac{1}{2}$  hour away from other supplements or meds, which might deactivate it, but you can take it with other food. You must hydrate properly while on sulfur because you're flushing out toxins. 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). I weigh 190 pounds, so I take 2 teaspoons of sulfur, twice a day. There is an excellent article about proper hydration at <http://www.bodybuilding.com/fun/beharr12.htm>, 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!
- **Reduce Inflammation and Pain:** Sulfur is a major anti-oxidant in the body. It acts as a key sulfur donor to

the amino acids methionine and cysteine, thus allowing the formation of glutathione, one of the most powerful anti-oxidants that we produce, and amplifying the effects of other anti-oxidants like Vitamins C, E, Coenzyme Q10 and selenium<sup>15</sup>. It is no surprise that Dr. Stanley Jacob, MD discovered amazing wound healing, pain relief and anti-inflammatory properties in organic sulfur.

- **Crow's feet and wrinkles will go away, silkier hair:** Organic sulfur is essential for building collagen and keratin, essential for healthy skin, hair and nails. Women especially love how glow they achieve and how soft and supple their skin feels as your cells become healthier. We grow a whole new body every seven years, but it's only as healthy as what we put into it. There is NOTHING you can put into your body that is better for your cells than this sulfur! Remember, sulfur is a FOOD!
- **Improve dental and gum health:** You can even brush your teeth with sulfur! Those suffering from gingivitis or severe periodontitis have found reduced bleeding and healing of their gums when brushing with sulfur twice daily<sup>16</sup>.
- **Healing your gut:** Maintaining the proper pH balance within the gut with help from *alkalinizing sulfur* can help improve the likelihood of creating the protective mucosal lining that creates an environment for your beneficial gut flora to flourish and balance any opportunistic, harmful micro-organisms that lead to illness and compromised immunity. For those suffering from mental illness, the hope is that by restoring the balance between the gut flora and the enterocytes in producing the much needed B-vitamins like niacin (vitamin B3), pyridoxine (vitamin B6), serotonin and other enzymes, that will help eliminate the need for mega-doses of certain water soluble vitamins that don't remain in the body.



**Too good to be true?** I recommend that everyone take a 5 mega pixel or greater flash digital photo of their face (without makeup) when starting sulfur. Save it to your hard drive. Take another photo every month for at least 6 months and you will see a huge improvement in your cellular health!

**REFERENCES:**

<sup>1</sup>See my story at [http://iahf.com/on\\_the\\_back\\_wards.html](http://iahf.com/on_the_back_wards.html)

<sup>2</sup>Tunsky, Gary, ND. "What in the Cell is Going On?" <http://www.drcelltox.com/whatinthecell-1.asp>.

<sup>3</sup>Warburg, Otto. Lecture. <http://healingtools.tripod.com/primecause1.html/>

<sup>4</sup><http://www.sciencedaily.com/releases/2008/11/081120171325.htm>

<sup>5</sup>Campbell-McBride, Natasha, MD. GAPS, p. 42.

<sup>6</sup>Williams, Louisa L., M.S., D.C., N.D. Radical Medicine, Cutting-Edge Therapies That Treat the Root Causes of Disease, p. 100.

<sup>7</sup>Ibid, p. 99.

<sup>8</sup><http://www.c-f-c.com/supportdocs/sulfur.htm>

<sup>9</sup>Williams, Louisa L., M.S., D.C., N.D. Radical Medicine, Cutting-Edge Therapies That Treat the Root Causes of Disease, p. 99.

<sup>10</sup><http://www.marketwatch.com/story/medical-journal-article-14000-us-deaths-tied-to-fukushima-reactor-disaster-fallout-2011-12-19>

<sup>11</sup>Seneff, Stephanie T., Ph.D. "Could Sulfur Deficiency Be a

Contributing Factor in Obesity, Heart Disease, Alzheimer's, and Chronic Fatigue Syndrome?"  
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<sup>12</sup>CDC's Division of Diabetes Translation, National Diabetes Surveillance System, <http://www.cdc.gov/diabetes/statistics>

<sup>13</sup>Campbell-McBride, Natasha, M.D. GAPS, p. 42.

<sup>14</sup><http://www.youtube.com/watch?v=q28dQaaLQG0>

<sup>15</sup>Williams, Louisa L., M.S., D.C., N.D. Radical Medicine, Cutting-Edge Therapies That Treat the Root Causes of Disease, p. 99

<sup>16</sup>Ibid, p. 100.

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To purchase organic sulfur, go to [Web Store](#) page.

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