

MSM Powder Caution

From time to time, I check out Reviews and Forums in my Research (sifting the contents) because you can get good feedback that way sometimes. Watch out for amateur advice though if you try this anytime!

MSM is touted as a wonder supplement. It claims to make your skin clear and radiant, make your hair strong and thick, increase flexibility and relieve pain etc but this is not the full picture. I want to tell you my experience of msm because I have been misled about this substance and I don't want others to go through what I have.

My mum heard such good stuff about msm so we were in no doubt about its safety when she stated taking it four months ago to grow her hair. However shortly after taking it she had some worrying side effects . She was taking one teaspoon each morning for two weeks, and then in the second week something strange happened with her sleep cycle and she started sleeping only once every two days, or in other words she would sleep one night and then the next night be awake all night. By the end of that week it dawned on her that it was the msm that had done this, so she stopped it immediately and thought in a few days or so she would go back to normal, but it has now been four months in all and she still cannot sleep!

It was definitely the MSM that disrupted her sleeping cycle as she is on no medication, healthy and was not taking any other supplements, the strange thing is that the MSM seems to have caused some kind of blockage in her body and nothing seems to cut through this blockage and make her better.

She has now spent hundreds of pounds trying every sleep remedy in the health shop and ayurveda and acupuncture and nothing worked at all. She has had to resign to sleeping pills from the doctor, the only thing that will allow her a few hours sleep a night.

We are so desperate to know how to reverse this side effect of the msm. Everywhere we look for information says msm is completely harmless and non toxic and yet it has caused this major side effect for my mom. We have emailed the raw food company we purchased it from (Detox your World) and called them about the situation and were very disheartened when they completely refused to know and kept declaring that msm is so wonderful and couldn't possibly have caused my mom's sleeping problem. But we know 100% that it did.

We have come to the realisation that even so called 'harmless' things are harmful to some individuals, and it really hurts when people refuse to believe you when you tell them that it has caused a problem.

At the time she took it we were not aware msm is such a powerful liver detoxifier. She has spoken to a very qualified Harley Street Nutritionist whom she is going to see soon who told her over the phone that he believes the msm has upset her nervous system due to the liver (sulfation) pathway it detoxifies. As of now, we don't know if this can be reversed but we are hoping it can be cured.

In my research on MSM I have also found on a particular forum that many people have terrible vivid nightmares when taking MSM. So bad, that many have had to discontinue use of it.

It is all too easy to get carried away with the good things to do with the raw food lifestyle, I'm

sharing the adverse side so it can help others.

I know that it is sulfur and some people who are allergic to sulfur have reactions from MSM. I found this site says that the MSM detoxes drugs from the system and this sometimes causes reactions, not from the MSM, but from the drug detoxing. It mentions LSD but also says that over-the-counter drugs could also give people similar psychiatric reactions. Hope this helps.

[www.oralchelation.com]

Well, that was fine, but he then gave some MSM to a friend who had a different dream experience and I want to tell you about that.

This lady took MSM -- about 2 heaping teaspoons per day, for only a few days, and then quit in terror!

She had dreams alright! But, they were nightmares! And, if that weren't bad enough, her dreams CONTINUED when she was awake. My friend called me in a slight panic.

I told him about street drugs and psychiatric drugs. I mentioned above that these are "oil-soluble" drugs -- that means that they stay in the system for ever. But, there is more.

You've heard about "LSD Flashbacks?" Or Trips!

LSD, you know, was designed by psychiatry as a treatment tool -- none of their drugs ever do any good, but they sure cause problems.

LSD, like other illegal drugs, often gives the person not only a "high" but also a "trip." The trip can seem pleasant or terrifying -- it's all a matter of what kind of thinking is going on in that person. If that trip is a terror, from LSD, for instance, then taking MSM is very likely to re-stimulate that LSD trip. After all, the MSM is causing a tiny amount of LSD to "leak" out of the cell and cause an LSD trip.

Now, you can be so afraid of this that you don't want to experience it, and don't take MSM, or take it in small doses and don't have the detoxification in so dramatic a fashion.

Or, you can realize how very valuable this is to your body and go for it!

Many medical drugs would also cause these "trips."

So, my friend's friend was now more comfortable. She had taken some psychiatric drugs and wanted to be free of their influence. She went back onto the MSM, had more dreams. They lessened in their impact and eventually she found that MSM helped her "sleep like a baby."

So, will you have vivid dreams? I don't know.

These reactions are as variable as people's experience.

I agree, that it sounds like your mum is detoxing and having whatever toxins in her blood simply recirculating throughout her bloodstream and brain which keeps her awake at night

If you are the kind of person who only wants to put raw foods into your body, MSM doesn't count as raw, as it is cooked and highly processed. From what I understand, MSM is made from pine trees or something like that. [Source Here](#)

Well, I just found out that MSM can cause insomnia. It's a long story but I've recently started taking MSM plus using MSM lotion on my shoulder and my sleep has been getting progressively worse. I did not make the connection until I was lying sleepless last night trying to think if I had been doing anything differently, and suddenly thought of the MSM.

Sure enough, I looked it up this morning and insomnia is a very common side effect. I had been taking it a.m. and p.m., plus using MSM lotion at night on my shoulder, and am going to try just taking it in the morning and only using the lotion in the morning.

The insomnia it caused was severe. It felt like when I accidentally ingest MSG. I guess things that begin with "MS" aren't good for me? Thought I'd pass this on –

MSM is POSSIBLY SAFE for most people when taken by mouth for 3 months or less. In some people, MSM might cause nausea, diarrhea, bloating, fatigue, headache, insomnia, itching, or worsening of allergy symptoms.

Unusual for me, it didn't cause any typical detox symptoms. The only bad thing for me was severe insomnia. I didn't take or use any yesterday and last night I slept for 9-1/2 to 10 hours. I'm still catching up, but am so relieved to be sleeping again! [Source Here](#)

I've been using MSM since October last year. I started with a low dose and increased to 5g daily with 1-1,5g of Vitamin C. I also recommended mom to use it. I immediately noticed a difference on my nails; they are much stronger now compared with before. The only problem is that I took MSM once daily and sometimes pretty late maybe at 5 or 6pm, because I didn't have time to take it in the morning before going to work. I'm also taking Zinc supplement.

Anyway last month I noticed that I had problems with sleeping, I could wake up in the middle of the night wondering where I am, it felt very weird and honestly I thought that I'm going crazy. I could also wake up 3-4 times at night just to go to the bathroom. I stopped taking MSM last week and these problems disappeared.

I'm sure that MSM is a great supplement to use, my skin felt better, my nails stronger (I noticed nothing on my hair) I would just recommend anyone who wants to use MSM to not take it at night and in case you want to take it at night, take a lower dose.

I cannot advise re taking MSM whilst pregnant but can advise that there are warning labels on DMSO bottles/containers advising not to come in contact with DMSO whilst pregnant. I agree with Tangal I would consult a practitioner before taking MSM whilst pregnant, if there are side effects it is NOT worth the risk. [Source Here](#)

LOW DOSE IN THE MORNING IS ADVISED. ALWAYS INTRODUCE A SUPPLEMENT TO YOUR SYSTEM BEFORE YOU STEP UP ON DOSE OR KEEP TAKING IT. AND THE PERSON IS RIGHT ABOUT GIVING IT A BREAK. 5 DAYS ON 2 DAYS OFF IS GOOD TO PRACTICE WITH SUPPLEMENTS. OR TAKE A WEEK OFF ABOUT EVERY 2 MONTHS, SO THEY DON'T BUILD UP TOO MUCH IN YOUR SYSTEM.

IF THE MSM EFFECTS YOU WITH INSOMNIA, MAKE SURE THAT

THE DOSE IS VERY LOW
YOU TAKE IT STRICTLY IN THE MORNING
YOU TAKE A CALCIUM + MAGNESIUM SUPPLEMENT AT NIGHT
DO YOU HAVE A SENSITIVITY TO SULPHUR?
MAYBE YOU ARE DOSE SENSITIVE
MAYBE YOU NEED A DIET THAT IS MORE ALKALINE
THE DOSE ON THE PACKET IS NOT ALWAYS RIGHT FOR YOU