



Natural Solutions for Healthy Living

Health  Education  Research  Botanicals

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What's On Sale?

To view our products on sale this month visit www.herbtimeplus.com

Ease Joint Pain with MSM



It has been found that some eighty percent of Americans over the age of 50 suffer from some form of degenerative joint disease. There are others who suffer with joint discomfort as a result of sports injuries, such as tennis elbow and tendonitis which can result in symptoms similar to arthritis. There are also a group of people who suffer from work related injuries due to repetitive use and overuse of certain joints.

MSM is a natural nutrient which is found in many foods and is an **essential building block of joints, cartilage, skin, hair and nails**. It also supports a wide number of bio-chemical processes in the body, including **energy production**.

According to Stanley Jacob MD, Ronald Lawrence MD, PhD, and Martin Zucker, authors of "The Miracle of MSM", they state MSM is "rapidly establishing a reputation as a safe, natural and effective solution for many types of pain and inflammatory conditions, including degenerative wear-and-tear arthritis, rheumatoid arthritis, chronic back pain, chronic headaches, muscle pain, fibromyalgia, tendonitis and bursitis, carpal tunnel syndrome, TMJ, post-traumatic pain and inflammation, and heartburn."

The primary reason for MSM's value is its high sulfur content. MSM contains 34 percent sulfur. It is the fourth most abundant mineral in the human body and one critical to making collagen, the primary constituent of cartilage and connective tissue. MSM is thought to deliver sulfur to the body in a usable way so it can be incorporated into these tissues.

Materia Medica - Herb of the Month



Horsetail/Shavegrass (*Equisetum arvense*)

Common Names – Bottlebrush; Pewterwort; Shavegrass.

Identifying Characteristics – A member of a very primitive family, the Equisetaceae. There are about 15 species throughout the world, but the most common is *Equisetum arvense*. In the spring a spore-bearing shoot looking similar to a thin asparagus shoot rises, covered with scales. After the spores are shed, the fruiting stem dies then barren stems appear, hollow jointed with longitudinal furrows and with sharply-toothed sheaths covering each joint. From the sheaths of the central stem arise a whorl of branches, some of which in turn give off irregular whorls at their nodes.