How I take MSM for Hair Skin Nails Health and Growth

Here's how I take msm for hair skin nails health. Sharing how I take it. See a health care professional before consumption. Msm may not agree with everyone.

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MSM can be used to treat many ailments and illnesses. Learn all about MSM and other alternative medicines at HowStuffWorks. After all, hair and nails are dead skin cells -- the more cells you produce, the more dead cells you have, right? Some physicians even say that MSM helps your body build collagen, the protein that keeps skin and hair supple [sources: Josephs]. Well, collagen is definitely important. It's one of the body's most plentiful proteins. On the next page, we'll take a look at the ways MSM might be able to aid in repairing other tissues. So, how DO you treat hair loss, then? Some problems of hair loss, such as those that come from menopause and other changes in the body's hormone levels, can be treated with hormone therapy. Drugs such as minoxidil can help too. How does MSM increase hair growth and promote hair health? Collagen and keratin are the two of the most essential compounds involved in hair growth. They are also important for healthy nails and skin. Your body uses the naturally occurring sulphur in MSM to synthesize collagen and keratin. Moreover, MSM plays an important part in cellular metabolism, which ensures that these compounds, along with other nutrients, are delivered to the organs and tissues that need them. For that reason, MSM may increase hair growth and also improve skin health – more MSM may results in more collagen and keratin.