

EHC-D Newsletter

October 2008

Is Your Body Asking For Sulfur?



“Fire and Brimstone” ... images of an amber inferno of Biblical proportions. Brimstone, what is this? The word brimstone comes from ‘brynstan’ or ‘to burn’+ ‘stone’. Brimstone is sulfur, a yellow colored nonmetallic element found in volcanoes, meteorites and hot springs. There are many forms and commercial uses of sulfur but it is perhaps most commonly known by its odor, that of rotten eggs or a burning match. It’s not surprising that sulfur’s volatile, fiery reputation makes it one of the most common medicinals in homeopathic medicine. The principle of homeopathy, similar to that of antigen therapy, is that with a specific dose ‘like treats like’, or in other words, the properties of a therapeutic agent will neutralize or heal the very same properties of the condition.

Medicinal sulfur has a long and honored tradition for healing inflammatory and irritating conditions such as eczema, rashes, psoriasis, arthritis, ulcers and burns. Wounded soldiers in the Trojan Wars were said to be healed by the sulfur mineral baths of Agamemnon. Mozart and Beethoven were frequent visitors to the sulfur springs in Baden-Baden. Native American Indians discovered the healing powers of what they called Big Medicine waters in the sulfur springs of North America. Today, millions of people seek symptom relief and rejuvenation from sulfur springs throughout the world.

Sulfur is the eighth most abundant element found in all living organisms and is considered critical to life. Sulfur is vital in maintaining the health of skin, bones, tissues and membranes. Holistic doctors often use supplemental sulfur to rebuild the integrity of the intestinal mucosa of a leaky gut or strengthening the blood-brain barrier. Equally vital is sulfur’s role in the proper functioning of the sulfation detoxification pathway of the liver. This is the pathway in which phenols (such as plastic), terpenes (such as the odor from pine or grass), stress hormones (such as cortisol or epinephrine), alcohol, acetaminophen (Tylenol), estrogen (such as hormone replacement or birth control pills), bile acids for fat digestion and melatonin for sleep/wake regulation are handled, just to name a few. If any of these substances are troublesome chances are that therapeutic benefit could come from sulfur sources like more dietary protein, cruciferous vegetables (broccoli, cabbage, cauliflower), allium vegetables (onions, leeks, garlic), NAC (N-acetylcysteine), Methionine, SAM-e, L-glutathione, Epsom salt baths (magnesium sulfate) or a frequently used supplement MSM (methylsulfonylmethane). However, many environmentally sensitive people have difficulty converting sulfate to usable sulfide, so in order to benefit from any dietary or supplemental sulfur one may need complementary nutrients such as Molybdenum to achieve effective sulfation detoxification.

Sulfur makes up approximately 25% of the human body weight and is critical for specific sulfation detoxification of much of today’s toxic world. Is your body telling you it needs more sulfur?

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