

THE D. J. LETTERS: Health & Wellness For Smarties

DOING EARS: Pinnal Cybernetics is OK where you live, D.J.; but get informed before you touch ANYONE ELSE besides your mom & dad, auntBoo, my b'scotty, Pop-Pop, DrMimi, or UncaSam, (& the same goes for sisterT, sisterM, Loo, Boo, & b'scotty too!)

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Dearest D.J.!

I'm writing again, to provide information and education (*Proverbs 13:22*) sharing things I've learned to help you have greater control of health and wellness. I know I've said it before, but I'll repeat myself and assure you this information is FYI ONLY and I won't be offended if you don't read it. Save the letter just in case you need to refer to it at some point in the future.

Over the years, you've seen me share a booklet about MSM by another author, and I still "pay it forward" to anyone who's curious for education on the subject. If you ever want to get another copy, or share with your family, they're less than \$5 each and the best gift you could give them (if they read it)! If there's anything in this letter that is contradictory to what you've read in the booklet, heard on a cassette or CD, or read in any number of other various books, please remember: 1) I'm not a doctor yet, nor a published author yet (unless these letters to my Lil'Man suffice as such); and 2) don't take my word for it! Do your own homework and if you find two more-reliable sources that disagree with something I've told you, be sure to let me know and I will stand corrected! - I only speak from many years of personal experience and observations related by others and I hope you won't nit-pick about irrelevant details if my sources have been outdated by any more-informed. If in doubt, always refer to items 1) and 2) above!

First, what is MSM?? Methylsulfonylmethane, aka organic sulphur. This is not to be confused with sulfa (likely a trademark), which is a common form of chemo-therapy and one that many people are allergic to, including me. (I'm not making any judgment about the product other than to name

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it because of widespread confusion when the words "organic sulphur" are spoken) Organic means natural state, compatible with our bodies biologically and genetically, and sulphur is a mineral. I've come to understand that organic sulphur is one of the largest mineral compounds found in the body of any mammal. It comes from nutrient-rich soil and, ideally, through our food, but there's very little healthy dirt left in our country, and mineral-rich soil is even becoming scarce in the countries that supply our food (after it's chemically ripened in warehouses). Therefore, we live our whole lives deficient of this crucial compound and experience many, varied symptoms of MSM-deficiency but it's rarely (never?) recognized nor identified as such. (kinda like yeast overgrowth, or dehydration, two things that also run rampant in our great homeland...)

My simplified definition of MSM is that it "isolates and suffocates foreign proteins and encourages healthy cell regeneration" and as I recall I'm parroting that angel MaryBeth who selflessly helped me when I was fighting for my life. She gave me a cassette tape called "The Miracle Of MSM" in 1997 and when I got home I realized I already had a copy but I hadn't ever listened to the whole tape. That was when cassette tapes were the "newest thing", and our only other option besides vinyl record albums or limited eight-tracks! It may be hard to imagine, and I believe cassette tapes revolutionized the exchange of information in a dramatic way.

I've relayed the story of a man whose horrible car accident left him with severe and widespread damage from burns (virtually down to the bone on both legs, I think). Amputation was being considered when his veterinarian began treating him as though he were just another animal (licensed use of DMSO). As the story goes, his muscles, ligaments, tendons, skin, and hair grew back with amazingly little scar tissue. One of my former clients, also a dear friend, actually knew the gentleman and actually

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visited Bill Rich in the hospital when he was recovering from the accident. This prompted Rich's quest to make DMSO less dangerous; i.e., legal for consumer use (most states no longer allow veterinarians to treat upright talking mammals). I'm under the impression it was quite rare to be awarded a new patent at that time, but he discovered that changing the number of oxygen molecules present in DMSO thereby produced MSM, and figured out a way to use a wood-pulp to do it (an industrial waste product which happens to be abundant in that part of the country)! The result is one of the best and purest products available. I recommend Rich's MSM™ to my entire family. However, as long as we're on the topic I'll share what I know about other types of MSM I've become familiar with.

Even though you haven't asked, Lil'Man, I'll take you on a quick stroll down memory lane. I "pinched" my sciatic nerve during your mom's birth, and struggled with the group of symptoms known as "sciatica" for nearly a year until I was fortunate to meet Dr. Bright during a sales convention your Pop-pop and I went to at high-class resort in the "mountains" of Alabama. I waited afterward to speak to the good doctor, and he took us to his room where he worked on me for another two hours before I was pain-free. Dr. Bright is gifted; nevertheless I got pregnant with your auntBoo shortly afterward, and continued to struggle with low-back issues for many years.

Then I fell in a parking lot right after a blizzard. It was one of the few times I had health insurance, and was dating an attorney. I sought care at the Mayo Clinic after a quick consult with my chiropractor, and told I had "traumatic onset degenerative myofascial rheumatoid arthritis" at L4/L5 which looked like a small popcorn ball on the MRI. The rheumatologist recommended spinal fusion and predicted I'd be confined to a wheelchair in less than five years if I didn't. I never returned to the Mayo Clinic, nor

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requested those records for any reason afterward. Isn't it curious, Darling DJ, how close I came to radical surgery, and what a coincidence I just happened to have health insurance which would have paid for it!? Is it equally curious that, years later, I rolled a car twice and they sent me home from the emergency room with a shattered pelvic bone but didn't tell me it was shattered? Hmm and I didn't have anything but the standard \$1000 medical coverage required on my auto insurance. I took massive doses of OTC painkillers for more years than I care to admit, and one of them burned a hole in my stomach so I could never take it without food thereafter, and the other was so hard on my liver that I've been told many time I should never take it again, ever, for the rest of my life. Not that I'd want to, my Darling D.J.!

When your auntBoo and I were living above the station I was having trouble even walking around. I cried myself to sleep every night, praying to have ten minutes (no- five; or even ONE minute) without pain because I honestly couldn't remember what it was like, and secretly wondered if the Mayo Clinic was going to get to "be right" after all... except I no longer had medical insurance! I couldn't cross a room unless I could lean on things along the way because I couldn't put any weight on my left leg and was too proud to use a walking-stick. I'd stand up from my desk and a lightning bolt would cause my knees to buckle. I tried chiropractic (massage wasn't as common then), and searched for someone to hypnotize me but no one would because "the pain is a warning signal, and you might cause permanent damage if you don't feel it". MSM just happened to be the ONLY supplement that your great-gapaw-the-stubborn-Bohemian would take, so we combined our resources to get volume discounts.

We don't always remember pain when it's gone, and one of my clients pointed out to me months later that I wasn't limping or hanging on for

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dear life as I walked through his clothing store. I stopped in my tracks as I realized he was right, and it was as cloudy, humid, gloomy and muggy a day as one would expect in that part of the country during late summer. Let there be no misinformation about it: at that time, I was newly-certified to administer the N.A.D.A. protocol, limited by inexperience and had not yet learned to self-treat my pain or anything else with ear acupuncture or a type of manual tool such as our PinnaSpinner™, and hadn't yet discovered our amazing EarBeads.

I credit my pain relief to massive doses of MSM which I believe dissolved (or otherwise eradicated) the arthritis and allowed the disks to repair (or otherwise restore) themselves. I allowed another MRI a number of years later for curiosity's sake and the arthritis was smaller than my thumbnail. With what I've learned, I will not submit to further (unnecessary) proof that the arthritis is gone. In my opinion, MSM is necessary or even paramount to health and wellness. Other than our amazing tea, this is one of the only products that I strongly recommend. It's kind of like Chinese medicine in a way: it can produce consistent, predictable results.

I'll be the first one to admit that I don't even know what I don't know, Lil'Man, so here's what I do know that I know:

- * it's nearly impossible to be allergic because it's a mineral compound already existing in the body;
- * it doesn't counteract anything else you may be consuming, whether prescribed or OTC, herbs or vitamins;
- * it's impossible to overdose or consume unhealthy amounts; if by some rare chance an individual takes more than their body needs, it simply flushes out of the body through the kidneys, which has gotta be one of the best things we could do for them (we love our kidneys! they're

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dark-bluish-purplish-black!);

* the only "side" effects are stronger and faster-growing hair and fingernails, plus increased energy. It's All Good, wouldn't you agree!?

Let me repeat myself again and again: I have NOT personally done sufficient research and/or homework to confirm or disprove the things I'm telling you! I know I have the facts "close enough" to get my decidedly un-professional opinion across quite clearly, dontcha think? I know with complete certainty that none of the things I'm teaching could possibly hurt you if you "do it the way I do it". The information and education I share with you will typically tend toward the conservative. If you need more precise facts & figures, get them yourself; I'm sold! There are certainly countless available resources.

I've been told there's very little, if any, documented research from the western medical community in general. If papafarma spends money researching MSM, their findings will profit every single company that can then put the stuff in a bottle and attach their own label to it, thereby decreasing the likelihood that any individual will need papafarma. If extensive research has been done in the west, it's been fairly well-kept from publication or general public knowledge unless someone actually goes looking for that information. From what I know, older issues of the Australian journal of medicine had the greatest amount of published research other than by the above-mentioned private individual, and neither resource nor their respective findings has volunteered this alternative (at least not before I wrote you this letter).

As I understand, some observant doctor(s) in Australia noticed that natives had a pattern of developing "type 2 adult diabetes" upon relocation from the outback into the cities. With any extended visit home, their blood

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sugar would correct itself. Upon return to urban life, the diabetes would reappear. Researchers found high levels of organic sulphur in the rich, unpolluted soil of the outback, and also in foods grown there and prepared with very little processing for consumption by locals. If memory serves me correctly, "type 2 adult diabetes" was eradicated in Australia subsequent to prescription of 25g organic sulphur daily. Sad to say, such treatment has been banned since then, and that condition is more common than ever in Australia.

(I'm sure it was their equivalent of our dear papafarma who noticed all the money our own "non-profit" organization allegedly dedicated to research for a cure was cranking through its coffers, realized they weren't milking that particular cash cow, quickly lobbied lawmakers to rectify that "loss" through legislation limiting doctors and thereby capitalized on the suffering of countless citizens! just my opinion of course, which Proverbs 13:22 instructs me to provide my Lil'Man because I happen to believe it's valuable and the only "treasure" I can offer you today, my Darling! I've repeated the story too many times to count, and have had many former clients and students offer resistance and disbelief initially, but none of them have come back to tell me I was mistaken, and I don't mind standing corrected!)

MaryBeth told me, Lil'Man, to work my way up gradually from 3g daily until I was taking 25g daily. She told me to maintain that level until I was "symptom-free for 30 days" which means exactly what it implies, and then to work back down until I could tell a difference. I've been taking it for 15 years and don't notice much unless I miss it for more than a week or take less than 15g daily. My fingernails break, I notice more hair in the shower drain or in my hair pick, and drag myself through the day wishing for a nap. We all find our ideal daily dosage (and/or refer to the letter I wrote

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you about “muscle-testing”) once we correct a lifelong deficiency of this crucial mineral compound. The best advice I can suggest for my Lil'Man is to start with 3g and increase by 3g every 4-5 days until you're taking 25 daily, then hang in there for at least one lunar cycle before you (and if you even want to) back off, just as gradually, until you find a comfortable lower daily level.

When I was in Bible College, a staff member heard me raving about MSM. Next thing I knew, she went to Jim with feet and ankles so swollen her shoes didn't fit.. Jim hadn't heard much about MSM at the time, and because that was the only thing she was "doing different", he concluded MSM must be the culprit despite my protests that it's impossible to have an allergic reaction to MSM. I went to her house, looked at the bottle, saw several additives listed in fine print as "other ingredients" and found out she'd jumped right in at 25g from day one, undoubtedly overdosing on one of the additives in the capsule. If I don't ever do anything else to help you, baby-boy, developing you into an avid label-reader will help me feel I accomplished something valuable!

But I digress (...still or again?). Years later, Jim was on tour, traveling, speaking and preaching all over the world, for six months at once. Almost immediately upon his return I found him sitting in the clinic and asked him (with my heart pounding) if we had scheduled a meeting I forgot to write down, to which he replied that he was there so I could do his ears. I commented that he was showing the not-so-positive effects from his six-month tour of time zones, and he agreed that he was rundown (specifically mentioning “lung qi depletion” due to public-speaking). While I hadn't discussed MSM with him since the incident with his staff member, I asked him in a comically-accusing way whether he was taking his MSM “like a good boy”. He replied that he was "swimming in that stuff". My experience

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is, because most containers of human MSM say that the recommended dosage is 1-2 capsules daily, that if a person thinks they're "swimming in it" usually means they're taking 3-4 daily. So I challenged him, saying "I'll bet you're *not* !" (Let this be a lesson not to be a smart-aleck to your mentor!) My jaw dropped open when he replied "I'm taking 40g daily." I gasped, "You mean 40,000mg every single day?" He patiently confirmed that 40,000mg does, indeed, equal 40g and then said, "I can't get too much of it, and if by some chance I do, whatever my body doesn't need will flush through my kidneys and what could be better for them, with a track record like mine?" (referring, of course, to his congenital kidney disease, the one that causes the kidneys to progressively shrink and harden, which prompted the doctors to suggest a double-transplant when he was newborn but it was refused, and the doctors sent him home to die almost 40 years ago, so one of the reasons he became an OMD was to save his own life after western medicine threw up their hands in defeat.)

All I can say about all that, DJ, is that when I tell someone about MSM I also relate that story to them, and let them draw their own conclusions about what is actually the healthiest daily dosage of MSM. Well I would venture to guess it's somewhere between 20-40g daily, combined with 2-4g of Vitamin C (yes, that's a 10 to 1 ratio of MSM to C). It doesn't matter one bit whether you take it with food or on an empty stomach as long as you take it with vitamin C, the "magnet" MSM binds with in order to travel inside the body. The MSM will go where it's needed most, which is may be unpredictable and another reason to work your way up to larger amounts. CAUTION: if there are any Other Ingredients in your MSM you are exponentially more likely to have an adverse reaction or even an overdose from fillers and binders added by the manufacturers. As your Gami, and one of the people on the planet who cares most about your well-being, my darling DJ, I recommend your healthiest ratio of MSM to vit C as 10mg

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MSM to 1mg Vitamin C and that you increase them both proportionately for your best results.

I personally prefer the 1200mg caplets (they're referred to as "MAX tabs") available from Rich Distributing™, and take them with my multi-vitamin ("LifeZone™ Amino-Key™ Basic" is the one I take and as you know it's the only one I will even mention to the people I love, D.J., because it's the only one that works the way multi-vitamins are supposed to work) and grapefruit juice which together take care of the vitamin C ratio I need. Don't let anyone else muscle-test you for any reason, Lil'Man! Your brain and body are the only ones who know exactly what's needed for optimal health & wellness at any given moment of any given day, and if anyone tries to tell you otherwise, my darling DJ you just remind yourself what I just said!

Back in the mid-90's when our family first began taking MSM on a regular basis, there were only two decent brands available: Lingusil™ and Opti-MSM™ but I preferred the Lingusil™ because it seemed to be more concentrated than Opti. More recently, the people who are one of the industry leaders in MSM for horses (Formula 707™) have managed to trademark their own brand. Unfortunately for us humans, these are the only brands that don't have additives in the form of fillers and binders, the things that will make us sick if we take as much as we need. Rich Distributing™ and John Ewing Co. (maker of Formula 707™) both have a high-pressure press that will make tablets out of pure MSM without needing binders to hold the powder together. Ewing Co. used to mix the appropriate amount of Vitamin C with their MSM in the tablets but unfortunately for us, they no longer mix them together. Nevertheless, I strongly urge my family to purchase Rich's Torpedoes™ or Ewing Co's Cowboy Smart™ products. In my opinion they're the best. You don't need

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to look further, Lil'Man!

If my D.J. can't afford the MAX Tabs, Torpedoes, or other PURE forms of MSM packaged for human consumption, he can visit any local feed & grain store and buy the kind that's sold for horses. It's in powdered form and comes in a plastic container that looks like a child's sand-pail or in a re-sealable bag and costs a mere fraction of the kind you'll find in every store where other human supplements are sold! Likely that's because horses cannot read. They don't need shrink-wrapping or fancy labels and packaging, they can't read and don't care about the disclaimers required by laws which were passed to support the medical model (drugs or surgery attempting to eradicate a symptom) which only profits from prolonged illness and suffers fiscally from public health and wellness!

Of course this is all just GAMI's opinion and personal theory due to quite biased observation and many years of developing a jaded attitude! Indulge me, okay? Maybe something I'm sharing with you here will be helpful at some time in the future; you just never know. I love you as big as the sky, and miss you every single day! Call or email me anytime, Gami is always overjoyed to hear from her DJ for any reason he can think of!

I am so proud of you DJ!
If You Can Dream It, You Can Do It!
TheGami

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