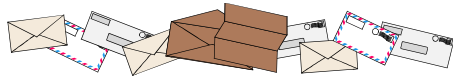
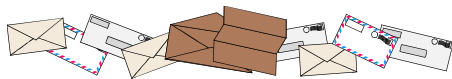


# Is There Anything Else I Should Do?



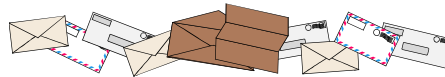
Well, now that you mention it, there is. As I said before, very few of us eat properly and so very few of us are getting proper nutrition. In fact, our soils are so depleted of minerals that none of us are getting enough minerals in our diet. We should also supplement our diets with a good mineral supplement and (if we aren't eating right) with a good multi-vitamin supplement. Remember, that your body needs ALL of the raw materials in order for it to be healthy. We will be happy to give you more information or talk with you about these supplements.

## How Much Does All Of This Cost?



Less than you might think. You probably spend more on maintenance for your car each month. And what is more important: a car that you're going to replace in a few years or a body that you have to live with the rest of your life (not to mention the length of that life)? We are not in this to make a lot of money.

We honestly want to help people have a longer and better quality of life. That is why we sell our MSM for around \$10.00 in one-pound quantities and for less when more is bought at one time. That's less than half as much as others may be selling it for (prices subject to change depending on our supplier). This is a very small investment to see what MSM can really do for you. The Ester-C runs about \$.09 per 1000 mg caplet (other less expensive ascorbic acid vitamin C would be better than using nothing if you can't afford the Ester-C). Please call us at the number below and we will try to answer any further questions that you might have.

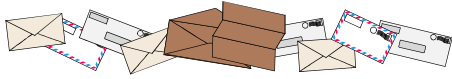


Becky Gibbons  
PC NetwoRx, Inc.  
623-465-1810  
800-453-7516  
Extension 2

# MSM

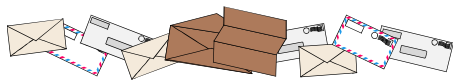
MethylSulfonylMethane

# What Is MSM?



MSM is methylsulfonylmethane, an organic sulfur compound that is found in every living thing. It is a major component of our bodies and is required for proper cellular functionality. It allows the cells to be permeable so that they can take in the proper nutrition that they need and so they can eliminate the waste that they produce. Without MSM the cell walls become thicker and toxic substances build up inside them and inhibit their ability to function properly. This situation can cause all sorts of symptoms that may include headaches, hearing loss, gastric problems, chronic fatigue, myopia, skin rashes, constipation, mental disturbances, etc. In other words, anything that a cell is responsible for doing can be inhibited by a lack of MSM.

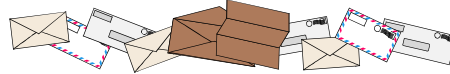
## Why Do I Need MSM?



You need MSM because of the way our present day society handles our food products. If we all had our own gardens and picked our food at the peak of ripeness and ate it raw, we would not need to supplement our

diets with MSM. The problem is that MSM is so water-soluble that it will disappear with the slightest processing of our food including cooking, canning, freezing, or just letting it sit for too long. Also, not many of us eat the right kinds of foods to begin with. Since almost all of us are deficient in MSM, several health problems start to develop and get worse as time goes on.

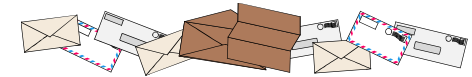
## What Should I Do?



You should start getting more MSM in your diet. The powder form of MSM can be dissolved in water or juice. Since your body is not used to getting the amount of MSM that it needs, you have toxins that have built up in it. You should start slowly to allow the toxins to release slowly. Start with an eighth teaspoon of MSM stirred into your beverage of choice each morning and each evening (or one capsule a day). Also take 1000 mg of Ester-C time-release vitamin C for each teaspoon that you take of the MSM (up to 3000 mg per day - helps new cells form as the old cells are replaced). The MSM powder will take several minutes to dissolve completely but eventually will. Continue at this same amount for several days and then increase by another quarter teaspoon (or capsule) each week. Some will want to go as high as 8 to 10 teaspoons per day depending on the health issue being addressed. Once you feel you have achieved the results that you want, drop down to a maintenance level of around 1

teaspoon (4 capsules) per day. This entire process should probably take at least a few months to make up for your deficiency. Remember, it took many years of deficiency to get where you are today. It's going to take some time to make up for all of those deficient years and the damage that has been done.

## What Can I Expect?



Even with starting out slowly, you still may go through one or more detoxification episodes as you release the built-up toxins. This detox can manifest itself as headaches, nausea, cramps, diarrhea, and fever among other flu-like symptoms. If this occurs, reduce the amount of MSM and take long hot baths with either a cup of apple cider vinegar, a cup of baking soda, a cup of Epsom salts, or three quarters of a cup of Clorox (which is said to leach out aluminum from your body) stirred into the bath water. Try to alternate between these substances to draw out different toxins—do not mix them. The bath water should be warm enough to cause you to perspire. As always, people with unusual health conditions should follow a doctor's advice. As your level of MSM increases, you should notice various improvements as the weeks go by including less fatigue (and therefore less sleep required!) as well as more energy.