The West Coast Organic Sulfur Project

Information Manual

We report; you decide.

Richard Clark, Director
West Coast Organic Sulfur Project
(Natural Health Organic Sulfur Products Ltd.)
Disclaimer
None of the information reported in this manual, in emails, or on the website, is intended to replace or substitute for licensed medical or psychological care. The director of the project, and those working with him, do not recommend or advise people to discontinue, avoid, or ignore medical or psychological consultations or advice. Many participants decided on their own initiative to reduce or discontinue medication or to change planned medical procedures, some with and some without medical consultation. That was their choice and not recommended or encouraged by the director or staff at Natural Health Organic Sulfur Products Ltd. We report; you decide. Please read the full disclaimer at the end of this manual and on the website.

The West Coast Organic Sulfur Project
This began as the West Coast Organic Sulfur Study (Canada, 2002) and it has been quietly growing ever since. As the result of my own success (through a similar US study, pre 2001), I began promoting and coordinating the use of this pure, flake organic sulfur. I interviewed and monitored the results and experiences of people who took it. Over the next three years the participants increased to over 400 people. Most of them have continued to take organic sulfur and consented to be interviewed.

In 2009 the name was changed from “Study” to Project. The study part is over—the results have been shown consistent. Now it’s a project—to get as many people as possible informed about large flake organic sulfur. This operates under the auspices of Natural Health Organic Sulfur Products Ltd, a 100% Canadian owned and operated company. This report is based on over 15,000 hours of interviews and education and research over 12 years. It is the combined experience of the biologists, chemists, naturopaths, product producers, and customers who have generously offered their knowledge and experience. If, after reading this report, you are interested in taking this organic sulfur please contact…

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Please read the disclaimer.
**Introduction**

Good *physical* health is more than the absence of illness and certainly more than feeling good because you work out regularly, or because you are not sick very often. Good *emotional* health is more than not being angry or depressed, and *spiritual* (or ethical) health; well… that’s something altogether rare and complex.

Our bodies, minds, relationships, emotions, morality, and ethics exist in an incredibly complex balance—in modern culture, sadly, usually destructive. Education deeper than trendy self-help books, learning to take complete personal responsibility, having awareness about good health (in a context more demanding than talk shows and social conversation); and participation beyond popular diet and exercise fads, are crucial. I have reported the information accurately and you are responsible if you decide to participate.

As of 2014 I have spent 34 years helping people achieve mental and physical health (which is different than physical fitness). The aspects of good health that, practiced together, have consistently offered the best results are: (i) organic sulfur flakes and Catalyst Altered Water for body cellular health; (ii) a responsible diet and mild exercise; (iii) Emotional Freedom Techniques¹ for body energy management and health; and (iv), a non-interfering lifestyle governed by spiritual or ethical principles for universal harmony.² This report is for information principally about the first aspect.

As I said, this is based principally on telephone interviews and participants’ experience. These are self-help, self-applied, non-medical health applications. Be responsible and read the disclaimer at the end of this manual.

Kind regards

Richard Clark, Director

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¹ Body energy healing is explained in a 90 page manual written by the director who has been teaching/using it for 15 years. Copies are available for $12.00 each. Emotional Freedom Techniques, hereafter referred to as EFT, is a self-applied, body energy healing practice that has been repeatedly shown to be very successful in the elimination of negative emotions, anxieties, trauma, and illness. Related websites for body energy work are [www.gracefultransformation.ca](http://www.gracefultransformation.ca) or [www.emofree.com](http://www.emofree.com)

² The complex nature of healing from addictions is discussed at length in *Spiritual Transformation* by Richard Clark (567 pp. soft cover). It addresses, in detail, the aspects of addictions, relationships, spiritual principles, and recovery. For information about the book go to the Health Reference Material at the end of this manual.
PART I

Reported Benefits

This is not a miracle “cure” (there are no miracles)—do not expect immediate relief or instant recovery. Rapid change may happen; it may not. These reported benefits of these organic sulfur flakes are dependent on regular, long-term use of this organic sulfur following the recommended guidelines. Use of other sulfur/MSM products were reported to be much less effective. Not all participants reported all these benefits. Some participants, in addition to taking organic sulfur, also apply EFT and/or drink Catalyst Altered Water³, which together noticeably enhance the benefits of organic sulfur. All of these conditions, or more accurately all health conditions, have an emotional or traumatic root to their origin, and have an on-going traumatic consequence to having the condition, hence the benefit of the regular self-application of EFT mentioned earlier.

About 1/3 of the participants decided to change their diets and incorporate Catalyst Altered Water (see Part III). That offers a significant contribution to their health recovery.

ACNE: See the section on Skin Conditions.

ADD – ADHD: See the section on Moods.

ADDICTIONS: Detoxification is accelerated and addictions cravings are reduced when people are maintaining abstinence from addictive substances. Food cravings are often reduced with organic sulfur, and are significantly reduced when also applying EFT. The detoxifying phase of early recovery appears to be shorter and less intense. This is because of the specific chelating benefits when taking organic sulfur.

ALLERGIES-ASTHMA-EMPHYSEMA: Some people who were depending on bottled oxygen no longer needed the bottled oxygen. When combined with EFT, all mild and moderate cases reported significant healing from allergies and asthma. [Note: no one has ever reported being allergic to this organic sulfur and it is not related to sulfa drugs.] There may be minor healing crises so it is important to acclimatize (explained later).

³ Catalyst Altered Water, hereafter referred to as CAW, sometimes called Willard Water is a patent-protected water that is altered at a molecular level. It is explained in brief at Part III of this manual.
ARTHРИTIS / Osteoarthritis: People with all types of arthritis and ankylosing spondylitis experience noticeably less pain and increased mobility. Participants reported the straightening of finger joints and the resolution of internal scar tissue around the joints. Using CAW and organic sulfur, participants with mild to moderate small-joint arthritis reported major resolution within 4 – 6 months. Large joint arthritis also improves, but the resolution phase is slower.

AUTISM: In twelve cases, parents report children as responding well: increased participation in activities, more involvement in their environment, and in three cases development of simple speech. In four of those cases (young children after two years of organic sulfur) enrolled in regular school and in one case of a 12 year old, there was very slow but steady progress in learning simple words and interacting with parents. These cases are rare but the reports appear valid.

BLOOD CONDITIONS, CARDIOVASCULAR & HEART:

- Fifty-four cases of scheduled heart surgery were cancelled as EKG’s returned to normal within six weeks of regular ingestion of organic sulfur as recommended.

- High Blood Pressure — Over 100 cases of high blood pressure have been resolved along with the elimination of related medication (participant’s own initiative). One member reported going from BP 160/102 to 136/85 in two months. These types of changes are frequently reported.

- Study members thus far, who take organic sulfur on a long-term basis, report the breakdown of calcium plaque in the arteries and going off related medication. (This has taken as long as a year in some cases and was done on their own initiative. We do not recommend ignoring medical advice.) High cholesterol, hardened arteries, and plaque in the arteries were reduced. General health of blood and circulation system noticeably improved.

- See the additional information in the sections on Liver and Exercise.

- Over three-dozen people report reductions in cholesterol counts.

- Live Blood Analyses: Seven members report going from poor blood quality to the top 10% for live blood quality in three to six months of organic sulfur use. This was verified by independent lab tests.

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4 The director of the study is not a doctor and there is no advice or recommendation to avoid medical advice or consultation. Many people who take this organic sulfur discontinue medication on their own initiative. Please read the disclaimer at the end of this manual.
CANCER & CHEMOTHERAPY: Cancer, and in fact all medical illnesses, thrive better in an acidic, anaerobic body. Anaerobic is “oxygen deficient”. Study members undergoing cancer treatment who took a minimum of 50 g of organic sulfur (est. 4 - 6 tablespoons over the course of a day) reported no nausea, diarrhea, or hair loss during chemotherapy. There was also a noticeable reduction of cancer cell counts. Lymphomas and tumors have been greatly reduced, and in 11 cases went benign within a year.

CHEMICAL SENSITIVITIES: Extreme or complex chemical sensitivities, sometimes referred to as environmental illness, means being allergic to, or having a strong, sensitive reaction to, “everything”: perfume, pets, soaps, many foods, spices, fabrics and lotions all at the same time. Its onset is mysterious and related to repeated, ongoing trauma and an often-unconscious belief that the world (or their existence) is dangerous. In combination with clear Catalyst Altered Water organic sulfur has, in about two-dozen cases, been reported to noticeably reduce or eliminate these sensitivities. These are especially effective (over 90%) when combined with EFT and other information from the Health Reference Material on intestinal yeast. Recovery is slow and gradual due to complex cell repair and immune system healing.

CARPAL TUNNEL / LIGAMENT-TENDON CONCERNS: Limited motion and associated pain are reduced because of the regeneration of connective tissue. Several participants indicate complete resolution after a period of minimal joint use and ingesting organic sulfur.

CHRONIC FATIGUE SYNDROME: People reported positive change—more energy, clearer thinking, and higher motivation. Results were especially successful when organic sulfur was augmented with Catalyst Altered Water and EFT.

CONSTIPATION: All people interviewed with constipation or bowel movement problems reported less constipation, easier, and more frequent bowel movements. This was more evident in those that combined their organic sulfur with Catalyst Altered Water.

CROHN'S & LUPUS: Fourteen study members reported positive change (less pain and fewer debilitating episodes). CAW was a positive and contributing factor to these results. Emotional trauma is a significant factor and EFT was an important component of recovery in four cases.

DIABETES: Organic sulfur is essential for the production of insulin and sulfur-based amino acids, which are necessary for management and metabolism of carbohydrates (sugars). There is a reported positive effect on all types of diabetes. In about a dozen cases, when augmented with EFT there was a
complete resolution of the condition. In every other case (about 20) insulin dependence has been greatly reduced—in many cases by as much as 2/3 reduction after two months (reduction was on the participant’s own initiative.) Please read the disclaimer at the end.

**EMPHYSEMA:** See the section on Allergies.

**ENVIRONMENTAL ILLNESS:** See the section on Chemical Sensitivities.

**EYE CONDITIONS:** Three cases of early stages of macular degeneration were reversed, and several cases of eye scar tissue damage from glaucoma and eye surgery were reported as resolved. This required frequent eye washes of the organic sulfur/Catalyst Altered Water solution (#3, p. 18) and regular ingestion of organic sulfur over a period of ten to fourteen months.

**EXERCISE:** During periods of monitored strenuous exercise seven people report a 30—60 second reduction in recovery time for heart rate and respiration after four months of organic sulfur.

**FINGER & TOE NAILS:** These grow faster and will improve in color and strength.

**FOOD CRAVINGS:** See the section on Addictions.

**GASTRO-INTESTINAL CONCERNS:** Acid indigestion, GERD, irritable bowel, leaky gut, and constipation have been reported as generally reduced or improved with a twice-daily regular intake of organic sulfur. Diet change is usually necessary. The amount taken will depend on body weight. Gradual acclimatization, described later in this report, is important. Related information on intestinal yeast infections is important in these conditions and includes the reference reading at the end of this manual.

**HAIR — GROWTH & COLOR:** Several people reported their hair changing from grey back to their natural color. [Reduction of grey cannot be predicted.] Four have reported new growth in bald areas and many have reported hair-thinning stops. [This cannot be predicted and should not be expected.] All reports indicate hair to be softer, thicker, in better condition, and a noticeable increased rate of hair growth (est. 20% faster).

**HEART:** See the section on Blood Conditions.

**HEPATITIS:** One person regenerated his liver to a healthy state after 25 years of Hepatitis C with only organic sulfur (18 months of two table-spoons twice a day). Nine other study members report blood counts returning to good health.
(especially with additional use of EFT) within a year. There is an erratic period of blood counts until the body stabilizes. (See the sections on Blood and Liver.)

HORMONES & THYROID: Seven people (five women, two men) reported hormonal and thyroid imbalances corrected naturally and ceased taking supplements and drugs (on their own initiative).

INJURY – SURGERY / RECOVERY: While on organic sulfur before, during and after surgery and injury two things have been consistently reported: healing is much faster and there is noticeably less scarring.

INTESTINAL YEAST: Intestinal yeast infections are a major health concern for a large portion of the population; in my work, at least 30 – 40% (men and women). The books noted in the health/reference section at the end of this manual have been reported as invaluable in healing and recovery from illness. What has also been reported is organic sulfur and Catalyst Altered Water are important parts of efficacy in recovery.

LACTIC ACID: Reports from independent analysis from seven members indicate lactic acid is flushed out of the body system.

LIVER & KIDNEYS: Almost two-dozen study members report liver regeneration and increased function from liver and kidney damage, especially from Hep C and alcoholism (after maintaining sobriety). This was after 10 – 18 months of taking organic sulfur in the recommended manner and was evident by medical tests and noticeably improved skin tone and quality.

LUPUS: See the section on Crohn’s.

LYMPHOMAS & TUMORS: Reports indicate these have consistently reduced in response to organic sulfur—both in the associated swelling, fatigue and pain, and in decreased size of tumors. This takes several months to manifest.

MENSTRUATION & MENOPAUSE: Most women interviewed have reported fewer cramps, less PMS, and general reduction of discomfort during menstruation. About a dozen women experiencing menopause and perimenopause report life was noticeably more pleasant with fewer and much less intense hormonal adjustment. In over a dozen reports, hormonal imbalances were gradually eliminated. In many cases all prescription medication was discontinued (at the participant’s own initiative). In four cases women in early menopause reported feeling much younger and began to menstruate again with little discomfort.
MOODS & MOOD DISORDERS: About 30% of the participants with these concerns report going off mood medications of various types, especially the naturopathic anti-depressants, and report depressions lifting, ADD and ADHD as less erratic, and feeling more emotionally stable. Most of that 30%, with these concerns, discontinued medication of their own accord with a positive result (both financially and physically). EFT was a positive factor in about 50% of these cases.

OSTEOPOROSIS: In seven cases of long-term use, members have reported an increase in bone mass and a reversal of reducing bone density. Many report more motility and much less pain.

PAIN: Organic sulfur is consistently reported to reduce and modify pain; it becomes less intense and in many cases, especially with arthritic and phantom pain, is eliminated. Aching muscle joints and stiffness are eliminated or greatly reduced.

PREGNANCY: Three women, on their own initiative, took organic sulfur during pregnancy and reported very healthy babies and easy delivery. Twelve mothers began taking organic sulfur in the recommended amounts while breastfeeding. They reported quieter and more emotionally stable infants, and in two cases rapid and healthy weight gain for infants of premature birth. Again, read the disclaimer.

SCARS: Over the long term (more than two years) people have reported the reduction of scar tissue and the elimination of stretch marks. Acne scars slowly reduce.

SEXUAL RESPONSE: About 55 female members of the study reported an increase in vaginal lubrication during arousal. About 75 male participants reported stronger and more stable erections. Many members, both men and women, report feeling more aroused more frequently.

SKIN CONDITIONS: Acne, psoriasis, rosacea (red skin splotches), liver spots, nail-fungus, and related conditions have been slowly reduced or eliminated. With rosacea and acne, sometimes in as little as three weeks. Eczema is often reduced. In about 75% of cases, mild to moderate eczema was completely eliminated when clients used our proprietary skin treatment (Type #1 or #2, p. 17) and CAW in addition to this organic sulfur. It appears that CAW is a significant factor for improvement. Complexion and skin tone improve noticeably after 4 – 6 months of taking organic sulfur.

SLEEP: Participants report dreams becoming more vivid and changing from black and white to color. Taking organic sulfur close to bedtime often causes
light sleep. For this reason we generally recommend taking the second daily amount of organic sulfur at least five hours before bedtime. Overall, people report they require a little less sleep and feel better upon awakening. Six report a drastic reduction in sleep apnea and two reports of eliminating it.\(^5\)

**SNORING:** About fifteen participants report reductions in snoring by using a spray-mist of a water-organic sulfur solution inhaled into the nose twice a day and at bedtime. In a few cases this eliminated snoring. Again, the recovery rate cannot be predicted. The non-reactive #3 formula used for this (p. 18).

**STRETCH MARKS:** See the section on Scars.

**TOXIN REMOVAL/Chelating:** One specific purpose of organic sulfur, through the enhancement of amino acid production, is detoxification and chelation of toxins and heavy metals. This is especially true for organ and brain detoxification. According to the reports, organic sulfur appears to be the most effective (i.e. gentle, non-intrusive, not expensive) of the various methods now available. About forty participants report going from moderate or severe heavy-metal toxification to negligible after 12—15 months. They were on no other protocol. Many of these incorporated regular use of Catalyst Altered Water. The oxygen-nutrient transfer protocol and amino acid production associated with organic sulfur are the basis for this gentle detoxifying process. It appears to be safer, less intrusive, and less expensive than other chelating protocols.

**TATTOOS:** Over the course of years of ingesting organic sulfur, tattoos will lighten and fade. The skin cells will naturally remove foreign pigments (the dyes) during the body’s natural process of detoxification.

**TUMORS:** See the section on Lymphomas.

**VITAMINS & SUPPLEMENTS:** Organic sulfur is not a vitamin or a supplement. It is classified as food by the federal health agencies of Canada and the US. Over 75% of the participants interviewed, after several months of taking the organic sulfur, decided to reduce or eliminate the expensive barrage of vitamins and supplements they had been taking. They reported they felt better with just the organic sulfur and with only an occasional amount of Vitamin C crystals, and Vitamin D (liquid). They saved, in some cases, hundreds of dollars monthly. A good quality one-a-day vitamin, taken every 2\(^{nd}\) or 3\(^{rd}\) day was found to be sufficient for about 25 members.

\(^5\) Regarding not taking organic sulfur at bedtime — there are exceptions for some serious health concerns. Snoring and sleep apnea are sometimes reduced but require unique applications. Other issues of sleep disturbance or insomnia are effectively resolved with EFT.
OTHER BENEFITS (General): Various study members reported going off anti-depressant medications, reducing or eliminating the need for diet supplements, canceling surgical procedures (all at the members own initiative). Most reported clearer thinking and improved mental energy; some noticed better eyesight, and all reported improved skin quality and tone. After several months of taking organic sulfur, everyone reported a noticeable sense of overall wellbeing. Participants have frequently reported they feel better “everywhere”.

**General Guidelines**

Please remember these simple guidelines:

- The recommended amounts are not intended to be exact amounts. A teaspoon is about 5 g, give or take a bit.
- The recommended times—early morning and then again about 9 hours later are guidelines. If you take the second amount 8 hours or 10 hours later it will work fine. It is only important to take it twice a day, about 9 hours apart.
- Keep your daily intake of filtered water “up”—very generally, about 1 liter for every 50 pounds of body weight. If you’re over or under somewhat, it will still work. Organic sulfur is made less effective by chlorine in tap water. Take it with any form of pure/filtered water.
- Be reasonable and gentle with yourself; these are guidelines. Stay reasonably close to the recommendations but don’t get “fanatic” about them.

**Taking Organic Sulfur / Protocol**

**ORGANIC SULFUR IS FOOD, IT IS NOT A VITAMIN, A DRUG, OR A SUPPLEMENT.**

**IT IS NOT THE YELLOW MINERAL FROM MINING.**

**ORGANIC SULFUR IS NOT RELATED TO SULFA DRUGS.**

The following recommended guidelines were developed from interviews with the participants of the West Coast Organic Sulfur Project. Be mindful that organic sulfur has a bitter taste; however, within a month or so the taste becomes a non-issue for most people. Ensure organic sulfur is not taken at the same time as prescription medication, vitamins, or nutraceutical products. These products interfere with organic sulfur. Whenever possible take organic sulfur at least 20 minutes before eating or taking other pills and supplements.

**Healing Crises**

Assume for the moment that your body cells, blood cells, blood capillaries, skin cells, cellular oxygen/nutrient transfer, and peptide and amino acid manufacture, aren’t working well. Calcium buildup, plaque, etc., are broken
down by organic sulfur, arteries and capillaries soften, blood pressure changes (stabilizes), brain fog dissipates, pain is reduced, free radicals are neutralized, and detoxing/cellular repair begins. In the beginning, all of this will sometimes precipitate an achy-flu like series of sensations or a few mild headaches—a temporary healing or detox “crisis”.

This is not like the side effects of prescription medication. There are no side effects from organic sulfur. Any healing crisis indicates your body adjusting, in a healing way, to the sudden availability of oxygen and nutrients to your body cells. This sudden change is a shock to your body and the positive shift upsets your biology. These will disappear as your body acclimatizes and stabilizes itself. Any minor healing crisis is evidence that your body is adjusting and healing.

- 50% of the participants report no discomfort or healing crises at all.
- 45% of the participants report very minor healing crises, i.e. very mild discomfort, for the first week. Some sort of short-term, mild detoxification is sometimes experienced. These are mild flu-like symptoms (joint aches and pains, headaches, mild and brief periods of fever-like perspiration). These are mild and over the first year, may recur briefly.
- 5% (or less) go through a temporary healing crises. This consists of noticeable flu-like symptoms that can last a few days to a week or so. Slow acclimatization avoids this.
- Several people reported mild skin itchiness for a few weeks near the six-month mark. This is attributed to skin healing and detoxification.

**Acclimatization Process**

In all but rare situations, everyone should acclimatize when beginning to take organic sulfur. If you are particularly sensitive to foods, have many allergies, or environmental illness and toxic reactions, when beginning to take organic sulfur it is very important that you begin at a low amount and gradually increase to the recommended amount. In a few situations, the gradual increase can take up to 2 months, although it is usually 3 to 4 weeks. At the beginning we recommend this acclimatization process for a reasonably healthy person 130 – 160 pounds:

- Take ½ teaspoon of organic sulfur once a day in the early morning for 4 days, then
- Increase to ½ teaspoon twice a day (early AM and about 9 hours later for 4 days, then
- Increase to 1 teaspoon twice a day (same times) for 4 days; then
If there are no flu-like symptoms that indicate a healing crisis, go to the recommended amount for your weight and health issues.

If mild upset is experienced at any level go back to the previous, smaller amount for an extra week. Give your body time to adjust. If there are no flu-detoxification symptoms you can increase more rapidly. You be the judge and use common sense. Healing crises are resolved with a very gradual increase in the amount taken. Be patient and persevere.

Our bodies, like the tides and the seasons, work in a gently rhythm. Try and relax into this protocol. Don’t become fanatic about it and try and avoid erratic taking of organic sulfur, which may set up an unhealthy feast-or-famine cellular reaction. Ensure the recommended amount is being consumed reasonably regularly and consistently, at least twice a day.

Taking The Right Amount

The amounts of organic sulfur that are suggested during your first purchase interview are guidelines based on these main factors:

- height and weight — being over-weight for your height requires that you take more than the standard recommended amount—BMI, which is related to heart-mass pressure;
- general weight – if you are height/weight appropriate, the heavier you are the more you take (larger mass requires more organic sulfur);
- the illness or health conditions you are trying to address: the more chronic and serious the illness, the more you take⁶; and,
- the amount of stress you cope with (a crucial but subjective evaluation). Stress makes greater demands on your physiology; with more stress take slightly more organic sulfur.

There are two options for taking it:

- Put the recommended amount directly into your mouth and quickly swallow it with a few sips of water. Follow this with drinking 10 oz of water. This appears to be the most convenient and effective to get quickly past the taste. (or)
- Dissolve the amount in a large (10 oz) glass of warm or room temperature water and drink it. This appears to be the most disagreeable because of the exposure to its bitter taste.⁷

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⁶ In brief: health concerns, body weight, stress, diet, and previous health issues are all variables.

⁷ If a microwave is used to warm the water do not add the sulfur until after the water is heated. Microwaves use temperatures above 400 F and organic sulfur vaporizes at 270 F.
If taking it for a severe illness, a few weeks after you have recovered it will be fine to reduce the amount to what is recommended for your normal weight, but while ill or recovering you take more than is recommended for the restoration of good health. Children as young as 19 months have taken it with positive results—dissolve the amount in unsweetened cranberry juice and have them drink it. In a few cases, organic sulfur has shown itself to be effective in reducing or eliminating autism and early-onset indications of Alzheimer’s. This has not been consistently shown, but it has been reported.

With a few acute, chronic and serious health concerns it is recommended to take it three or four times a day. This is rare and requires consultation and is done on a need-to-only basis for some conditions. Twice a day is most often enough. Translating amounts: 1 tsp (teaspoon) = 4 to 5 g and 1 TBsp (tablespoon) = 14 to 15 g.

**Generalization:** For a reasonably healthy adult (20 to 65 years), of about 120 – 140 pounds (56 – 63 KG), between 5’ 4” and 5’ 8” tall (160 cm to 170 cm), with a low to moderate active life, the recommended amount after acclimatization would be 2 teaspoons (2 tsp = about 10 g) twice a day.

**Considerations:** There is a very broad range of daily amounts recommended. Over the years, we’ve had 19 months old the youngest so far, several pregnant women, and 94 years old, the oldest. And of course, there’s from very good health to very sick and infirm, and how long a person has been coping with the illness. The person’s height and weight is an important consideration; and there’s environmental or substance sensitivities, and stress, and pre- or post-medical treatments including surgery. [And then there are 4 pound and 80 pound dogs and 18 pound cats and one person gave it to their budgie birds and reported they were healthier.] To suggest a “standard, general amount” for everyone is not effective. This is why we strongly suggest a brief consultation the first time you buy organic sulfur (and it’s a service not provided by other sellers).

Stress, dense diet, many supplements, and exercise levels make demands on amino acid replacement, heart mass pressure, cellular repair, and internal respiration (cellular gas balance transfer). For adults, during periods of stress (any stress) or when you are tired during the day, or before a heavy workout, or if you are a little unsure of how much to take, take an extra teaspoon or two—take a little more than is recommended.

Within reason, you can’t take too much organic sulfur. The director took 1/3 of a pound a day for three weeks. The experiment caused mild diarrhea and light sleep agitation. There was no ill effect.
The most common reasons for poor results: not taking it twice a day; not taking the recommended amount; not taking enough; not consuming enough water (approx. 1 liter per 50 pounds of body weight spread throughout the day). Again, take it at least 20 minutes before consuming any vitamins, prescriptions, or food in the morning and a few minutes (10 – 30) before your evening meal. Avoid taking organic sulfur within 5 hours of bedtime.

Pets

House pets and animals benefit greatly from organic sulfur. It can be sprinkled on their food or dissolve the organic sulfur in their water. Note that for house pets, taking organic sulfur usually will make bowel movements more frequent. As with people, the recommended amounts for pets vary greatly.

Packaging, Storage & Shelf Life

Bulk: Our product is sold in vacuum-packed 454 g (1-pound) packages. This maintains its non-contaminated purity. It has a declared shelf life of five years. Recent tests of “old product”, stored in bulk, vacuum packages, demonstrated it was effective after 10 years of dry, sealed storage. For daily use, store it in a clean glass jar on the counter. The vacuum-sealed packages don’t require special storage. ‘In a cupboard’ is good enough.

Consuming it at the rate of 1½ – 2 teaspoons twice a day, 1 pound (454 g) will last about 30 days, and one tablespoon twice a day will last about 24 days. Over time, it may clump up (which is natural), just break it apart into flakes when consuming it.

Pure Capsules & Bulk Flakes

Reports from participants consistently indicate that when taken in its pure, bulk form, it is noticeably more effective than pills or capsules or retail MSM. This is because, as explained elsewhere in this manual, the pills and capsules have most often been made with an MSM product that has fillers or flow agents added to it (sterate or silica).

Recently, Natural Health Organic Sulfur Products Ltd. has arranged for a 1 g large capsule of organic sulfur that is guaranteed pure. It contains the identical product to the bulk that we sell. It is a slightly finer flake, packaged in pharmaceutical conditions, in a vegetarian capsule. It is the same pure organic sulfur as the bulk. The vegetarian capsule product has a shelf life of 4 years.

Capsules are sometimes advisable for people who cannot get past the bitter taste or for others who are awkward with measuring bulk products. The capsule (one gram of pure organic sulfur flakes in each capsule) is more expensive but has not shown to be less effective than the bulk. It has a shorted shelf life.
because of the influence of the vegetarian capsule on the organic sulfur. It is a viable and excellent alternative to the bulk product.

**Hydration**
Maintaining proper hydration with non-chlorine, non-fluoride, non-calcium water is very important. A person should consume about 1 liter (33 oz) of clear, pure water per 23 kg (50 lbs) of body weight per day. For example, a person who weighs 150 lbs should drink approximately 2½—3 liters of clear, plain water a day. [Coffee, tea, beer, wine, liquor, juice, soda pop, do not qualify as ‘water’.]

Catalyst Altered Water solution with a high, stable pH (10.6) is recommended. CAW has a molecular makeup that is similar to cellular cytoplasm, which has wide ranging benefits related to heart mass pressure and healing. ⁸

**Topical Formulas**
The director has developed topical formulas over the course of ten years at the request of organic sulfur users. Please read the disclaimer at the www.organicsulfur-msm.ca website or at the end of this manual. You can buy and use these at your own risk. Having said that, these have proven effective for many people with skin lesion problems like eczema, psoriasis, acne, scarring, scaly skin, liver spots, burns, and some birthmarks; however, there are no guarantees. Effectiveness requires long-term regular application. These are not skin softeners they are healing agents. Reported success rates are based on participant’s verbal reports. Remember: Taking organic sulfur and these skin applications will, over the long term, cause tattoos to fade.

(1) **Organic Sulfur Skin Gel Treatment** (reactive) — This 4 oz jar comes in a white, pharma-grade container. Do not rub or massage the gel in, just wipe it lightly on the affected area and let it dry. Test it over a small skin area first to test your sensitivity. Do not use this skin treatment for ingestion, in your mouth or in your eyes. A custom made, special, more gentle formula is available for children/infants—special order only. This comes with a full-page product sheet.

(2) **Organic Sulfur Skin Wash** (reactive) — available by special order only. Some people have larger areas of their body covered in rash or scaly areas. A custom-made skin wash (similar to the above gel) is available in 1 liter containers; by special order. Apply this skin wash to the affected area (psoriasis, eczema, rashes, etc.) at least once a day: at morning 20 minutes before showering and at bedtime. Do not rub or massage it in, just wipe it lightly or spray the affected area and let it dry. Again, try it on a small

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⁸ Information on CAW is at Part III.
area first to check for sensitivity. Special formulas are available for children/infants – special order only. Do not use this skin treatment for ingestion, in your mouth or in your eyes.

Applying the reactive gel or wash, for those with sensitive skin, once a day will be sufficient for the first while. For severe conditions, apply twice a day if possible. There will be a slight tingling, “itchiness”, or a mild burning that will disappear in about 20 minutes. After 20 minutes it can be rinsed off with plain water or it can be left on. There have been no reports of cotton/poly clothes being damaged after it dries. If you are applying makeup after application, the wash should be rinsed off before the make up is applied. Do not use these for internal applications—not for consumption.

(3) Non-Reactive Skin Wash/Eye wash – eye solution: This a non-reactive skin wash that can be made at home — reported as effective but far slower to aide in healing external concerns than the above noted products. It’s much more gentle for applications that involve infants. It works well, just much slower. This non-reactive formula can be used internally or as an eye wash. Lightly wet or spray the affected area, especially burns, several times a day with this non-reactive skin wash. This can be used internally or externally. For this non-reactive wash mix in a food-grade plastic container…

- 16 ounces of good quality filtered water
- ¾ - 1 ounce of Catalyst Altered Water clear concentrate
- 8 – 10 tsp of organic sulfur

Let sit over night until the sulfur is dissolved. There is no reactive transdermal agent. It works, but more slowly and for skin applications there will be no tingling or itchiness. Lightly wet or spray the affected area (especially burns) several times a day. Let dry. This formula can be used internally or externally.

Obtaining Reactive Formulas #1 and #2
Obtaining CAW Concentrate & Organic Sulfur
Catalyst Altered Water concentrate and Organic Sulfur and the reactive formulas #1 and #2 are purchased through Natural Health Organic Sulfur Products Ltd. Formulas #1 and #2 are purchased premixed. For #3, you make it at home. Use a plastic eye-dropper.9 This is because of the influence of the Catalyst Altered Water (see Part III). Do not use glass containers.

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9 It may sound a little elaborate but — if you can't find a plastic eye dropper, buy a small plastic bottle of some eye treatment at a drugstore, pop off the squirt top, wash it well, and then refill it with the eye drop #3 solution. That works well.
Applications

These suggestions are more successful if the person is also consuming organic sulfur and catalyst altered water in the recommended amounts. Use the solutions as recommended, at room temperature, and store in plastic containers. Use plastic eye droppers for eye applications. The following uses are suggestions. For conditions you are unsure of contact us for consultations or seek medical help.

Eye Solution — Use only the #3 non-reactive formula. Put three or four drops of this solution in each eye several times a day and at bedtime. This #3 formula has been reported as effective eye drops for eye surgery scars, glaucoma, early macular degeneration, and cataracts.

Burns — Use the #3 non-reactive formula — spray it on the affected area several times a day and let it air dry; don’t wipe dry (more about this later).

Mouth or Throat Concerns — Use only #3 non-reactive formula. Gargle, rinse, or hold about ½ ounce the Type 3 solution in your mouth for several minutes several times a day.

Skin Conditions (external) — Adults: Use #1 Gel (best) or #2 Wash (very good) for concerns like rashes, scarring, acne, rough complexions, eczema, stretch marks, aged skin, psoriasis, wrinkles, scars, moles, burns, herpes outbreaks, genital warts, liver spots, birthmarks, ear infections. Wipe or spray it on lightly; don’t rub it in. This is a reactive formula, use gently. Infants - Children: For infants and children, use the #3 wash or special order a more gentle #1 gel. If you wear makeup, apply the gel or skin wash first, let it dry for about 15 or 20 minutes, then rinse it off before applying any makeup.

Throat & Mouth Concerns (and Toothpaste) — Have a separate jar of the #3 non-reactive solution and use it for toothpaste or mouthwash. First — give your teeth a quick brush and rinse with plain tap water. Then floss, and brush well with a small amount of the #3 non-reactive solution. [What works well is to special order a special-ingredient pH gel toothpaste that is non-reactive and use that as toothpaste.] After brushing do not rinse; leave it in your mouth and let it naturally absorb. The #3 non-reactive formula can be gargled and held in the mouth for throat/gum concerns.

Vaginitis and Yeast Infections — Many women report excellent results using the #3 non-reactive solution as an internal vaginal wash for vaginitis and yeast infections. Apply #3 internally to the affected area. Apply twice a day (more often if possible), and especially at bedtime. For external genital concerns like herpes or warts use the reactive #1 or #2. Leave for 15 minutes or so and let it dry. Then rinse it off (or not) and dress.
General — At the onset of a headache, place $\frac{1}{4}$ or $\frac{1}{2}$ teaspoon of organic sulfur flakes in your mouth and hold it there as it slowly dissolves. You can also sip and hold in your mouth $\frac{1}{2}$ ounce of Type 3 formula. This increases the efficiency of absorption and several reports indicate this may often reduce or eliminate the headache. In the middle of a long or stressful day, when angry, or in emotionally draining situations, take an extra teaspoon or two of organic sulfur. Stress increases the body’s demand for amino acids and oxygen.

Organic Sulfur & Vitamin C
There are several claims that taking Vitamin C at the same time as organic sulfur is beneficial—the products ‘enhance’ each other. There is no substantive or examined research to verify this. They appear to be specious claims on websites that have not been verified. Vitamin C, good as it is, in the form of a capsule or pill, will negatively affect the organic sulfur because of the additives or bonding agents in the vitamin C capsule or pill. Take the organic sulfur flakes separate from other things as best you can, as recommended.

Pure ascorbic acid and organic sulfur don’t taste good. The first is sour/bitter, and the second is bitter. They are packaged into pills and capsules to avoid the taste. This packaging may not affect the potency of vitamin C, but it certainly affects the potency of organic sulfur.

Part II — Science and History

The Natural Sulfur Cycle & History
“Sulfur” exists in two forms in nature—as a hard yellow granular elemental mineral (not bio-available) and as an organic white compound molecule (bio-available). The yellow mineral sulfur, from mining, is present in a volcano’s lava that’s forced into the ocean through volcanic activity on the ocean floor. These under-water volcanoes are called black smokers. The yellow mineral sulfur in lava from black smokers reacts with ocean water and is chemically changed into bio-available organic sulfur that becomes a part of ocean water. Through evaporation, condensation, and ingestion by sea life, organic sulfur is supposed to end up on land as a part of the nutrient cycle for plants and animals. Animals and people then consume bio-available organic sulfur. That’s the positive natural sulfur cycle, which was eliminated by technology.

Around 1860, I.G. Farben first produced chemical fertilizers from coal tar. In the 1930s Farben collaborated with Nelson Rockefeller and Prescott Bush to develop and aggressively market chemical fertilizers made from crude oil (ammonium nitrate and ammonium sulfate). Manufacturing chemical fertilizers requires high temperatures and bio-available sulfur is very temperature-
sensitive. Production requires temperatures 100 degrees F above the vaporization point of organic sulfur. Bio-available sulfur evaporates in the process of manufacturing fertilizer. The elimination of this essential food that happened during the manufacture of chemical fertilizers was ignored.

In the early 1950s, by federal legislation, farmers were encouraged to use chemical fertilizers, which are less expensive, easier to apply, and completely absent of bio-available sulfur. Since then, agriculture’s reliance on chemical fertilizers has effectively eliminated the natural sulfur cycle. In those countries that use chemical fertilizers and that aggressively market processed or fast foods, there is no diet bio-available sulfur. From the early 1950s to the present day, with the mandating of chemical fertilizers, disease rates in North America went up drastically and continue to rise at an alarming rate.

Food quality has drastically diminished. MDs, NDs, and other medical professionals, when asked about sulfur usually respond: “We get all the sulfur we need from the food we eat.” That may have been true until governments passed legislation in 1954, which legalized the 100% use of chemical fertilizers. Chemical fertilizer companies got rich and illness increased.

Additionally, the horrendous increase of air-born pollutants, chemical toxins, heavy metals in food (especially fish and sea food), growth hormones, stress, pesticides, GMO/GMF dead food (which damages body cells), microwave ovens, destructive pharmaceuticals, aggressive marketing of harmful vaccines, food “enhancers”, and processed foods all contribute to the increase of illness, trauma, body-cell damage, and immune-system deficiency. Our “modern era” toxic load is hundreds of times more a burden on our physiology and psychology than at any time in the past. Illness increases.

Diseases we hadn’t even heard of in the early 1970s have become common. Addictions, allergies, asthma, autoimmune illnesses, arthritis, autism, cancer, chemical sensitivities, diabetes, environmental illnesses, GI complications, heart conditions, high blood pressure, mood ‘disorders’, obesity, stress disorders, yeast infections, and the dependence on harmful pharmaceuticals, sugars, alcohol, and drugs (all with destructive side-effects) have grown at an unprecedented rate. Now, back to responsibility and healing…

**DMSO1 & Organic Sulfur**

Claims about “plant-based” organic sulfur being better than other types are specious and hold no scientific or healing merit. Yes, there are important differences between the different sulfur products that are sold for consumption
(i.e. pills, capsules, powder, flakes, with or without additives, packaging, etc.). However, regarding the claims and beliefs that “plant-based” organic sulfur offers better healing results are false and misleading. There is no such thing as plant-based organic sulfur. It all begins with Black Liquor.

(i) There are plants and trees from 20 million years ago, which have turned into crude oil. Crude oil is a “plant based” commodity; and,

(ii) In these modern times, there is the pulp and paper industry, which processes pine trees, which makes the pulp and paper industry a plant- or tree-based industry.

Both of these “plant-based” heavy industries have an end product that is often referred to as ‘black liquor’. Black liquor, the end product from pulp and paper or petrochemicals is then sold to a chemical plant and processed into Dimethylsulfoxide1 — DMSO1. The number 1 refers to the number of oxygen molecules. So, DMSO1 is created in a chemical plant from black liquor in a manufacturing process. It has a rigid and specific chemical structure.

So, it all begins with black liquor from heavy industry, which is then made into DMSO—a clear, oily liquid that tastes like oysters or strong garlic and gets warm when mixed with water. There are basically two grades of DMSO — industrial and pharmaceutical. Pharmaceutical grade DMSO is a “strict” molecule that has a stable structure and it abandons the characteristics of its parent black liquor.

Whether made from either source of black-liquor, both of which are plant based, there is no difference in the end product of pharmaceutical-grade DMSO. This is hard for many people to believe because of the barrage of advertising that has been going on for years that criticizes petro chemical industry products. By assumption, the heavy industry of pulp and paper isn’t quite as “evil” regarding eco-damage. But, in the scientific truth of chemistry, pharmaceutical grade DMSO1 has a rigid structure. Once it is DMSO the parent material of black liquor is irrelevant.

Pharmaceutical grade DMSO1 is a reactive healing agent that has demonstrated excellent health benefits. It’s been used in sports and veterinary medicine for years, and many people report that DMSO1 is a remarkable long-term solution to joint and body pain, body fungus, herpes outbreaks, warts, arthritis, skin lesions, and many other conditions. DMSO can be applied topically or used intravenously (administered by a doctor), or sometimes taken orally (again as directed by a doctor thusly trained).10

10 DMSO1 is a transdermal agent and is used effectively on the skin. Do not use it full strength. Read DR. Morton Walker’s book *DMSO Nature’s Healer*. See the video on
There are serious cautions and guidelines for using DMSO\textsuperscript{1}. It is relatively inexpensive to manufacture; it cannot be patented, and it’s easily available in large quantities. Drug companies are opposed to its availability—they lose money in drug sales and there’s no substantial profit. The “problem” is when ingesting DMSO even though effective for healing, it creates a very strong and very unpleasant (temporary) body or breath odor.

**What is Organic Sulfur, exactly?**

All organic sulfur is a manufactured product. There are different manufacturing processes (some better than others) and it cannot be extracted from nature. The best Organic Sulfur comes from a manufacturing process that combines DMSO\textsuperscript{1} and pharmaceutical grade hydrogen peroxide. These are mixed and then put through an elaborate and complex boiling – distilling - evaporating – precipitating process. The best process gives an end result of 99.85\% pure organic sulfur in large flakes.

The final white crystal, a manufactured molecular compound, is then left as-is or processed. Organic Sulfur, recommended and used in this study, is classified by Canada Health and Welfare and US-FDA as a non-perishable food product, not a vitamin or supplement. It has four names: Dimethylsulfoxide\textsuperscript{2} (DMSO\textsuperscript{2}) or MethylSulfonyMethane (MSM) or DimethylSulfone or Organic Sulfur.\textsuperscript{11} The advertising hype that “plant–based” organic sulfur is the best is irrelevant because of the manufacturing process.

Some resellers claim they have a “lignin” based organic sulfur, which is better than… everyone else’s. Lignin is the molecule in trees that makes them rigid and “stand up straight and hard”. If there was lignin in organic sulfur (a) we couldn’t use it in our bodies, and (b) if we could, it would makes us rigid and inflexible like trees. There is no lignin in this organic sulfur, there is no lignin in any consumable organic sulfur. It is exactly and consistently:

- 34\% bio-available elemental sulfur
- 34\% oxygen
- 25.5\% bio-available carbon

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\textsuperscript{1} Other manufacturing processes usually produce a less pure and notably less expensive product—processes that more easily allow particles of contamination. Of the six manufacturing plants the director has examined and toured (2007-2013) the processes used in off shore manufacturing (China and India) are not to the level of purity as North American product. However, off shore product is imported in large quantities and usually offered at about half the cost of the better quality product. You (usually) get what you pay for.
• 6.5% hydrogen
• with trace H2O moisture (est. <0.1%) and smaller traces of DMSO1 moisture (est. <0.05%). These last two percentages can vary between themselves up to 0.003%.

Then, why call our particular organic sulfur organic? Because, unlike other MSM mixtures and compounds, the large flake organic sulfur recommended and sold by the West Coast Organic Sulfur Project is pure and 100% organically available to your body cells. There are no contaminants or additives, guaranteed. Our bodies use this organic sulfur 100%—carbon for cell repair, organic sulfur for oxygen and mineral transport and amino acid manufacture, oxygen to address cellular stasis, and hydrogen as an anti-oxidant.

Sulfur products manufactured outside of North America have repeatedly shown themselves to be less effective because of contaminants and inconsistencies in manufacture. Heavy metal toxicity is usually 30 – 40% higher than what we sell, measured in PPM. No, you do not get bad breath or body odor from this organic sulfur (yes from DMSO1, not from DMSO2).

**Truths and Myths**

Myths and Internet speculation have led to many conflicting claims and myths, perpetuated by untrained (or sometimes ignorant) resellers. One principle purpose of this study has been to understand and eliminate these contradictions so we at the West Coast Organic Sulfur Project can help you make a confident and well-informed choice.

Of the more than two-dozen resellers the director has spoken with, *only one* knew reasonably well what organic sulfur might do in the body and what could be accomplished. All the others were riding the speculation to make easy money but didn’t know what they were doing. Here are the more important general findings thus far (to January 2014)…

• All organic sulfur available on the market is a manufactured product. It isn’t ‘extracted from nature’ as some claim. Yes, it is found in nature in trace quantities, but what’s sold is manufactured. It is not and cannot be “extracted from nature”.
• An estimated 70% of what’s available is imported from off shore manufacturers, principally China and India. About 1/3 of the resellers interviewed claimed theirs was a North American product but close examination and chemical analysis of samples didn’t prove this out. It was clearly a fraudulent representation of product quality.
• Only two manufacturers delivered 100% consistency for pharmaceutical quality. All non-North American sources (India, China, Russia) were inconsistent for quality and purity.
• Reseller’s claims about ‘natural’, ‘lignin-based’, ‘pine knot’, ‘sawdust’, ‘wood-chip’, ‘pine-tree’, ‘salt-water’, ‘plant-based’, ‘naturally occurring’, or ‘vegetable-based’ MSM are all advertising hype and not true. The deception is used to promote sales—it sounds very “green” and eco-friendly, but it’s inaccurate and very misleading.

• Claims that one organic sulfur product is the same as another product; that the manufacturer doesn’t matter, are false. It does matter. Manufacturing process, purity, post-production additives, environmental exposure, packaging, and granular size are all important.

• Claims that additives don’t affect it are false. Over 15,000 hours of phone interviews with over 3,000 people over 10 years demonstrates it does matter. Powdered organic sulfur and sulfur with additives (any additives) are shown to be not as effective.

• Organic sulfur does occur in nature in very small, trace quantities—far too small for natural extraction. “Naturally extracted” organic sulfur doesn’t exist. The molecule itself is too fragile to extract from natural sources, anyway.

• There’s no such thing as 99.9% or 100% pure organic sulfur. The best the director of this project has ever found, through independent testing, is consistently proven 99.85% pure. The balance is trace moisture (water <0.1% and DMSO1 <0.05%; with minor variance). This is the quality and standard that we recommend and sell at Natural Health Organic Sulfur Products Ltd.

• Our organic sulfur at the West Coast Organic Sulfur Project is the only product available (anywhere to our knowledge) that is Kosher and Halal certified, Non-GMO, Vegan, Gluten/Allergen free (guaranteed) and USA-FSSC certified for food safety.

• This is an entirely different product from anything that is a sulfa “drug”. Organic sulfur and “sulfa” are not related and dozens of people who are allergic to sulfa take it with good results and no complications.

• Non-North American or off-shore MSM manufacturing standards have been shown to be less rigid than North American in their production. The director has tested at least 11 other samples and toured 6 of the known manufacturing facilities in India and China. Off shore MSM product usually sells retail, here, for less than $20.00 per pound. It has less rigid production standards, different manufacturing processes, and consistently higher contamination of heavy metals. This may not be true of all other-continent producers, but for those examined by the director, it has been.

• Off-shore imported sulfur (from India or China) is most often sold in a powder, with added flow agents of 2% – 5 %, and usually sells for about ½ the cost of North American made product. If it’s in the range of
$12 - $20 dollars per pound it is more than likely off-shore; certainly not a guarantee, but a safe bet.

- At least three Internet resellers purchase sulfur from China at 1/3 the cost, claim it’s North American made, and sell it with an outrageous mark up, equivalent to the cost of a North American made product.

- Organic sulfur powders must have flow agents added to the powder, otherwise the sulfur cakes into hard chunks. Silica or sterate can be from 0.05% up to 5% of the content. One product from China was analyzed at about 12% silica. Any additive makes it up to 70% less effective (reported estimates).

- Bulk, unprocessed, flakes (+/- 850 microns or larger) are much better for health than any processed retail product found thus far. Mesh sizes of less then 700 microns are usually classed as powder and there will be additives.

- There is now a “best” capsule alternative. We have arranged for a large capsule of organic sulfur that is guaranteed pure (1 g per capsule). It contains the identical product to the bulk that we sell; flake form and no additives. It is packaged in pharmaceutical conditions, including a negative-vacuum chamber, in a vegetarian capsule at the time of manufacture. The vegetarian capsule has a shelf life of 4 years; the bulk upwards of 8 years. Capsules are sometimes advisable for people who cannot get past the bitter taste or for others who are awkward with measuring bulk products. The capsule (one gram of pure organic sulfur flake in each capsule) is more expensive than the bulk; however, the large vegetarian capsules are an excellent alternative.

- Our Organic Sulfur from the distilled process, in microscopic lab analysis, shows to be more pure than flakes from precipitated processes. This is because there’s no potential for contaminate absorption during manufacture. The difference is noticeable—less than 3 PPM versus 5 PPM or more. Here, we sell only the best.

- Take it a minimum of twice a day, and after acclimatization when or if you are in doubt, take slightly more than is recommended. I.e. If you think you should take 2 teaspoons twice a day (according to the chart) but you’re not quite sure, take 2½ tsp.

- When examining the labels of 23 different retail containers, all the daily-amount recommendations (number of grams per day) are far too low for effective intervention in health concerns. That, combined with the usual additives in commercial products, makes those a poor investment (when compared to the recommendations, product purity, and reported results from this study).
What Does Organic Sulfur Do?
Linus Pauling, best known for research on Vitamin C, has been quoted that all of our modern diseases can be attributed to a mineral deficiency. Most researchers agree that bio-available organic sulfur is one of the most important of the trace minerals. What makes it important? Sulfur, selenium, and tellurium are the only oxygen transport minerals for living tissue in animals and mammals. Organic sulfur is a transport mineral—a crucial component of the growth cycle of all living things and should be present in significant quantities in the human body (estimates are about 1% of body weight). Having bio-available oxygen, bio-available carbon, and bio-available sulfur, the three principle components of organic sulfur, at the cellular level is vital.

Internal Respiration
Facilitating oxygen transport at the cellular level through eating, rather than breathing, is one significant function of organic sulfur. This is called internal respiration. It’s crucial to “eat” oxygen, through organic sulfur, which as I pointed out above, is an oxygen-transport mineral. Organic sulfur carries the extra oxygen molecules that become available to body cells.

Organic sulfur enables and maintains a proper cellular gas-balance transfer, enables toxin removal, eliminates free radicals, places no extra functional pressure on the liver, fosters proper cellular regeneration (miosis and mitosis), facilitates the resolution of internal and external scar tissue, and enables the formation and utilization of amino acids.

Amino Acids
Amino acids are the body’s building blocks and 70% are sulfur based. This means that without the right amount of bio-available sulfur the body’s amino acids don’t work well. Four crucial sulfur-based amino acids and their general purposes are:

- **Methionine**: detoxification of heavy metals (especially from the brain, liver, kidneys); control and reduction of fat cells and cholesterol; hemoglobin blood development; protection against tumor growth and cancer;
- **Cystine**: antioxidant and free-radical eliminator; detoxifying agent (especially heavy metals from the brain and organs), stimulates the immune system;
- **Cysteine**: stimulates and repairs the immune system; protects against acetaldehyde (air born toxic pollutants); works with *naturally* occurring vitamins C, E, A, and B’s; and is significant in insulin
management, stabilizing blood sugar, and carbohydrate metabolism; and,

- **Taurine**: stimulates production of healthy growth hormones and brain development; essential for heart, skeletal muscles and central nervous system; and controls and moderates blood sugar levels.

These four amino acids can’t function effectively without an abundance of pure and unprocessed organic sulfur. And, since we cannot store bio-available sulfur in our bodies, people must consume sufficient quantities of organic sulfur on a twice-daily basis to maintain a healthy and adequate amino acid process.

We believe that consuming large flake, pure organic sulfur:

(i) Corrects internally deficient amino acid processes;
(ii) Eliminates anaerobic cellular stasis;
(iii) Facilitates abundant blood oxygenation and nutrient transfer;
(iv) Improves liver function and skin quality; and,
(v) Stimulates cellular repair, the immune system, cellular mitosis and miosis (regeneration), and detoxification.

An important factor regarding organic sulfur is that it is not situational or organ-specific. It works on all body parts and organs from toenails to hair follicles and, it is circumstance- or organ-responsive — when your body has enough of it on a regular basis, it will be used or distributed to where it is needed most, according to the wisdom of your body cells and its immediate biological demands. It’s actually quite amazing how all this works.

**Processed MSM Products - Silica & Flow Agents**

Reports have been received on about twenty other products sold in pills, capsules, or in a powdered form. Retail and other sulfur/MSM products we’ve observed are not the same as the organic sulfur used in the West Coast Organic Sulfur Project.

If organic sulfur is to be made into pills or powders for resale it must be processed a second or third time after its manufacture. It has to be ground into a powder and then flow agents like silica or sterate are added. This is also true for almost all capsules.\(^\text{12}\) Post-manufacture processing is necessary and that extra processing is detrimental to the organic sulfur. Each molecule of organic sulfur is easily affected by its environment. Its electron make up causes it to “attach itself” to whatever it comes into contact with. This alters its makeup and reduces its effectiveness.

\(^{12}\) The only exception that has been found is the capsules that have become available to this study, slightly finer grind, 1 g capsule of pure organic sulfur, described earlier.
Flow agents, coatings, binding agents, the gel capsule, and liquids interfere with organic sulfur. When exposed, powdered forms are very susceptible to air-borne contamination. Any additives, including it being mixed into health drinks, make it less effective. There are questions to ask when deciding which product to take: Is the organic sulfur processed into pills or powders? Are there any additives? Is it mixed with anything? If you answer ‘yes’ to any of these questions reports indicate it will be significantly less effective than the large pure flake form we recommend.

The West Coast Organic Sulfur Project has shown persuasively that the most health-effective form is non-processed organic sulfur in large flakes. Despite the claims of retailers and resellers that the form of organic sulfur doesn’t matter, our research proves that it does; it matters a great deal. To be effective, our bodies must be able to utilize the organic sulfur that we ingest directly through eating—from the stomach or the pre-digestive tract to the lymph and blood system. When we eat it, it must be available to our cells. Additives interfere with this.

Pure powdered organic sulfur, because of its electron make-up, clumps into hard chunks. This natural caking makes it impossible to manufacture pills and retail products without adding flow agents like silica. Silica prevents the clumping and allows it to be easily measured and packaged into pills. A significant drawback to consumers is silica is classified as “non-reactive” and inert, so retailers and manufacturers can “legally” add silica and not include it on the label as an ingredient—mislabel their sulfur as organic or pure even though there is silica in it.

It’s believed that when in our bodies, silica may absorb water (unnecessarily) and it interferes with dynamic body energy processes, thereby making it detrimental to body energy. Study members advise and estimate that when organic sulfur is mixed with silica or other agents, it is 70% less effective than pure, large flake organic sulfur. Silica contaminates organic sulfur and shouldn’t be in our bodies. Most MSM that is available in processed forms of powder or pills/capsules has shown itself to be only very marginally effective for health.

**Fluoride & Chlorine**

Chlorine and fluoride, in addition to being poisons, are detrimental to oxygen transport, and yet these have been added to our water and toothpaste to make our teeth ‘healthier’ and our water ‘purer’ and free from bacterial infestation.

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13 By our estimation, sometimes as much as 5% of retail sulfur is silica; however it is usually in the area of 1 - 2%.
These two chemicals are poisons and when it comes to oxygen and sulfur, they block the cellular uptake of oxygen. For these reasons, drinking pure or filtered water is important. Drinking water without calcium (calcium is often found in farm wells) is also important.\textsuperscript{14}

\section*{Oxygen}

Otto Warburg’s work, for which he received a Noble Prize in 1931, proved that cancer in humans is anaerobic. Anaerobic, by definition, is cellular metabolism with insufficient oxygen. Cellular regeneration, detoxification, and good health are closely linked with our body’s ability to transport oxygen across the cell membrane. Two things: (i) there must be a sufficient availability of oxygen; and, (ii) it must also be able to be transported ‘into’ the body cells. Without adequate organic sulfur, you may be breathing and adding oxygen to your water, but with no organic sulfur, the oxygen can’t be transported across the cell membrane and put into the cells to do any good.

There are two ways people can access oxygen. The first way is, of course, by breathing. The second way is by eating organic sulfur, called internal respiration. Uncontaminated organic sulfur is an oxygen-transport mineral. The oxygen molecules and the organic sulfur are released into the lymph and blood systems and the sulfur molecule ‘transports’ the oxygen into your cells. This internal respiration is crucial to health, as is the associated intake of bio-available sulfur for amino acid efficiency.

When taken on an empty stomach and with adequate water (this is the suggestion from reports), the organic sulfur and oxygen are absorbed directly into the body via the pre-digestive tract. This demands a minimum of heart-mass pressure, which makes it especially effective for people who are ill, injured, infirm, emaciated, or obese. Considering that external respiration (oxygen through breathing) is already compromised through poor health, taking organic sulfur is a crucial aspect to good health.

\section*{Modern Health Considerations}

The conundrum appears to be we are living longer but getting sicker—a tremendous money grab for the pharmaceutical companies, doctors, and hospitals; but distressingly frustrating because we live through it.

The disclaimer that appears at the end of this manual, and my encouraging you to be mindful of it, may cause you to suspect the effectiveness of organic

\footnote{\textsuperscript{14} For more information on this, please visit www.organicsulfur-msm.ca and read the section on Hydration and Catalyst Altered Water.}
sulfur. Bear in mind however, that there are also no “guarantees” in our culture’s accepted medical practices. Medications have dangerous side effects and surgeries often give less than the hoped for results. Dr. Mercola advises (www.mercola.com) the leading cause of death in the USA (c. 2004) was medical-doctor’s properly prescribed medications and approved medical procedures.

Advertising propaganda tells us medical science is getting smarter; but how effective is modern, accepted medical health care? Autoimmune diseases, obesity, heart attacks, autism, violence, cancers, diabetes, mental illness, addictions, are all on the rise. Drug companies are constantly being sued for all manner of negligence. Statistics show the appalling consequences of “approved” medications and medical or surgical treatments. There is mounting evidence that many government regulatory agencies are compromised by greed and otherwise self-serving agendas. Pharmaceutical companies, the doctors who represent them, and vitamin companies constantly offer “new and improved versions” of drugs and/or supplements over some earlier version of a new-and-improved version. Governments and corporations pour trillions of dollars into health care and research—so, why are we getting sicker?

It is estimated in the US, in 2011, $9,000 was spent per person on health care (about 2.8 trillion dollars). This was about twice as much as the next highest country (Canada). The US spends the most and was rated last of the 36 nations for over-all population health (c. 2005). Altogether, in North America, the health-care situation is horrific, and it’s getting worse and it guarantees nothing. As unquestioningly accepted as modern treatments are, their shortcomings, failures, and the incidents of unsuccessful treatments or harsh, invasive protocols are legion.

I do not generally accuse health-care providers (medical doctors, naturopathic doctors, chiropractors, vitamin companies, and therapists of various types) of malfeasance or negligence—certainly, I grant for the most part, they are probably well-intentioned—but lets face it: accepted health-care practices are not working. Traditionally, people have unknowingly chosen between two general options in responding to their health concerns:

(1) They neglect or ignore their emotional and physical health, which neglect is often hidden under specious arguments about freedom, helplessness, entitlement, and “personal choice”. In my experience this is most often related to addictions and belligerence, which are much more prevalent than most people realize. Most stubbornly disregard the possibility of authentic change by ignoring any evidence that lies outside their comfort zone (meaning they reject and criticize new information that contradicts their coveted prejudices).
They evade responsibility by excusing, quitting, and blaming—living a generally “miserable”, pain-and-anxiety ruled life, ultimately doing nothing; or,

(2) Through ignorance or negligence, people participate in our traditional medical health care system, which includes naturopathic, eastern, western, and “vitamin-oriented” medicine. With no known alternative what else can they do? These address only the symptoms or only cover up or suppresses the symptoms. Symptoms are only a visible misrepresentation of the real problem. Reducing the symptom’s intensity is called “healing”. Eliminating symptoms, however, does not eliminate the issue it still exists at a cellular energy level. People are passive, waiting for the doctor/caregiver, or the drug to do the work. They change nothing in their own life and expect someone else or some “thing” like drugs or massage to make them better. This “look-after-me” approach is how our culture has orchestrated health care, and underlies virtually all present-day medical, chiropractic, naturopathic, food supplement, massage, vitamin, and pharmacological treatments. Doctors, and vitamin and drug companies get richer and people get sicker.

In recent decades, with “modern” medicine and technology, people are routinely expected to live longer. Doctors are becoming expert at symptom management—yes, we are living longer, but living with ever-increasing illness and obesity while doing that. It is obvious to the director of this study, with over 30 years in the health recovery field, that people may have the correct combination of vitamins, minerals, water, protein, exercise programs, surgeries, chiropractic and massage treatments, intellectual commitments, a daisy chain of fragmented medical experts’ opinions, meditation practice, and talk therapies, but all are of no lasting effect when there is dysregulation in the body’s energy field and fractured cellular functioning.

Each and every body cell must be brought to optimum health, and body cell health exists underneath symptoms (as does quantum energy exist within the body cell). It takes a willingness to commit to a new way of viewing personal health care. In my experience, changing our out dated attitudes and taking responsibility is harder than the actual healing.

The West Coast Organic Sulfur Project
This is now extended organic sulfur study, ongoing for over ten years, and shows clearly that sulfur-absent diets have significantly contributed to the drastic increase in illness. Premature aging, dependence on pharmaceuticals, autoimmune diseases, skin disorders at all ages, poor skin tone and color, autism, viral and bacterial infections, allergies, increased incidents of common
flues and general health annoyances, some mood-disorders—the drastic deterioration of our overall sense of well-being, are all related. Organic sulfur plays a crucial role in the regeneration of all body cells.

In an earlier study participants used typical retail MSM with poor results. It was believed the problem was the various anti-caking agents, repackaging agents, and additives or binding agents used in retail MSM. Results indicated these contaminated the MSM and blocked the body’s use of organic sulfur. Years ago, for a short time, the study had to use an MSM powder rather than large sulfur flakes due to temporary production difficulties (which have since been resolved—we changed manufacturers). When the study members used the powder rather than the large flakes, its effectiveness was noticeably reduced.

About half of our early participants had been taking some other form of MSM prior to joining the West Coast Organic Sulfur Project. When they stopped using the pills, powders, or capsules, and started taking this uncontaminated, pure large flake form they reported a marked increase in health and at less cost. The purity and flake size are definite factors in achieving a positive response when taking organic sulfur. The West Coast Organic Sulfur Project recommends and sells 99.85% pure organic sulfur, meaning not processed in any way. The balance is trace water and DMSO1 moisture. It’s in a crystal flake that is itself 100% biologically available to the body.

**Promote Health with Organic Sulfur**

We believe the absence of organic sulfur is a significant contributing factor for the dramatic increase in disease and overall poor health in North America. Without energy harmony and individual cellular health working well people get very sick, very soon, degenerate at a cellular level, and age prematurely. A body cell is ostensibly a passive system and sits quietly waiting to “receive” nutrients and oxygen. Nutrients remain unavailable—regardless of how many you take, healthy gas-balances are not maintained, and toxins remain embedded in the body’s cells.

If body cells are scarred or inoperative they cannot receive the essentials of life from the blood. If the blood cells don’t have or can’t carry these essentials the body cells don’t get them. Without receiving anything from the blood, a cell sits in stasis with an unhealthy nutrient balance and toxin load. This is anaerobic-toxic cellular stasis.

Taking organic sulfur promotes natural cellular health. It’s more a life-style change than a strategy for forced healing. When we set up our diet and lifestyle to promote health our body does what it is designed to do—heal itself. This is what our large-flake, pure organic sulfur promotes:
• Oxygen-abundant aerobic cellular metabolism—mitosis and miosis—the basis for healthy cellular regeneration and facilitation of cellular energy in each body cell;

• Intracellular gas balance: maintains a proper balance of oxygen, nitrogen, and carbon dioxide, i.e., inner cellular health. This permits efficient and proper cell repair, nutrient induction, and detoxification—especially from the brain and organs; and,

• Efficient and abundant amino acid production for the immune system, tissue regeneration, detoxification, resolution of scar tissue, and cell repair everywhere.

When grasping for health by symptom management, people exercise vigorously and take more and more drugs, vitamins, and supplements. There are millions and millions of people who eat powders, pills, shakes, tinctures, capsules, and drops, frantically hoping for health, but most often feel no better. They think it’s good because the TV or the “doctor” told them so.

Without bio-cellular health with organic sulfur, the benefits of supplements are a considered hazard, a healthy diet is only marginally effective, and exercise is a strain at best. Nothing internally is working correctly. If individual body cells aren’t working well, nothing will, including and especially supplements or diets. These cannot be biologically processed. When vitamins and nutrients are consumed in unnatural, super-concentrated forms they create yet another toxin load on the body. This overload has to be processed by the liver—but the liver isn’t working correctly. There’s a quadruple toxin overload from:

• too many concentrated supplements and vitamins (all unnatural in a concentrated form);

• processed foods with dead nutrients, growth hormones, high additives of sugar and salt, harmful GMO/GMF ‘food’, toxins, chemical preservatives and colors;

• poisons from environmental pollution; and,

• stress, worry, fear, shame, anger, and depression from deteriorating health, technology, and cultural malaise that makes physical matters worse. Chronic stress and trauma are linked to every illness.15

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15 *Biology of Belief*, Bruce Lipton, Ph.D., Elite Books, p.152. Also: There’s the new awareness’s with German New Medicine. See also: *The Biogenealogy Source Book* by Christian Fleche, and *Biogenealogy; Decoding the Psychic Roots of Illness* by Patrick Obissier. This is amply demonstrated in Richard Clark’s work with Emotional Freedom Techniques and facilitating healing energy, see: www.gracefultransformation.ca
Photographs for Personal Assessment

Our faces (upper throat to top of the forehead) mirror our overall state of health. Photographs are important for personal assessment and will verify the effectiveness of organic sulfur. On the day you start taking organic sulfur, take two or three photographs as follows:

- A 3000 mega-pixel or greater digital camera at full resolution;
- Close up of face, from upper throat to top of head; full-face;
- Eyes open;
- Use flash or in good daylight; and,
- Hair off of forehead, no glasses, makeup, or contact lenses.

Download these photos onto your computer. Take organic sulfur as recommended for six months then take two or three more photos. Now, crop out and enlarge identical three-inch square areas from a before and an after photo. Compare and examine the areas carefully. You will notice a difference. Skin condition, wrinkles, red capillaries in eyes, skin color, will have improved.

Cellular regeneration in face photographs is often reported within three months, but is usually easily visible in six months. It takes up to seven years to regenerate all of our cells. Scar tissue (internal and external) slowly resolve, which is an example of cellular regeneration in cells that have been unable to regenerate.

Part III

Catalyst Altered Water (Willard Water)

Catalyst Altered Water, hereafter referred to as CAW, is sometimes called Willard Water. It’s a patent-protected water that is altered at a molecular level and was invented by Dr. John Willard. When you mix the CAW concentrate with filtered water in the correct proportions, the resulting drinkable water has a consistency similar to cellular cytoplasm and demonstrates quite amazing properties for healing. There are books that can explain exactly what Catalyst Altered Water is, and a manual specific for CAW that I expect to print and have available by the end of August 2015. Here it is briefly:

Catalyst Altered Water solution is water that has been permanently altered at a molecular level by the CAW concentrate. These water molecules form very long water molecule chains, not the usual H2O short-chain structure of ordinary water. Altogether, this affects the electron make-up of water and allows:

- the H2O molecules to bind in strong, long chains;
- the establishment of a high, stable pH level above 10.4 for the water;
• the CAW to act as an excellent anti-oxidant to stabilize free radicals
  (possibly one of the best anti-oxidants available); and,
• rapid cellular water mobilization (cytoplasm).

Catalyst Altered Water has a water integrity very similar to cellular cytoplasm, which in itself reduces heart mass pressure. This is one of the little understood properties of Catalyst Altered Water as it exists at a molecular level: it closely resembles the body's inner-cellular fluid. This more easily facilitates the rapid replacement of cellular fluid loss, the repair and detoxification of cellular structure, the processing of nutrients, and the reduction of heart mass pressure.

There are two types of Catalyst Altered Water, dark and clear. The clear Catalyst Altered Water is “straight” CAW. The dark CAW has elemental bio-available mineral nutrients added to it. Either the clear or the dark Catalyst Altered Water are excellent for personal health. The dark CAW facilitates bio-available trace-mineral replacement and is slightly more expensive. With some chronic skin conditions or sensitivities it is always advisable to use only the clear CAW concentrate. All the skin formulas presented earlier use the clear.

Catalyst Altered Water has a high, stable pH level. (That in itself is of significant healing benefit.) The clear CAW concentrate has a pH level of 12.6 and a mixed pH level of 10.7. As a concentrate, the dark (sometimes called XXX CAW) has a pH level of 12.3 and mixed dark water has a pH of 10.6. This high, stable pH level has a strong prohibitive effect on bacteria and viruses. The pH level stability makes it more effective for healing than electronically altered water.

**Anti-oxidant Properties**

The electron makeup of the long CAW molecule chains acts as a powerful anti-oxidant that stabilizes free radicals without the CAW becoming a free radical itself. This is because of the positive electron charge and the abundance of ions available for molecular stabilization. Catalyst Altered Water, because of this, facilitates the flow of body energy and has a significantly positive effect on body-energy work (much more than drinking “ordinary” water). CAW greatly improves water's efficiency in all body processes. It acts as an influential healing agent in raising the body's pH level and enhances body energy transmissions.

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16 Standardized Figures are +/- 2% pH level when mixed with pH 7.8 distilled water at the recommended measured ratio of 1 oz concentrate clear or 2 oz concentrate dark per measured one US gallon.
One of the benefits of Catalyst Altered Water is its amazing effect on healing burns. It appears that because of the molecular properties of CAW it can act something like a “second skin” that covers a skin burn. When it is sprayed repeatedly on a skin burn pain goes away and healing is often scar-free. The book Aqua Vitae (by Roy Jacobsen) is a valuable resource.

For burn treatments use the #3 non-reactive solution described earlier. Spray the burned areas lightly every thirty to forty-five (30 – 45) minutes so the burned areas are damp/wet. Don’t dry it off, let it air-dry itself, and spray again in 30 – 45 minutes. Do this until the burn is healed.

**Mixing Concentrate and Filtered Water**

The standard preparation for Catalyst Altered Water concentrate by the manufacturer, for consumption, is as follows: in plastic jug, not glass...

- 1 ounce of CAW clear concentrate in one US gallon of non-chlorine water, or
- 2 ounces of CAW dark concentrate in one US gallon of non-chlorine water.
- Let sit for a couple of hours. Store this in plastic jug, not glass.

CAW can have a weakening affect on glass—it can create a ‘fault line’ from the action of the micelle and the glass container can easily crack. Use food-grade plastic containers with CAW.

**Suggestion:** After 26 years of research, for recovering poor health, the director of this project recommends a slight increase in the CAW concentrate for human (or pet) consumption. In liters: in a clean, empty food-grade plastic jug of four liters (which is a few ounces more than one US gallon):

- Clear CAW: add 1¼ ounces of the clear concentrate to a four liter jug of filtered, chlorine-free water
- Dark CAW: add 2¼ ounces of the dark concentrate to a four liter jug of filtered, chlorine-free water
- Let sit for a couple of hours. Store this in plastic jug, not glass.

This is ¼ ounce more than is recommended by the CAW manufacturer. It creates a permanent, high pH catalyst altered water for consumption and cooking. (Boiling and cooking does not affect it.) This ratio has consistently shown better affect when healing from illness or injury. It will tend to stabilize an anxious nervous system as reported by several dozen participants.
Consumption of CAW Solution
One glass per day (8 - 10 oz) for the first three days, then increase to two glasses per day for three days. During the first few days you may experience very mild body discomfort (very light diarrhea or joint pain and very mild upset stomach) as your body adjusts to a healthier water diet. After acclimatized, drink as much as you want, but the recommended minimum amount would be at least two large glasses over a day. The director of this study drinks at least 2 or 3 liters a day of the Catalyst Altered Water mixture and has since 1986. Use it for cooking and drinking. It is wonderful for plants (every fourth watering) and pets.

Purchasing CAW
Catalyst Altered Water concentrate, in the US, is available to the public through websites (Amazon.com and www.drwillard.com the parent company). In Canada, CAW is be purchased directly from Natural Health Organic Sulfur Products Ltd. Our company works closely with the British Columbia wholesale distributor. The parent company and patent holder is in South Dakota, USA.

CAW concentrate is usually sold by the gallon, although smaller volumes are available. The dark is a little more expensive because you use two ounces instead of one for each gallon of treated water. One gallon of clear CAW concentrate should last one person, on a high water intake of drinking and cooking, approximately six months.

Summary
Organic sulfur is a food that the body requires in sufficient amounts, at least twice a day, to be healthy. Because of chemical fertilizers, GMO food, processed foods, pasteurization processing, microwave ovens, cell trauma, emotional stress, air-born pollutants, preservatives, food coloring, pharmaceutical products, overindulgence in supplements, and/or ignorance and poorly managed supplements, we do not have the quantity of bio-available sulfur our body needs to be healthy. And there is the modern-era requirement to deal with a toxin load and stress more intense than at any time in the past.

Along with organic sulfur, accelerated health improvement is enhanced by using Catalyst Altered Water rather than reverse osmosis water, electronic alkaline water, tap water, or ‘O2 drops’ water schemes. Obtain a decent water filter to remove chlorine or fluoride and heavy metals. That’s all you need.

Other MSM products appear to be significantly less effective. The listed health improvements are reports from our participants who used the organic sulfur flakes available through the West Coast Organic Sulfur Project. Rates, frequency, and degrees of healing vary, however, these benefits have been
consistently reported through interviews. Overall success depends upon regular, long-term use of these organic sulfur flakes according to the guidelines. These guidelines were developed based on our years of research interviews.

**Why We Do Not Participate in Agency Or Reselling Agreements**

When I began this endeavor over twelve years ago, organic sulfur was low in public awareness. At that time there was only one other use-and-benefits study of any merit and the possible complications and probable benefits were still largely guesswork.

When Natural Health Organic Sulfur Products Ltd. was formed, the long term mission statement was to undertake research and develop a sound scientific knowledge base for the use of organic sulfur, for the possible consequences of ingestion mismanagement, and for the specific benefits of taking it: rates, amounts, frequency, ingestion times, acclimatization protocols, related water concerns, contraindications (if any), pH levels, amino acid and free radical impact, relationship to chronic or acute illness and/or injury, environmental health concerns, negative stress influences, substance sensitivities, and more. Additionally, there were misunderstandings from the medical community, harsh reactions from some doctors and lawyers, myths and misinformation, government regulations, corporate production standards, and greed to contend with. What quickly became clear was the selling of or any consultations offered regarding organic sulfur were not a simple matter.

If organic sulfur is mismanaged there can be some early, serious consequences, especially for people who are chronically ill or substance sensitive (there’s more of them out there than we know). For someone to follow a series of approximate instructions on a generic label, or to receive generic instructions from an untrained person, is seriously unethical and insufficient. There has to be a considered and in depth knowledge of what happens biologically, which health concerns require more and which less, what acclimatization is required, when to bypass acclimatization (with attendant risks), the digestive and cellular dynamics resulting from the molecule’s breakdown, component bio-metabolization, and the management of possible healing crises.

Then there’s the manufacture of the product — production processes, source material, standards, repackaging, additives, flow agents, certification, purity, post-production, and several other considerations — not all organic sulfur is the same.

And, finally, there is the age, weight, frailty, sensitivity level, diet, effective ingestion protocols, and complex myriad health concerns of the individual.
Recommending and advising on the use of organic sulfur is quite complicated and there have been consequences for the poorly advised consumer.

I have made the investment of time, research, and education. I have travelled in China, India, Russia, the USA and Canada researching facilities and interviewing professionals. I’ve taken courses and interviewed PhD chemists and health practitioners in three countries, and paid thousands of dollars for product analysis. Over the twelve years, a careful estimate is that I have monitored the progress of over 3,000 people and conducted 15,000 hours of interviews with customers. I consider this overall investment to be a minimum requirement to be able to recommend an organic sulfur and/or Catalyst Altered Water protocol.

Our culture certainly has people who see this as an easy cash-cow and want to start promoting and selling it. Be advised: I estimate that about 40% of the people I speak with must overcome healing crises and complications from the poor recommendations and bad management of resellers who didn’t or couldn’t offer the correct guidance. (Our own customer complications from acclimatization are less than 0.5% over the last 8 years and all easily manageable. Our customer satisfaction appears to be well over 97%)

Any person who undertakes to buy and sell it to the general public, without a specific and extensive knowledge base, which costs thousands dollars and takes several years, is doing a disservice to the people they sell it to. There are often health complications for the consumer that result from ill-informed resellers. It is NOT just a matter of buying and selling it, which, as in the past, is often harmful to many consumers. Sadly, there are people who will disregard this due to their own greed, and buy and sell it without regard for the probable consumer consequences. Regrettably, I can do nothing about them, I can only maintain this company’s high standard of customer service.

Here, at Natural Health Organic Sulfur Products Ltd. we have the necessary expertise, which underlies all our consultations and to date, those consultations are free (subject to change). Our products are proven to be the highest quality available and they often help in a dramatic way because of our extensive background of research, education, and experience. People can use our products with confidence.
West Coast Organic Sulfur Project Director

Richard Clark, Owner and Director
West Coast Organic Sulfur Project under the corporate auspices of Natural Health Organic Sulfur Products Ltd.

Richard Clark has been a talk therapist, seminar leader, educator (college level) and consultant, specializing in addictions, applied problem solving, relationships, stress and energy healing, spirituality, and sex problems since 1986. He is nationally certified in Canada as a therapist and energy healer. His seminars are offered on relationships, Buddhism, addictions, sexuality, applied problem solving, family violence, twelve-step programs, body energy healing, chronic illness, healing without medicine, trauma, organic sulfur, spirituality and religion.

He has lectured in Canada, China, Israel, Russia, and the United States. He’s a published author of two books and is presently completing a third book, which will have chapters on energy healing and organic sulfur. Richard was a licensed massage therapist, and since 2001 has been a trained and certified energy healer (energy healing practitioner) in several modalities. He presently lives in British Columbia, Canada.

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www.gracefultransformation.ca

(prices, hours, shipping policies etc. are subject to change without notice)
Cost & Shipping & Refund Policy:
All purchases are shipped. There is no retail store or storefront or pick-ups from the warehouse.

Organic sulfur purchase cost, shipping fees, import tariffs, customs levies and concerns, or taxes are the responsibility of the purchaser. Prices are quoted on the website and subject to change without notice. Present pricing is listed on the website www.organicsulfur-msm.ca. To date, no problems have been reported shipping to Ireland, Scotland, England, USA, China, Singapore, Switzerland, Australia, Mexico, Poland, Malaysia, United Arab Emirates, Iran, Iraq, Venezuela, Montenegro, or India. Some countries charge import fees or a customs VAT tax and others don’t. Some customs officers hold the product for a few days for examination. It is always shipped internationally with a Material data Safety Sheet and Customs Invoices. Natural Health Organic Sulfur Products Ltd. is a registered company in Canada and operates with a Canadian import/export license. Taxes are applied at time of purchase to shipments within Canada. International purchases shipped to a non-Canadian address are tax-free within Canada.

Refund Policy: Natural Health Organic Sulfur Products Ltd. will refund the purchase price for organic sulfur minus a 15% admin-restocking fee for those packages that are returned sealed, with the original label attached, and are un-opened and un-tampered-with. There is no refund for shipping charges or Catalyst Altered Water concentrate. Return shipping must be postmarked within three months (90 days) of the original purchase or shipping date. Return shipping is at the purchaser’s expense. Beyond 90 days there is no refund. Ensure the product is reasonably, properly packed; if it is damaged during return shipping there will be no refund.

Confidentiality: All information provided by customers to Natural health Organic Sulfur Products Ltd. and related correspondence, is privileged and confidential information. It is never shared, distributed, or sold. Never.

Health Reference Material
The following books have been reported as valuable in healing and recovery from illness, in providing direction and information. These present an abundance of information regarding diet, the mechanics of digestion, specific non-medical aides, and their relation to personal responsibility and improving physical health.

If you study well by yourself, and are serious, out of the many dozens of books that the director has examined, these are probably worth a good read. If you are
encumbered with addictions, or are associated with anyone who is, seriously consider the offer regarding *Spiritual Transformation*.

These books are not a quick fix, nor are they infallible; each author presents their own point of view. They are to be read and considered and not to be taken as final truths. The director has reviewed them and doesn’t necessarily agree with all the information, but they are informative. If possible review these books at your library before buying them. The books on diet do sometimes contradict each other—healing is a unique process. Investigate, search, and find what works for you. These are starting points in your journey.

**The Wahls Protocol**, by Terry Wahls, M.D. This is specifically about MS and recovery therefrom. However, there is a wealth of information about diet, supplements, and personal health care that makes it an informative read.


**Meals that Heal Inflammation (Embrace Healthy Living...)** by Julie Daniluk. R.N. ISBN 978-0-307-35998-8. This is a well-written and well-organized outline of the mechanics of diet and digestion. The material is presented in a no-nonsense and easy to understand manner. There are a number of reasonable and easy recipes at the last half of the book.

**The Persecuted Drug: The Story of DMSO**, by Pat McGrady, Sr.
**The DMSO Handbook for Doctors**, by Archie H. Scott
**DMSO, Nature’s Healer**, by Dr. Morton Walker

**MSM – The Definitive Guide**, by Stanley W. Jacob and Jeremy Appleton (more at general information rather than the specifics in this manual).


**Spiritual Transformation — by Richard Clark**. Feedback from readers has been very positive (soft cover, *Spiritual Transformation*, 564 pages; retail $27.95). It is a serious read for those committed to recovering from addictions. My offering a free copy is to promote awareness about relationship health, spirituality, and addictions. If the book doesn’t catch your interest, just pass it on to someone that may be interested. This “free book” offer is available while supplies last.
Disclaimer

This manual makes specific reference to dimethylsulfoxide1 or DMSO1; Catalyst Altered Water (CAW), ‘Willard Water’; and Emotional Freedom Techniques (EFT). These are all self-help, non-medical health applications. There is greater and specific reference to methylsulfonylmethane MSM (or dimethylsulfoxide2; DMSO2) herein referred to as Organic Sulfur. Independent lab tests report this organic sulfur is a large flake that analyzes at 99.8 — 99.85% pure. The balance is trace moisture from water and DMSO1. Product analysis shows much greater purity, about 8 – 10 times fewer heavy metals and impurities than the general food-industry or supplement standard, consistent over ten years of regular examination.

Organic sulfur is a non-regulated food product. In good faith, to our knowledge, organic sulfur has not been evaluated by any regulatory agency in North America. Emotional Freedom Techniques is intended to reduce stress and resolve any dysregulation in the body’s energy meridian patterns. Catalyst Altered Water is a US patent-protected molecular-altered water. DMSO1 (dimethylsulfoxide1) is a semi-restricted liquid classed as a reactive solvent.

None of the information reported in this manual, in emails, or at the website, is intended to replace or substitute for licensed medical or psychological care. The director of the project, and those working with him, do not recommend or advise people to discontinue, avoid, or ignore medical or psychological consultations or advice. Many participants decided on their own initiative to reduce or discontinue medication or to change planned medical procedures, some with and some without medical consultation. This was their choice and not recommended or encouraged by the director or Natural Health Organic Sulfur Products Ltd. We report; you decide.

The benefits reported here, or on any referred websites, are based on information through extensive telephone interviews. These protocols have been effective for many people, but that does not guarantee they will be successful or effective for others. These are self-help, self-applied, non-medical health applications in their research stage. Deciding to use them is your personal decision—be responsible. This booklet is intended to provide information and education regarding alternative, non-medical health care.

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