

Sulfur connects the spirit to the body

"Sulfur connects the spirit and the body, mind to action, thoughts to action and is the bridge between the worlds of the higher planes and the lower planes. Sulfur deficiency has been associated with depression, irritability, anger, rage, remorse, more emotional reliability and more fear based living and hypersensitivity. A normal mind is calmer and you are able to concentrate better. Sulfur is an important part of brain function and important to the heart, ligaments, joint function, liver, adrenals, pineal and pituitary function". - Dr. Gabriel Cousens M.D.

Sulfur is a key mineral in our body and an important component of connective tissues and joints. It is needed for enzyme activity, hormone balance and function of the immune system. As a central component of collagen and connective tissues, sulfur assists the body in preventing inflammation and facilitating repair of connective tissue. It has many uses and is found in numerous foods to help with skin and digestive problems. Sulfur is an ideal fall friend to help you get through the holidays.

Used for the treatment of:

Itchy skin or scalp, eczema, acne, diaper rash, migraine headaches, flatulence, indigestion, vomiting, diarrhea, hemorrhoids, impotence, painful and irregular menstruation, sore throat, toothache, nosebleeds, measles, joint pain, hay fever, fever (hot and cold sweats), bed wetting and breastfeeding problems.

Some key Sulfur foods are:

Aloe Vera, artichoke, arugula, avocado, bee pollen, brussel sprouts, dill, durian, hemp seeds, horseradish, kale, legumes, lima beans, peaches, pears, pungent foods, radishes, rapini, spinach, strawberries, tomatoes and turnips.