

**SULFUR (ALSO SPELLED SULPHUR) IS ONE OF THE MOST IMPORTANT MINERALS IN THE BODY. IT IS AN IMPORTANT COMPONENT OF OUR CONNECTIVE TISSUE, OUR DETOXIFICATION SYSTEM, OUR ANTIOXIDANT DEFENSE, OUR DIGESTIVE TRACT LINING, AND MORE.**

**VEGETARIAN SOURCES OF SULFUR**

**Vegetables:**

Allium (onion, garlic) vegetables  
Cruciferous vegetables  
Nuts, peas, beans

**Amino acids:**

Methionine  
Cysteine  
Taurine  
Glutathione

**Supplements:**

DMSO  
MSM  
Amino acids  
Homeopathic remedy

**External Applications:**

Mud packs  
Sulfur hot springs  
Epsom salts baths

★ [SULFUR FOR HEALTH](#)

[MSM: ORGANIC SULFUR](#)

**DR. SENEFF ON RADIO:**  
[STATINS](#)  
[GMO'S](#)

Home: [Oscillatorium.com](#)  
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**SULFUR FUNCTIONS:**

[REQUIRED FOR HEALTHY MUCOUS LININGS](#)  
[CONNECTIVE TISSUE COMPONENT](#)  
[HEPATIC DETOXIFICATION](#)  
[SUBSTRATE FOR GLUTATHIONE](#)

**SULFATION DETOXIFICATION:**

[ESTROGENS](#)  
[PHENOLS](#)  
[ACETAMINOPHEN](#)  
[XENOBIOTICS, NEUROTRANSMITTERS, HORMONES](#)  
[MORE](#)

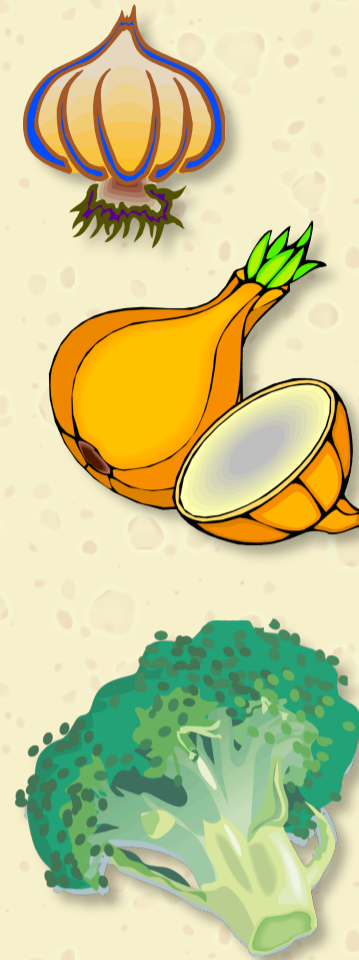
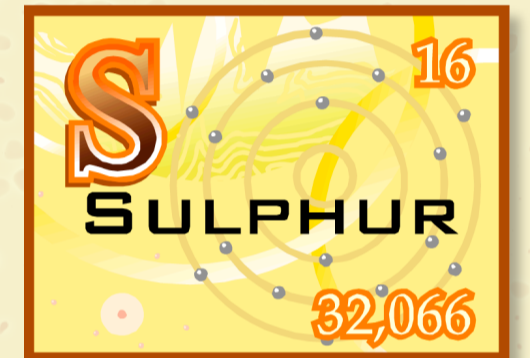
**General information**



H.Zell

Sulfur conjugation (sulfation ): Includes several processes including sulfonation, which adds inorganic sulfate to hydroxyl groups for detoxification, and reduction of cyanides by adding sulfur. Is involved in detoxification of drugs, food additives, certain environmental pollutants, steroid and thyroid hormones, heavy metals, and monoamine neurotransmitters. Requires more energy than other conjugation reactions and will not take place when energy is low. [Detox Phase II, Sulfation](#)

Cysteine is a direct precursor to glutathione, the antioxidant in greatest quantity in the body; all sulfur-containing amino acids have antioxidant properties. [Eat to Win](#)



**SULPHUR  
SULFUR**

- [Lenntech](#)
- [Fast Facts](#)
- [Sulfur: Overview](#)
- [Sulfur and vitamin D](#)
- [Sulfur Deficiency: Price](#)
- [Sulfur, an Important Nutrient](#)
- [Sulfur, the forgotten nutrient](#)
- [Sulfur, Nutrition, Medicine](#)
- ★ [Sulfur Deficiency: Seneff](#)
- [Methylation, Glutathione, Sulfur](#)
- [Sulfur deficiency and disease](#)
- [Nutrition for Healthy Skin: Sulfur](#)

[Are we getting enough sulfur in our diet?](#)

References in this article are valuable in studying sulfur metabolism.

**Books**

- [Miracle of MSM](#)
- [DMSO Handbook](#)

**Sulfur Foods**

- [APJCN](#)
- [LiveStrong](#)
- [Nutrition and Metabolism](#)

**Baths**

- [Epsom salts](#)
- [Balneotherapy](#)
- [Sulfur hot springs](#)

**Products**

- [MSM Organic Sulfur](#)
- [Homeopathic remedy](#)

**Related Maps**

- ★ [Methylation](#)
- [EMF, Methylation, Glutathione](#)

**Stephanie Seneff/Mercola**

- [Video 1](#)
- [Video 2](#)
- [Video 3](#)
- [Video 4](#)
- [Video 5](#)
- [Video 6](#)
- [Video 7](#)

**eNOS: endothelial nitric oxide synthase**  
eNOS better named sulfate synthase  
eNOS does the sulfating  
eNOS has flavin  
Flavin converts sunlight to electrons, directs electrons to heme group  
Heme group has iron molecule, iron attracts oxygen (skin breathing)  
Superoxide is produced  
2 eNOS molecules with cavity between, with zinc, positive charge  
Zinc attracts the superoxide, also attracts the sulfur  
SO<sub>4</sub> is sulfate, sulfate releases electrons, energy [SULFUR, SUNLIGHT](#)  
Therefore, sulfate is a solar battery, skin is a battery

**Acetaminophen (Tylenol) requires sulfur to detoxify.**

**Grandma's spring tonic was sulfur and molasses.**

**Sulfur protects against U/V and other radiation.**

**Epsom salts baths are like sulfur hot springs, 1/4 c. in bath water, twice a week, per Dr. Seneff**