

MSH Homeopathic Drops - How To Dose

When I think of MSH, I think of maintaining a defensive line. Like any good defensive line it takes a team with various skills - from well-honed immune cells to barriers with fortitude. MSH maintains the whole line as a sort of overseer, or coach.

With a hormone this important to our immune function, naturally, mold and mycotoxin exposure reduce its production, as well as some of the bad guy biofilm characters like MARCoNS in the sinuses.

Without this important "defender-maintaining" hormone, we see leaky barriers, such as leaky gut, skin break-outs, and a permeable blood-brain barrier. Low MSH can lead to excess inflammation. And we also see immune cells who lose their way. Not the kind of strong defensive line we need to conquer mold.

With weak barriers come histamine issues. If mycotoxins break through the weak defensive line, the next defenders are called into action, and these guys can be problematic - introducing the mast cell.

Often the use of antifungals and leaky gut support will stop the barrage of mast cells, but sometimes the barrier is still leaky despite all the best efforts. That's when we need the help of the overseer, MSH.

This formulation provides just the nudge the body needs to start making this hormone again, no matter the state of your sinus flora.

HOW TO USE

The dose for this formula is pretty steady at 3 drops 3 times daily, best under the tongue and away from food or drink by 15 minutes before and after taking it.

Homeopathics are quickly absorbed when taken directly under the tongue. If you're sensitive to the alcohol preservative or if giving it to kids, the drops may be added to a bit of boiling water and left to cool to evaporate the alcohol off.

By taking this remedy, people have noticed reduced infections, reduced food sensitivities, reduced histamine reactions, and better sleep.

Homeopathic hormone therapies nudge the body in the right direction, re-establishing connection between the place in the brain where the hormone is made and the tissues of the body that need it. Your brain begins to realize that it's not making this hormone in adequate quantities to regulate necessary body systems. As this happens, doses can reduce as the body begins to make its own.

A possible side-effect is melasma, or browning of the skin of the face. If this begins to happen, discontinue the remedy. You no longer need it.

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