

How Brewer's Yeast and MSM Clear Constipation

Brewer's yeast can help to ease, reduce, or clear your constipation. If you can handle the taste, add it to your juices morning and night.

Brewer's Yeast contains all B vitamins, except B12. It also contains many vitamins, minerals and is [market data mushrooms 2026](#) high in amino acids.

When you first use brewer's yeast, it will create gas in your colon. Brewer's yeast supplements your good bacteria in your colon, increasing its count. This increase in good bacteria activates a battle between the good and bad bacteria creating gas as a by-product. Keep using brewer's yeast until the gas stops. This may take a few weeks but you are doing one of the best things you can do for your health – increasing good bacteria and reducing bad bacteria.

You can improve the benefit of using brewer's yeast by eating cultured yogurt or supplement good bacteria capsules between meals. You want to do this between meals so when you take your supplement your stomach does not put out too much HCl acid, which would kill the good bacteria.

If you have gout or are taking monoamine oxidase inhibitors do not take brewer's yeast.

MSM

MSM stands for methyl sulfonyl methane. MSM is organic sulfur. It provides many benefits in the body and is widely used as an anti-inflammatory and is especially useful for arthritis pain. MSM is used in all body cells and tissue including joint tissue.

MSM is especially good for relieving constipation.

MSM in your colon stops or blocks the activity of cholinesterase (ko-li-nes-ter-ace.)

What is cholinesterase?

Our [mushroom industry](#) nervous system is composed of a network of nerve cells, which start at the brain and end on all parts of our body. It is nerves that direct muscle contraction or expansion for your bowel movements. After the muscle completes its movement, an enzyme cholinesterase is released, which stops the muscle from moving again. Without the nerve signal blocking cholinesterase, the muscle would continue to move nonstop.

MSM is useful in clearing up constipation. It allows more colon contractions to occur thus helping you clear your constipation. When I have used MSM, up to 6000-8000mg each day, I have experienced up to 3-4 bowel movements each day. As MSM blocks the activity of cholinesterase, it allows more peristaltic action to occur in your colon.

Using 2000-4000 mg of MSM, can keep your bowel movements to 2-3 times each day. Of course, for each person the amount will be different.

The action that MSM has in your colon is useful for older people who have less nerve signals for peristalsis. Cholinesterase stops the few peristalsis signals older people have, thus creating constipation.

In S.W. Jacob, M.D., R.M. Lawrence M.D., Ph.D., and M. Zucker book, The Miracle of MSM, 1999, they say,

“As a dietary supplement, MSM offers great potential for anyone with constipation. MSM produces a general “tonic” effect in the bowels and normalizes bowel function, particularly for older individuals. We have given MSM to nursing homes, where constipation is a common problem. The nurses have said that MSM works well for patients, even for individuals not responding to Metamucil or stool softeners.”

Rich distributing has good quality products. I have always received good service and quick shipping. I recommend you buy the MSM torpedo tablet. It is a 1000 mg flat oval tablet. This allows you to take 4000-5000 mg of MSM by only taking 4-5 tablets. They are easy to swallow.

MSM has not been evaluated for effects during pregnancy so it is best not to use it during this time.

Get constipation relief by using both brewer's yeast and MSM. MSM is easy to use. Brewer's yeast takes a while to get use to.