

If You Have Sulfur Intolerance, Do These 3 Things...

By Dr Lauren Deville



1. Start a Low Thiol Diet.

The idea here is to decrease the stress on the SUOX enzyme, which is trying to convert the sulfur in your food to the usable form for your liver detoxification pathways. If you have a sulfur intolerance, that enzyme is overloaded. Think of it like a bottleneck: too many people trying to get through an itty bitty door.

[This](#) is a great resource to get you started, including high thiol foods and supplements, as well as a list of low thiol foods to substitute.

Note: if you don't do this diet perfectly, it's ok! Even if you just decrease the number of people trying to get through the itty bitty door, it'll help.

2. Add Molybdenum.

Molybdenum is the cofactor for the SUOX enzyme. Think of it like widening the door, to continue our analogy: it just makes the enzyme work faster and more efficiently.

Note that not everyone can tolerate molybdenum though. Side effects might be due to increased levels of uric acid, so if you have a predisposition to gout, best to skip this step. Or start low and taper up. For more on this, [click here](#).

3. Epsom Salt Baths.

Epsom salts are Magnesium Sulfate, and this absorbs through the skin well. The sulfate bypasses the SUOX enzyme—so it essentially skips to the other side of the door, where it can go on to the liver and assist the body with detoxification. (This is important because two of your liver's six main pathways for detoxification require sulfur—just in the right, usable form. [Click here](#) to read more on this.)

...And assess for the problem. You might have [Hydrogen Sulfide SIBO](#), in which case you'd need to treat the SIBO. You might have a CBS mutation, in which case you'd need to support that enzyme. You might have [heavy metal toxicity](#), in which case you'd need to chelate.

Consider [seeing a naturopathic physician](#) to help you assess the root cause.