DMSO is a Miraculous Therapy for Chronic Pain...

A MIDWESTERN DOCTOR SEP 29 1,702 587 245

The decades of evidence DMSO revolutionizes the practice of medicine

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587 Comments

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Write a comment...

James Miller James Miller Sep 30
Pinned
Great article. Very useful. Actually reading this is making me interested in returning to doing more research and observation on a surgical topic- the first time since I retired from surgery a few years ago— but I am now interested to watch wound healing / skin graft taking/ ulcer healing with DMSO help. That being said, since you introduced your last article I have been using it with neurologically damaged patients , chronic pain, and patients with autoimmune diseases and at very first response the responses have been very positive- in line with the data you present. As I have explained the data you introduced me to patients and given them the option they are showing intense interest. I am excited to follow these outcomes!
LIKED (33) REPLY (2) SHARE

A Midwestern Doctor Oct 1
Author
A few of my colleagues who used DMSO for a long time found it was phenomenal for inflammatory bowel diseases. It's really a shame the surgical field never learned about UVBI or DMSO because it would significantly improve their outcomes and reduce their malpractice.
LIKE (14) REPLY (2) SHARE

Fred Oct 1
How is DMSO used when treating inflammatory bowel diseases? Topical or oral, et c?
LIKE (5) REPLY (3) SHARE

A Midwestern Doctor Oct 1
Author
Normally topically, but will come in later part of the series.
LIKE (14) REPLY (1) SHARE

pretty-red, old guy pretty-red, old guy Oct 15
great looking forward to that!

I have SIBO, has improved a bit since taking your advice on improving "motility", so thanks! Ready for DMSO, doc!
LIKE REPLY SHARE

Mrs. Itoldya! Mrs.'s Substack Oct 1
My question too! I only purchased liquid & gel forms. As soon as it arrives, I'll be taking my day 1 of 3, FenBen & Ivermectin, and tropical applying DMSO gel, to sore joints & on my tummy for large bowel issues. I have no idea what to expect, but do not worry about any harm.

Hubby is going to be taking the same, 3 day Fen & Iver, but he's going to try DMSO on some of his psoriasis patches..😒🙏
LIKE (5) REPLY (3) SHARE

A Midwestern Doctor Oct 1
Author
Psoriasis is one condition where DMSO sometimes makes worse rather than better.
LIKE (6) REPLY (1) SHARE

Garhett Rittenhouse Oct 1
Doc...will you include anything on external/internal hemorrhoids with the bowel diseases?

Thanks for these articles. I'll try UVI this Thursday because of your wonderful article.
LIKE (3) REPLY (1) SHARE

A Midwestern Doctor Oct 13
Author
Just got this comment from a reader:

https://www.midwesterndoctor.com/p/the-remarkable-history-and-safety/comment/72480818
LIKE REPLY (1) SHARE

Garhett Rittenhouse Oct 15
Hi doc...TL:DR...DMSO worked/helped on two different extremely difficult issues (arthritis and hemorrhoids...tried on butt before I saw your link :-))). Read on...

Background:

1. I was diagnosed with Inflammatory polyarthritis (which I think is just a more exciting name for RA which moves all over my body) in 2011 (about 39 years old). Very strange...no joint damage...has required methotrexate, leflunomide (about four months ago), and prednisone (which I've been trying to ween off of for about a year or two...and...was down to 1 mg/day as of Sunday of last week).

2. As mentioned in the previous post...also battling hemorrhoids as I was taking a HIGH amount of prednisone (and cytoxan) at one point (due to Minimal Change Disease...which came about due to pneumonia vax...I think) and was a true pain in the ass :-).

Last week, I had a flare of arthritis through my left shoulder blade which impacts even taking a deep breathe (one of the reasons my wife thinks it cannot be arthritis) and couldn't sleep which usually starts flaring down to left wrist, then might switch to right wrist. Typically, I would bump prednisone backup to 10-15mg and start to try to ween again.

I purchased DMSO the week before...just in case of a flare up so I was "in luck"....I started applying it to my back multiple times per day with 1

Expand full comment
LIKE (2) REPLY (2) SHARE

A Midwestern Doctor Oct 15
Author
Ah wonderful! Someone else replied to that comment and also had success with a hemorrhoid. Can I copy your comment into that thread?
LIKE (1) REPLY (1) SHARE

Garhett Rittenhouse Oct 16
Sorry for my delay doc...yes...please!
LIKE (1) REPLY (1) SHARE

Dennis N Nov 17
Garhett...I dont know where you live but if you are in the states there are chiropractors and naturopaths that do an electric (negative galvanic) treatment on the hemmorrhoids that works amazingly well! I have had it done twice with great success. Its called Keesey treatment if you want to search...there are a few chiropractors in Portland, Oregon that do the treatment. a few in other states as well
LIKE REPLY SHARE

Bambi_Ann Oct 19
Thank you Garhett. I have been applying DMSO (80% diluted) to my ,om's back but I first either rub in castor oil or Arnica and then I put the DMSO on it. But we do it once a day and it has not helped. Did you do it several times from first day on? Also it seems you diluted to 50% and used directly on your back right?

Thanks
LIKE (2) REPLY (1) SHARE

Garhett Rittenhouse Oct 20
Hi Bambi_Ann...I'm sorry to hear about your mom. Yes to both. I applied directly to my back. And I used a 50-50 solution BUT with "distilled" water when rubbing on my back. I did not dilute with Castor Oil on my back (only on my butt as I was worried about itching and oil helped "hold" in place...sorry to be gross). On your mom's back...it will be wet and drip down... make sure she wears cotton and maybe tucks a towel into her waist band until it dries...I was wearing nylon shorts and it stuck to me...not good...maybe unhealthy and irritated when pealed off. Midwestern Doc suggested you apply while she lays on her stomach to use gravity. It is going to itch...a lot! I did it often thru the day the second day. By third I felt a ton better.

Finally, I started drinking about 3g per day about few days ago (Doc also provided a formula but said we could start with 3g... it's about 1.5 tsp in 12 oz of water)..,and...I feel good.

I stink bad ...I'm the anti Dracula....fitting for this time of year :-)).

Sorry for my delay (I'm new to Substack) and to go so long. Good luck to your mom (and you). I'll keep an eye if u have more questions.
LIKED (1) REPLY (1) SHARE

Bambi_Ann Oct 20
Hi Garhett,

Thanks so much. You were not late at all. Don't think I will give it to her by mouth. She drinks alcohol everyday and I have read that it's not a good idea to combine both.
LIKE (1) REPLY (1) SHARE

Continue Thread →

pretty-red, old guy pretty-red, old guy Oct 15
UV light, you surely must already know though, does wonders for Psoriasis as I recall my dad using a sunlamp.
LIKE (2) REPLY (1) SHARE

yantra yantra Nov 2
good point, i will tell an afflicted friend
LIKE REPLY SHARE

Deb wis Oct 5
Hubby and I are on a 3 day out of 7 fenben detox too. The parasites we visabley expell are shocking.... We have rotated between fenben and ivermectin. 8weeks of each at a time.

Looking forward to adding DMSO for knee pain.
LIKE (2) REPLY (4) SHARE

Fred Oct 14
Really? Is there any obvious explanation why you have (had) parasites in your guts? Pets?
LIKE REPLY (3) SHARE

Deb wis Oct 17
It's suggested that we all have parasites ....once I started detoxing them, it was visibly obvious. Other countries "de-worm" their school aged kids . Not US.
LIKE (1) REPLY SHARE

Deb wis Oct 17
Themedicalrebel.com I follow this Doc too. I have come to understand everyone has parasites.
LIKE REPLY SHARE

Mrs. Itoldya! Mrs.'s Substack Oct 16
Some Docs have suggested we all do, all the time. Levels & balance against gut bacteria is unstudied. Parasites can come from a host of environmental exposures, lake water, well water, contaminated food, mattresses, there's a very long list. And yes, animals.
LIKE REPLY (1) SHARE

yantra yantra Nov 2 *Edited*
like letting dogs lick your childs face and mouth
LIKE REPLY SHARE

Crispyb Oct 14
I would also like to know this
LIKE REPLY SHARE

Bambi_Ann Oct 14
how much of each do you take? Is there a source where you got this protocol?
LIKE REPLY (2) SHARE

Deb wis Oct 17
Themedicalrebel.com
LIKE (1) REPLY SHARE

Deb wis Oct 17
It's animal dewormer ..weight dependent so dose yourself like a horse
LIKE REPLY SHARE

Soujourner Jana's Substack Oct 13
fenben? what did i miss?
LIKE REPLY SHARE

Mrs. Itoldya! Mrs.'s Substack Oct 14
FenBen source: https://thehappyhealingstore.com/

Iver source: https://gomedicinecounter.com/

Good info: https://substack.com/@fenbendazole?r=17kkm5&utm_medium=ios&utm_source=profile
LIKE (3) REPLY SHARE

Chelles Nov 2
So sorry to comment on a thread, but there's some glitch with substack and my (very old phone/computer) that only lets me comment on other comments 😅

Reading the parts in this series about recovering tissues (sprains), rearranging proteins, and how it helps other musculoskeletal issues has me wondering about its potential with EDS patients? Have you come across anything that might support this?
LIKE REPLY (1) SHARE

yantra yantra Nov 2
good question - i was wondering when i read what MWD wrote: "DMSO is often used to treat scars. This may be in part due to DMSO being observed to disrupt the links between collagen fibers" - if that would mean it could accelerate or increase the ligamentous laxity. I am going to post your Q and my comment as a new post so it will more likely be seen.
LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 2
Author
I don't the data to give a good answer to this question
LIKED (2) REPLY (1) SHARE

yantra yantra Nov 2
you are quick! and i can see i didn't need to repost it after all.
LIKE REPLY (1) SHARE

Chelles Nov 2
Thanks for your attempt Yantra, and your response, AMD! The article on the musculoskeletal implications and DMSO's use in autoimmune conditions only furthered my curiosity - particularly with its collagen connection, since EDS is a genetic (?) collagen deficiency issue. I question the genetic component because I'm been increasingly wondering about vaccine damage disrupting normal collagen development/production/absorption/wathaveyou and that having epigenetic consequences for the offspring specifically. :)
LIKED (1) REPLY (1) SHARE

yantra yantra Nov 18
chelles - i think, at least in one case i know of, covid itself (whatever it actually is) may have disrupted collagen production. The person was not covid-vaxxed, but had had plenty of childhood vaccines years ago.
LIKE REPLY SHARE

J Pattison Oct 20
Question: My brother has terrible cancer pain. He's on narcotics to ease the pain, but it causes terrible insomnia for him. He wants to try DMSO immediately. Would he need to be off the narcotics for a full 5 days (the time for it to be out of his system) before trying DMSO? I just don't want the narcotics to be intensified in his system. Seems like that could be dangerous. How long do you think he should wait after taking the narcotics?
LIKE (2) REPLY SHARE

MNI7 MNI7 Sep 29
Liked by A Midwestern Doctor
Thank you so much for all the time and effort that go into your posts. The level of information you share is staggering, I can't even imagine how many days/hours go into each one. And the info you're bringing to the masses is astounding! Life-changing and life-saving even. You are a light and a blessing - wishing you endless blessing in return 🙏🏻❤️
LIKED (103) REPLY (1) SHARE

A Midwestern Doctor Sep 29 *Edited*
Author
Thank you for noticing! It's actually quite fun to track these studies down. But that said, this one definitely took a toll on me to write.
LIKE (64) REPLY SHARE

Ruth Lock Sep 30
Liked by A Midwestern Doctor
I feel like the 7 year old me waiting for the rural Bookmobile library bus, I so love to read and learn. This has me as excited at 65 yrs as I was at 7! Ya done good Doc.
LIKE (35) REPLY (3) SHARE

A Midwestern Doctor Sep 30
Author
I still find all of this very exciting too!
LIKE (15) REPLY SHARE

Miss Rodeo Oct 1
Exactly! I remember standing in front of the ranch house, jumping up and down when the Bookmobile arrived. Hadn't thought of this analogy, but it fits perfectly.
LIKE (8) REPLY SHARE

sadie Sep 30
Yes! We had one come to our one room school house... fun times!
LIKE (5) REPLY SHARE

E.Y. Sep 30
Liked by A Midwestern Doctor
Thank you so much !! I have grade 4 chondromalacia and basically no cartilage left behind the kneecaps , due to a patellofemoral tracking disorder . I strained my knee several days ago and the swelling was significant . I thought I would have to have the fluid drained and steroid instilled . I have had this done twice in the past . I used castor oil first on my knee , rubbed it in , then , 100% DMSO . I iced and rested the knee . I did this two or three times a day . Amazing response !! Better than draining and steroid !! I put some DMSO

A Midwestern Doctor Sep 30
Author
That is very common story.
LIKE (25) REPLY (1) SHARE

Chelles Sep 30
I apologize for commenting on a sub-comment, but it's the only way I can comment on substacks. I'm not sure why, but I'm unable to access anything on my desktop, and it's all going on my phone. Anyway...

These recent articles have fascinated me, so much so, that after two years or so of reading and sharing your articles I've finally become a paid subscriber. Worth it.

What I want is... Just help. I've spent years, thousands and thousands of dollars, and so much time trying to help my daughter - in the meantime I've become so exhausted I can barely care for myself. I feel paralyzed about trying anything else to help her - not mention that in our case everything results in a fight with her. Our dr just retired, so I'm feeling left in the lurch. In addition to feeling like I have no one to trust (he is a brilliant/jerk dr, much like you!).

I could tell our this story, which isn't as bad as it could be, but still, it's out of the ordinary. We have no diagnoses really except constant UTIs, possible brain damage from birth compaction, and selective mutism (though she used to talk more). Recently my daughter completely collapsed in public and it thought she died, with empty eyes and blue lips. But it was called a side-effect of yet another uncontrolled UTI, and I'm left with the utter exhaustion that all the work, time, money, and energy of our past 6 years hasn't gotten us anywhere. She's only 14. I only just weaned her off needing me to take her to the bathroom. It's still a daily fight.

On top of it I've been in chronic pain for a decade now, and I can't even reach last year which wasn't quite hell...these last two posts gave me some hope that maybe there's something beyond the PT and Chiropractic (I'm pretty much against most pharmaceuticals for non-emergency cases)...and I'm free experimenting on myself, but less so on my daughter. I feel like I read all these wonderful transformative stories of children and yet it's always out of reach for us...I'd just love help...some hope...some other new path for her...so many people around me have been having dreams that she's suddenly talking to them, and being the sensitive person I am (oh how many of your posts have resonated with me and my journey), I can't take those lightly. I've had themself, when I haven't even dared to hope she'd talk again outside the family...yet it's like this is the new hope!
LIKE (5) REPLY (1) SHARE

Auntie Claus Oct 2
Chelles - so sorry for all you and your daughter are suffering. As mentioned by another commenter seek first Jesus Christ and His wise counsel, through reading and studying the Bible. He speaks directly to each of His followers with His Word ... I know from experience! I have also suffered from frequent UTIs and know the hazards and pitfalls of an endless succession of antibiotics. There are 3 non-antibiotic ways to successfully treat UTIs that I can recommend to you (prevention through regularly taking one of these works the best ... maybe 1 week ... you can figure out what frequency is for your daughter):

(1) Methylene Blue (research Dr. Francisco Gonzalez-Lima's amazing work) - was the standard OTC treatment for UTIs up until the mid-1960's, when antibiotics were introduced. This is worth trying, because it actually kills the bacteria in the bladder and don't have any side-effects from it (other than bright blue urine). You can buy USP-grade liquid from Amazon, but it tastes nasty and can stain things if you aren't careful. My doctor had 10mg capsules prepared for me at a compounding pharmacy which makes it easy-peasy.

(2) Nattokum Fermentation capsules from Sacco Bacteria(.com in Germany. These OTC capsules have been available for 20 years in Europe. Studies show they are as effective as antibiotics. These are also very efficacious and easy on my system. You take 3 at a time, though and it can be a lot to swallow. ☹

(3) D-Mannose powder is available from Amazon and very inexpensive. You put a heaping teaspoon in a 120 cup water and it is effective against E. Coli causing most UTIs. Check out the website "stoputi(dot)com" for great, comprehensive information. This is my least favorite, because it makes my stomach hurt when I take it.

Caution: only do one of the above at a time ... I tried 3 simultaneously a few years ago and got terrible stomach cramps.

I hope one of these might help. God bless you!
LIKE (5) REPLY (1) SHARE

Anne in NY Oct 28
I would constantly get UTIs and put on every type of antibiotic without any relief. I finally tried Cranberry pills and found relief. I have since found that this info with many friends and family members who have also found the cranberry pills work better than any antibiotic. the key is to take 6 or more and wait a hour or two and then take more. I got relief in the first few hours, many friends have told me that I saved their lives with recommending these pills. Keep taking two or more for the day and following days. I keep bottles of these pills in every travel bag and never go anywhere without them. My daughter does the same. Here is the link on Amazon for the ones I use HTH. https://www.amazon.com/Natures-Bounty-Cranberry-Supplement-Supports/dp/B000YZZJEE/ref=sr_1_1_sspa?crid=27XVN82OCL4K8&dib=eyJ2IjoiMSJ9.nYSc2YmhUMJLX_hxdvzrcW9nSeoL8qw4ldEFXQ_N5ddTEU_R5ZhAxoqUbE_TaFAbKbxuaaxRyM-dp_4ZT8VDSJwRnqGhcuSoJ8WQZTTLaQn3EIbqNHn_dTDeXGYXWCSaB8FbmgSzEYaqbaZwhwaHaQh_vKXuuz2340BqZn_R0ungBmzTRbDGBdTBdWdf_ofwxDFf2OqRGBwEZ21hdCQOHqDxDCqCnz_amUvKNTBbnw_QKVbVB1Ed_1dEJLzUTM13ieoIm1YnxOHwGBqDcs7ovqKKmnEbLzK1Ktb0Ln3Ln7ZNbqqbbb

Satan's Doorknob · Satan's Doorknob · Sep 30

Well yes and no. Many oily materials are difficult to remove with even soap and warm water. Anyone who's ever smoked (guilty as charged) or worked tried to clean dirty anthracite, etc. knows that grark is not going to be removed without a fight. The poisoning anecdote could well be true, regardless, it provides an excellent example of why your hands or other contact surfaces have to be squeaky clean.

LIKE (16) · REPLY · SHARE

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adventuur · Sep 30

I've been reading your Substack in a Free subscription for a few months. I read your first article on DMSO in its entirety and with today's second article, I signed up for an annual subscription and ordered a bottle from Amazon. It will arrive in a day or two. Can wait to try my first, leg and finger neuropathy I've been dealing with for three years. The mild pain and problems with balance and walking I have ruined my gait game. I just can't play anymore. After testing for a reaction, and setting any pain reaction, I will be painting them with DMSO. I've also lost the love of my life (wife) to dementia which I strongly believe may have been caused by using a prescribed STATIN drug for five years. I will be trying to get more information about how and where to apply the DMSO for her.

Thank you for your work. I will ask you to send these articles to RFK, Jr. as he's been screaming about the FDA corruption for years.

LIKE (16) · REPLY · SHARE

WonderCircle · Sep 29

• Author & Midwestern Doctor

So so grateful for you and your work! You provide true abundance!❤️

I so hope this can help my friend who routinely hurts herself exercising due to EDS. Read your research on EDS and am so grateful for that too. Please be with you.🌟

LIKE (12) · REPLY · SHARE

Susie Arnett · The Transformational Concierge · Sep 29

For tinnitus, where did they study the DMSO?

LIKE (14) · REPLY (2) · SHARE

A Midwestern Doctor · Sep 29

• Author

Will write more on this later in the series.

https://scc-hub.softtrias.thinkific.com/courses/enrolled/2031?uid=5911115.1769-6623.1975.6b25389.x1sd1rlrrh3.1&uqmsd

LIKE (28) · REPLY (1) · SHARE

Jenny d · Sep 30

I have been suffering with Tinnitus for years now I would test DMSO starting today if I could decipher the articles to create my own spray but in this research, it appears it was topically applied and injected. Do you recommend a doctor involved in trying DMSO for Tinnitus or would the topical spray in the external ear canal suffice?

LIKE (2) · REPLY · SHARE

Shirley · Oct 9

Please, please do! I have suffered from tinnitus for 6 years now after a horrible virus attacked my ears (I have suffered often from ear infections since I was a child). The time and money I spent going to ENTs, Light Bar as soon as you get to the "tinnitus", they punt and send you to a different specialist. The only one who was honest with me was my dentist, a DMD, who simply said that doctors (and dentists) are uncomfortable with things they don't know.

I am a musician (singer/other director) and have hyper acuity. I cannot begin to say how awful of an affliction it has been.

LIKE (24) · REPLY · SHARE

Susie Arnett · The Transformational Concierge · Oct 1

there were many ingredients in the spray, how do you think it would work with just the DMSO? are the other ingredients important too?

LIKE (1) · REPLY (1) · SHARE

RU Pondering · RU Pondering · Oct 2

You can get some of the ingredients on Amazon (GABA and BHB). Personally, I'd recommend caution and a much smaller list of natural ingredients or waiting another week or two to see what the good doctor recommends. Applying this cocktail to or behind the ears is going to carry some portion of it directly into the brain.

LIKE (1) · REPLY (1) · SHARE

Traci Edwards · Oct 4

I saw even Tractor Supply has DMSO. But decided to wait to see what the doctor recommends first. Anxious!

LIKE · REPLY · SHARE

PepsiAfir · Oct 1

Would this also apply to tinnitus related to Meniere's Disease?

LIKE · REPLY · SHARE

Maggie · Sep 29

Link blocked –

LIKE (2) · REPLY (2) · SHARE

Godfrey Hebert · Oct 2

https://pubmed.ncbi.nlm.nih.gov/10555651/

LIKE (2) · REPLY · SHARE

GingerWiff · The Land Lemons · Sep 30

https://mesaduck.smallbiztechnologies.com/courses/enrolled/2031?uid=5911115.1769-6623.1975.6b25389.x1sd1rlrrh3.1&uqmsd

LIKE (2) · REPLY · SHARE

A Midwestern Doctor · Sep 29

• Author

But you can view it at the link I just left.

LIKE (1) · REPLY (1) · SHARE

Michelle · Sep 30

Worked for me.

LIKE (1) · REPLY · SHARE

Tina Blesse · Oct 10 · Edited

Tinnitus !! I get my own bottle of liquid from one of the companies you recommend, would I apply just a bit of the liquid behind the ear? If so, should I dilute it a bit or is full potency OK? How often daily? Is there a maintenance amount recommended? Thank You in advance for all that you do ❤️

LIKE (1) · REPLY · SHARE

K johnson · Sep 29

Thank you so much for taking the time and effort to write these posts. Your posts have really opened my eyes as a physician to learn about innovative therapies that we were not taught in medical school or residency. I am excited to see how DMSO helps my chronic conditions. I forwarded your previous article to a friend who recently suffered a concussion due to a bike injury. She started DMSO last week, and I hope to hear a testimony from her soon!

LIKE (24) · REPLY · SHARE

Michelle · Sep 29

Your writings are such a gift. Thank you for all of them.

LIKE (15) · REPLY (1) · SHARE

A Midwestern Doctor · Sep 29

• Author

Ltyu!

LIKE (1) · REPLY (1) · SHARE

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robin hanna · Sep 30

yes when an article pops up, i am always excited

LIKE (1) · REPLY · SHARE

Angela Luce · Angela Luce · Oct 7

• Author & Midwestern Doctor

Thank you so much for taking your time and energy to write this. My husband was out of work for 4 weeks with severe sciatica and had suffered with the pain for a couple of weeks before he could no longer stand or walking. Just about 48 hours ago after seeing this article, I bought some DMSO at the feed store and started putting it on him on Saturday afternoon, every 4 hours. Again on Sunday, and then today on Monday he is back at work. I cannot thank you enough!

LIKE (2) · REPLY · SHARE

Thomas A Bryan RPh · Sep 30

• Author & Midwestern Doctor

DMSO is cheap and not patentable. You can't bottle sunshine, so they discredit the value of Vitamin D and create the fear of skin cancer. Researchers have found that there is a gene that needs Vitamin D to turn the gene on and produce a substance called E-Cadherin to prevent metastasis. Envelopes the tumor as a protective barrier. Bottom line my view is an excellent vehicle for transporting medical broad spectrum to areas of congestion within the body. It is like Vitamin E which is a known oxygen transporter. Found the following use within oncology: Dimethyl sulfoxide is a reversible nitrogen-activated extracellular signal-regulated kinase-1 (MEK1) and MEK2 inhibitor used to treat certain types of melanoma, metastatic non-small cell lung cancer, and locally advanced or metastatic anaplastic thyroid cancer. My question is if it would be a good transporter of chemo drugs in micro-doses directly to tumors with positive results. Rather than having them applied systemically and having negative impact on multiple body functions.

LIKE (2) · REPLY · SHARE

Cheryl · Oct 1

Your articles are a blessing to me. I'm post spine surgery #18...10+ fractures, 4 fusions, nerve transfers...6 discs going bad...AS, parathyroid tumor, now gone, 3mg osteoporosis...and today I was utterly miserable. Read your articles, and remembered I have a jar of the DMSO gel. Put it on an hour ago...it's working. God bless your Words cannot explain the hope I have.

LIKED (13) · REPLY (1) · SHARE

A Midwestern Doctor · Oct 1

• Author

It is so messed up this has been kept from people for over 50 years...

LIKE (2) · REPLY · SHARE

A Midwestern Doctor · Oct 1

• Author

Also can I quote you?

LIKE (2) · REPLY (1) · SHARE

Cheryl · Oct 4

Sorry I missed this. I saw my quote and was thrilled that more folks will see it and try it!

LIKE (1) · REPLY · SHARE

GeorgP · Oct 1

• Author & Midwestern Doctor

Update to a previous comment on DMSO: I mixed up an 80% solution of DMSO for topical treatment. It is a very reactive solvent. Mixing with water is quite exothermic. The solution became quite warm. I would compare it to drinking HCL acid. The strong mineral acids, HCL, HNO3, and H2SO4 are available in the strongest concentration possible. HCL is available at 37% concentration, so that is the maximum amount of HCL that can be dissolved in water. These acids, at maximum concentration, all cause fumes to form in the air as the excess pure gas reacts with water in the air.

Anyway, I have been treating my wife with stage 7 Alzheimer's for 5 days with no noticeable results. I did not expect anything quickly and will continue the treatment for a month. Topical treatment around her neck and throat. I also treated myself with a stressed knee and wrist. The knee injury was a one time injury caused by putting my full weight on a completely bent and maybe twisted knee. A week ago I could not do lawn work, quit and applied ice. It was already on the mend when I applied the 80% solution of DMSO. Today, the knee is free of any stiffness, or anything. I have been wearing a wrist brace for weeks. After a couple topical DMSO treatments at 80% I feel no pain in that wrist. That was a repetitive stress injury from bad spiring. The brace was helping, but after two topical treatments with DMSO I am feeling no pain or stiffness from my wrist. Maybe a bit of weakness, so at least one more treatment.

The southern from mixing with water indicates that 100% concentration is likely to cause irritation as it reacts with water in the skin. Unless otherwise tested, 100% concentration should be limited to one time, emergency use in topical applications.

LIKED (1) · REPLY · SHARE

Aunite Chua · Sep 29

My Dad is a physicist, but in retirement began experimenting with DMSO to treat medical problems of family and friends. He used DMSO as the "solvent" for various medicines, to apply them directly to the location needed. Anzalavir + DMSO to topically treat shingles and fever blisters for quick healing... pain from shingles would subside in an hour, and the blisters would melt away within 24 hours. Used other formulas to treat athlete's foot, plantar keratoses, plantar warts, diabetic foot infections, etc. He teamed up with a doctor at UW Hospital to successfully treat painful growths on amputee limbs from prosthetics... that was stopped by the VA when they found out. Sadly, my Dad has developed dementia since contracting COVID in 2020. We've used on-going ivermectin and Lion's Mane to slow and manage his dementia (along with intermittent fasting)...so I'm very excited to try the topical DMSO to the scalp to see if he can benefit from it.

LIKE (24) · REPLY (1) · SHARE

Ron Hestery · Sep 30

Watch this TedTalk: Dr. Newport's husband Steven was diagnosed with early onset Alzheimer's, as a Doctor herself, she explored routine treatment options. Also, look at the Medical Medium Brainsaver book.

LIKE (3) · REPLY (1) · SHARE

Aunite Chua · Sep 30

Great comment, Ron - thank you. We did read through Dr. Newport's books and tried coconut oil. ALL of us had ferocious diarrhea from the 1-2 Tablespoons of coconut oil dissolved in hot cocoa (it was delicious, but...). The parents point blank refused further experimentation with coconut oil. MCT oil (refined coconut oil) was even worse. Tiny amounts, gradually increased would have been a better approach, in retrospect. I have been wanting to look into exogenous ketones to see if that could be better tolerated.

An aside: my husband was the Guinea pig with coconut oil in his coffee - he didn't have any gastro problems. However, it definitely affected his brain negatively. He's mentally sharp right now, but when he took 2 Tbl. Coconut oil a day for 10 days, he started becoming unable to find the right words and even used incorrect words at times. It seemed to trigger brain fog in him!

LIKE (1) · REPLY (1) · SHARE

Satan's Doorknob · Satan's Doorknob · Sep 30

Oils in coffee I do this every day. My daily intake of fatty/oils as supplement currently includes 1 Tbsp each of unrefined coconut, extra virgin oil oil, my "Omega 3" blend (equal amts of Rapeseed (refined liver) and 1 Tbs. black seed. Any of those, with the possible exception of the fish oils is_make interesting coffee beverages (blender required for best results). Obviously other beverages could be used, too. Use flavorings to add interest. Since I drink several cups in the morning, I fancy that I'm "earning" $20-40 dollars in money "saved" by making these exotic coffee drinks and not paying Starbucks prices. One downside of my frugality is I don't get the full cafe experience, which would be arguing "woke" politics with a rainbow-haired person of indeterminate sex whose face looks like hedgehog flesh and has a box of flaming tacks.

LIKED (6) · REPLY · SHARE

Singing in the Dark · Singing in the Dark · Sep 30

For about a year, I used to take 75 mg iodine daily as part of my treatment for Hashimoto's, but now am off all meds and supplements the last 8 weeks, so my new Dr can see what my body will communicate to her without any meaning of symptoms. (I was also mega dosing D & K2 according to Cosmo's Protocol).

The last six months, however, I have been combining DMSO with Lugol's iodine tincture, and applying several drops of it to my thyroid a couple times a day.

For the last two months, I have been off of Armour Thyroid, 90 mg daily, after gradually reducing my own dosage (90-60 a few weeks, then 60-45 a couple weeks, then 45-22, then stopped taking any.)

In a couple days I will have my TSH and other numbers checked in lab work, and will know more about what is happening. Regardless, I battle RA too, as well as other health issues, so it is not a simple matter to pinpoint what makes me feel badly on any given day.

Back to the point: I do not feel as horribly as I feared I would by now, when I began this experiment. A couple weeks ago I also added a small amount of birch oil (another anti-inflammatory agent) to the iodine/dmso mixture, and I can feel a difference in the pressure in my throat, around my thyroid, a couple days after applying it.

I haven't been able to figure out how to relieve the RA pain with dmso. Dissolving a TESP boras laundry powder into a couple ounces hot water and applying that has done more for my hand/joint pain than dmso has, tho'. Not that I would certainly believe DMSO is a critical part of what is restoring my thyroid function and well-being.

LIKE (1) · REPLY (2) · SHARE

Citizen_Jimarca · Citizen_Jimarca's Substack · Sep 29

Thank you for posting. I have Hashimoto's and take 90mg of Armour Thyroid daily.

I read of your experiment with Interest. My field is herbal research,particularly Chinese, and my Hashimoto's as well as that of my ancestor relatives who eventually died from it, undiagnosed, because years ago thyroid panel blood tests were not readily available, despite them having glaringly obvious classic symptoms, and yet never started on it.

Though there are known herbal protocols, both Chinese and European, successful ones, for Graves disease, I have yet to find anything other than taking hormone replacement therapy for Hashimoto's. I did stumble across a Chinese doctor in the 1600's whose name I've forgotten who treated patients with desiccated sheep thyroid, though he had no idea of the endocrine system or what it might have helped some of his patients.

The herbal information and solutions to many things are out there. For example, the Brilliant Armidovial of Amasia was an Armenian Christian whose medical works and fame became so great that he was appointed chief medical officer in Istanbul in the 1400's. His book, "Bone to the Ignorant", available only in middle Armenian and in Russian translation, as far as I know, was a compendium of the major healing herbs with their names in Arabic, Latin, Greek and several other languages along with properties and use.

The problem is that these things are documented in obscure or archaic languages, forgotten journals and manuscripts, hearsay reports scattered across history. The coming of the Internet made such research possible.

LIKE (1) · REPLY (1) · SHARE

Singing in the Dark · Singing in the Dark · Sep 30

I'm so sorry you battle this too. I wish you didn't, but I want to tell you, and encourage you:

reading how you describe your situation, and your ability to take a macro-view of your preceding generations, and incorporate what is good from other world-views while able to set aside what isn't helpful for right now, without stumbling over it all.

I am convinced you have the intelligence and determination, and also the rare wisdom that comes only from respect and appreciation for your body and its beautiful design, to ultimately beat this thing and take back your health.

I want to see you win. ❤️

LIKE (1) · REPLY · SHARE

Citizen_Jimarca · Citizen_Jimarca's Substack · Sep 30

Thanks I like too !

LIKE (1) · REPLY · SHARE

Henry Skelton · Oct 14

My wife has Hashimoto's. I have 99% DMSO. Please tell me the quantities of Lugols and DMSO you use for your treatments. Thank you.

LIKE (1) · REPLY · SHARE

Singing in the Dark · Singing in the Dark · Oct 14

Sure. I'd have no trouble believing there is a lot of room for variation of the proportions.

1/2 Lugol's iodine solution, 2%

1/4 dmso

1/4 aloe Vera juice, to dilute the dmso. I am very sensitive to it and had to build a tolerance.

1 smear 4-10 drops on my thyroid and around my lymph nodes under my neck at night when getting ready for bed. The iodine spot is gone by morning.

My bed tho is and your wife.

LIKE · REPLY (2) · SHARE

Singing in the Dark · Singing in the Dark · Oct 21

Hi Darlene. No worries if you're wondering, so are possibly many others. Thanks for asking so I could know I need to clarify.

A better way to say it might be:

2 parts Lugol's iodine

1 part DMSO

1 part aloe vera juice

That way, whether you're working in drops, ml or teaspoons, you can make it according to how much you want to work with.

LIKE (1) · REPLY · SHARE

Darlene Lessig · Oct 20

When you say "1/2 iodine solution what is the 1/2? 1/2 a tsp, or TBS?

1/4 dmso ?

1/4 aloe Vera juice, to dilute the dmso. I am very sensitive to it and had to build a tolerance.

1 smear 4-10 drops on my thyroid and around my lymph nodes under my neck at night when getting ready for bed. The iodine spot is gone by morning.

My bed tho is and your wife.

LIKE · REPLY · SHARE

You want the final mixture to be those? I'm sorry I'm confused. Thank you

LIKE (1) REPLY SHARE

swimmingupstream Sep 30

I was pleasantly surprised to see Doc Bowen mentioned - I grew up in the same community as Doc and he was my maternal grandmother's physician before he went to DC. I recall my paternal grandmother (and other folks in town) used DMSO, probably purchased from the feed store, and the "garlic" smell. I'm getting painful arthritis in my feet and ready to give it a try. I really appreciate the brand recommendations and dosing tips. Thank you very, very much for doing the exhaustive research on this.

LIKE (9) REPLY (1) SHARE

A Midwestern Doctor Sep 30
Author

Thank you! If you know anything else about Dr. Bowen I would love to know so i can include that in the next part of this series.

LIKE (3) REPLY (1) SHARE

swimmingupstream Sep 30

Are you wanting to know more about his involvement with DMSO or influence in the community? I know he was well loved and respected in that little town. It was a badge of honor to be a "Bowen baby" (a baby delivered by Doc at the local hospital) as he ventured out into politics first as Governor of Indiana and then of course serving under President Reagan. And his wife bought a set of dishes at my grandmother's garage sale, lol. My sis was a "Bowen baby" and I'll see if she remembers anything about him. I left that area after college but she remained in that community.

LIKE (8) REPLY SHARE

April Oct 8
Liked by A Midwestern Doctor

I wanted to cry watching the 60 minute interview. Ah the days of "real" investigative journalism. Just tell us the facts. I am so glad to have found you and your substack. As a retired Pathologist Assistant I love learning these forgotten gems

LIKED (5) REPLY (1) SHARE

A Midwestern Doctor Oct 8
Author

If you really want to cry, watch all the reports they used to do on vaccine injuries:

https://www.midwesterndoctor.com/p/why-does-the-government-cover-up

LIKED (5) REPLY (1) SHARE

Stoney Oct 17

Thank you for this behind the scenes info. Do you have a link to Dr. Humphries full series on vaccines: Honesty vs Policy. You only link chapter 4 (which is very well done). I checked Dr. Humphries site, and around the internet but all of her youtube videos have been removed due to "violating community standards"! This would be much easier to share than getting someone to read her book Dissolving Illusions.

LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 17
Author

It's all on her odyssey channel

LIKE REPLY (1) SHARE

Stoney Oct 18

Thank you MWD. For all who have the same question the link is:

https://odysee.com/@drsuzanneh:f?view=content

LIKE REPLY SHARE

Unagnu Unagnu Sep 30
Liked by A Midwestern Doctor

Anything mostly safe cheap and effective is banned, ignored, de-funded or not pursuit. Be it for cancer, joint issue, chronic pain relief, you cannot have safe effective 'cures' or remedies... because then the huge big harma doesn't make moola!

LIKE (4) REPLY SHARE

vharlow@harlowhome.com Sep 30
Liked by A Midwestern Doctor

My all time favorite substack! Going to try this for my husband with chronic back pain from failed surgery long ago! Wow! Thanks so much!

LIKE (4) REPLY SHARE

Pam M Sep 30
Liked by A Midwestern Doctor

So very grateful for what I would imagine to be massive amounts of time and energy you must put into these articles. They can give us wonderful resources and hope in dealing with health challenges especially when main stream medicine seems to be working so hard to keep us in poor health. Many Thanks!!

LIKE (4) REPLY (1) SHARE

A Midwestern Doctor Sep 30
Author

I try!

LIKE (3) REPLY SHARE

Tech girl Tech's Substack Sep 30

I've used DMSO for back injuries and it's amazing. Curious if DMSO helps kidney disease, specifically where inflammation is the culprit. A side effect is increased urination so wondering is it would simulate healthy function back.

LIKE (8) REPLY SHARE

vharlow@harlowhome.com Oct 13
Liked by A Midwestern Doctor

If I already responded, this is just additional. My husband has quit using cbd gummies for pain, and now I just rub his back and shoulders. No question he's in less pain. And I've been putting it on my badly arthritic knees which are so bad getting up and down is difficult, and kneeling in church is out of the question! Until I tried it today! NO PAIN! kNEELING AGAIN! Oh, they still don't work well, but the PAIN is gone.

LIKE (3) REPLY SHARE

RonK Oct 5
Liked by A Midwestern Doctor

What a remarkable coincidence! I have been dealing with a lot of pain in my knee and hip, left leg, from injuries that I incurred 50 years ago. I have been taking a pain med and muscle relaxant but they no longer serve their purpose. At my advanced age, knee and hip replacements are out of the question, so I have been limping around for the last 4 years, each year gradually getting worse. Thanks to your previous article on DMSO and the current one, I decided to try DMSO which I bought online. It arrived today just as I was reading your article, so I plan to start testing it tomorrow, hoping for the best but not expecting any miracles. FYI, the mfg of the DMSO is from a US company, DMSO AR Laboratory Analytical Reagent Pharma USP Grade JT BAKER, and, it is advertised as 99.9% pure.

LIKE (3) REPLY SHARE

Eagleeye Sep 30

Unlike so many practitioners who "hawk" their wares you provide authentic information which puts a patient in charge of their own care. I very much appreciate your work and will continue to support it because of your ethical values.

LIKE (7) REPLY (1) SHARE

A Midwestern Doctor Sep 30
Author

When I started here, one of my goals was to never push supplements. I've held to that even though I've had some very enticing offers sent my way.

LIKE (10) REPLY (1) SHARE

Eagleeye Oct 4

Your response is, to my way of thinking, the most ethical. And greatly appreciated by all who read your work. I am reminded of an ophthalmologist collegue who once said, to paraphrase "my ophthalmology practice is my ethical medical practice but my advertised refractive surgery practice is to make money."

LIKE (1) REPLY SHARE

karen h Sep 29

I didn't see anything about using it to treat plantar fasciitis? Have you any info on that perchance?

LIKE (7) REPLY (4) SHARE

LP Oct 2

Forgive me, this is a bit off topic, but I used to suffer from plantar fasciitis, until I stumbled across a wise man on YouTube who said that to cure it, you need to stretch your hip flexors. (This can be accomplished somewhat by sitting up straight in a chair, ankle of one leg resting on the knee of the other, and gently leaning slightly forward. There are other ways to stretch, as well.) It is *completely* counter-intuitive, but it worked!

LIKE (3) REPLY SHARE

VeryVer Sep 30

I'm curious about this too. I bought a book on DMSO so I'll read that first.

LIKE (1) REPLY SHARE

Annie Mc Annie Mc Nov 6

Hi Karen, I just wanted to share what I've found helpful for plantar fasciitis in clients in the past. I'm a body worker and I've had very good results with doing release work on the IT bands of the upper lateral legs. Strangely, helping relieve tension and holding in the thighs and hips has made the fastest changes for the feet. If you have a roller, you can do this yourself . But I strongly suspect that using dmso on the feet would be a great help from what we're learning via AMD!

LIKE REPLY SHARE

James James Oct 21

I use it for plantar fasciitis and it is very helpful for me and a teacher friend of mine who couldn't even tolerate walking anymore. I made a spray for her too and she's so much better!!!

Hope that helps encourage you!

LIKE REPLY SHARE

Chantelle Oct 15
Liked by A Midwestern Doctor

Thank you for doing all the work to collect this amazing information and for sharing it with us! I finally have some hope that maybe I don't have to live in pain all the time. I went to see my GP today because the nerve pain in my feet is out of control. He prescribed a different medication but when I asked if we could try DMSO, he said no. When I asked him why he basically said that it was a carrier of other things through the skin but that on its own it really has very little therapeutic value. He said that when they fixed the problem of tasting garlic they also destroyed any therapeutic value. It felt like he was being patronizing and even making fun of me which he hasn't ever done in the 25 years or more that I've been seeing him. It was very clear to me that he had bought into the propaganda and the lies about DMSO. He did say that he didn't have any problem with me trying it on my own as long as I only used to topically, so that's what I'm going to do. I am going to read as much as I can and I'm going to get rid of the nerve pain in my feet:) Thanks for shining a light into my darkness and for giving me a reason to hope again!

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Oct 17
Author

:)

LIKE REPLY SHARE

Marguerite Heyworth Oct 13
Liked by A Midwestern Doctor

1st day and I'm sold! I applied castor oil then rolled DMSO on my knee this morning. The pain calmed down in about 45 minutes. It reignited about 4.5 hours later so I reapplied and the relief was immediate. I haven't been this excited by any product with the exception of a fabulous leather balm I bought recently and I jokingly told my friends I was going to put it in my coffee (after having put it on the backs of my hands). The beauty of DMSO is that it can be ingested! Thanks AMD!!!

LIKE (2) REPLY SHARE

MTown Oct 9
Liked by A Midwestern Doctor

N-1 case study of treating toenail fungus with DMSO + povidone–iodine solution:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4599634/

LIKE (2) REPLY SHARE

VictorDianne Watson VictorDianne Watson Oct 6

Dear AMD,

This is a testimonial in the use of DMSO. I am an 81 year old woman who was injured by the first of a series of 2 Shingrix shots in 2019. I never took the second shot. Eight days after receiving that shot I developed excruciating pain in my arms, hands, legs and feet. Although being told by two doctors that the vaccine did not cause the pain, the neurology team at a major medical institution diagnosed my condition as acute inflammatory demyelinating polyneuropathy(AIDP), on the spectrum of Guillame Barre. They treated me with gabapentin which relieved the pain. However, I was left with neuropathy in my feet which caused severe and painful spasms in my feet along with numbness on the bottom of my feet. After several weeks seeing a neurologist, I asked her what could be done to help this situation. She said there was nothing. After this article I started using DMSO on the bottom of my feet and over the tops of my toes when I went to bed. The first time I used it, I had no spasms which always happened at night when I was trying to go to sleep. I've now used it for 3 days and still no spasms. It's like a miracle. I'll continue using it to see if it helps resolve the numbness in my feet. God bless you, AMD. I never would have tried this without your articles and would have suffered needlessly forever. I owe you a great debt. Thank you. I'm telling everyone about DMSO and sending your articles as well. Your contributions are, without doubt, some of the most important I have read.

LIKE (6) REPLY (1) SHARE

A Midwestern Doctor Oct 6
Author

Thank you! I was going to get to that later in the series, but DMSO is really effective for post herpetic and shingles neuralgia, and since the shingles vaccine is live, that might have been part of what happened to you. Can I use your story?

LIKE (2) REPLY (1) SHARE

VictorDianne Watson VictorDianne Watson Oct 6

Absolutely! Please do. I am so happy!!

LIKE (1) REPLY SHARE

Satan's Doorknob Satan's's Doorknob Sep 30

Ulcers: Dr. Atkins's Vita-Nutrient Solution (DMSO sections) covers much of the same territory as does AMD in this blog. However, he reports one study that found DMSO effective for:

"DMSO compares very favorably with the popular ulcer drug cimetidine. In one experiment, 220 people with a duodenal ulcer began to take 500 mg of DMSO orally every day. By the end of the study they had fewer than half of the ulcer recurrences experienced by people taking cimetidine alone."

AMD says: "DMSO will react with metals such as aluminum, copper, iron, nickel or tin but not gold or silver". This may be a consideration not only with jewelry. DMSO may well be reactive with these metals, but the important question is "How reactive?" I have experimented with topical application and aware of the potential issue of leaching of chemicals from plastic (e.g. bandage) I used a piece of aluminum foil between the bandage and a DMSO-soaked cotton ball next to skin. I'm not sure what's the greater risk of unwanted chemical leaching; since I'm limited to materials on hand, I still would vote for the aluminum foil.

I am fortunate to live in one of the very few States (Florida) that specifically "legalizes" an MD to use DMSO. The patient is supposed to be briefed and then grant a written waiver of liability. Most important for the MD, the state medical boards are prohibited from punishing the doctor for prescribing DMSO. Doctors and hospitals are exempted from (all?) liability. I'm doubly fortunate that I don't have any health conditions that would require such treatment ("yet").

LIKE (6) REPLY (1) SHARE

A Midwestern Doctor Sep 30
Author

I cited the ulcer study in here

LIKE (2) REPLY SHARE

Courtney Oct 23
Liked by A Midwestern Doctor

Thank you for your service. The world needs you!

LIKE (1) REPLY SHARE

Connie Cook Sep 30
Liked by A Midwestern Doctor

Thank you!

LIKE (1) REPLY SHARE

Katherine Broyles Sep 29

Thank you for this work - have you seen any research that suggests using dmso post joint replacement could cause any issues? Such as causing a leaching of metals into body or degradation of the implant - I thought I read something that suggested that could

Be possible in the healing with DMSO book. Makes me a little nervous about using it - Thank you

LIKE (5) REPLY (2) SHARE

JT Sep 30 *Edited*

I have the same question. Since Sept 2023 I've had both hips replaced, a knee replaced and a knee manipulation while asleep so the surgeon could bend the knee to break up scar tissue. With metal and partly ceramic/plastic joint replacements, can DMSO be used to heal the joints, break up internal scar tissue & restore range of motion (and stop the pain)? Any safety guidelines to avoid absorbing those foreign materials into my system?

Thanks so much to you, MWDr, so grateful for my new subscription.!

LIKE (2) REPLY (1) SHARE

GingerRRT The Lost Lessons Oct 9 *Edited*

Wife had the same problem with both knees. Used Chlorine Dioxide and most of the pain is gone. I assume it was inflammation. She still has one knee that bothers her a little, but can't get her to try dmso because she smelled it on me🤪

LIKE (2) REPLY SHARE

robin hanna Sep 30

good question!!! I was thinking about slapping some on ,my shoulders and hip but they are full of metal. I am also going to heed the pool/chlorine warnings since I am having such good luck exercising in the pool (walking lunges and squats are so easy and effective). my boyfriend is getting relief for his back ("pulled it out but no dx yet). I put it on my neck one time and I am pain free there. I am also thinking about using it with capsacin or cayenne.

LIKE (2) REPLY SHARE

Philip James Paustian MD Fudge Factory Oct 12

Once again fabulously useful information in your DMSO series to such a degree I felt compelled to reaffirm / re-up my paid subscription even while I try to cut expenses and save time. I am saddened and amazed as I keep learning about the effectiveness of therapies I was taught did not work or worse therapies never mentioned. May God keep you well, solvent, and able to continue your excellent work.

LIKE (3) REPLY (1) SHARE

A Midwestern Doctor Oct 12
Author

Thank you!

LIKE REPLY SHARE

Mark Farris DDS Oct 4 *Edited*

I have a rotator cuff injury that caused severe pain when I tried to sleep on my side, or raise my arm laterally. 70% DMSO on the pain area would give me significant relief for 4 hours. Amazing pain management. I mix mine with colloidal silver but distilled water is fine. Small amber glass dropper bottles, 4 oz., with a small stainless steel funnel is helpful. I also have a knee that starting hurting a bit after walking 2 miles a day for months. I take a few drops of 70% DMSO into my palm and rub it into the joint areas for a total of about 20 drops on the shoulder and 20 drops on the knee. I do my shoulder and my knee twice a day. I can tell a difference in comfort level and the joints are getting better over time. I have little to no pain in my shoulder now, I can sleep on my side again, I still have limited lateral elevation movement, but that has improved. My knee is 95% better. DMSO is a wonderful substance for natural healing promotion.

LIKE (3) REPLY SHARE

Leila Kostyk Sep 30

Great article! I appreciate the tips on getting it to the area topically, as it's next to impossible to find someone who will treat via IV here in Canada. My son has had strokes, and his parents are experiencing all the aches & pains of getting older, so I think that will help. I have tried taking it orally but it made me stink! The funny thing is, I had no idea, could not smell it myself. One really can't go out or be around people at all. But, in an urgent situation, I'd do it anyway.

Several years ago I was diagnosed with plantar faciitis, given exercises and advised to take analgesics for the pain. Being an impatient person, I decided to try DMSO instead. That was also around the same time I'd run across an article on anticholinergics and had decided to stop taking pain meds. I put DMSO in a shallow flat glass container large enough to fit my foot, washed my foot thoroughly, and soaked my heel. I'm not sure how long or how often, but it was enough that a layer of skin peeled off. Scary but not painful. There's been no pain in that heel since then.

LIKE (3) REPLY SHARE

Katherine Quinn Sep 30

Fascinating article -- thank you! I have an ankle tendon injury that reoccurs every time I ride my peloton bike and no amount of rest has worked, so I'm going to give the gel a try. On a separate note, my 28 year old son was diagnosed with IgA nephropathy in 2017 and on his most recent visit to his nephrologist, he was told that within 2 years he will need either to begin dialysis or get a kidney transplant. I have been researching the disease for years and only recently are drug companies making progress on medications that block (or limit) the overproduction of IgA that damages the kidneys. My son's doctor told him he is too

far along to try any of those. Are you aware of any "alternative" information I might be able to read on this subject?

LIKE (2) · REPLY (2) · SHARE

Auntie Claus · Sep 30

Katherine – diet can play a role in autoimmune disorders as well as kidney disease. Set aside some time and search / watch videos on YouTube by Dean Mac, Coach Stephen, Kerry at Homestead How (they have testimonials from people with advanced kidney disease improving through ketogenic/carnivore diets), Dr. Jason Fung, Canadian nephrologist (who pioneered intermittent fasting and ketogenic diet to reverse diabetes and help kidney disease patients), etc. Really hopeful stuff! You can change that diet without hospital side-effects, while still pursuing other medical options - plus cheaper than medications!

LIKE (1) · REPLY (1) · SHARE

Katherine Quinn · Sep 30

Thanks very much Auntie. I am a retiree of Dr. Fung and also a big fan of carnivore, keto, kind dieting. My son's kidney issues, stiffer from diabetes-related kidney disease and since he has been having gout flareups, finding the right balance with a keto-carnivore diet can be challenging. He lives in Maui and I live in New England, so he relies heavily on his doctor's guidance and as you can imagine, finding a mainstream physician – especially a nephrologist – who promotes ketoicarnivore is not easy.

LIKE (0) · REPLY (0) · SHARE

John Kelly · Oct 26

I'm not sure this advice is relevant to IgA nepropathy as it concerns IgA nepropathy, but it may have some value. I have a friend that was diagnosed with IgA Nepropathy – not IgA nepropathy – some 20 years ago. He was told back then that he could get his affairs in order because he wouldn't live past the next few years. When he gets a cold, his immune system attacks his kidneys and some blood becomes apparent in his urine. He asked about treatments and he was told by a Chinese allopathic doctor that he could use steroids or or take large doses of fish oil. No other doctor he spoke with mentioned fish oil. He has taken 12 grams of fish oil (including 300 mg of omega-3) spread out through the day for those 20 years. It moderates his system's severe immune response. He is surviving and watches his test numbers closely. For a period of time he was able to go on a very low carbohydrate diet and his yearly test numbers come back to something close to normal. So, the diet advice concerning intermittent fasting and ketogenic diet is sound. Strangely enough, though pitcher in hand on the kidneys, he can eat quantities of meat and not have it show in poor test numbers or symptoms. I'm hoping this will be of value to you or someone. You may need to do more research. Good luck.

Very good work on this DMSO information. I'm using effectively for my back and hip problems.

LIKE (0) · REPLY (0) · SHARE

John Kelly · Nov 1

My mistake. My friend has IgA nephropathy, not IgA. Here is his successful protocol. "IGA Nephropathy—take 12,000mg of fish oil, plus Lisinopril and Losartan Potassium to keep blood pressure low and try not to get sick. If they are having sore throats, removing tonsils may reduce infection and flares. There is a new drug, Filspari, which may help—only costs $120,000 a year and is only offered to people with private insurance—not for Medicare or government insurance." LIKE (0) · REPLY (0) · SHARE

Moshe Brody · 1h

https://ksjournals.org/journal/12/12/4232080.abstract

LIKE · REPLY · SHARE

Mrs. Rollpal · Mrs.h Substack · Sep 30

Isn't there just a simple, one step application, just to treat arthritis? I do not want to be a chemist, mixing up concoctions on my kitchen counter. All these options & variables, send me running away like mad! Just a simple starting point? Same with Fibromyalgia & Lyme? Herbs & Herbalists? Hard enough for a simple, very busy self employed grandma to try. I just ma lotsa on my body, only shower once @ week using organic soap, take no medications, but joint pain & deformities are getting worse.. Do I need to find a homeopathic doctor? I've grown to dislike & distrust almost all of the medical community..

LIKE (0) · REPLY (3) · SHARE

A Midwestern Doctor · Sep 30

Author

The simple version is to topically apply 70% and if that is too irritating, to dilute it with purified water.

LIKE (0) · REPLY (1) · SHARE

Mrs. Rollpal · Mrs.h Substack · Sep 30

I spend all your Amazon links, but do not believe any of those were a 70% diluted version..??

LIKE (0) · REPLY (1) · SHARE

A Midwestern Doctor · Sep 30

Author

The liquid nature's path one is

LIKE (0) · REPLY · SHARE

Veryfer · Sep 30

I feel the same — and I worry that I'll mess it up and have to go the ER and tell them, "I read on the InterWeb how to make my own medicines..." lol.

LIKE (0) · REPLY · SHARE

Bradford. · Bradford. Oct 14

Take two tablespoons of 99.9% pharmaceutical grade DMSO and mix with one tablespoon of distilled water = approx 70% solution (87% to be more precise; 66.66% to be exceedingly precise).

LIKE · REPLY (1) · SHARE

Mrs. Rollpal · Mrs.h Substack · Oct 14

And drink it?? I bought both liquid & gel & have applied it just topically. https://a.co/d/0ieT3ry

LIKE · REPLY (1) · SHARE

Bradford. · Bradford. Oct 14

I have only used topically and do know that the product is readily absorbed, so I would continue what you are doing now. After a few days of tolerating, increase either the amount used or the number of times used per day and see what happens. I'm a pharmacist, but one who sees the medical establishment for what it is, snake oil salesman.

LIKE (4) · REPLY · SHARE

Craigo · Sep 29

This observation is small ball compared to the World Series level of this article, but I wondered if you might want to amend this note a little...

"Note: there have also been reports of DMSO being able to eliminate birthmarks."

Based on the article you linked as a reference for that one, it seems like the pulsed dye therapy is technically what did the eliminating, but the topical application of lidocaine + DMSO allowed the patients to endure the pain associated with that type of removal therapy.

LIKE (0) · REPLY (1) · SHARE

A Midwestern Doctor · Sep 29

Author

Thanks for catching that. I didn't word that correctly and it's fixed.

LIKE (0) · REPLY · SHARE

Adrienne · Sep 29

Thank you! Eager to read more about the effects on eczema as I have several family members who struggle with that.

I am also wondering if anyone has used this to treat lymphedema specifically as opposed to swelling from an injury or the like.

LIKE (0) · REPLY · SHARE

Veryfer · Sep 29

I'd like to try it for my heel spur but I'm leery of buying from the internet. Has anyone else personally used these brands?

LIKE (0) · REPLY (1) · SHARE

A Midwestern Doctor · Sep 29

Author

I have used the two amazon ones a lot.

LIKE (0) · REPLY · SHARE

Chris · Oct 7

Excellent research - I've given DMSO to my mom and it has helped her arthritis immensely. I was wondering if you would be able to do a paper on Red Light Therapy in the future, and recommend the best ones on the market, and what benefits one will derive from its use. Thanks.

LIKE (0) · REPLY · SHARE

A Midwestern Doctor · Oct 7

Author

I like Inlight therapy. Might be better ones but those are great

LIKE (0) · REPLY · SHARE

Cres · Oct 21

Chris — please tell me how you using it to help your mom's arthritis. I would like to try the same method. Thanks.

LIKE · REPLY (1) · SHARE

Chris · Oct 29

I gave her first of all some 70% DMSO gel to apply on the back of her thumbs where she has pain. She just rubs a bit in and says it relieves the pain immediately. I have now also given her 90% liquid DMSO which she is applying instead and it is also working for her. I hope that helps you with your arthritis also.

LIKE (0) · REPLY · SHARE

Tricia Buchman · Oct 8

Would DMSO work for psoriasis?

LIKE (0) · REPLY (1) · SHARE

Neil S. · MEDWRIGHT · Oct 4

AMD said on another thread: Psoriasis is one condition where DMSO sometimes makes worse rather than better.

LIKE (0) · REPLY · SHARE

Renee C. · Oct 13

I hope so. I know the Doc said in an earlier comment that Psoriasis can sometimes get worse when taking DMSO but I'm wondering if that's a temporary thing (worse then better) or not? There's got to something to get rid of this horrible disease.

LIKE (0) · REPLY · SHARE

Michelle Sebastian · Oct 13

I've read that KPV peptides works for psoriasis. I've been searching for something to help my daughter heal from another chronic skin condition called hidradenitis.

LIKE (0) · REPLY (3) · SHARE

Renee C. · Oct 19

Thank you, Michelle, I'll look into that! :)

LIKE (0) · REPLY · SHARE

Dan Star · Oct 5

Get liquid, dilute with aloe vera down to 20% strength then adjust as needed.

LIKE · REPLY · SHARE

Patricia Worthington · Oct 3

How do I obtain DMSO? I thought that might have been mentioned. I have a "patient" in mind for it

LIKE (0) · REPLY (1) · SHARE

Neil S. · MEDWRIGHT · Oct 4

I buy 99.995% pure DMSO from the DMSO store on Amazon. https://www.amazon.com/DMSO-Bottle-99-995-Dimethyl-Sulfoxide/dp/B01B9YQ4OU

The Midwestern Doc recommended it in an earlier article.

LIKE (0) · REPLY (1) · SHARE

Patricia Worthington · Oct 5

Thank you I appreciate your help.

LIKE (0) · REPLY · SHARE

Eclectic Health · The Great Health Awakening · Oct 2

Thanks for an incredible article! I have used DMSO for injuries for years and have also recommended it, and everything I have seen is consistent with this article. For those who are going to try it for injuries (especially chronic injuries) I would say that while it may work in a matter hours or days, a reasonable expectation is to give it 10 days to two weeks at least. The effect (for me and others I know) is that its benefits "sneak up on you" over time rather than being like some sort of rapid-acting analgesic.

I also agree that it seems much less effective for hip injuries. I've had great success with those using something that claims to be a BRC-157 patch, however that compound is far larger than the 500 Daltons which I thought was the limit for transdermal application, so I am really looking forward to your discussion of DMSO as a carrier and the physiology of what can be "carried" across the skin.

Perhaps most importantly, I think DMSO is a literal "gateway drug" for helping the general population see how much healthier we can be using existing treatments.

LIKE (0) · REPLY · SHARE

Trent · Trent's Substack · Oct 1

Strange times we live in. I have more confidence taking health advice from an anonymous source on the interwebs vs. my MD who pushed the JAB and literally claimed it was safe because the tech has been around for 10 years. (no jab for me)

LIKE (2) · REPLY · SHARE

A Midwestern Doctor · Oct 1

Author

I try very hard to provide all my sources and have it be about the information rather than re-so lots of doctors can copy it and claim it as their own as that gives the highest likihood this will permanently be in the culture.

LIKE (0) · REPLY (1) · SHARE

Trent · Trent's Substack · Oct 7

I appreciate and applaud your efforts. I guess what I was trying to say is that none of us should be forced to hide in fear of being canceled, or in your case having your license revoked.

LIKE · REPLY · SHARE

robin hanna · Sep 30

what did you take in college for brain??? Thanks for all your work and helping us all, and me specifically, so much.

LIKE (0) · REPLY (1) · SHARE

A Midwestern Doctor · Sep 30

Author

The main thing was I tried to get out of college as quickly as I could because I realized it was making me less intelligent and less able to think

LIKE (13) · REPLY (1) · SHARE

robin hanna · Sep 30

I just got FOG!

LIKE · REPLY · SHARE

Big E · Big E's Big Mouth Substack · Sep 30

Dear AMD, you are singlehandedly saving the world from great suffering and potential death from pain-induced suicide. I hope our government agencies don't get wind of DMSO's life-enhancing properties, classify it as a dangerous drug, and then bar it. (Shades of ivermectin, and hydroxycloroquine methinks.)

I've shamelessly taken liberties to create a Substack note with an overview of this article. I hope to get people reading about and using this amazing, life-enhancing substance DMSO. I've already passed the article and note along to a second nurse and a key person within the "vaccine" injured community. These folks have many contacts and I hope they will share the news widely.

Here you go! https://substack.com/profile/68304299-big-emoteio:-70839876

LIKE (0) · REPLY (1) · SHARE

A Midwestern Doctor · Oct 1

Author

Thank you! Sorry about the animals :(

LIKE (0) · REPLY (1) · SHARE

James · James · Oct 11

I spent most of my life working in the animal industry.

I switched from the allopathic medicine model after I had to stop working full-time and treated all the animals in my care with natural alternatives and food. I am definitely a bleeding heart when it comes to all innocent creatures, however, I'm very grateful for their sacrifice.

My research started to help them heal and has now changed my health and healing in profound ways.

LIKE (1) · REPLY · SHARE

Mickey · Nov '19

What is the dosing for drinking DMSO and what is the dosing for IV DMSO? How do you find IV DMSO providers? What are the benefits of DMSO taken orally and by IV?

LIKE (0) · REPLY · SHARE

Craig · Nov 3

So grateful to you, MW Dr, and others with courage and compassion, like you! ❤ I've had some recent success with a pure DMSO "rub on" product from DMSO Store from Amazon. It's easier to apply than the liquid and seems to have slightly less odor.

LIKE (0) · REPLY · SHARE

Lovejoy · Lovejoy · Oct 24

I'm wondering if DMSO could help with the dental work I'm having done next week. I'm having a root canal removed. I wonder if the titanium implant on the other side of my mouth could react poorly with the DMSO - or possibly some other dental filling materials I already have?

LIKE (0) · REPLY (1) · SHARE

A Midwestern Doctor · Oct 25

Author

Will cover later.

LIKE (0) · REPLY · SHARE

Mary · Oct 23

Thank you for such a great article. As far as DMSO for Tinnitus. Where would you apply the DMSO? Thanks again. ❤ ✨

LIKE (0) · REPLY (1) · SHARE

A Midwestern Doctor · Oct 25

Author

Will get to that in a later article

LIKE (0) · REPLY · SHARE

J Pettison · Oct 22

VERY IMPORTANT QUESTION: HOW LONG WOULD SOMEONE HAVE TO BE OFF NARCOTICS FOR CANCER PAIN BEFORE TRYING DMSO? Since the DMSO intensifies drugs, would someone have to be off of narcotics for a full 5 days (the length of time for it to get out of one's system)?

LIKE (0) · REPLY (1) · SHARE

A Midwestern Doctor · Oct 22

Author

Everything I know on this was covered here: https://www.midwesterndoctor.com/p/the-remarkable-history-and-safety

LIKE (0) · REPLY · SHARE

Molly · Oct 20

Where can I find Food Grade DMSO or do I even need Food Grade. The bottle I bought says it's a solvent. Can you recommend a brand?

LIKE (1) · REPLY (1) · SHARE

A Midwestern Doctor · Oct 22

Author

"Food grade" does not exist. You just want high purity.

LIKE (0) · REPLY · SHARE

Cox · Cox's Substack · Oct 19

Having a problem understanding the dosing. When you use a brush you dont control the dosage at all. What doses are used topically in ml?

LIKE (0) · REPLY · SHARE

A Midwestern Doctor · Oct 22

Author

That varies so much I didn't specify it.

Justin Drew Oct 18

My mother has severe osteoporosis and backfog pain stemming from disc issues between L4 and L5. Would applying DMSO to the L4-L5 region assist in pain management or even help the disc regenerate? She's being told surgery is the only option.

LIKE (2) · REPLY (3) · SHARE

A Midwestern Doctor Oct 18 · Author

Hi Justin,
In many similar cases it has.

LIKE (2) · REPLY · SHARE

Mac Oct 18

Justin, it would not hurt to try DMSO. Back surgeries in general seem to produce more problems than they treat.

LIKE (2) · REPLY · SHARE

Martha Beasly Oct 19

For Osteoporosis some people have been success with lp6 here are two studies
https://pubmed.ncbi.nlm.nih.gov/22614760/#:~:text=Discussion%3A%20Rh20can%20be%20conceivably,can%20towards%20osteoporosis%20%2C%20osteoporosis
https://pubmed.ncbi.nlm.nih.gov/19053869/

LIKE (2) · REPLY · SHARE

Mac Oct 19

My husband has early-white-matter disease (like his parents) and since devouring your DMSO articles I've been giving him a few milliliters DMSO orally daily. He's been fine with it but suddenly I'm wondering, since it is a solvent, if our DMSO might have detrimental effects on the intestinal biome. Any thoughts?

You are an inspiration, MWD.

LIKE (2) · REPLY (3) · SHARE

A Midwestern Doctor Oct 17 · Author

I think it changes the microbiome, but I do not know if this was ever researched. Let me know if there are any changes.

LIKE (2) · REPLY (1) · SHARE

Mac Oct 19

Will do, I'm going to alternate a day of oral consumption with one of topical neck application, trying to enhance that blood flow. One reason white-matter neurons die might well be lack of sufficient blood-borne nutrition.

LIKE · REPLY · SHARE

Derek P Oct 17

I have been a subscriber for several months and please continue this great work. I am very appreciative of the effort you put into each report. Just a quick note on DMSO sources. I used the DMSO Store via Amazon and ordered 70/30 liquid. I chil ok se this brand as it was advertised and shown in a glass bottle. But it arrived a few days later and it was in a plastic bottle. FWIW

LIKE (2) · REPLY (3) · SHARE

A Midwestern Doctor Oct 17 · Author

Oh that's really bad...

Any chance you can contact them and tell them to cut that out, if not they aren't getting recommended anymore. Also, is it possible you made a mistake in the order because we've never had that happen here.

LIKE · REPLY · SHARE

Zeva P Oct 22

Hi update, it was ordered correctly. It was advertised as a DMSO store brand. But it was sold on Amazon by another seller. This seller has some bad reviews. I wondered directly from DMSO store this time. It's the first time in a decade if asked from Amazon that this type of incident occurred. Thank you for your reply. As a 30 I year student of natural health (with much success) I again want to thank you for your hard work and reports! I've recently and surprisingly found in the hopes that if he's elected then RFK can get to work and start correcting our food and medicine.

LIKE (2) · REPLY · SHARE

Cyber Unknown Oct 18

Dear fellow appreciators and - (thanks to the incredibly hard work of our shared doctor) - users of DMSO: Can you help me? I sincerely need simple (?) steps in how to apply the gel to husband's herniated (possibly ruptured) L5 disc. It sits atop total spinal fusion from L3 through lower spine S1 bottom. I am not clear on recommended dose or number of applications of gel. I do not understand if liquid is appropriate. (I have the products Dr. recommended as ones he had used in 1st article.) One try resulted in him complaining of skin irritation (he is a redhead) and so did not reuse. Can either the esteemed doctor or fellow patients offer me clear guidance? After several years, and now with the addition of the L5, this man's life is evaporating from within and without. The only thing I know is to check back in the comments for any help offered. Thanking you most sincerely.

LIKE (2) · REPLY (3) · SHARE

A Midwestern Doctor Oct 17 · Author

He needs a lower concentration.

LIKE (2) · REPLY · SHARE

Anne in NY Oct 14

Is there a provider or recommended a brand of DMSO? I'm finding so many on Amazon and in the comments I see comments that say it's not pure since it does not solidify in the refrigerator. I have ill herniated discs and unfortunately I reluctantly had surgery two weeks ago on my L5/S1 where the herniation had calcified. I had lost use of my right leg and the nerve pain was so severe I felt I had no other choice. I have 5 herniations in my neck which I would like to try the DMSO solution. Thank you in advance from NY

LIKE (2) · REPLY (3) · SHARE

A Midwestern Doctor Oct 14 · Author

There are three brands I can vouch for, the three I linked to. The amazon ones are faster to get and cheaper, the jacob ones are the most likely to guaranteed to be pure but costs more and will take a bit longer to get. I've never personally used it.

LIKE (2) · REPLY · SHARE

Anne in NY Oct 14

Thank you so very much and for all you are doing. I'll order and report back on my progress

LIKE · REPLY · SHARE

Anne in NY Oct 14

Thank you so much for quick response. Can you point me to the article which has your recommendations. With the neck pain I'm having trouble looking down reading this each article. 🙏

LIKE · REPLY (2) · SHARE

A Midwestern Doctor Oct 14 · Author

It's in the bottom of this one.

LIKE (2) · REPLY · SHARE

Anne in NY Oct 14

P.S. I ordered directly from Jacob's and got both the gel and liquid in just 3 days. I also purchased the organic cotton clothes that can be found on Amazon for castor oil packs. I've been putting the gel onto the organic cotton clothes and wrapping the cloth around my neck at bedtime. I've experienced some relief in my neck which has 5 herniated discs Have been wrapping another around my right foot which is numb/weak post "LSDT" surgery have some feeling back in my big toe. Thank you again for all that you are doing.

LIKE (2) · REPLY · SHARE

Clay Oct 14

I have constant tinnitus and saw a reference to treatment in your post. Can you provide any treatment specifics as to topical, oral, etc.? Thank you, MWD

LIKE (2) · REPLY (1) · SHARE

A Midwestern Doctor Oct 14 · Author

That will be in an upcoming article.

LIKE (2) · REPLY · SHARE

This Woman's Reality MJK's Substack Oct 12

This may have been addressed previously, so my apologies if this is repetitious.

There is mention in these articles about using DMSO for tinnitus. I have had chronic, lifelong tinnitus since sustaining a crushed skull after being run over by a car when I was 2 years old (I am now 73 and the tinnitus is worse than ever. If anyone has any advice about topical or internal use of DMSO for this condition, I would appreciate the information. Thank you. (And, yes, I'm grateful to be still alive after these years!)

LIKE (2) · REPLY · SHARE

A Midwestern Doctor Oct 12 · Author

I will write more about it later, but the study I was referencing can be viewed here: https://ajo-hub.net/https://ajoapubs.pitbladepress.com/ajo/article/11111/1749-6632:1975:25:5:595/a

LIKE (2) · REPLY · SHARE

This Woman's Reality MJK's Substack Oct 13

Thank you so very much. My boundless gratitude goes out to you for all the time, effort and expertise you share.

LIKE (1) · REPLY · SHARE

Dennis N Oct 9

I love your information, Doc! AS a chiropractor since '83, I learned of DMSO forever ago but never used it. As I age with lots of aches and pains I have started using it in combination with CBD oil topically with good benefits. My question though is...I had an ischemic stroke in 2018, seriously not motor that still plaques me with occasional flare ups of left body numbness. You mentioned IV administration of DMSO and where would I even go to find somebody to do that (Tennessee). Im glad I became a subscriber...keep up the phenomenal work!

LIKE (2) · REPLY · SHARE

A Midwestern Doctor Oct 12 · Author

Have to find someone through word of mouth. I believe there are more people doing it in FL than anywhere else.

LIKE (2) · REPLY · SHARE

J Boss J Boss Oct 8 *Edited*

I came late to the party (for this "episode"), so forgive me if I'm asking a question already buried in the 300+ comments. At 61, I'm still very active in sports and the aches are greater for a day or two after. So I'm thinking I could use DMSO for the joints and muscles to aid recovery, plus the biannual tennis/pickleball ball court tumbles I seem to always have.

If that is a reasonable idea, do I need to seek a prescription, or are one of the many "99.9% pure non-medical" DMSO products available "safe and effective" (but in the real way, not the COVID jab way)?

Thanks for highlighting DMSO. I read about it at least a decade ago with an intent to dig deeper, but I lost it in my electronic PDF stash and hadn't stumbled into it since.

LIKE (2) · REPLY · SHARE

A Midwestern Doctor Oct 8 · Author

No prescription is needed!

LIKE (2) · REPLY (1) · SHARE

J Boss J Boss Oct 25

I am struggling with what format of DMSO is best and how to apply it for relatively minor issues, and even where to buy it. My most common issues would be joint pain in my hand and fingers (from decades of computer work, car and home repair, even sports) and muscle strains from sports, outdoor work, and "I'm old and slept wrong on my dadgum shoulder!"

Any advice on creme versus oil, application techniques, and maybe a good DMSO ailment applications book?

Apologies if I'm asking redundant questions. If those answers are here in the comments, just let me know to look. I don't mind the effort if it doesn't come up empty...lol

Thanks!

LIKE (2) · REPLY (3) · SHARE

J Boss J Boss Oct 25

I couldn't help myself, started looking at comments. This reply to the most popular comment seems like a good place to start with my questions above...

Discusses diluted oil on shoulder pain that sounds similar to mine. Perhaps I just need to read the comments, take some notes.

A workback or "if this, do that" type of minor-ailment guide seems it could be helpful. Perhaps if it doesn't exist, I will create it for critique. A little scary of an idea (for sharing) from an engineer. I reverse engineer everything in life but I'm sure this same amount is in full-on I...

https://www.substack.com/profile/search/profile/posts/trimmer-is-a-miraculous-therapy-for?utm_campaign=comment-list-share&utm_medium=web&comments=true&comment=72760724

LIKE (2) · REPLY · SHARE

yentra yentra Oct 7 *Edited*

Thanks MWD. Just thought I should report - after some very limited DMSO external application on my body (not head), I started noticing a weird headache developing approx 8 to 12 hours later and persisting for many hours. This has happened in at least 2 or 3 instances, perhaps more, since with the first few uses I did not connect it to the DMSO. I quit using it and the headaches stopped. Not a terrible sharp headache, but uncomfortable nonetheless. Has anyone else you know of reported this?

LIKE (2) · REPLY (3) · SHARE

A Midwestern Doctor Oct 7 · Author

My guess would be the dose was too high for you and it triggered a mast cell response, which either means you need a much lower dose or your system is too sensitive for it.

LIKE (2) · REPLY · SHARE

yentra yentra Oct 7

Thanks for the feedback.

LIKE (2) · REPLY · SHARE

Bradforth Bradforth Oct 14

As an FYI, you may lower the dose in several ways. Either use the same amount in a lower concentration, or use the same concentration but apply it to a smaller area.

The goal is always to use the smallest effective dose, because it is always a risk versus benefit analysis that must be done.

Good luck!

LIKE (2) · REPLY · SHARE

Walt Oct 6

I was just wondering... if nothing adverse arises after testing DMSO at 100%, does it matter if one uses it at 100% vs a 70% solution - is there a 'bell curve' where benefits increase with % age up to a point - eg a 70% solution - and then decrease after that point?? Or is there basically no difference in benefits (since DMSO is easily available at 100% but not too easily bought at 70%, so one needs to dilute it)

LIKE (2) · REPLY · SHARE

A Midwestern Doctor Oct 12 · Author

Some people's skin reacts to 100% but not 70% and 70% is normally strong enough to be effective.

LIKE (2) · REPLY · SHARE

J Pettison Oct 3 *Edited*

Would DMSO interfere with the High dose Ivermectin and Fabilfan that my brother is taking to fight his cancer? He has painful lesions in his bones, so I would love to recommend this, but I don't want it to counteract his treatment. But I also wonder if DMSO could help with the absorption of the other drugs.

LIKE (2) · REPLY · SHARE

Bradforth Bradforth Oct 14

DMSO increases the topical (through the skin) absorption of drugs, but to my knowledge, has no effect on the absorption of drug via the GI tract (stomach/intestines).

LIKE (2) · REPLY · SHARE

TJOL Oct 3

How frequently does the garlic smell occur for DMSO users? Do 100% who use it get the smell - 50% - or any other %? Is there anything that decreases this smell reaction? How long after a treatment does the smell go away? Thanks for anyone's help.

LIKE (2) · REPLY · SHARE

Neil S NEEDMYOFFUL Oct 4

I've been using 99.995% pure DMSO from the DMSO store for three months now, every day, topically on my low back injury with no smell. With the ultra-pure formulation, very few people will get the smell reaction (which comes from DMS impurities in the less pure brands).

I get mine from Amazon: https://www.amazon.com/DMSO-Bottle-99-995-Dimethyl-Sulfoxide/dp/B0189SQ6GU

LIKE (2) · REPLY · SHARE

TJOL Oct 5

Thank you!

LIKE (2) · REPLY · SHARE

VictorDianne Watson VictorDianne Watson Oct 3

Thank you. AMG for spending so much time on researching this most beneficial drug and reporting on its uses. After the first part of the series, I immediately bought it on Amazon as you suggested. I then eagerly awaited this part of the series so that I could discover how to use it to treat my issues. I am starting its use today and I will report on my reactions. Bhx, I'm telling family and friends.

LIKE (2) · REPLY · SHARE

Dana Oct 3

This is fascinating information. How would you suggest applying it for edema? I have had lymphedema since my 20's and often have swollen ankles. [I am not obese] This runs in my family and is hereditary.

LIKE (2) · REPLY · SHARE

Wendolyne Wendolyne Oct 2

Best reading on Substack, in my opinion. I have lumbar spinal issues, scoliosis, and no of trigeminal neuralgia unresolved by a MVD. I started DMSO today, I'm retired from Pharmacy and I'm fascinated and remember a scant amount of information years ago! I wish I knew all of this years ago! I've been through THIS! I hope DMSO helps! I'm optimistic. Thank you. You are awesome. 👋

LIKE (2) · REPLY · SHARE

Richy Oct 2

I have developed a new use for DMSO. It is in regard to Pruritus Calcaneus, a bacterial infection that can penetrate deep into the heel bone. It causes extremely intense itching that comes from inside the heel, not on the skin, and is resistant to most any other treatment. I developed this some time ago and it can be excruciating.

This web site goes into the details. https://www.healthline.com/health-news/herbal-blend-heel-itching

They recommend Tea Tree oil, but I developed my own protocol that I think works better.

It involves using a 50/50 mixture of DMSO and Hibiclens. Hibiclens is a liquid topical antibiotic, available at, I keep it in a dropper bottle and apply it manually any time I feel the itch coming on. It works reliably within 5 or 10 minutes. It has no smell, and does not seem to require any callus removal or cover.

LIKE (2) · REPLY · SHARE

A Midwestern Doctor Oct 2 · Author

Probably would work better and be safer to do with HOCl

LIKE (2) · REPLY · SHARE

Gary Morgan Oct 1

After reading both DMSO articles (which finally made me become a paid subscriber), I'm going to give it a try for a damaged nerve in my leg (L5S1 disc degenerated and damaged the nerve before I had lumbar fusion). I also have had chronic pain for decades, which after many, many, MANY tests they slapped the fibromyalgia label on, though I'm not convinced that is correct. The garlic odor problem kinda concerns me, are there any suggestions as to ways to minimize the smell? Thank you!

LIKE (2) · REPLY · SHARE

yentra yentra Oct 2

I have recently tried the low odor 99+% pure DMSO, brand DMSOdoctor from amazon. It has very little smell upon opening the bottle and very little after use - as far as I can tell.

LIKE (2) · REPLY · SHARE

Gary Morgan Oct 3

Thanks!

LIKE (2) · REPLY · SHARE

LIKE 2 REPLY 2h SHARE

Anna Oct 4 •

My husband has damaged nerves in his leg and foot from a surgery 2 months ago. He has been in excruciating pain every day since and has tried different pain relief approaches to help relieve the pain and burning (those mostly didn't work). He has been using the DMSO 70/30 with aloe (little odour) for the last 3 days and has finally found some relief, it's like a miracle actually. Thank you so much MPOD! You mentioned in a previous comment that you are working on DMSO eye applications which is interesting but my vision is getting worse lately. I am looking forward to learning more as I have heard that castor oil can be helpful, but not all the research. Thanks again and all the best!!

LIKE 2 REPLY 2h SHARE

Jacqueline Bernard Oct 1 •

Absolutely fabulous. I've taken a lot of notes and I plan on sharing with my friends. Also, I've done some DMSO shopping on Amazon.

LIKE (3) REPLY SHARE

TheDude Oct 1 •

What a fabulous article and I seemingly was an encouragement to "forgotten" and maligned therapies. I have been a very active athlete until the last few years (I'm 67) and have developed a Morton's neuroma on one foot and possible rotator cuff injury. I am hopeful that some DMSO may help both those conditions and get me back to enjoying my workouts/races. I am also particularly intrigued with your vertigo on zeta potential, fascinating data and great explanations with links. Bless you!

LIKE (3) REPLY (1) SHARE

A Midwestern Doctor Oct 1

Author

Thank you. In a lot of cases with morton's neuromas you also need to do something to strengthen the foot so the metatarsals stop rubbing against the nerve and inflaming it.

LIKE (2) REPLY SHARE

Deplorable MacBee Sep 30 •

Thank you for all of your great articles. A lot went into the DMSO articles and they are very interesting and helpful. Love reading your substack.

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Oct 3

Author

Thank you!

LIKE 2 REPLY SHARE

Leland Stillman, MD Dr. Stillman Uncensored Sep 30 •

What about MSM? I have been using this in my practice for years and am curious if you think DMSO is for any particular reason superior to it, or if MSM is just as good as DMSO in clinical practice.

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Oct 1

Author

I think DMSO does more, but it often works well to use both together and MSM unlike DMSO doesn't have issues such as odor and skin irritation. At some point I will try to do a piece on MSM but it will be a while before I get to it.

LIKE (2) REPLY SHARE

Jessie Sep 30 •

Thank you for this article! I have the following question:

My husband had a stroke due to a vertebral artery dissection (the artery was torn by a chiropractic manipulation), and he has a stent in his vertebral artery. Is topical DMSO safe for him?

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Sep 30

Author

Yes. Also I have run into a surprising number of people that happened to... (although none were treated with DMSO)

LIKE (2) REPLY SHARE

Ellen (Queen Bohemia) Sep 30 •

Also how would you apply DMSO for fibromyalgia? TYIA

LIKE (2) REPLY (1) SHARE

Ellen (Queen Bohemia) Sep 30 •

Thank you so much for all your research and writing! Question: how would you go about administering DMSO for tinnitus? Thank you in advance!

LIKE (2) REPLY SHARE

Robert Hunter Sep 30 •

I've been thinking about a paid subscription for some time. DSMO which I've known about and used for some time for muscle pain, by itself or as a carrier for meds. It'll take some time to absorb the Post as it does with all your posts. Thanks, Robert! How did we get to needing to be anonymous to speak the truth especially in the US with the 1st amendment?

LIKE (2) REPLY SHARE

erin Oct Sep 30 •

A small critical contribution: I object to the repeated stress on how opioids kill people en masse. Not true! If used appropriately, they have only two major disadvantages; they cause constipation, and can be habituating (though less likely if used for pain). They do kill in overdose, but so does aspirin. So does water. The poppy is as much a healing gift from above as is the DMSO from trees. :-)

LIKE (2) REPLY SHARE

Gogo Gogo's Substack Sep 30 •

What a wealth of very useful information - thank you! How would one apply DMSO for tinnitus, I wonder.

Carrera 9 MD Sep 30 •

Thank you! I have had a big bottle of this and didn't really know what to do with it or how to dose it. So thank you !

LIKE (2) REPLY SHARE

Cristina7 Sep 30 •

Amazing! 🙌

Thank you so much!

LIKE (2) REPLY SHARE

Arabella Sep 29 •

This is wonderful. A true gift to the world. Thank you so much.

Is there much information available about DMSO and Alzheimers/dementia? How about autism? Where would the best (theoretically speaking of course) place on the body to apply this topically to get it to the brain?

LIKE (2) REPLY SHARE

A Midwestern Doctor Sep 29

Author

Everything I could find is in part 1

LIKE (2) REPLY SHARE

Dani Sep 29 •

Hello Singing In The Dark

I am also dealing with thyroid issues

Can you share the name of doctor you are using to help with your DMSO/iodine protocol please?

Thank you!

Dani

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Sep 29

Author

You should reply to her comment or she won't see yours.

LIKE (2) REPLY (1) SHARE

Dani Sep 30

Thank you dear doctor

LIKE 2 REPLY SHARE

karen h Sep 29 •

Thank you for this wondrous series! I have controlled my RA with diet for the past 7 years when I was diagnosed. My right hand is most affected, with all digits bent. How long should I soak my hand in the dmso? Thank you!

Liz Medeiros Liz's Substack Sep 29 •

Incredible article, and an amazing gift for humanity. This information will help so many people. For tinnitus, what is the best application for DMSO? Is there more than one? Deepest gratitude...

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Sep 29

Author

Will write more on this later in the series, but this is a direct link to the paper I found that in.

https://iucr.iub.edu/files/mapsvolume/volume/volume1/issue1/S1111117493-96032-1976-b052939.x

Roger Boyd Desperados And Climate Change Sep 29 •

Why wouldn't DMSO be researched and widely used in countries such as China where the US establishment does not have the same kind of control?

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Sep 29

Author

I will try to explain in a later part of this series. I think it was still somewhat used there, I just haven't been able to find the papers.

LIKE (2) REPLY SHARE

Rex Hughes Rex's Substack Sep 29 •

Where can it be obtained?

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Sep 29

Author

I provided links to Amazon products. Many others exist too.

LIKE (2) REPLY SHARE

Rex Hughes Rex's Substack Sep 30

That must have been after I started skimming.

LIKE REPLY SHARE

Lisa Bruce Sep 30 •

Thank you.

LIKE (2) REPLY SHARE

Charlie Hotel 2d •

Hi AMD, I live way down under in NZ & wanted to know which brand is best for Knee & Ankle Arthritis? I also have swelling, heat, stinging, tingling right lower leg & tingly numbness in the feet from Type 2 Diabetes. Can you tell me which brand to use & how much DMSO ratio to Magnesium oil & how to apply & how often? Thanks so much for your wonderful work. 🙏

LIKE (2) REPLY SHARE

ve-nom 3d •

I am new to this product, but have been diagnosed with arthritis in both thumbs due to age (When dabbing on, what are you using, cotton balls, I did not read what to use. I also have tinitus in one ear, I was told to read an article by Dr. Mercola on using DMSO. How would I apply to the ear area?

LIKE (2) REPLY SHARE

Mark Fulford 3d •

The article underscores my own positive experiences using DMSO

LIKE (2) REPLY SHARE

Moshe Brody 3d •

Are the references in this post nothing at all they are making now

https://medicinegirl.substack.com/p/diagnosus-omnis?r=6i0e8u&m_medium=ios&sd=false&sh=true

LIKE (2) REPLY SHARE

A Midwestern Doctor 8d

Author

The chronology of events there is incorrect. Read this:

https://www.mdwesterndoctor.com/p/the-fdas-war-against-dmso-and-america

LIKE (2) REPLY SHARE

Moshe Brody 8d *Edited*

In regards to safety of DMSO for children this study worries me

https://pmc.ncbi.nlm.nih.gov/articles/PMC2622534/ does anyone have any info to prove its safe for young children

LIKE (2) REPLY SHARE

Susan C 8d •

Hi all, so great to hear about improvements with DMSO. My husband is a veterinarian so he remembers people using it for horses. I got some from Jacob's Lab and I'm not sure how it apply it to my knee. I've had a bad osteoarthritis flareup. MMD mentioned using a paint brush to apply but I'm nervous it might have chemicals or contaminates (unless it's animal hair). I could use an organic cotton ball. If you get it on your hands, do you just wash off? These may seem like silly details but I would like to see good results and not make a huge mess. Lol. There doesn't seem to be a lot of instruction out there. Thanks!

LIKE (2) REPLY SHARE

Susan Cundiff Susan's Substack Nov 19

Dosing ? Please! I bought Nature's Gift 70% DMSO liquid and a natural brush to pull it on my back. Since it was already diluted I did not do anything more. (I had used a 70% DMSO aloe Vera gel product previously without issue but it's no longer available). When the liquid was put on my back it burned like HECK. Help...I believe in DMSO but I need some suggestions for how to handle this burning when using it?

LIKE (2) REPLY SHARE

Monica Frohnmann Monica Frohnmann Nov 19 •

Thank you so much for your excellent and informative articles. We had horses when I was young and DMSO was always used to manage arthritic pain in our older hard members with great success. Now as an adult and homeopath of 25 years I see the benefits in the areas you write about. Currently I have a 50 year old patient with arthritis crippled fingers who had been responding well to a homeopathic remedy but when I added DMSO cream, was suddenly completely pain free. I am about to test it with an 86 year old man with macular degeneration and am very excited to see how he responds. I have literally shared the DMSO articles as well as the extremely useful one on the history of vaccination.

I am wondering how concerned I should be when using DMSO on someone who has recently had a tattoo. I don't mean directly on the freshly tattooed skin but generally. Any insight would be greatly appreciated.

LIKE (2) REPLY SHARE

A Midwestern Doctor Nov 19

Author

Do not apply around tattoos.

LIKE (2) REPLY (1) SHARE

Monica Frohnmann Monica Frohnmann Nov 19

Thank you for your reply Only new ones or older ones as well? If it's not to be applied even around older tattoos I guess that will be very limiting for certain individuals.

LIKE (2) REPLY SHARE

BillFisher525 BillFisher525 Nov 19 •

This morning. I awake. With NO pain.

Thank you - thank you thank you.

I always wondered about those who claimed to perform household tasks in the buff. I guess they were just waiting for the DMSO to dry!

PS how long must one wait to use any (simple, pure ingredient) lotion on the skin??

❤️

LIKE (2) REPLY SHARE

TA TA's Substack Nov 17 •

Perhaps someone else has asked this question, but I am wondering about frequency of use My issue is musculoskeletal pain - connective tissue strains. Do people do it whenever they feel pain or is there a recommended regimen? Thank you

LIKE (2) REPLY SHARE

Richard Pierce Nov 17 •

My mom is suffering from arthritis, she is desperate for relief, she is on a blood thinner(warfarin) she has a titanium heart valve, anyone know the dangers using DMSO?

LIKE (2) REPLY SHARE

Dennis N Nov 17 *Edited*

Question for MWD or group...has anybody had an experience of DMSO (or methylene blue) lowering cholesterol numbers and reversing plaquing in the carotid arteries? (im not saying one causes the other). Thank y'all

LIKE (2) REPLY (1) SHARE

Sue Nov 18

Cholesterol doesn't cause plaque. Many books and videos about that hoax. Start with MWD's article on it.

LIKE (2) REPLY (1) SHARE

Dennis N Nov 18 *Edited*

what article is that?

LIKE 2 REPLY (1) SHARE

Moshe Brody 1d

The second half of this article

https://www.mdwesterndoctor.com/p/the-great-cholesterol-scam-and-the?utm_source=substack&utm_search

LIKE (2) REPLY SHARE

Sue Nov 18

Usually they only worry about blood thinning for the surgery and say you can start back on supplements and start thin blood the following day. I would think now is when you'd want it, to reduce the inflammation and bruising.

Unfortunately I didn't know about it when I had surgery for cancer, maybe it would have prevented some of the numbness that occured. But I used it recently after a tooth extraction and it healed extremely fast.

LIKE (2) REPLY SHARE

Al DuCluz Nov 14 •

Maybe I missed it in the article but how do you suggest using DMSO for hearing loss?

I have used, upon your suggestion, DSMO cream on my arthritic toe and it feels 80 percent better after only 3 treatments

LIKE (2) REPLY SHARE

Big E Big E's Big Mouth Substack Nov 14 *Edited*

Former Congressman and Newsmax Host Michael Grimm Left Paralyzed After Tragic Accident-Here's How You Can Help, by Margaret Flavin Nov. 14, 2024. https://www.thegateswaysundial.com/2024/11/former-congressman-newsmax-host-michael-grimm-left-paralyzed/

Also, Newsmax article: https://www.newsmax.com/newsfront/michael-grimm-congress-paralyzed/2024/11/13/id/1187318/

Michael Grimm Facebook https://www.facebook.com/MichaelGrimmNY/

Horse riding accident left Michael Grimm paralyzed from neck down. If anyone with medical training and/or anecdotal experience can contact the former congressman and talk with him and his doctors about the possibility of using DMSO https://www.mdwesterndoctor.com/p/dmso-as-a-miraculous-therapy-for?comments, perhaps his quality of life could be improved.

Video: https://www.youtube.com/watch?v=ydo-michael-grimm-walk-again

LIKE (2) REPLY SHARE

Ann Ann's Substack Nov 14 •

Hi, I have a question about using DMSO for a tooth infection. I have a tooth that was root canaled and I think it's infected. I'm not sure what to do about it. Any suggestions?

LIKE (2) REPLY SHARE

Ann Ann's Substack Nov 14

Thanks!

LIKE REPLY SHARE

Sam Nov 12

I've got subacromial bursitis from falling backward on concrete and putting my arm out to stop myself... anyway, it flared up and was really bad - no movement, mucho painful, but I've been putting dmso cream on, to start it was my whole arm and shoulder, back and front, twice a day. So, so happy to report, it's got better so now after about 10 days, I just put it on my upper arm, once a day.

I intend to take a couple teaspoons daily (diluted in a drink, maybe juice) dmso, just waiting on the order. I have a couple of minor aging issues and I think this may be just the ticket! Great Stuff! Thank you MWD, thank you, thank you 🙏🙏

LIKE REPLY SHARE

MrsRicoChavi Nov 12

Are there concerns about applying DMSO over a tatoo?

LIKE REPLY (1) SHARE

> **A Midwestern Doctor** Nov 14
> Author
>
> I would not do that.
>
> LIKE REPLY (1) SHARE
>
> > **MrsRicoChavi** Nov 14
> >
> > Thank you for the feedback!
> >
> > LIKE REPLY SHARE

Shel Shel Nov 12

I've been using it topically, but I think I'm going to have to stop or use it very sparingly spot treatment. Since I've been using it I have been getting frequent headaches and feeling super tired. It did seem to be helping to clear up some discoloration and skin patches that I've had for quite awhile, but I can't do the headaches and fatigue.

LIKE REPLY (1) SHARE

> **sue** Nov 18
>
> I'm getting headaches on and off too and keep wondering if it's connected. But sometimes I get them and sometimes I don't, so I'm not sure. Last night I put on the most I have so far and I woke up feeling weirdly depressed and my lymph nodes painfully enlarged. I'll have to read the posts all again and see if potential side effects was discussed.
>
> LIKE REPLY (2) SHARE
>
> > **A Midwestern Doctor** Nov 18
> > Author
> >
> > My guess is that that's too high of a dose for you, so if you want to keep using it, you need to use a lower dose (e.g., a few drops in water) and to do it intermittently. Some people are more sensitive and these types of responses are typical for them with normal doses. One of my friends recently tried it, had a great response to 1 tsp, then realized it was too much, and switched to a few drops and found that was incredibly helpful for him. I want with the 1/2-1 tsp for oral because that's what most people find really helps them.
> >
> > LIKE REPLY SHARE
> >
> > **Shel** Shel Nov 18
> >
> > I backed off of using it and stopped waking up with the headaches and stopped feeling so weirdly tired, so I do think we've experienced a side effect. I did see some signs of possible healing/improvement with my skin, so I've taken to doing just a very little spot treatment. I don't think I will be using it orally.
> >
> > LIKE REPLY (1) SHARE
> >
> > > **A Midwestern Doctor** Nov 18
> > > Author
> > >
> > > My guess is that that's too high of a dose for you, so if you want to keep using it, you need to use a lower dose (e.g., a few drops in water) and to do it intermittently. Some people are more sensitive and these types of responses are typical for them with normal doses. One of my friends recently tried it, had a great response to 1 tsp, then realized it was too much, and switched to a few drops and found that was incredibly helpful for him. I went with the 1/2-1 tsp for oral because that's what most people find really helps them, but there's no dose that fits everyone.
> > >
> > > LIKE REPLY SHARE

HeatherD Nov 12

How often are you supposed to apply DMSO to the injured area (like shin splints)? Once a day? Twice a day? 3 times?

LIKE REPLY SHARE

Kendra McConnell Hurd Nov 11

So how do you recommend I find someone who is a doctor or PA or RN who could help my 88 year old mom who has spinal stenosis, neuropathy in feet from diabetes and congestive heart failure and a super positive attitude but does not like opiates and has tried many things that don't work.

LIKE REPLY SHARE

HeatherD Nov 11

How often are you supposed to apply DMSO to the injured area (like shin splints)? Once a day? Twice a day? 3 times?

LIKE REPLY (1) SHARE

> **A Midwestern Doctor** Nov 11
> Author
>
> Significantly varies person to person. Could be any of those. Start with once and then decide if you want to do more.
>
> LIKE (1) REPLY (1) SHARE
>
> > **HeatherD** Nov 12
> >
> > Thank you!
> >
> > LIKE REPLY SHARE

Charles Mallea The White Pill Nov 11

Looking forward to your post on protocols!

LIKE REPLY SHARE

Annie Mc Annie Mc Nov 10

Does internal dmso help with stomach ache? Does anyone know?

LIKE REPLY SHARE

Moshe Brody Nov 10

Was just wondering about giving it to a child because according to the below article it is toxic to the nervous system of children

https://www.sciencedirect.com/science/article/abs/pii/S0969996108002830?via%3Dihub

LIKE REPLY SHARE

John Newhouser Nov 8

I have been reading these articles with great interest. I initially bought pure DMSO from the DMSO store. It came in a clear glass bottle. I have been using it on my injured shoulder. It does irritate the skin a bit but that is the only indication that it is doing anything. I understood it to have an odor, and this is odorless. I just received a bottle of 70% from Jacob's and it has a distinct odor. Interestingly it came in a plastic bottle. I'm going to try the Jacobs on my shoulder. Can anyone comment on the odor/odorless difference?

LIKE REPLY (2) SHARE

> **sue** Nov 18
>
> I got Jacob's in a glass bottle and if there's a smell it's very mild. There's definitely a taste though.
>
> LIKE REPLY SHARE
>
> **Sam** Nov 12
>
> I have dmso cream that just smells antisepticky, kinda medically-smelling, not horrible at all...maybe the liquid will be smelly (waiting on order)
>
> LIKE REPLY SHARE

Rich Nov 8

I would like to hear from readers where to buy DMSO (safe, quality, not made in China). I need some relief now and don't want to wait until the final part of this series of articles is published to find out. Thank you.

LIKE REPLY (1) SHARE

> **A Midwestern Doctor** Nov 8
> Author
>
> The information is in the bottom of this article (and many other ones in the series)
>
> LIKE REPLY (1) SHARE
>
> > **Rich** Nov 10
> >
> > Thank you!
> >
> > LIKE REPLY SHARE

Ryan Boulo Nov 7

Great article. I appreciate the time you must have put into this. My wife just bought me some for use on sciatica. I will start with topical, but if I decide to ingest, what's the protocol there? I didn't see where you mentioned percentages and other tips for ingesting. Thanks a lot!

LIKE REPLY SHARE

Angela Nov 6

This is absolutely wonderful. I've ordered my product and will begin collecting data as I try it for my aching joints.

LIKE REPLY SHARE

Annie Mc Annie Mc Nov 6

I haven't read every question and may be missing something within the vast body of knowledge you e shared with us, but can you tell me if you've addressed endometriosis? I have a friend in great pain recently told she has pcos and I'm doing some research to hopefully help her avoid the medical system. Any info would be great but I'd especially be interested to know if dmso has helped. I'm assuming it would based on this info... thank you so much AMD! You're helping so many people and I'm so grateful.

LIKE REPLY (2) SHARE

> **A Midwestern Doctor** Nov 18
> Author
>
> That was discussed in the most recent article.
>
> LIKE (1) REPLY SHARE
>
> **Moshe Brody** 7d
>
> There is a case report of 3 women with endometriosis that took bladderwrack seaweed and their cycles regulated. https://pmc.ncbi.nlm.nih.gov/articles/PMC514561/
>
> LIKE (1) REPLY SHARE

Ursula Gibson Nov 6

Maybe this is a topic that has been addressed somewhere already but I'm concerned about reviews I've read warning of a very unpleasant odor when taking DMSO orally.

I just started to use DMSO for joint pain and would like to try and take it internally for a more generalized application but I'm very concerned about the possibility of an offending body odor.

Any thoughts/ suggestions/ experiences?

LIKE REPLY SHARE

Gail Nov 6

Hello ~ Thank you Midwestern Doctor for all your information and desire to get this valuable information out to "us"!

I was wondering if you could help me with dosing for my husband who has Parkinson's. After reading some of your articles I am very interested in starting him on oral DMSO. One of my concerns is do I need to make any changes in his prescription Parkinson meds? I have received the DMSO 99.9% liquid from the DMSO Store.

I thought I'd start him out on ½ tsp in 8 oz. of apple juice following breakfast. I was using a 65/35 DMSO gel on his troublesome toe and he did not have any reaction to that application.

I have to admit that administering DMSO topically kind of scares me, and maybe I'm making too big of a deal out of it. I would like to apply it topical to his back since he has severe spinal stenosis and nerve impingement which is causing extreme and debilitating back pain. I'm just not sure how to proceed ~ full strength liquid or diluted or?

As a side note, in tow days he is scheduled for a tooth extractions due to resorption and I am wondering how DMSO would affect that outcome if started next week.

Any further help would be greatly appreciated!

Thank you so much for your work and all your help!

Have a fabulous day ~

Gail

LIKE REPLY (1) SHARE

> **sue** Nov 18
>
> From what I've read and done, just put the 70% liquid on and keep it exposed (no shirt or anything touching it) until it dries.
>
> Also I had a tooth extraction 3 weeks ago and alternated between ozone oil and dmso. It healed much faster than they said it would. I also went to a biodentist that cleans out with ozone and fills with prf so YMMV. But definitely make sure the dentist removes the periodontal ligament because many don't and it causes chronic inflammation and infection.
>
> LIKE REPLY SHARE

Wwpfhxs Nov 5

I may have missed this, and it may be impossible to answer specifically, but for chronic muscoloskeletal injuries--e.g. wrist tendon problems, partial shoulder labral tears, etc.--how many applications per day are recommended? In my case I'd be taking two days off per week as the doctor mentioned in one of his articles, but wondering about number of applications per day. Thanks for any reply.

LIKE REPLY SHARE

KEK Nov 2 Edited

We have a friend who has terrible throat scarring from radiation from throat cancer. He has to puree everything and it's a struggle to get food down. How would you recommend he take dmso...any protocol suggestions? Also which brand and where to get it? Thank you.

LIKE REPLY (1) SHARE

> **A Midwestern Doctor** Nov 2
> Author
>
> Oral, swallow very slowly, 1 tsp in glass of water.
>
> LIKE REPLY (1) SHARE
>
> > **KEK** Nov 3
> >
> > I should have also asked about frequency...I.e. 1-2x daily.....etc ? Thank you so very much
> >
> > LIKE REPLY SHARE

yantra yantra Nov 2 Edited

i am posting this from Chelles: she wrote: "So sorry to comment on a thread, but there's some glitch with substack and my (very old phone/computer) that only lets me comment on other comments 😅

"Reading the parts in this series about recovering tissues (sprains), rearranging proteins, and how it helps other musculoskeletal issues has me wondering about its potential with EDS patients? Have you come across anything that might support this?" . . . .

. . . and yantra responded to Chelles with: 'good question - when MWD wrote': . . . "DMSO is often used to treat scars. This may be in part due to DMSO being observed to disrupt the links between collagen fibers" - 'i was wondering if that would mean it could accelerate or increase ligamentous laxity. I am going to post your Q and my comment as a new post so it will more likely be seen'.

LIKE REPLY SHARE

Christine Horner Christine Horner Nov 1

Thank you for noting that mixing it with distilled water that it will warm up. It did exactly that. I did pour into a small blue dropper glass bottle via a small plastic funnel. I'm concerned the plastic funnel is not a good idea? Yet, the distilled water has been sitting in a plastic jug. Excited to start using!

LIKE REPLY SHARE

CW Nov 1

Thank you so much for sharing your vast knowledge on this. I will be ordering and trying it on myself and my husband for various MS disorders. Do you have any information on how a lupus rash may react with DMSO? I saw that psoriasis can be worsened by it.

LIKE REPLY SHARE

James Fambro Oct 30

thank you for confirming that Natures Gift is a good brand. I have used this brand off and on since the early 2000's.

LIKE REPLY SHARE

Daniel Warner Oct 30

I 'm so glad, Dr. Midwestern, that you're providing all of this valuable and otherwise difficult to find information. I just recently started using DMSO both orally (one teaspoon of undiluted DMSO in some juice once a day) and topically using a 70% solution. Many people taste the DMSO in their mouths after topical application, but I never do. Does this mean my skin isn't absorbing it? The only time I taste it is when I take it orally, so naturally I'm going to taste it then. I'm hoping it will help my IBS get better along with a mild case of GERD. It's already removed pain in one of my shoulders and toe.

LIKE REPLY SHARE

William Watson Oct 29

How to find a Dr who will inject DMSO?

LIKE REPLY SHARE

George Oct 29

What would be really good is if you had a forum where people can discuss different ideas and recipes for healing.

LIKE REPLY SHARE

Christine C Oct 29

Great article - thank you for the hundreds of hours you have spent putting this together. Have you seen / experienced DMSO being used for Parkinson's?

LIKE REPLY (1) SHARE

> **A Midwestern Doctor** Oct 29
> Author
>
> https://www.midwesterndoctor.com/p/how-dmso-treats-incurable-autoimmune
>
> LIKE (1) REPLY (1) SHARE
>
> > **Christine C** Oct 29
> >
> > Thank you thank you thank you!!!! 🙏❤️
> >
> > LIKE REPLY SHARE

Karen Oct 28

So I ordered 100% DMSO (from the DMSO Store) then reread this article about using a lesser %. When you say "dilute"-- by what means? Distilled water? Tap water? Aloe gel? Lotion? (see quote from article below). My immediate uses are osteoarthritis in a big toe joint and nerve damage at my tailbone from a previous cyst. Thank you!

"Many of the DMSO products on the market have 70% strength formulations. In turn, if you plan to do topical DMSO, you either do the same or start with 100% and very carefully dilute to the amount you need. Additionally, while most people can tolerate 70%, to make sure you are not a particularly sensitive person, I would start with a 20% dilution, make sure that is fine for the body, then gradually raise its concentration (e.g., 20%, 40%, 50%, 60%, 70%) and if at 70% it doesn't seem like anything happened, try slowly raising it to 90%."

LIKE REPLY (1) SHARE

> **A Midwestern Doctor** Oct 28
> Author
>
> Yes dilute with purified water
>
> LIKE (1) REPLY (1) SHARE
>
> > **Karen** Oct 29
> >
> > Thank you!
> >
> > LIKE REPLY SHARE

Flatulus Maximus Oct 26

Another thing I'd be interested in hearing about (and wouldn't be surprised if you had something in the works!) is taking DMSO via nebulizer. My MD put me on nighttime oxygen several years ago, after I began experiencing a lot of daytime sleepiness. A sleep study revealed that my breathing became so shallow while asleep that I became a bit oxygen-deprived. Fast forward more than a decade, and I've been diagnosed with COPD. I'm on a remarkable medication (Trelegy Ellipta) which enables me to feel better and be reasonably active, but I was curious if DMSO could ease some of the lung inflammation that is a part of this disease. I use a humidifier attachment to the oxygen machine, and about a week ago I started adding 5 drops of 99.995% DMSO to the humidifier. It's too soon to judge the efficacy of this, but it certainly doesn't seem to be harming me any.

LIKE REPLY (1) SHARE

> **yantra** yantra Nov 2
>
> MWD wrote about dmso via nebulizer in one of these articles; it sounded like they gave it to monkeys(?) and it had bad effects.
>
> LIKE REPLY (2) SHARE

sue Nov 18
Thanks, I'll have to find and read that. I breathed it into my sinuses with steam, wonder if that's the same as nebulizing.
LIKE REPLY SHARE

Flatulus Maximus Nov 2
My wife mentioned that to me, too. I'll have to go back and read that again, but my sense is I'm using a very low dose--about 5 drops in an 8 oz. reservoir. If I recall correctly, the researchers were using higher concentrations. But I'll check.
LIKE REPLY SHARE

Maura Oct 26
From all I've read, thanks! I'm a believer (and in pain!) I signed up specifically to find out where to purchase, %age dmso for chronic ankle, nerve issue resulting from a car accident, where no doctors have yet to give me a solution. Where do I find reputable supplier? Tysm!
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 26
Author
It is at the bottom of this article (and this one: https://www.midwesterndoctor.com/p/how-dmso-treats-incurable-autoimmune)
LIKE REPLY SHARE

Chanda Oct 25
Thank you for your time and research! This is the first time I've heard of DMSO and after reading this, ordered it for my knees. Hoping to regenerate some cushion in there!
LIKE REPLY SHARE

Susan Cundiff Susan's Substack Oct 25
Thank you for sharing and caring! Not a frequent" commodity" seen or experienced today. Thank God there are still people like you. QUESTION: What kind/brand of DMSO would you recommend? (Something hopefully that will mitigate or lessen the odor side effect) AND, what would be the dosage for back pain (or any pain:? Taken orally or just topically?
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 25
Author
All of that is in the last part of the article.

People typically start with topical and then if needed go to oral.
LIKE REPLY SHARE

GC GC Oct 24
Heartfelt thanks and appreciation from a ND - the time, effort, diligence and courage all your work takes is exceptional. A brave and conscientious soul!

Within two applications of topical 35% a pt is completely pain free after 7 years of prepatellar bursitis. Thank you so much! Now to try it with some Down's syndrome cases.
LIKED (1) REPLY SHARE

David McDonald David's Substack Oct 24
Amazing series of articles on DMSO.

I have a question about patients that have mesh inserted for hernia repairs or bladder slings.

Would the DMSO dissolve the mesh?
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 25
Author
To the best of my knowledge no.
LIKE REPLY SHARE

MaryAnnGrubbe Oct 24
I have sciatica with unrelenting pain down my left leg into my knee and calf. Cause is undetermined by mri. Where would I apply the dmso?
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 25
Author
Low back to calf. Start with a small area and then figure out what area you need.
LIKE REPLY SHARE

SQ Oct 24
Thanks for this! Just curious, if DMSO can absorb bad things, like pesticides, into the body, can it help absorb beneficial things? And what would be a beneficial thing? I've used Manuka honey for small wounds and it works well.
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 25
Author
Yes it's often used for that; will cover later.
LIKE (3) REPLY SHARE

Deborah Mathieu Oct 23
How do you contact this doctor? Or perhaps someone here can help me... I have suffered herniated discs and can barely move, the pain has been so unbearable. I have started on topical DMSO and it has helped immensely, but I need to do intravenous. I live in Mexico and the dr. Here used a 99.9% purse DMSO cutting it with saline to about 4% total. I had no reaction, but I hardly think 4% would be worth the effort. Here's the issue, the day after the intravenous, the pain I had was intense; today I hardly feel any pain. I need guidance to get this right and I have a wonderful dr. here who will work with me (I will not do surgery.) Thank you for taking the time to read this, and for any help that can be offered.
LIKE REPLY SHARE

beth02 Oct 21
Can anyone provide recommendation on an appropriate natural/organic brush applicator ?
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 22
Author
You just need to make sure the brush is made from hair.
LIKE REPLY SHARE

Erin Reasoner Oct 21
I have seen that the fda approved this for interstitial cystitis but I'm not sure they do now. I suffer this condition. I was hoping you could help me with dosing
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 22
Author
That is in the part I just published.
LIKE (1) REPLY (1) SHARE

Erin Reasoner Oct 29
I see that you take a tsp 1 to 2 tsp's a day but do you know how long a person should take it or is it just a one dose therapy.
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 29
Author
it really varies, but it can often be for a while
LIKE REPLY SHARE

Annie Mc Annie Mc Oct 20
Curious which kinds of scars are treatable with dmso.
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 22
Author
Most often respond.
LIKE (1) REPLY SHARE

Kenneth Griffith Creation History Oct 20
I'm sold. But how do you figure out the proper dose and application method?
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 22
Author
I provided everything I know.
LIKE REPLY SHARE

J Pattison Oct 20
VERY IMPORTANT QUESTION: HOW LONG WOULD SOMEONE HAVE TO BE OFF NARCOTICS FOR CANCER PAIN BEFORE TRYING DMSO? Since the DMSO intensifies drugs, would someone have to be off of narcotics for a full 5 days (the length of time for it to get out of one's system)?
LIKE REPLY SHARE

J Pattison Oct 20
VERY IMPORTANT QUESTION: HOW LONG WOULD SOMEONE HAVE TO BE OFF NARCOTICS FOR CANCER PAIN BEFORE TRYING DMSO? Since the DMSO intensifies drugs, would someone have to be off of narcotics for a full 5 days (the length of time for it to get out of one's system)?
LIKE REPLY SHARE

LCC Oct 19
Would like to have a link to a reputable source to purchase DMSO. Can anyone provide such a link or suggest a product that is best to use for shoulder pain? Are the commercially available products such as those on Amazon effective? Also can anyone provide a protocol for use ?
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 22
Author
I linked to the ones we use.
LIKE REPLY SHARE

Robyn G Oct 18
I purchased the liquid product from the DMSO store. I know I need to dilute the product with purified water. How do I safely measure out some product to dilute? Should I get a glass pipette? If I spill some on my stainless steel sink, will it cause any problems? I like the idea of using a paint brush with natural fibers but how do I know which ones are safe and do not contain toxins? IDo you have a link to the paint brushes you use? Is it ok to put the product in a Pyrex bowl?
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 22
Author
You can use a steel measuring spoon. Won't cause issue if you drop in the sink. No issues with Pyrex. Don't have a link for the brush.
LIKE REPLY SHARE

Ondine Constable Oct 16
Are new comments being answered? I submitted a question a few days ago, wondering if DMSO could help with vulvadynia. Thanks
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 17
Author
I don't have time to answer every question. I thought I replied to you but basically:

- Will write about it in a future article.
- Vulvodynia is often due to oxylates.

LIKE REPLY SHARE

Missy Oct 13
Can anyone recommend a good brand of DSMO?
LIKE REPLY (2) SHARE

A Midwestern Doctor Oct 13
Author
Sorry if it was not clear from the post, but there are 3 brands:

Nature's Gift (longest selling brand besides Jacob Lab)

The DMSO Store (highest purity)

Jacob Lab (not on amazon)
LIKE (1) REPLY SHARE

Missy Oct 13
Thank you so much! I can't wait to try this!
LIKE REPLY SHARE

Martin Fox Oct 13
Lymphoma from breast cancer with significant arm swelling - can DMSO topically help? Thanks

Martin
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 13
Author
It can but not gaurenteed.
LIKE REPLY SHARE

bammin Oct 13
I am interested in hearing more about ultrasound directing dmso. I have an old lower back injury that might benefit from dmso, but most of it doesn't seem to be at the surface.
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 17
Author
Basically you just put dmso between the probe and the skin and then direct it to your target, and the US pushes it through the skin to it.
LIKE (1) REPLY (1) SHARE

bammin Oct 17
I don't recall if you talk about this, but is there any other material to pair well with dmso to carry to old soft tissue injuries?
LIKE REPLY SHARE

Tina Blease Oct 13
Daily usage: I'm in my 60's and I have normal aches and pains. Could I simple add some drops of DMSO into my body lotion that I apply daily? If so, how many drops per once? If not, what would you recommend?
LIKE REPLY (2) SHARE

A Midwestern Doctor Oct 17
Author
I would not mix it with the lotion.
LIKED (2) REPLY (1) SHARE

Tina Blease Oct 18 Edited
do just dilute with water? I think you mentioned Aloe Vera oil. What about coconut oil? or simply just get the gel.
LIKE REPLY SHARE

bammin Oct 13
Let the doctor be the final word, but elsewhere he says that dmso will dissolve various compounds and draw them into the body. Might have a good or bad effect. I had a great experience with an injury by simply applying it in gel form liberally.
LIKE (1) REPLY SHARE

sue Oct 12
Amazing. Could this be used during dental procedures where injectable anesthetics don't work great for me? Rub it on the gums?
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 17
Author
Will write about dental later.
LIKE REPLY SHARE

Janice L. Blake Oct 11
Will DMSO help stop seizures occurring after scarring from a brain bleed?

Will it make Alzheimer's go away? Will it make them talk again?
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 12
Author
Everything I know on both of those topics are discussed in part 1 of the series:

https://www.midwesterndoctor.com/p/dmso-could-save-millions-from-brain
LIKE (1) REPLY (1) SHARE

Janice L. Blake Oct 27
Thx
LIKE REPLY SHARE

Libby R Oct 11
Can DSMO be used to treat hypo or hyperthyroidism? Can it be dispensed through a compounding pharmacy?
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 12
Author
First one is kind of complicated, but it's not typically the default choice. It probably can be, but you can also just order it on amazon.
LIKE (1) REPLY SHARE

Brucetrost Oct 11
Applied topically, is there any interaction with other medications, specifically INR levels? Thank you!
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 12
Author
Everything I know was covered in the article that was just sent out.
LIKE REPLY SHARE

Ondine Constable Oct 11
Could DMSO be helpful for vulvadynia and deeper vaginal pain? Any suggestions how to use it for this purpose?
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 12
Author
I do not know, however that is often due to excessive oxylates.
LIKE REPLY SHARE

Greg Oct 8
Would DMSO help shrink an enlarged prostate? I have 99% gel I applied to the perineum for a few days. No improvement yet. I enjoy your work.
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 12
Author
Will write about that in a future article.
LIKE REPLY SHARE

Chris Jack Oct 8
I have many metal rods in my legs due to a severe car accident. Are there any precautions I should be aware of with the metal. Will DMSO interact with the metal in any adverse way?
LIKE REPLY (1) SHARE

A Midwestern Doctor Oct 12
Author
Everything I know in that topic is in the article I just released.
LIKE REPLY SHARE

Steve Mackinney Oct 8

Tinnitus was mentioned in the article no info on how to treat it with DMSO. I found a pubmed entry showing a study. 115 patients with 5 being cured and 8 mentioned improving DMSO into their ears, but not what solution or how much or how often. Anyone have knowledge of this? Thanks

Oct 1 · REPLY (1) · SHARE

A Midwestern Doctor · Oct 3
Author

I mentioned it in the comments, but you can view the study https://bit.ly/3ub.se

Oct 3 · REPLY · SHARE

Jonathan Smith · Oct 1

My wife is currently being treated for metastasized bowel cancer. To date, surgery was followed by iv chemotherapy. A scan at 6 months revealed that the oxaliplatin + capecitabine had failed to control the problem. For 3 years her condition remained stable, maintained by 35 cycles of Lonsurf. She has now started a cycle of Regorafenib as the Lonsurf ultimately failed. My question relates to drug interactions. I would like to try using DMSO to help with peripheral neuropathy in her feet (the result of the initial chemo). However, I have read that DMSO may potentiate the blood thinning medicine she also uses (Edoxaban 60mg daily). Is this a significant risk meaning DMSO could be problematic ? Any advice would be welcome.

Oct 1 · REPLY (1) · SHARE

A Midwestern Doctor · Oct 12
Author

Everything I know on that topic is in the article I just released.

Oct 12 · REPLY (1) · SHARE

Jonathan Smith · Oct 17

Thank you for all the information you provide. I love science, and one of the most depressing aspects of the whole pandemic/lockdown/vaccination circus was witnessing the politicisation of the discipline. I now believe need to nothing which the state tells me and depend to a large degree on intelligent articles such as yours to inform me about health matters.

Oct 17 · REPLY · SHARE

WrapDiva · Oct 7

Extremely useful article, forgive me if this question has already been answered. Is the gel version of DMSO generally as effective as the liquid? Thanks for any reply

Oct 7 · REPLY · SHARE

A Midwestern Doctor · Oct 7
Author

I think the liquid is more effective but more of a hassle

Oct 22 · REPLY · SHARE

Eric Roth · Oct 7

correction: "water" is misspelled in the phrase "typically used below the waste (e.g., 60-80%)"

Oct 7 · REPLY · SHARE

Philip Voyer · Oct 7

After reading your article, I am very interested in this product. I suffer from chronic arthritis and have had multiple surgeries on hands, arms, knees, shoulders and back. Can you recommend a site (if you're able) and strength for DMSO? Thank you.

Oct 7 · REPLY · SHARE

Martha Sutherland · Oct 6

Thank you for your insights. Have you explored and written about any integrative therapies specifically related to neuro and muscular skeletal inflammation caused by Lyme's and other tick borne diseases?

Oct 6 · REPLY (1) · SHARE

A Midwestern Doctor · Oct 6
Author

Only a bit within the ultraviolet blood irradiation article.

Oct 6 · REPLY · SHARE

Brunstmd · Oct 6

Where can I buy DMSO?

Oct 1 · REPLY · SHARE

Walt · Oct 5

Really terrific article and greatly greatly appreciated !! We will definitely try this out to help various issues !

I was wondering re arterial 'plug ups' (eg cerebrovascular issues for the heart) but also found elsewhere eg in the carotid arteries[...] can't remember if this area was covered by itself.

Suppose one has carotid artery 'plug ups' or 'plaque' [I think this is what its referred to] , would brushing a 70% DMSO solution along this neck artery help dissipate this obstruction??

And if so, would it 'travel' elsewhere to help dissipate similar problems on other arteries.

Thanks — Walt

Oct 5 · REPLY (1) · SHARE

A Midwestern Doctor · Oct 5
Author

Normally we use EDTA for plaque.

Oct 5 · REPLY · SHARE

Dan Stor · Oct 5

Trying to find an application for my spine but concerned about DMSO dissolving it and absorbing toxic chemicals. Also interested in nebulizing DMSO for my chronic sinusitis. Any advice?

Oct 5 · REPLY (1) · SHARE

A Midwestern Doctor · Oct 5
Author

All the authors advised not nebulizing DMSO in the ENT part of this series I'll cover how it's used for the sinuses.

Oct 5 · REPLY · SHARE

TJOL · Oct 5

Thank you!

Oct 5 · REPLY · SHARE

Aletheia Cyr · Oct 4

I'm reading through the comments but can't seem to find this question answered anywhere. Do you recommend a specific brand for the DMSO gel?

Oct 4 · REPLY (1) · SHARE

A Midwestern Doctor · Oct 4
Author

Same brands as the liquids.

Oct 4 · REPLY (3) · SHARE

Aletheia Cyr · Oct 4

I'm also wondering, for my daughter who is 5 and has joint pain (we are working to heal her gut/immune system). Would you recommend topical or ingesting? Thank you so much for this info!

Oct 4 · REPLY (1) · SHARE

A Midwestern Doctor · Oct 4
Author

start with topical. Joint pain may be a dietary allergy though.

Oct 4 · REPLY · SHARE

Aletheia Cyr · Oct 4

sorry, I must have missed this liquid - which brand is it?

Oct 4 · REPLY (1) · SHARE

A Midwestern Doctor · Oct 4
Author

They are listed at the bottom of both DMSO articles.

Oct 4 · REPLY · SHARE

dodo · Oct 4

I got hellbrighen brand 99.9 pct dmso and made it around 95 percent. It has a slight smell but not strong. I feel the slightest tingling but don't get any welts at all and I am a partial pregnancy mom being pregnant.

Shouldn't I see some side effects or is that often no indicator? Have used all around my body though not inside arm, albeit very close.

My wife did have some redness on her neck at around 50 percent.

Oct 4 · REPLY · SHARE

Jacqueline · Oct 4

Please review this and address these positions.

https://www.substack.com/inbox/post/99516447?utm_source=%2Fsettings&utm_medium=ios

I have known about DMSO and have used it (although I haven't found great improvement), but this article gave me pause. There are many positions of this author with which I agree.

Oct 4 · REPLY · SHARE

A Midwestern Doctor · Oct 4
Author

Her account of the history of DMSO is not at all accurate or congruent with the existing toxicology data.

Oct 4 · REPLY · SHARE

Carol B · Oct 4

Wacko question. 🤔 Could it dissolve a cataract?

Oct 4 · REPLY (3) · SHARE

A Midwestern Doctor · Oct 4
Author

Will go into the eye applications in the future!

Oct 4 · REPLY · SHARE

Patricia Beaupre · Patricia Beaupre · Oct 4

I have been using DMSO/water 40% DMSO eye drops for cataracts for several months and have seen a noticeable improvement in my vision.

Oct 4 · REPLY · SHARE

A Midwestern Doctor · Oct 4
Author

Can't quote you on a future article?

Oct 4 · REPLY (1) · SHARE

Patricia Beaupre · Patricia Beaupre · Oct 4

Absolutely! Thank you for everything you do to help teach us how to take care of ourselves. I am 63 and have been responsible for my own health care without a doctor for almost 50 years. I've done a pretty good job but sometimes would like someone like you for a back up... sure wish you could be my doctor!

Oct 4 · REPLY · SHARE

Tricken · Oct 14

Do you what type of cataract you have? Is the cataract on the front or the back of your lens? I been using the 40% dmso drops as well. I started one month ago but have yet to see any improvement. My cataract is at the back of my lens so I am wondering if the dropa are even able to reach it.

Oct 14 · REPLY (1) · SHARE

Patricia Beaupre · Patricia Beaupre · Oct 17

Sorry, I'm not sure if my cataracts are on the front or the back. I didn't notice much improvement at first but the improvement has been very gradual over a period of 4 months and is now very noticeable. Keep at it and I hope you notice improvement soon.

Oct 17 · REPLY (1) · SHARE

Tricken · Oct 17

Thanks so much for your reply and the encouragement!

Oct 18 · REPLY · SHARE

Soupsmer · Jone's Substack · Oct 10

Have you been using this twice daily? My cataracts are just forming and according to my MD it's "too soon" for surgery. Certainly I agree! I'm going to give this a try and just ordered it! Do you mind sharing more details like how many drops/frequency. Any noticeable difference if you forget a day or two due to travel or whatnot. Thank you!

Oct 10 · REPLY (1) · SHARE

Patricia Beaupre · Patricia Beaupre · Oct 17

Yes, I try to use them 2-3 times a day but do sometimes forget and don't notice any difference if I forget a dose. The improvement has been very gradual but over a period of four months is definitely noticeable. I usually just use 1-2 drops in each eye and keep the eyes closed for several minutes to let the drops absorb. Warning: they do burn a lot, but stop burning fairly quickly. I started with the 20% drops and noticed more improvement when I moved to the 40% drops. I'm going to try the 40% drops with vitamin C next time. Good luck, hope they work for you and you can avoid surgery. That's what I am trying to do as I'm ahead of complications from the surgery. Everyone I know that has had cataract surgery has had some type of complication. The most notable has been a detached retina which happened to my late husband, my brother and also my step-daughter. Thus my fear of the surgery...

Oct 17 · REPLY (1) · SHARE

Soupsmer · Jone's Substack · Oct 17

Thank you for the response! I ordered the 40% with vitamin C so I'll keep you posted. I will try for a few months.

Best wishes for healing before surgery as a last resort. I appreciate your wisdom and advice. 🙏

Oct 18 · REPLY · SHARE

Carol B · Oct 30

I went to the eye doctor in 2016. He told me, at 54, I had the start of cataract. Not ripe. I would know when it was time. Eye docs messed up my husband big time. He's now legally blind in one eye, one eye limited vision. He can still drive. Thankful. But they are not going to work on my eye if I can help it. So, 8 years later I'm doing ok. Did not go back. My distance vision is very blurry in cataract eye, if there is a cataract. But it always has been. I can read perfectly with that eye though. At close vision. Other eye is pretty good. I did wear glasses. Trying not to. Only need when reading small stuff at distance. Left eye adequate for distance. Right eye good for reading. I would like to try dmso for eyes. Waiting for doc's article.

Oct 30 · REPLY · SHARE

Carol B · Oct 4

Thank you.

Oct 4 · REPLY (1) · SHARE

BH · BH's Substack · Oct 28

I have made Vollmer's DMSO recipe for cataracts but have not had the nerve to start using it. This will encourage me to do so. Where do you find it with vitamin C? I am so excited to have found DMSO for many reasons.

Oct 28 · REPLY (1) · SHARE

Kathleen Cronberg · Oct 28

DMSO store is where they are buying the eye drops, with or without vitamin C. I'm going to order these this week, I've been looking for information on adding the C. Like haven't found anything so far.

Oct 28 · REPLY · SHARE

Old_Mariner · Old Man in Maine's Substack · Oct 4

We need to apply DMSO over large areas. It is so much easier to apply it, cover with stretch kitchen wrap (We have stretch-title) and get dressed again. The wrap comes off easily later after the DMSO is absorbed by the skin. Less mess and way less time.

This does increase the itching/tingling sensation slightly but it doesn't last long.

CAUTION Put a piece of your wrap over a drinking glass, liberally apply your DMSO and observe after an hour. If there are no signs of discoloring, stretching or dissolving then your brand of wrap is good to go.

Oct 4 · REPLY (1) · SHARE

A Midwestern Doctor · Oct 4
Author

Do not do that, it can pull the wrap's chemicals into the body.

Oct 4 · REPLY (1) · SHARE

Old_Mariner · Old Man in Maine's Substack · Oct 4

Stretch title is BPA-free polyethylene. You cited polyethylene as safe for IV use with DMSO in Part 1.

My literature search suggests that PE is not good for long term storage as DMSO may seep through the wall over time.

Oct 4 · REPLY · SHARE

Kathleen Cronberg · Oct 4

Can DMSO be applied to a hip and thigh area where I have a hip replacement and a rod screwed into my femur? My right knee is shot, it was in bad shape before the broken femur last year (after hip replacement), but after several months of having to keep my weight off the left leg, the right knee has given me a lot of grief. I applied DMSO mixed with a few drops of vitamin E oil to my right knee yesterday. Felt almost immediate relief. Applied it again before bed, and had a great night's sleep, with only a little manageable pain when I woke up. So now I'd like to use it on my hip area and along my homeobox scar, which goes from just above knee to the middle of my butt(I from 3 surgeries on broken femur and hip revision. But I'm concerned about the artificial hip and rod, will DMSO do damage to those?

Oct 4 · REPLY · SHARE

Jade Dixon · Oct 3

I adrief I haven't heard much about DMSO until now, but I have a relative who is in chronic pain from a back injury and also has end stage renal failure. So I'm wondering if DMSO is hard on the kidneys, like the ibuprofen my relative can no longer use. Haven't been able to figure that out one way or the other yet.

Oct 3 · REPLY (2) · SHARE

A Midwestern Doctor · Oct 4
Author

It is not hard on the kidneys which is one of the many reasons why this is so egregious.

Oct 4 · REPLY · SHARE

Martha Brady · 7d

There have been stage 3 kidney failure reversal with a plant based low protein diet, look up the Kempner rice/fruit diet for kidney failure https://www.researchgate.net/publication/23874239_Plant-based_dietary_approach_to_stage_3_chronic_kidney_disease_with_hypertensiohaematria

Oct 3 · REPLY · SHARE

yanira · yanira · Oct 2

MWD, the very skilled osteopath(MD) am seeing told me that DMSO can do some of the same damage to bodily tissue that steroids like cortisone do - for example that it can cause thinning of the tissue it is applied to. What do you think about this? I had just started to use it for musculo-skeletal issues so asked her about it.

Oct 2 · REPLY (1) · SHARE

A Midwestern Doctor · Oct 2
Author

I have never heard of that happening and I wonder if it was due to steroids being used concurrently with DMSO.

Oct 2 · REPLY (1) · SHARE

yanira · yanira · Oct 2

She didn't say that but who knows. It is even possible (I guess) that because she is both an MD and an osteopath, that perhaps she has drunken some of the AMA kool-aid. Anyway, I appreciate your answer.

Oct 2 · REPLY · SHARE

Turfseer · Turfseer's Newsletter · Oct 2

How about Parkinson's?

Oct 2 · REPLY (1) · SHARE

A Midwestern Doctor · Oct 4
Author

That was in part 1.

Oct 4 · REPLY · SHARE

Isaac Chambers · Oct 2

Question about treating with DMSO...

DMSO is considered a hazardous substance for when you are flying? I would like to take the 70% solution

Oct 2 · REPLY · SHARE

A Midwestern Doctor · Oct 2
Author

Not a problem.

Oct 2 · REPLY · SHARE

Isaac Chambers · Oct 2

Thanks!

Oct 2 · REPLY · SHARE

Jeff Ryan · Oct 2

Thanks for the information. I'm a little confused about the dosing. Should I use the 70% solution or the 99% solution? Should I use it twice a day? Should I use it for a few days or should I use it for a few weeks? Should I use it for a few months? Should I use it for a few years? Should I use it for a few decades? Should I use it for a few centuries? Should I use it for a few millennia? Should I use it for a few eons? Should I use it for a few aeons? Should I use it for a few epochs? Should I use it for a few eras? Should I use it for a few periods? Should I use it for a few ages

with me....but unsure if i can?

LIKE · REPLY (2) · SHARE

A Midwestern Doctor Oct 4
Author

I do not believe so, but it is somewhat flammable

LIKE · REPLY · SHARE

Darlene Lessing Oct 2

You'll have to have it in your checked in bag. Only if it is around 1 oz in your carry-on. Better to have a newly purchased product in your check-in.

LIKE · REPLY · SHARE

Fred Oct 2

Perhaps you have heard about the B1 therapy for Parkinson's disease ? There is a lively group on FB, started by Daphne Bryan, and apparently many experience substantially reduced symptoms. They use a sublingual form of B1, and recommend keeping it under the tongue for 20-30 minutes. Dissolving B1 in DMSO works fine and it absorbs great through the skin, quickly - I have tried it.

LIKE · REPLY · SHARE

St. Mudphud Oct 2

With the current context, how can someone who is interested in research get involved with projects exploring this or other forgotten therapies to further our understanding of these things? Is that even possible? What IRB would be ok with this being proposed? Does one have to work outside traditional academia?

LIKE · REPLY (1) · SHARE

A Midwestern Doctor Oct 4
Author

As best as I can tell, you have to have a smaller institution with its own IRB

LIKE · REPLY · SHARE

Dan Star Oct 2

Is it OK to mix DMSO and Methylene Blue in water?

LIKE · REPLY · SHARE

Dan Star Oct 2

Doc, any advice for a 5 year old Shepsky female dog who has genetic CCL problem resulting in a tear in each rear leg and surgery with titanium support? She is sometimes slow getting up. I would like to experiment with DMSO to give her more comfort. Thx!

LIKE · REPLY (1) · SHARE

A Midwestern Doctor Oct 4
Author

Good chance it could help.

LIKE (1) · REPLY · SHARE

Jason Oct 1

Hello AMD, I am a new paid subscriber and reading your articles gets me excited to learn medical knowledge.Thank you forthoughtful and well balanced articles. Your information makes me feel very confident to take my health into my own hands.

You mentioned a small part related to a potential allergic reaction in some individuals, that it happens in 1/2000 ppl. Is this just a hives and itching? Or is a fully blown analphaltic shock?I attempt to search for such thing but could not find that, but did find more of skin irritations. I am awaiting for my order from Jacobs labs to arrive.

If some one has a sulfa allergy, I had a horrible whole body rash to some sulfa antibiotics about 20 years ago, could they be more sensitive to DMSO? Thank you!

LIKE · REPLY (1) · SHARE

A Midwestern Doctor Oct 2
Author

More towards the hives end. There were a few case of mild laryngeal edema but everyone I read said they found the allergic reactions tended to not go towards the anaphalactic ends.

LIKE (2) · REPLY · SHARE

debu Oct 1 *Edited*

After reading the first part of this series on DMSO I was eager to try using it on tendinitis in an elbow and meniscus-related pain in a knee. I did so topically at 70% dilution applied 2-3x daily for five days and it seemed to be helping but had to stop as my wife found the odor the DMSO caused me to emit (which I couldn't detect myself) so objectionable that I was banished to the sofa every night.

I would very much like to resume the DMSO treatment if it would be possible to do so without smelling like someone who lives under a bridge. Is there any way of ameliorating this side effect?

LIKE · REPLY (1) · SHARE

yantra yantra Oct 2

i have recently tried the low odor 99+% pure DMSO, brand DMSOstore from amazon, It has very little smell upon opening the bottle and very little after use - as far as i can tell.

LIKE (3) · REPLY · SHARE

Walter Oct 1

Where can i buy dmso?

LIKE · REPLY (2) · SHARE

A Midwestern Doctor Oct 1
Author

It is easily available online and I included amazon links for it along with Jacob's lab.

LIKE (2) · REPLY · SHARE

Ned B. MEEMINGFUL Oct 4

I get mine from Amazon: https://www.amazon.com/DMSO-Bottle-99-995-Dimethyl-Sulfoxide/dp/B01BSYQ0XC/

LIKE · REPLY · SHARE

Walter Oct 1

Where can i buy dmso?

LIKE · REPLY · SHARE

Fred Oct 1

Should smokers take any particular precautions when using DMSO?

LIKE · REPLY (1) · SHARE

A Midwestern Doctor Oct 1
Author

Make sure nicotine or part of the ciggarette is not on the area where DMSO is applied as that can get too high a dose into the blood stream.

LIKE (1) · REPLY · SHARE

Colleen Oct 1

Just wanted to let you know how much I appreciate your articles; I am in awe and eagerly await the next installment. Thank you so very much for all of your hard work. Just ordered my DMSO and zeta aid!

LIKE · REPLY · SHARE

Mark Devereaux Oct 1

Two questions: (1) I had a total knee replacement last November that didn't turn out too well - flexion is only 80-90%. Could DMSO have enough on the scar tissue to allow for greater flexion? (2) I have peripheral artery disease. Could DMSO be used to alleviate that disorder?

LIKE · REPLY (1) · SHARE

A Midwestern Doctor Oct 1
Author

Yes to both although you may need other things too.

LIKE · REPLY (1) · SHARE

Mark Devereaux Oct 1

I'd love to know what those other things are. Thanks!

LIKE · REPLY (1) · SHARE

A Midwestern Doctor Oct 1
Author

Various types of injections into the scars (ie. prolotherapy) or an appropriate manual therapy to loosen it up.

LIKE (1) · REPLY (1) · SHARE

Mark Devereaux Oct 3

I could ask a lot more questions, but please allow me one final one. How/where do I find someone who has the skill and knowledge to provide these injections and would be willing to do it?

LIKE · REPLY · SHARE

JT Oct 1

In a person with metal and partly ceramic/plastic knee and hip replacements, can DMSO be used to heal the joints, break up internal scar tissue, restore range of motion and stop the pain? Any safety guidelines to avoid absorbing the implanted materials into the body? Same concern with dental implants.

Thanks so much to you, MWDr, so grateful for my new subscription.!

LIKE · REPLY (1) · SHARE

A Midwestern Doctor Oct 1
Author

The short answer is that I have not come across any literature where this was assessed or any case reports about it. My guess is that there may be issues with direct applications to cobalt chromium ones (which leach regardless and cause a lot of issues) but not titanium. When it's put into another part of the body, its concentration is diluted enough by the time it reaches a prosthesis its unlikely to leach anything, whereas if it's directly applied to a prosthesis made from materials it could leach (which you'd need to look up), this may be an issue.

LIKE · REPLY (1) · SHARE

JT Oct 1

After 3 joint replacements this year (metal and partly ceramic/plastic) I'm noticing an unpleasant intermittent feeling of insects crawling on my lower legs. I read this can happen as a reaction to a dental implant (which I don't have). I don't want it to get worse.

LIKE · REPLY · SHARE

effga4trbfd Sep 30

Hi Doctor,

Thanks for another great post. I'm eager to read the rest of the series.

A quick question if I may please - were there directions for treatment of gout? I saw it was mentioned in your article that it was effective but no treatment instructions/directions.

Thanks

LIKE · REPLY (2) · SHARE

A Midwestern Doctor Oct 1
Author

"Gout—DMSO (at 75-80%) tends to work better for acute than chronic gout (bringing rapid relief in those instances) but can also help with chronic cases."

This would be a topical application

LIKE (4) · REPLY (1) · SHARE

effga4trbfd Oct 1

Thank you - sorry if I was being dense, I did try to read the instructions! haha

Thanks again

LIKE · REPLY · SHARE

Moshe Brody 7d

Ip6 might help for gout

https://link.springer.com/article/10.1007/s11130-019-00735-9

LIKE (1) · REPLY · SHARE

shasta Sep 30

With what kind of water does one dilute DMSO before using?

LIKE · REPLY (1) · SHARE

A Midwestern Doctor Oct 1
Author

Purified.

LIKE (1) · REPLY (2) · SHARE

Dan Star Oct 2

Mountain Spring Water is no go?

LIKE · REPLY · SHARE

shasta Oct 1

Not directly from the tap, then. Can one buy distiled water in the pharmacy and use it to dilute DMSO to the desired concentration? If DMSO allows everything to get into the body, it seems risky not to use the right diluent.

LIKE · REPLY (1) · SHARE

A Midwestern Doctor Oct 1
Author

I just use home purified water from a reverse osmosis water unit.

LIKE (1) · REPLY · SHARE

Karen Sep 30

After reading your first series on DMSO I bought some hoping to help my sister who has lost her memory over the last 4 yrs...it seems to have gotten worse in the last month. I wanted to have her rub it on her forehead to see if that would help. But she read a book about it and said not to use if your on any medications. Well she takes Effexor for depression...do you agree?

LIKE · REPLY · SHARE

Niall Sep 30

Anybody care to recommend a European source?

LIKE · REPLY (2) · SHARE

hbrixn Oct 6

Amazon.de

LIKE (1) · REPLY · SHARE

Valda Redfern Oct 8

I live in the UK and get mine from here: https://dmso-supplier.com/?syclid=ff692dd5-0542-4613-950a-c910c126d34b . I could just get DMSO from Amazon, ut they seem only to do small bottles, while the German supplier also offers bulk quantities (up to 25L), which work out much cheaper.

LIKE · REPLY (1) · SHARE

Niall Oct 9

Thank you Valda. I purchased some from Amazon.de, a mixture with cream and a high purity liquid. Fingers crossed

LIKE (1) · REPLY · SHARE

Neil Sep 30

What dose for strokes and oral or topical?

LIKE · REPLY (1) · SHARE

A Midwestern Doctor Sep 30
Author

Is in part 1

LIKE (1) · REPLY · SHARE

Mariann Sep 30

Wonderful article. I wonder if DMSO could be used for chemotherapy-induced neuropathy (Padcev is drug)?

LIKE · REPLY · SHARE

Vera Raia Vera's Newsletter Sep 30

Thank You sooo much for these DMSO posts, I love you for helping people. My question to you is can I apply a 50/50 DMSO to water or distilled water over a newly put in Pacemaker or around it? I have significant bruising to my armpit. Pain only if touched. I have ordered abdc received my bottle and am using on my knee and it is helping. This information has been life changing GOD BLESS YOU :)

LIKE · REPLY · SHARE

Elaine Sep 30

What is your opinion on mixing DMSO with castor oil. I got a 30% mixture from the person I do FSM treatments with. Unfortunately I reacted badly to it. She gave it to me to help with liver detox. I put some on. recently and did not have a reaction but it may have deteriorated because I kept it on an open shelve in a clear glass bottle.

LIKE · REPLY (2) · SHARE

A Midwestern Doctor Sep 30
Author

That is a very popular combination I was going to go into in a later article.

LIKE (1) · REPLY · SHARE

Kimry Oct 30

Milk thistle is supposed to be good for liver detox

LIKE · REPLY (1) · SHARE

Elaine Oct 30

I started taking a living detox with milk thistle the day I found my liver enzymes were over 1100. I think it saved my liver. The MD wanted me to take prednisone I never did. It took a Functional Medicine doctor 4 years later to find the the mycotoxins that caused the liver problem.

LIKE (1) · REPLY (1) · SHARE

Kimry Oct 30

Great news. My functional medicine doctor just found my decades long GI problems were caused by fungal/yeast overgrowth. The herx reactions suck but I'm so glad I'm on the road to recovery.

LIKE · REPLY · SHARE

Peter Denomy Sep 30

Thank you for this info MWD,

Could you give an opinion on this DMSO product that is available here in Canada from Amazon. It appears to meet the criteria that you have presented in your article. My application would be for my back. I had L4-L5 disk removal and vertebrae fusion almost 7 years ago. My surgeon suspects internal scarring is exacerbating problems with the sciatic nerve. We don't want to go surgical again if we can help it.

Cheers.

https://www.amazon.ca/Platinum-Enhanced-MAXIMUM-Relief-Canada/dp/B0CJ11VNVX/ref=sr_1_4?crid=16DR2NW5YR6QU&dib=eyJ2IjoiMSJ9.hbt2C8jdqJCh7wX8m1LuZLEXj64erDOtxpEY6GFt9urGcjpa2gIHNwCshgaQIRydygaZJrgYaaiF71B-39I1ahbkH6WCLI5hpC6SKWg6Sp4UNbKeFvlV7KMRdcgIEwW8LNa4x7a9EeYErMqQkwLmmFMebQ3QaCrJr7FfLBddAOn0BN5pcCM6_gnPRChRVAaPxYG-7XQ0L-4HWYOcuuxOGgaBYHKX8yF37mzQOU1wrKZb1FT2BtzPkEB33XK_WxEX9PEHpq1DnUx9IvHe5AP1SUHp2dNM6M29D0okB2cHThc.NlWtpkXcwRF58-IF9Lse25c0mWmJMwKEZxyTOaZFKvg&dib_tag=se&keywords=dmso&qid=1727711455&sprefix=dmso%2Caps%2C179&sr=8-4

LIKE · REPLY (2) · SHARE

A Midwestern Doctor Sep 30
Author

Seems fine although:

High DMSO concentration so may have more skin reactions.

Is a gel so can't really dilute it

LIKE (1) · REPLY (1) · SHARE

Peter Denomy Oct 1

Thanks Doc. I'm going to give it a shot. Not much else is helping the almost constant aching.

LIKE · REPLY · SHARE

Ruth Lock Sep 30

Not sure if I can recommend these peeps but Canadian & good source for DMSO: https://realrawfood.com/products/supplements/dmso

I have NO connection to them, I just order from them regularly.

LIKE (3) · REPLY (1) · SHARE

Peter Denomy Oct 1

Thanks for this link Ruth. I'll keep them in mind.

LIKE · REPLY · SHARE

arin arin · Sep 30

Very exciting, Doc. Many thanks!

Will you also write about oral uses? I haven't worked up to those yet.

My main use so far, for a 50 year old oral scar from a deep burn on my wrist. The scar had begun to spread and there was some minor (but alarming) subcutaneous bleeding and I wanted to prevent future issues. Applied 70–80% for 10 days, a few times a day. This was in August. It hched a bit. Then took a break of a couple of weeks. Then did again in September. Now I am about to do it one more time. It has been fascinating to watch the skin healing, one little bit at a time. It truly does remodel the skin! The scar is now almost invisible, but still there in faded and diminished form. I expect the area to be completely healed with one more 10 day application.

Small Heberden's node on my index finger. It is diminishing noticeably. My application for this was irregular, over the last two months.

Seborrheic keratosis (barnacles of aging): did not work. It may be it would take longer.

LIKE (20) REPLY (4) SHARE

A Midwestern Doctor Sep 30
Author

Oral was in part 1

LIKE (1) REPLY (1) SHARE

arin arin · Sep 30

Will there be a part 3?

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Sep 30
Author

Right now I have this at 5 or 6 parts.

-Everything the FDA did with it.

-DMSO for Cancer and Infections (a lot of this is quite amazing)

-DMSO for autoimmune disorders and collagen disorders and internal organ disease

-DMSO for head neck eyes ears and dental conditions (ie. macular degeneration).

-Applications of DMSO being combined with other substances (ie. my favorite one was using it to give people night vision, but there are a lot of other more commonly used ones like the castor oil example).

The other ones should be a bit easier to write though (except for the cancer and infectious diseases).

I'll probably space them out a bit more so everyone isn't just get flooded with DMSO.

LIKE (35) REPLY (4) SHARE

arin arin · Sep 30
Liked by A Midwestern Doctor

Fabulous. I am adding that at this point, I am eager to be flooded :-)

I wish I had known about it for my frozen shoulder 7 years back. The physt therapy worked, but it was excruciating, and left some residual damage.

LIKE (18) REPLY (1) SHARE

Leslie Sep 30

I just relieved my 2nd bout of frozen shoulder with live sauerkraut juice...not the cabbage but the juice. 1/4 to 1/2 cup 2xs a day. Costco carries the organic raw stuff you need. Within 12 hrs pain was greatly reduced and continued to decrease.

LIKE (4) REPLY (1) SHARE

arin arin · Sep 30

Internally or externally?

LIKE (2) REPLY SHARE

OneDayAtATime Oct 1

Hi AMD. Thanks for another incredibly helpful article. In the part where you discuss DMSO for infections, I am curious if you will be discussing the use of DMSO for Covid, Covid vax injuries and long Covid. While I appreciate the likely lack of research in this area, given that DMSO improves mitochondrial function and reduces clotting, Covid seems like an important application for DMSO.

LIKE (3) REPLY (1) SHARE

KARN KARN · Oct 1

Equally curious about its application for these Covid conditions . Anybody out there with experience using DMSO to treat these kind of conditions – would love to hear about it .

LIKE (2) REPLY (1) SHARE

OneDayAtATime Oct 1 *Edited*

I have been using DMSO internally for long Covid fatigue for about 2 weeks. I started with 2ml of 99.9% DMSO diluted in about 8oz of reverse osmosis water. I learned pretty quickly that I need to pulse the dosing by taking it every other day and I also need to stay really well hydrated. Otherwise, the herxing is pretty intense.

I have noticed a substantial improvement in my energy levels and physical endurance during exercise as a result of this protocol.

LIKE (3) REPLY SHARE

Walt Oct 6

Absolutely terrific article , really wish I had all of your articles many moons ago!!! A thought re this DMSO series , perhaps publish the completed series as one PDF book available via Substack for a modest amount??? Personally, I would love to have a unified reference.

LIKE REPLY SHARE

Nama Paula Sep 30

You are amazing! & put your talents to such good use! God bless you!❤️🙏

LIKE REPLY SHARE

Leslie Sep 30

How long did you apply to barnacles? And what strength?

LIKE REPLY (1) SHARE

arin arin · Sep 30

70%, and I did it for 10 days. The barnacle swelled up a little. May even have grown a tad.

So I quit.

They can be gotten rid of with strong peroxide, but they tend to come back. Some not for many years, though.

LIKE (1) REPLY SHARE

JT Sep 30

Can DMSO heal tooth grinding? It's a Nitraing problem that has been very destructive to my teeth.

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Sep 30
Author

I have not come across anything on this one.

LIKE (1) REPLY SHARE

Darlene Lessing Oct 1

You might want to try a good magnesium supplement if you are not already. Glycinate or Malate or magnesium chloride. Dr. Caroline S Dean is a magnesium expert and she finally made her own because she couldn't get anyone to make it. Many Americans are magnesium deficient.

LIKE (1) REPLY (1) SHARE

Miss Rodeo Oct 1

We use Mercola's threonate and have for years.

LIKE (2) REPLY SHARE

Katherine Quinn Sep 30

Thank you for this very interesting article and for all the research you put into it. I thought I just posted a comment but it seemed to disappear on me, so forgive me if this is a repeat. I've had a tendon injury in my ankle for years and no matter how much I ice and rest it, the injury returns as soon as I get back on my peloton bike. I'm going to give DMSO gel a try. I have a question on a completely separate health-related subject. My 28-year old son was diagnosed with IgA Nephropathy in 2017. It's an autoimmune disease that causes the kidneys to get clogged and not function properly. There is no known cure, only diet and lifestyle related recommendations to slow the progression of the disease. The doctors have had him on statins and blood pressure medication for years and nothing has helped. Last year he started to have severe attacks of gout when he ate certain foods and other food triggers, so he now has a very restrictive diet. Recently, I've been reading about some new drugs being approved that have been successful (in trials) at targeting the root causes. The other day he went for his regular visit to the nephrologist and was told that he is to be along for any of the new drugs and that within 2 years he will need to be on dialysis, or get a kidney transplant. We are currently researching transplant centers, but in the meantime, I am always looking out for any information that is not in the mainstream. There seems to be a lot about kidney disease, but not as it relates to IgAN. Do you have any information or research on this subject?

LIKE (1) REPLY SHARE

Arabella Sep 30

For topical application as a liquid or gel, are there any studies showing how deep into the body it is absorbed? Particularly interested in the pelvic bones. Thanks in advance.

LIKE (2) REPLY SHARE

Andrew Sep 30

Are there any longitudinal studies that you've come across on DMSO?

It has so many methods of action that one might be tempted to use as a supplement, reduce oxidative stress, other toxins etc.

It seems to be very safe and well tolerated in the short term, but one wonders if chronic daily use might have untoward effects, this study suggests DMSO of 0.1% can change gene expression in human entoryo cardiac models, but I don't have the knowledge to contextualize something so far from day to day life https://www.nature.com/articles/s41598-019-40660-0

LIKE (1) REPLY SHARE

Andrew Sep 30

Just read your reply to Dr. Maria D Oliver which broadly covers this question, thanks

LIKE REPLY SHARE

pridgeay Sep 30

Thank you so much for all you do! Question. Recent sports injury requiring surgical fixation of one using titanium plate and screws. Any issues of using DMSO in cases like this? Does DMSO react with titanium?

LIKE (1) REPLY (1) SHARE

Leslie Sep 30

Had my radial done almost 2 yrs ago...the soft tissue and small fiber nerves will never be the same and I fight carpal tunnel...in my research I came across a discussion where a guy said he had put a titanium plate in dinos and then analyzed it after some time. Nothing was in it. I wish they had posted what he tested for because I assume the plate is an alloy so not sure if it was analyzed for everything.

LIKE (1) REPLY SHARE

Don Bishop Sep 30

Has DMSO been used for the pain from broken ribs? (My wife broke 4 ribs last week.)

LIKE (1) REPLY SHARE

BrewerSS BrewerSS's Substack Sep 30

This post has me very interested as I am pushing 70 and have multiple areas of pain and soreness. Nothing really debilitating but, more of a nuisance. I eagerly await the 3rd post to find out your recommended source for DMSO.

LIKE (1) REPLY SHARE

ostervine Sep 30

Maybe you missed it in the article, but he referenced sources in the article. AMAZON.

LIKE (2) REPLY SHARE

Penny Hodgson Transforming Trauma Sep 30

As always, thank you so much for taking the time to provide this information to us. I hope you know how much you are appreciated!

Unfortunately, the products you suggested will not ship to commie Canada. It's not surprising but I will definitely keep looking. I'm interested to see if this could reverse some of the damage done to my muscles.

LIKE (1) REPLY (1) SHARE

IdahoSnail Sep 30

Look at feed stores/farm&ranch stores. I'm only seeing 99% at those places here in the US, but it's easy enough to thin with distilled water.

LIKE (3) REPLY (1) SHARE

Penny Hodgson Transforming Trauma Oct 2

Thanks!

LIKE REPLY SHARE

Ruth Lock Oct 1

Penny, there are many sources in Canada. A quick internet search is all you need to find it. Good Luck.

LIKE (1) REPLY (1) SHARE

Penny Hodgson Transforming Trauma Oct 2

Hi Ruth, I don't know about many sources. I found one brand on Amazon (Naka) and another at Well.ca. The good news is that I have some on the way so we'll see if it does what I hope it does! Thanks.

LIKE (1) REPLY SHARE

Magbel Magbel · Sep 30

Any research on using this during pregnancy? I've got a bottle sitting on my kitchen counter and would love to use it to alleviate back pain but I'm hesitating.

LIKE (3) REPLY (4) SHARE

A Midwestern Doctor Sep 30
Author

There were a few animal studies that showed something potentially concerning that was never confirmed in humans. As a result, the DMSO fields perspective is "don't use while pregnant because the risk is still unknown." However, as far as I know after millions of people using it for 50 years, no pregnancy issues were discovered.

LIKE (4) REPLY SHARE

Sage Sep 30

Remember the first rule of pregnancy is not to expose your baby to anything untested. You can unring the bell if your baby is harmed.

LIKE (1) REPLY (1) SHARE

RG Pondering RG Pondering Sep 30

Unless it is an untested (in pregnancy) gene therapy masquerading as a vaccine. In which case, we have it on good authority that it would be unsafe NOT to take it.

I'd add a sarcasm indicator, but my level of disdain for the FDA in this regard is well beyond sarcasm.

LIKE (12) REPLY SHARE

Magbel Magbel · Sep 30

Which is why this bottle is sitting on my kitchen counter unopened.

LIKE (1) REPLY SHARE

Dr Maria D Oliver Dr Maria D Oliver · Sep 30

https://substack.com/app-link/post?publication_id=1264116&post_id=145579293&utm_source=post-email-title&utm_campaign=email-post-title&utm_medium=email&utm_content=0-0%2C0&token=eyJwIjoiMTkxODQ0YWNmIn0%3ejwIjoiMTQ0NTc0MjcsIm0iOjAsIm1pZCI6IjQ0ZjNlZWNlZWNhIn0%3CMTUxMDY5MQ%4wNzg3NzIzNzY5LTEyNDgwNTY5LzJuMWNfY3ZqMzI3NjcwMjIsIm0iOjAsIm1pZCI6IjkxMzI0NDQxZGQ0ZjZjZj

I like to help but am stretched thing. It just really depends on when I receive the comment!

LIKE REPLY SHARE

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