How DMSO Cures Eye, Ear, Nose, Throat and...

A MIDWESTERN DOCTOR OCT 31 ❤️ 1,023 472 166

Many of those "incurable" conditions respond remarkably to DMSO

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shasta Oct 31 · *edited Oct 31* Liked by A Midwestern Doctor

To certain extent, covid was a blessing in disguise. For example, thanks to it I now know where my son's eccema comes from. I would have never considered a vaccine as the trigger, even though it started the day after!

LIKED (44) REPLY (4) SHARE

Dave Dave Oct 31

I agree, a lot. Went from being a rube who shook in fear at doctor's bills and never got healthier to digging up 100 year old papers and finding more success myself for various conditions based on AMD's hints and explanations.

LIKE (23) REPLY SHARE

effga4trbfd Oct 31

Same! I went from being vaguely suspicious to never wanting another vaccine again and finding all sorts of alternative therapies from people such as AMD!

They have inadvertently woken people up - myself included.

LIKE (18) REPLY (1) SHARE

Janet Nov 1

I agree. I was suspicious for about a decade, but the shattering truth opened my eyes during Covid. I am doctoring myself.

LIKE (6) REPLY SHARE

Marie Nov 1

I agree 💯%. COVID showed us how corrupt many of our institutions really are. It made me question things that 5 years ago I would have never thought about. I spent over 35 years in the medical profession and my eyes were really opened. BUT I am excited about the changes I am seeing and the conversations that are now being had about alternative medicine, nutrition, the threat of big pharma,big government etc. I am so thankful for Substacks like these.❤️

LIKE (15) REPLY SHARE

WindsofChange WindsofChange's Substack Oct 31

I agree also. Though it was a weird time, I think incredible blessings outshone the bad that came from COVID, the vaccines aside however. They are causing incredible harm. But so much has come out and changed since COVID. Our country is entirely different then it was 4 years ago and I believe for the better. We have many battles still to fight, but are getting there!

LIKE (6) REPLY SHARE

Greg Oct 31

AMD, you simply are AMAZING! I so appreciate you. WE so appreciate you!

LIKED (45) REPLY (3) SHARE

A Midwestern Doctor Oct 31 Author

I got quite a few angry emails like this: "U go on and on but never give a final solution.

Bad writing. Very frustrating" : (

LIKE (10) REPLY (13) SHARE

pimaCanyon pimaCanyon Oct 31

when I read angry comments directed at you, **I** get angry!

I like it when you go on and on :-) If I want to skip over some of it and come back to it later, I will do that. Your thoroughness is much appreciated. It's still astounding to me how prolific you are as a writer, and how you have the time to do the writing AND the research AND see patients, I guess I shouldn't be surprised when someone accuses you of being more than one person. (Still makes me angry because it seemed like an attack ;-)

God bless you and many many thanks!

LIKE (29) REPLY (1) SHARE

A Midwestern Doctor Nov 1 Author

When I write these, I try to pre-empt the common questions I will get (but as you can see from the comments here I missed the "what if you had lens surgery already" one) and also to address the caveats and nuances you need to properly understand the subject and not get stuck when you try to understand the subject yourself. I'm cognizant of how I figure things out, so the places where I could have gotten stuck at jump out at me so I basically try to avoid having other people run into the same issue when exploring the topic...but that is not the typical depth people are used to. I also try to really compress the information so the key concepts are there and people have the option to look deeper into them if they care...but still such a hard balance to get right.

LIKE (12) REPLY (2) SHARE

pimaCanyon pimaCanyon Nov 2 Liked by A Midwestern Doctor

I would guess that most of us think you hit that balance perfectly!

A variation on an old saying: You can please all of the people most of the time, and most of the people all of the time, but you can't please all of the people all of the time.

Thanks so much for all you have done. You are amazing!

LIKE (2) REPLY SHARE

Einar Nov 2

You got it right!

LIKE (1) REPLY SHARE

Yana Nekula Oct 31

I find it fascinating (sarc) when I read comments along the lines of "write shorter, dumb it down" and frequently itch to ask those commentators if they ever read a book. Please, continue writing as you do, don't let anyone sway you to do otherwise. Your articles are the best resource I've come across in years!!! So much valuable information, so many linked sources, you are amazing!

LIKE (25) REPLY (3) SHARE

BethanyAnne Nov 2

I think it's already dumbed down plenty. Some people don't want to be bothered looking up words they don't know. I've read more than a few medical papers, and AMD's stuff is not nearly as difficult to read.

LIKE (3) REPLY (1) SHARE

A Midwestern Doctor Nov 7 Author

I try to simplify the language as much as possible

LIKE (1) REPLY SHARE

Maureen Nov 5

I feel the same. I eagerly await every article from you and try to implement several ideas. In the meantime, I haven't gone to a doctor in 3 years and hope to stay far away from them.

LIKE (1) REPLY SHARE

Nannette Young Nov 1

Agreed!!!!!!

LIKE (1) REPLY SHARE

sunsandwind sunsandwind Oct 31

I simply hold onto your articles until I have time to read them. I especially like the background and history behind the topics. Like Darlene Lessing, I think many are accustomed to the Cliff Notes version of everything and don't have the interest or patience to read deeper information. Don't change!

LIKE (19) REPLY (2) SHARE

BethanyAnne Oct 31

I'm going to print all the DMSO articles out and put them in a binder, for just in case. My memory isn't what it was, and I like hard copies.

LIKE (24) REPLY (4) SHARE

Marie Nov 1

Me too. Such a great idea.❤️

LIKE (5) REPLY SHARE

BEFisher525 BEFisher525 Nov 1

Hard co pies rock. You can mark on the m and make notes =:-)

LIKE (4) REPLY (1) SHARE

John Gross Nov 2

Yep. And they still 'work' during a power cut!

(Tip to preppers I never see mentioned - make prints of your favourite pictures of loved ones.)

LIKE (2) REPLY SHARE

Janet Nov 1

I will too. My AMD library!!!

LIKE (4) REPLY SHARE

BJW Nov 3

Wouldn't it be great to have all the articles on one subject (e.g. DMSO) gathered up into an actual book, which would be immune to power cuts or loss of Internet? It wouldn't need to be edited, just gather the articles together and slap a basic cover on them. Just a suggestion for AMD! :-)

LIKE (2) REPLY SHARE

Janet Nov 1

Me too. I put them into a email folder and read as I please. However, I'm doing the deep dive into DMSO right now. So many ways this may help. Due to me, my husband is using IVM and fenbendazole for his early diagnosed bladder cancer. He will refuse chemo.

LIKE (7) REPLY (1) SHARE

Nama Paula Nov 3

Good luck‼️❤️🙏🙏🙏🙏🙏

LIKE (2) REPLY SHARE

Darlene Lessing Oct 31

Doc, people want the easy part first (human nature). They want the bottom line without being educated. It's Important to know why they are doing something and how it works first.

LIKE (16) REPLY SHARE

Marie Nov 1

If your articles were shorter without all your research and history people would complain they were not getting their money's worth.🤦‍♀️ I think the subscriber rate is a steal for all the information you give. People are hungry for it.💯

LIKE (11) REPLY SHARE

Tee Nov 1

I am quite enjoying all the details. I have a notebook(the real kind made of paper 😆) and I take notes. As I get older I love learning. Class is in session. 🧐

LIKE (11) REPLY (1) SHARE

Valda Redfern Nov 2

Making your own notes is a good way of understanding and retaining information (even if you never look at your notes again).

LIKE (2) REPLY SHARE

Marie Nov 1

and one more thing. I see you comment on almost every post. That is priceless.❤️

LIKE (7) REPLY SHARE

WindsofChange WindsofChange's Substack Oct 31

Ignore them! They come from those people that can't read a classic like Les Miserables because it "takes too long," but miss out on an incredible story of redemption and forgiveness unlike any other they will ever read. Their loss I say!

LIKE (7) REPLY SHARE

shasta Oct 31 · *edited Oct 31*

I have had that feeling some times. But in this case, you are telling us how to use DMSO, for example. That is a final solution. Sometimes I have missed a recommendation, for example regarding childhood vaccines (takes this one, do not take this one), but I think it is not that simple, for example it depends in your circumstances. And actually I would haven't followed it, I want to research and contrast. Other example, zeta potential; perhaps something like "if you want to improve your zeta potential do this". Or "if you want to try a simple and safe approach to zeta potential enhancement do this". But, your articles are super-awesome.

LIKE (6) REPLY (1) SHARE

Janice Oct 31

AMD has an article with instructions on how to improve zeta potential here: https://www.midwesterndoctor.com/p/how-to-improve-zeta-potential-and

LIKE (1) REPLY SHARE

BEFisher525 BEFisher525 Nov 1

Good heavens. What are these articles if not explicit, concise, well-researched solutions?? (!)

LIKE (3) REPLY SHARE

Janet Nov 1

If they are only reading that, they are missing what's important. Not much you can do about those. They see too many trees.

LIKE (2) REPLY SHARE

sue Nov 2

I'm sorry. Many people don't have the capacity to handle complex and gray; they want/need everything to be black and white, and over simplistic. I am just puzzled why they subscribed to you.

You keep doing you. Please!

LIKE (1) REPLY SHARE

GingerRRT The Lost Lessons Nov 1 · *edited Nov 1*

Thanks Doc you are doing a great service to many...

Lots of lazy people...

In today's world you have to educate yourself on vital topics. Sorry to say trusting the establishment is not something we can do anymore. God, family, self (or health of self and loved ones) and Freedom... Health and or Diet should be pretty high on your priority.

People need to understand an intention or desire based in love, forms or shapes the action. Then your end results are good.

Good way to see the difference even in politics and who to vote for..

Thanks again for your wisdom Doc...

Sincerely 😜

LIKE (1) REPLY SHARE

Ariel Oct 31

Add me to the list of folks who really appreciate all you do! No matter what you do, some folks will be upset. If they can not take the time to educate themselves about their own health when the info is provided to easily read (yes this does take some time), I don't see how anyone else can help them more.

LIKE (12) REPLY SHARE

Valda Redfern Nov 2

I read every word of every article, and a lot of the comments. AMD provides indispensable information.

LIKE (5) REPLY SHARE

K johnson Oct 31

Thank you for this post! I'm an Ent surgeon, and managing sinusitis is a big part of my practice. For years, we have used the netti pot to deliver topical steroids and antibiotics to the sinuses - effective without the risk profile of oral meds. I'm really intrigued to incorporate DMSO into these regimens and as a stand alone!

LIKE (30) REPLY (2) SHARE

A Midwestern Doctor Oct 31 Author

I would love to know your other thoughts on this, especially using it to bring anesthesia into the tympanic membrane. I did my best to get give or take everything that had been published on this topic, so bringing it beyond that will require creative physicians to explore the possibilities!

LIKE (15) REPLY (1) SHARE

K johnson Oct 31

Thank you so much for the info. I will certainly dive into this area, and report back!

LIKE (8) REPLY (1) SHARE

A Midwestern Doctor Oct 31 Author

In the first article I linked to all the studies I found on combining DMSO with local anesthetics.

LIKE (5) REPLY SHARE

Janet Nov 1

I had 2 years of terrible sinus infections. My ent gave me prednisone and strong antibiotics only periodically. MY DENTIST found the smoldering infection and final abscess in an old root canal right below my sinus cavity. It was cleaned out and removed. I never had another sinus problem and that was 2011. Docs are so often in their own echo chamber of specialty. Haven't even had a "cold" since 2017 contracted on a tour to Alaska.

LIKE (6) REPLY (1) SHARE

sue Nov 2 · *edited Nov 3*

I've had at least 500 sinus infections in my life, including about 10 surgeries in the 90's. Found out at 35 after being disabled for 10 years that it had all been from mold. Just recently at 60, after being sick half my life, including cancer from the vax, was diagnosed with a "genetic" immune deficiency where I don't make antibodies to bacteria that cause these infections. One of my surgeries was jaw surgery in my 20's to fix my jaws that grew poorly because of the infections, and that caused damage, low blood flow, and some upper front teeth to die. I am finally removing these old really infected root canal teeth which have super long roots and my sinuses wrap around them. I did one last week, and will do 3 more next month. I'm hoping for good luck like yours so I can spend my next 20 years healthier than my first 60.

Just wanted to suggest that others see a biologic dentist if possible to remove them. Regular dentists often don't remove the ligament, which causes infection. And biologic will scrape the dead bone, clean with ozone, and use prf for better healing.

LIKE (6) REPLY SHARE

William Sherman William Sherman Oct 31

AMD - if Trump wins and he appoints RFKjr as health czar, RFKjr should have you as a special consultant! After decades of suppression, this election and RFKjr may open the windows and let the light of truth shine in - with you!

LIKE (29) REPLY (4) SHARE

Selma Terzioglu Oct 31

That will be awesome!

LIKE (4) REPLY SHARE

Nannette Young Nov 1

YES!!!!!

LIKE (1) REPLY SHARE

Janet Nov 1

Yes, yes, yes!!

LIKE (1) REPLY SHARE

Marie Nov 1

💯🇺🇸💯🇺🇸

LIKE (1) REPLY SHARE

Grouchy Old Goat Oct 31 Liked by A Midwestern Doctor

Regarding the closing statements to this article, please refer to a recent article by Jeffrey Tucker named, 'The Paradigm Shift Is Here'. Roughly, it says that after there builds a sufficient discontent with the "accepted" expert dialog and behaviour, we come to question everything accepted as being true, and look for replacement dialog and systems. I think it is what we are witnessing now, especially in terms of what you write.

LIKE (20) REPLY SHARE

Steve Ellis Oct 31 Liked by A Midwestern Doctor

Thank you for your amazing work. Your articles are a mix of great writing and tight research. 🙏

LIKE (17) REPLY SHARE

DJ, Spokane Valley Oct 31 Liked by A Midwestern Doctor

AMD, you, Dr. M and RFK, Jr. are my super heroes. I have learned so much. My family is following a great deal of what I've learned. I really feel the information about vaccines saved my parent's lives. Please don't simplify your articles. I appreciate the level of detail in your articles. I pray for you all, asking God to protect you and give you strength to continue this work.

LIKE (14) REPLY (1) SHARE

A Midwestern Doctor Oct 31 Author

I have to do long one and then follow with a simplified short one that references back to the long one.

LIKE (8) REPLY SHARE

Nancy LaVoy Oct 31

I need the information from these DMSO articles in a booklet form. Please consider making a book or booklet on DMSO.

Thanks for your great work!

LIKE (18) REPLY (3) SHARE

A Midwestern Doctor Oct 31 Author

Can't do those until all the parts are written!

LIKE (11) REPLY (1) SHARE

Adrienne Nov 1 Liked by A Midwestern Doctor

The zeta potential series as a booklet would be good too!

LIKE (4) REPLY SHARE

Janice Oct 31

There are a number of books about DMSO that you can purchase at the link below (I have no affiliation with them): https://www.dmsocanada.com/books

LIKE (3) REPLY SHARE

Angk Angk Nov 1

Yes. And it would very great to print out these substacks. I assume it's a copyright protection.

LIKE REPLY SHARE

Donna Bock Oct 31

I would call my spouse and I aging athletes. We're plagued with bothersome muscular/ skeletal issues in a variety of places... back, hips, ankles wrists, fingers. All from spills, accidents, repetitive use, surgeries (knee, back).

We got a gallon from the dmso store, which comes in a plastic container. Thinking of decanting it to a beer growler we just got for this purpose. Is the container of this specific product really a problem?

Anyhow, we've painted a 70%solution over every nagging spot we can for the last three days.

Yes, it's a little itchy/prickly. Subsides in about 20 minutes. Some noticeable small relief, and we'll be continuing this journey.

I am a habitual napper. The last two days I've had a nap from which I could not awaken. Positively pinned to the bed. Could this be a side effect of the dmso? I was literally knocked out. Great nap though.

I'm trying to get off meloxicam (hip), hoping to avoid surgery. I am hopeful.

Also, the dry macular degeneration application is extremely intriguing. I'll have to ponder this as it is a scary thought to take this step. Newly diagnosed. That said, I'm not sure I trust the eye doc... his practice seems like a mill. I had no idea I had this issue, I was there as a new patient to upgrade my glasses script. Gut punch. After they dilated my eyes, for a few weeks after I had black holes in my center vision at night, which eventually went away. 6 mos later, checkup, dilation, same black holes at night for a few weeks, again, gone in a few weeks. Never had this before visiting this doc.

Really bothers me. Is dilation harmful?

I'm really distrustful of all docs these days, especially after the whole Covid debacle. Yes I was one of those who had delta, hospitalized and recommended for remdesivir and intubation. The ER doc literally screamed at me for challenging his rx. It was frightening and humiliating. Since I read you and a multitude of others on this topic, I fled the hospital and pretty much took care of my own situation with an o2 concentrator and nebulized budesinide at home. (Unvaxxed). Recovery was long, and I've never gotten back to my former athletic performance. I've had arthritic flare ups in multiple joints since then and I'm really wondering if Covid itself hasn't caused some serious lingering inflammation issues.

These creeps literally tried to kill me. I'll never forget.

Thanks for this series, (and all the others). I really appreciate your efforts and diligence. You may single-handedly restore faith in the medical field.

LIKE (17) REPLY (5) SHARE

Dave Dave Nov 1 · *edited Nov 1* Liked by A Midwestern Doctor

"Is the container of this specific product really a problem?"

If your beer growler is glass it should be fine. If it's like copper or something it can cause the DMSO to darken. Also keep in mind that the freezing point of 100% DMSO is only 66 degrees F which has caused a few logistical headaches in the comment section already so don't fill it to the brim, as with anything you are concerned with expanding when frozen.

"Although the data indicate that DMSO has a very low level of corrosivity, the product does darken considerably when exposed to mild steel, copper, brass, lead or zinc for long periods. Therefore, if color and purity are prime considerations, 304 or 316 stainless steel or aluminum are recommended metals of construction. Plant experience has shown that more than a 10-year life can be expected with stainless steel equipment under continuous exposure to DMSO-water solutions. Corrosion data on DMSO-water systems are shown in the following table."

LIKE (6) REPLY SHARE

A Midwestern Doctor Nov 1 Author

Unless you are very sensitive, most of the side effects from dilating eyes should be gone by the next day, so the main issues are things like being sure to not drive the same day.

LIKE REPLY SHARE

Michelle Michelle Nov 1

Donna, I was also subjected to hospital covid protocols for delta in Dec.21. Took 2 days of Remdesivir (refused more), unvaxxed, on ventilator 35 days. Praise God we survived! Also very distrustful of doctors now. Sadly, we are deep in the weeds of doctors and big pharma because our 17 yo unvaxxed (for covid) daughter was just diagnosed with alveolar rhabdomyosarcoma...

LIKE (2) REPLY SHARE

yantra yantra Nov 10 · *edited Nov 10*

Donna, i tried Bryan Ardis' nicotine protocol for remaining "long covid" symptoms:

https://thedrardisshow.com/the-antidote

using a total of 26mg nicotine divided into 5 doses within 11 days, ending 9/21/24. I didn't notice any benefit. Then i started using DMSO on 9/24, applying some almost daily.

On 9/29/24 i noticed my sense of smell was much better and so was my sense of taste! I had completely lost those senses in August 2022 but had done a lot of essential oil inhalation therapy which restored my smell and taste back then. I thought it was at least 95% restored. But it wasn't, and i only realized this after using the nicotine patch and the DMSO. Not sure if it was just a delayed reaction from the nic patches, or if the subsequent dmso helped too.

LIKE (1) REPLY (1) SHARE

Camie Gontier Nov 12

Dear Yantra,

My father has lost his smell and taste from Covid and it's been over a year now.

Can I ask how much and how you used the DMSO? Did you put it on your face or take it internally? I would appreciate as much details as possible so that I can pass the information on to my father.

Thank you so very much

Camie

LIKE REPLY (1) SHARE

yantra yantra Nov 13 · *edited Nov 13*

well Camie, i really don't know if it was the dmso at all - i actually think it was more likely the nicotine patches as described above, perhaps potentiated by the dmso, tho i think

MWD may have mentioned somewhere that dmso has temporarily restored smell or taste in some cases. But as far as i can tell, this latest improvement is not temporary. I used a total of one and one quarter 21mg nicotine patches within 11 days. Then a few days later i put dmso on my back/hip for a few days (i stopped due to unpleasant headaches). I used in total maybe a teaspoon of 99% dmso, diluted 50%, then 66%. Never took internally. I am not at all into any drugs, so was hesitant to try the nicotine patch, but eventually did anyway and was pretty amazed at what it seems to have done. I watched Dr. Ardis's video very carefully first: https://thedrardisshow.com/the-antidote. If your dad is not open to that, i would be happy to share my experience with essential oil inhalation therapy, which went a long way towards repairing my senses of smell and taste. I think it may work on the same principle as the nicotine - knocking the covid gunk - whatever it is - off of the Nicotinic acetylcholine receptors found throughout our bodies. But apparently the nicotine did a more thorough job, and in WAY less time.

LIKE (1) REPLY (1) SHARE

Camie Gonlier Nov 15

Thank you so much for replying and sharing all this very useful information.

I will get him on the patch and essential oils and DMSO and try to cover all the bases. Have a wonderful weekend and thank you again.

LIKE (1) REPLY SHARE

yantra yantra Nov 10

i wonder about the dilation drops too. it felt like a bad very strange drug in my eyes and head, and then the bright clinic lights temporarily blinded me. Difficult driving home too. I don't think i will allow it again; there doesn't seem to be medical concern about how toxic it is, though i didn't have the after effects you mentioned thank God. That sounds scary. Good for you escaping the hospital "treatment" for delta!!!

LIKE REPLY SHARE

Tech girl Tech's Substack Oct 31 Liked by A Midwestern Doctor

Sharing some recent findings. I've had eye issues for about one year. Tried MMS and DMSO 20% and 40% strengths eye drop protocols but each time the issue would come back. I was told blufferitis was the issue or dry eye. My eyes had constant drainage that impacted my vision. Not until I took Dr. Mercola double strength Krill oil (omega 3) did I notice it finally clearing up. However, interestingly, I've taken omega 3 before and it did not do anything.

So whats interesting is along the same time I started the omega 3, I've been using the roller DMSO 99% grade described in an earlier post for a varicose vein on my leg. Getting great results. Not totally gone but no longer protracting and the color is fading. Well, the other night I had an onset of frozen shoulder. I know as I've had it 2x before. I took a heating pad to it, massaged it, added magnesium oil and DMSO. Shoulder turned red and blotchy which was a new side effect for me but heard the magnesium oil could help break down the calcification. Either way, the deep dull aching pain went away in the next hour. 2 days later still no pain. By the way, my eyes are feeling fantastic. Wondering about the combo of omega 3 and DMSO.

LIKE (12) REPLY (3) SHARE

A Midwestern Doctor Nov 7 Author

I forgot to comment on this earlier, but why that works makes sense to me.

LIKE (1) REPLY SHARE

Nama Paula Nov 3

Oh man alive, I was pleased to read of your "roller 99% DMSO" helping a varicose vein. .. & plan to try the same! Although I have been using drops & spreading with my hand (my home made 70/30 solution). It seems to be helping a lessen a beginning Dupuytren's contracture in my hand! Not sure if helping varicose veins, so am eager to try what you wrote about! Thanks!! Kind of exciting, if you ask me!!❤️🙏

LIKE (2) REPLY SHARE

Not That "Karen" Not That "Karen" Nov 2

You use the MMS in your eyes with the DMSO, or do you take the MMS by mouth and use the DMSO drops?

LIKE REPLY SHARE

Ruth Bowen DC Oct 31 Liked by A Midwestern Doctor

Wow. Finally a medical doctor I can respect. I'm looking forward to reading more of your work. Docs like you are going to be the rockstars of the future. Thank you for sharing your expertise.

LIKE (12) REPLY SHARE

Nannette Young Nov 1 Liked by A Midwestern Doctor

Big thanks for the DMSO articles!!!! I've used DMSO on myself for years! Horse owner. I use to ride long distance events and rode with an Army emergency doctor, she was the one person that recommended DMSO for sore muscles, people that is, horses also. The only caveat she told me was to be carful using it with other "stuff" on my skin, apply it to clean skin. DMSO relieves my muscle soreness way faster than anything, no more need to use NSAID's! I've recently acquired Tinnitus after a sinus infection, I'm going to try using DMSO in my ears to see if it will help. I'll let you know!

LIKE (11) REPLY (1) SHARE

beth Kaufman Nov 7

Did it work for your tinnitus??

LIKE REPLY SHARE

yantra yantra Oct 31 Liked by A Midwestern Doctor

about your name - that's why i chose to refer to you as MWD rather than AMD (:

LIKE (9) REPLY SHARE

Garry Blankenship Garry's Substack Oct 31 Liked by A Midwestern Doctor

Come on now. Y'all really gonna use horse paste ? ;)

LIKE (8) REPLY (1) SHARE

Janet Nov 1

Yup. :). I just bought DMSO gel in the horse department of my local Tractor Supply. Where I got my horse paste. Excuse me, while I go out and feed my imaginary horse. 😉,

LIKE (9) REPLY SHARE

R Smith Nov 1

To recapitulate: If purchasing a bottle of 99-percent liquid DMSO solution, would the following dilution instructions be acceptable? And does the water need to be distilled?

To achieve approximately a 25 percent DMSO solution, mix 1 part DMSO with 3 parts water

To achieve approximately a 50 percent DMSO solution, mix 1 part DMSO with 1 part water

To achieve approximately a 70 percent DMSO solution, mix 2 parts DMSO with 1 part water

For example, to achieve a 25 percent DMSO solution, you could mix 1 Tablespoon (of 99-percent DMSO liquid) with 3 Tablespoons of water?

LIKE (11) REPLY (2) SHARE

A Midwestern Doctor Nov 1 Author

Correct

LIKE (3) REPLY SHARE

Sarah Nov 1

thank you!!!

LIKE REPLY SHARE

TC Nov 1 Liked by A Midwestern Doctor

I just wanted to say thank you for these articles. I mean really everything. I've subscribed for quite a while now. You provide such value to us.

Wanted to share that two days ago, I pulled a muscle in my hip while wrestling my dog into the bath. Since reading these articles, I had purchased some DMSO and had success treating fire ant bites with it. (The venom really eats away at the skin and takes forever to heal)

I immediately applied it to the affected area, later I mixed it with curcumin and PEA. two applications of that mixture and my pain was gone. I have been doing red light therapy as well, but that was a very powerful reaction feeling the pain melt away.

LIKE (7) REPLY SHARE

Big E Big E's Big Mouth Substack Nov 1 Liked by A Midwestern Doctor

Thank you for this article! I found an online tone generator at https://www.szynalski.com/tone-generator/ that could help doctors and patients identify the tone that someone suffering from tinnitus might be hearing.

LIKE (7) REPLY (2) SHARE

Janet Nov 1

Wow. Thanks. Hoping I can find some relief. My bottle comes Monday.

LIKE REPLY SHARE

Michelle Michelle Nov 1

Thank you for this!!

LIKE REPLY SHARE

Gogs Gogs's Substack Oct 31 Liked by A Midwestern Doctor

I was not sure about vaccines before the Big Overreach but I'm damn sure now. And I suspect Andrew Wakefield has been thoroughly "rehabilitated" in the minds of millions, while we clearly see the creatures the MSM sanctified, like Fauci and the NZ PM, as the authoritarians, criminals and enemies of humanity that they are. Fauci, of course, heads a select all-star cast of some of the worst people in history.

LIKE (6) REPLY SHARE

BethanyAnne Oct 31 Liked by A Midwestern Doctor

I need to make a correction to an earlier post. I thought it was the DMSO (3ml/day) that was making me feel sick, as I'm intolerant to a lot of chemicals, but embarrassingly enough, It turned out to be my diet. I need to eat way more fruit, and way less starch. Soon as I'm back to normal, I'll try again.

LIKE (6) REPLY SHARE

Darlene Lessing Oct 31

Very awesome. All I can say is that I hope all I have read over the last few months is put into a book soon. I have a feeling major medical censorship is headed our way. Doc, with all of your contacts I am sure you could line this up at some point. Thank you so very much.

LIKE (10) REPLY (2) SHARE

A Midwestern Doctor Oct 31 Author

I just have to write all the parts of it first!

LIKE (12) REPLY SHARE

sunsandwind sunsandwind Oct 31

I'm going to start printing them. Censorship is real.

LIKE (7) REPLY (1) SHARE

Laura Laura's Newsletter Oct 31

Do you know the process for printing from substack?

LIKE (1) REPLY (4) SHARE

OneDayAtATime Oct 31 · edited Oct 31

I just print every article to pdf from my web browser and save the pdf files on my computer. Then I can print the pdfs if I want and I can also easily search all of the articles for keywords as well since I keep them all in one folder.

LIKE (5) REPLY SHARE

Laura Laura's Newsletter Oct 31

I just tried it on the computer... you need to click "view publication" from the three dots menu in upper right corner and and then type cmnd - P!!

LIKE (5) REPLY SHARE

Janet Nov 1

I'm going to try and save in Appl,e books app. I have a lot there. Then will try and print. I believe I've done that before.

LIKE REPLY SHARE

sunsandwind sunsandwind Oct 31

I'm away from home so can't try it out yet.

LIKE REPLY SHARE

Swanlzs Nov 2 Liked by A Midwestern Doctor

DMSO made my sciatica 90-95% better! Thanks for your writing

LIKE (5) REPLY SHARE

WindsofChange WindsofChange's Substack Oct 31

Hi Doc!

I've heard DMSO *may* help with weight loss somehow. Have you heard anything on that?

I've been using Dr. Jacob's 25% DMSO for about a week now for a rather persistent asthma irritation I was undergoing along with almost constant heart palpitations which came out of nowhere, could be caffeine related. I've just been slathering a bit over my chest area, but is there a certain amount of gel to use for good effect? What is too much gel on the skin? I've been using probably two quarter-sized amount on my chest area and have felt a marked improvement to my asthma! To where I went from using my inhaler more than I have in awhile and taking quercitin(recommended by my naturopath) with very little relief to now using nothing but DMSO and feeling like my chest has opened entirely and I can take entire deep breaths! I went on a walk this morning and cruised up rather steep hills without barely any increase in my respirations! That never happens. Usually I'm huffing and puffing and my chest is super tight. The palpitations have also disappeared. I have noticed however, that the best relief comes from applying it in the morning after a shower and at night before going to bed. It seems the two doses help best. Will asthma be ever "cured" with DMSO, or will I have to keep doing this the rest of my life? Has it been shown to actually resolve asthma have you seen in your research?

Please keep doing what you're doing exactly how you are doing! I find I can't read your articles all in one sitting, but each paragraph is a treasure and a gold mine of information that I don't mind going back and reading as I go along.

One thing that may help is a chart of sorts that pulls together a brief overview of what something like DMSO treats, how it treats it, and how to administer it. Like a quick reference guide after reading the long form so you can quickly and easily find the pertinent information for dosing or looking up what can be treated with DMSO.

Thanks again Doc! You are an incredible blessing!

LIKE (9) REPLY (1) SHARE

A Midwestern Doctor Oct 31 Author

I will do that once the entire series is completed. The problem basically is that everything I'm writing here is predicated on something else and creates questions/holes if I don't mention something else, so I tried to sequence this in the best way I could but simultaneously there still is a lot that can't get done until every part is out. That said, I'm not receiving all that many questions, so I think the order I went with was pretty good :)

LIKE (16) REPLY (2) SHARE

WindsofChange WindsofChange's Substack Nov 1

Yes! It's been great! I've had to read it a couple times, just to understand what it's all about mostly. And once you understand a "cheat sheet" of sorts would be great! I think people need to understand first though, so the info is perfect.

LIKE (2) REPLY SHARE

Janet Nov 1

Perfect order. Yeah, if it could help with insulin resistance and weight loss it would be just about perfect. 😀LOL.

LIKE REPLY SHARE

Dave S Oct 31 Liked by A Midwestern Doctor

Just fascinating information on DMSO. I am keenly interested as I have floaters in my eyes that can best be described as blurry windshield wipers that move in the opposite direction as I move my eyes left to right.

On my last visit to the ophthalmologist earlier this year, he did not see any macular degeneration. On my next visit, I will ask about DMSO. But, will he be supportive or just another doctor that is part of the machine?

LIKE (4) REPLY (2) SHARE

sue Nov 2

I would be shocked if he would even know about it let alone use it.

LIKE (3) REPLY SHARE

Tricia Westling Nov 7

Same problem, complicated by having an artificial lens in one eye from cataract surgery

LIKE (1) REPLY SHARE

Leland Stillman, MD Dr. Stillman Uncensored Nov 1 Liked by A Midwestern Doctor

Thank you for all these great posts on DMSO! All I want for Christmas is for you to do a deep-dive on whether there is any reason at all that DMSO is better than MSM, which is what I use in my practice. I already sent this to Santa, but figured it would make sense to notify you more directly. Thanks in advance!

LIKE (3) REPLY (1) SHARE

A Midwestern Doctor Nov 1 Author

My view is that some of the benefits from DMSO come from the MSM it produces but many do not. If you use MSM in practice, it should be clear which of the things I've attributed to DMSO you cannot get with MSM.

LIKE (4) REPLY (1) SHARE

Leland Stillman, MD Dr. Stillman Uncensored Nov 2

I will start incorporating DMSO and see how it works compared to MSM, and let you know.

LIKE (3) REPLY SHARE

Garry Blankenship Garry's Substack Nov 1 Liked by A Midwestern Doctor

Thank you. I was unsure how I might source DMSO. Having to circumvent our FDA, (entire Federal health care system for that matter), for health care is telling.

LIKE (3) REPLY (1) SHARE

pimaCanyon pimaCanyon Nov 2 · edited Nov 2

indeed it is. Knowing that the FDA has worked FOR Pharma and AGAINST the health of the American people since the 1960's is infuriating to say the least. But knowledge is power and now with this knowledge we can take our own health into our own hands, and tell the FDA where they can go.

LIKE REPLY SHARE

Janet Nov 1 Liked by A Midwestern Doctor

I am so grateful for what you are bringing us along with the hope this whole system is changing. Thanks to you, AMD, I can help myself and others get better help. God bless you.

LIKE (3) REPLY SHARE

effga4trbfd Oct 31

Thanks doctor, I am loving this series.

I have a few conditions that DMSO will be useful for and I have friends and family who I believe could really benefit if they were a bit more open minded.

It's hard to believe such a great thing exists yet has been suppressed for so long.

LIKE (7) REPLY SHARE

Penny Oct 31

Dear AMD, I daresay many other readers are, like me, collating your invaluable DMSO essays into PDFs or similar documents for ease of reference, and for sharing with family and friends. Thank you very much for the time and effort that you have expended for our collective benefit.

That said, I wonder if you plan to formally publish this (and other) collections? That way we could reciprocate your generosity, at least in some small measure, by purchasing your books! May we look forward to such an eventuality? I do hope so. Thank you again for helping so very many people.

LIKE (6) REPLY (1) SHARE

A Midwestern Doctor Oct 31 Author

They will get done; I've just prioritized making the underlying content for them.

LIKE (6) REPLY (1) SHARE

Penny Oct 31

Thanks for your reply and the good news. Looking forward to them, in due time of course. The content so far is astounding.

LIKE (4) REPLY SHARE

Mouzer Oct 31

The first thing I do for all the DMSO articles is CNTRL+P. Then they go in a special folder on my PC.

LIKE (6) REPLY (2) SHARE

A Midwestern Doctor Oct 31 Author

I have periodically updated them since I first posted as I realized there were things I missed.

LIKE (4) REPLY SHARE

Darlene Lessing Oct 31

Thank you. I don5 have a pc though!

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Oct 31 Author

Macs let you save as PDFs too when you print them!

LIKE (8) REPLY (2) SHARE

Tech girl Tech's Substack Oct 31

For Apple, go to share and send to your books. Books can read pdfs

LIKE (1) REPLY (1) SHARE

Janet Nov 1

That's what I do. I can print from there.

LIKE (1) REPLY SHARE

Joy Metcalf Joy Metcalf Nov 1

Also true for Windows.

LIKE REPLY SHARE

Rob E Oct 31

Been waiting for the tinnitus episode! Any speculation on how critical the other components of the injectable or spray are vs. DMSO itself? Rank any higher the others? Is DMSO mostly the delivery vehicle perhaps? Oral DMSO without the rest of the cocktail vs. injectable? DMSO dissolving ear wax an issue (fear of taking ear dirt for a ride with the DMSO)?

Thanks!

LIKE (6) REPLY (2) SHARE

A Midwestern Doctor Oct 31 Author

People have success using DMSO without anything else.

LIKE (7) REPLY (3) SHARE

BethanyAnne Oct 31

I'm trying it for my husband's tinnitus, cut with magnesium oil, and a tiny smear of a warming CBD salve to cut the burny itchies. I'm praying it works. He's hard of hearing because the tinnitus is so loud. Starting out with it just on the opening of the ear canal, and behind his ear. I'm a bit nervous to just start dumping what's essentially a solvent in his ear.

LIKE (8) REPLY (1) SHARE

Bev Nov 2

Please let us know your results.

LIKE REPLY SHARE

beth Kaufman Nov 7

Dosage? Concentration? Thanks so much!

LIKE REPLY SHARE

GaryR Nov 7

Concerning tinnitus, please expound on the 'how to', how much and for how long... any studies, documentation to corroborate.

Thanks!

LIKE REPLY SHARE

Janet Nov 1

Good idea. I am going to clean my ear out with a hydrogen peroxide drops first. I have earwax problem. So that first in the tinnitus ear. Thanks.

LIKE (1) REPLY SHARE

Barbara Charis Barbara's Newsletter - Journey ... Nov 7 Liked by A Midwestern Doctor

In 1981 I was introduced to DMSO by a naturopathic doctor in Connecticut. I was in intense pain, after finishing a marathon run...and was amazed to find the pain gone in minutes. However, I was not aware of all the other conditions it could help alleviate. Thanks so much for your information!!!.

LIKE (1) REPLY SHARE

R Smith Nov 1 Liked by A Midwestern Doctor

I haven't seen anyone else mention it yet--and apologies if I missed it--but I wanted to mention a duplication you wrote: "Note: most of the poor responses in otitis media were in chronic cases. Of the 27, 4 had a "very good" response, 13 had a "distinct improvement" (but generally relapsed in a short time), 10 had "no change" and 1 became worse.." Looks like you changed the "1" to "one" in the second version but did not delete the first version of the note?

LIKE (1) REPLY SHARE

robin hanna Nov 1

What a game changer for arthritis in this aging athelete. Who has tips on reducing the smell others notice?. I think I saw a tip from a tg group that the smell can fade.

LIKE (5) REPLY (5) SHARE

WindsofChange WindsofChange's Substack Nov 1

I can smell it when I put the gel on, but that's about the only time. Nobody has mentioned if they can smell it coming off of me. Don't worry about the smell though. I've been using it a week and am feeling fantastic overall and my asthma is non existent right now. I was really struggling with it lately before starting this. Energy too is coming back. This doc, whoever he is, will have so many people so grateful to him for what he's done for us with his time, talent, and sharing of this info.

LIKE (3) REPLY (1) SHARE

robin hanna Nov 1

Yes...a true healer!.

LIKE (1) REPLY SHARE

Adrienne Nov 1

Doc did mention the smell will decrease with the overall health of the body, so I suspect it's something like the bad "detox" stink people get when they are stressed or have toxins stirred up in the body. Lots of water, maybe some dandelion tea would help?

I have a hard time gauging what other people notice, but I know that I smell the DMSO garlic less myself if I add a drop of quality essential oil that is relevant to the condition I'm working on. (I have noticed many premade gels are scented with lavender.)

Since I'm hoping to improve a lymphatic disorder I use a blend of grapefruit, cypress and geranium. For an athletic injury I might consider something like peppermint or rosemary.

But I'm just some chick on the internet. No advice here; just mentioning what I do.

LIKE (3) REPLY (3) SHARE

robin hanna Nov 1

Maybe frankincense

LIKE (1) REPLY (1) SHARE

Bev Nov 2

It works.

LIKE REPLY SHARE

ella byrd Nov 1

That's exactly what I'm looking for -- what others have tried. Thank you!

LIKE REPLY SHARE

robin hanna Nov 1

Sounds wise to me!!!

LIKE REPLY SHARE

pimaCanyon pimaCanyon Nov 2

years ago I would use DMSO for skiing or hiking strains/sprains/muscle pulls, etc. At that time I was seeing a chiropractor who could always tell if I was using DMSO. He said I smelled like a goat. Which we both laughed about. (We also laughed about how because of this the double blind placebo studies for DMSO would have a bit of a problem.)

LIKE (2) REPLY (1) SHARE

robin hanna Nov 2

Did you use only externally?? I was wondering if i could use on my days off only and not on days I'm in my small office! But...I think I may be able to tell by the look on new arrivals'faces lol

LIKE (1) REPLY (1) SHARE

pimaCanyon pimaCanyon Nov 2 · edited Nov 2

Long ago (when my chiro and I laughed about it) I was using it only externally. Recently I'm using a lot of it externally and I've also started taking it internally in small amounts. I don't notice the smell as much now (due to purity of DMSO now?), so I bet you could get away with using it regularly. Good luck!

LIKE (1) REPLY (1) SHARE

J. Harris Nov 12

Unfortunately, even with the "odorless" it still produces an odor, especially when it intersects with something else including water. My daughter can't stand the smell of me or my house now. Although my boys can smell it too, she is much more sensitive to the smell. I actually don't mind the smell that I get a whiff of every now and then. But it is strong in my urine!

LIKE REPLY SHARE

J. Harris Nov 1

I'm with you Robin! I can't smell it but others can, especially other women. Sometimes I can smell "it" in my urine or sweat. But I can't smell "it" in my breath. Some say "it's" horrible! I say "it's" worth healing and not being in as much pain!

LIKE (1) REPLY (2) SHARE

Pat Sz Nov 12

I can smell it in my urine too. I do take parsley capsules everyday to combat the possible odor. Sometimes I put a couple drops of peppermint extract in my water.

LIKE (1) REPLY SHARE

robin hanna Nov 1

My client took water aerobics a d had to keep moving away from someone!!! That stuck in my head. Lol. But im doing great just rubbing it in.

LIKE (1) REPLY SHARE

ella byrd Nov 1

Sorry, what is a tg group?

LIKE REPLY (1) SHARE

robin hanna Nov 1

Telegram

LIKE (1) REPLY SHARE

Tilly Oct 31

I'm loving the DMSO series and inspired to try a weak DMSO/saline solution on my cat's glaucoma. It's better than the nothing I've got from the vet. Mum just showed me the parody All I Want For Christmas is Youth from Mel Moon and of course my first thought was Santa should bring her some DMSO! Thanks also for including the NZ video, people seem to forget or not realise the extent to which Kiwis rights were literally trampled. The human need for autonomy is so powerful, people were so focused on getting it back by getting vaxed they couldn't stop to consider it was wrong to take it away.

LIKE (5) REPLY SHARE

Cheryl My Year of Reading Humanities Oct 31

So to try DMSO on inflamed tonsils, dilute to 35% to start, and use as an oral rinse? Or do you swallow it? And then try a more concentrated solution? Sorry to be so thick. My daughter is really struggling with repeated strep throat and is having a hard time getting in to an ENT.

LIKE (5) REPLY (1) SHARE

A Midwestern Doctor Oct 31 Author

start with 20%

LIKE (4) REPLY SHARE

Mary Anne Mary's Substack Oct 31

While reading your previous articles on DMSO, I kept thinking about its application for ears, so when I saw this article mention them, I was eager to delve into the research. I guess I am still hoping there is something out there to restore profound hearing loss to my 3 month old grandson. So far, there is no apparent reason for it, but his parents are awaiting genetic testing. They told me there is a one year wait for pediatric genetic testing at U of M, but they're hoping they can be moved up the list. He is being fitted for hearing aids, as insurance requires that first, but the ENT doesn't expect them to help. The next step would be cochlear implants at around 9 months. Any insight from you or your subscribers would be appreciated. :)

LIKE (5) REPLY (1) SHARE

A Midwestern Doctor Oct 31 Author

They should probably go somewhere else then or just order the testing themselves. There should not be a wait. You might need an MRI to figure that out though.

LIKE (4) REPLY (1) SHARE

Mary Anne Mary's Substack Oct 31

The MRI is the next step, but they wait to do it because they prefer the babies to be a little older before going under anesthesia. As far as the genetic testing goes, their pediatrician offered to do it, but evidently her test isn't as comprehensive as the doctors want. And I agree, there should definitely not be a one year wait list!! The pediatrician went to U of M and is going to see if they can get in sooner. If not, what is the comprehensive test that they would need to do? Thank you!

LIKE (1) REPLY (1) SHARE

K johnson Oct 31

Consider an eval at Mayo. I'm ent, not genectist, so not up to date. Connexin gene mutations are most common genetic cause, but the panels have expanded a lot since I was in training. Also congenital infections (like CMV) can cause hearing loss.

LIKE (3) REPLY (2) SHARE

Mary Anne Mary's Substack Nov 1

Thank you for this. I had to look up CMV lol. After reading about it, I'm thinking either the ENT or the pediatrician would have tested him for that by now? Also, my daughter had blood draws every week for all nine months, so I'm thinking someone should have seen that if she had it?

LIKE REPLY (1) SHARE

K johnson Nov 1

Im pretty sure CMV isn't routinely tested (and if it is, it's a urine test- I think- this is out of my wheelhouse though!) from what I can recall, the underlying genetics are helpful to determine if part of a bigger syndrome. If hearing loss is bilateral and profound, most centers are starting implants at 9 months of age bc this will improve speech and language development. By kindergarten, kids with implants are indistinguishable from normal hearing children - it's incredible what the implants and a developing brain can do! The MRI is helpful to evaluate anatomy- like if the cochlear nerve is present. I will keep your little grandchild in my prayers!

LIKE (4) REPLY (1) SHARE

Mary Anne Mary's Substack Nov 2

I appreciate your reply and will ask my daughter to look into this. He does have bilateral and profound hearing loss, so I'm greatly encouraged by your speaking from experience regarding the implants. He's currently in the University of Michigan system and the goal would be the implants at around nine months. The MRI will be a big hurtle. Thank you so much for your prayers:)

LIKE (1) REPLY SHARE

J. Harris Nov 1

What about vaccine related hearing loss issues due to cranial nerve damage?

LIKE REPLY (1) SHARE

Mary Anne Mary's Substack Nov 1

I'm sure that's possible, but thankfully my daughter hasn't had any vaccines since the meningitis one for college, which in hindsight, I regret. The baby only had the K one because the nurse insisted and scared them half to death, even though my daughter had already decided upon the drops.

LIKE (1) REPLY SHARE

A Midwestern Doctor Nov 15 Author

Because of your articles....I started using DMSO with aloe, a roll on, and my fingers are straightening out, matching the size of my fingers on the non affected hand! Even Heberden nodes are shrinking....im taking pictures as proof if you're interested! I developed this condition when I started lifting kettle bell weights for osteoporosis, I don't do drugs after watching my mom suffer, while I didn't have much arthritic pain, my fingers were deformed. For years...it's a miracle! Thank you thank you thank you!

[received via email]

LIKE REPLY SHARE

VictorDianne Watson VictorDianne Watson Nov 2

As I've said before, you have changed the direction of medicine, AMD. And for the better!! You would be of great benefit to RFK and Trump if he's elected. I'm praying. You have helped me immensely. Thank you.

LIKE (4) REPLY SHARE

ella byrd Nov 1

After a week of 4 ml DMSO daily, I had a pretty strong smell. I'm a no-frills type and I didn't expect that I would care about this, but it was very off putting and distressing.

I'm searching for ways to mitigate this effect.

I have assumed that most Boomers have amalgam fillings, and it did not occur to me that this could be a contraindication for DSMO use. My fillings are quite large and after much thought I've decided it's best to leave well enough alone.

I've been using Dr. Ellie Phillips' routine for 2-3 years, which seems to have helped a lot with my gums. I would like to try topical application of DMSO to the jaw or gums, but the warning about mercury amalgams makes me pause.

LIKE (4) REPLY (3) SHARE

A Midwestern Doctor Nov 1 Author

I've looked into it and have not been able to find a good answer on the mercury one but I haven't come across any reports of negative reactions.

LIKE (2) REPLY SHARE

yantra yantra Nov 1

yeah - i am wondering about the mercury too. Although i had all of the mercury fillings removed decades ago, they started as a toddler so there was lots of time for mercury exposure. ps - are you using Ellie's complete protocol - what do you think? I just came upon her a couple of wks ago - so far have started her "zellies" xylitol mints after meals and some of her uncommon common-sense advice.

LIKE (2) REPLY (2) SHARE

ella byrd Nov 1

Yes, I have faithfully used Ellie's entire protocol for several years now. I am so grateful to have found her book at my library. It is somewhat subjective since I haven't been for a checkup, but I feel like it has helped me a lot.

Last year I did Dr. Ellie's Oral Health Bootcamp at Teachable. It consisted of many excellent videos with lots of details. There was a comments section where she answered questions people had, which I found great!

LIKE (3) REPLY SHARE

Fred Nov 1

I also got inspired by Ellie but I got the budget version and bought 500 gr Xylitol granulates in a bag instead of the mints.

LIKE (1) REPLY (1) SHARE

ella byrd Nov 1

Her entire "protocol" is products you can buy at Walgreens. (I wait for the 20% off storewide sales they have.) You have to buy the very specific varieties of the products. Closys Ultra Sensitive, Listerine Original or Mint, and ACT zero alcohol.

I got her book "Mouth Care Comes Clean" at my library. It was plenty of information to get me started. I did the Teachable program because I was so worried about the condition of my gums, plus I'm by nature a person who *loves* details.

LIKE (2) REPLY SHARE

Monty Monty Nov 1

I've got amalgams too and read somewhere not to use DMSO. It's just one source so I'm hoping its not correct.

LIKE (1) REPLY SHARE

Obcwcvh Obcwcvh's Substack Nov 1

Do you think DMSO might have been effective in treating Steve Kirsch's recent eye situation? Especially given that not only does it dissolve clots, but also has preservative effects on healthy cells/tissues?

(Btw, I completely understand if you wish not to comment publicly on Steve's condition).

***

Thanks for your amazing work. Please take solace that for every one person who gives you a hard time, I'm sure that there are at least 20 people who you have helped make their quality of life remarkably better. ... We are threat-detecting animals, who survived based on our ability to notice and focus on threats until they were mitigated. We are hard wired to focus on threats (and negatives), and just knowing this is a big part of the battle to shedding its maladaptive manifestations in a world where digital technology constantly stores these "threats" in our pockets.

***

Personally, I'm experimenting with DMSO in treating a horribly severe case of RLS/akathisia that I've had to take Buprenorphine to live with. I've been wanting to get off of it for years, but no doctor I've seen has been able to help me.... I will be writing up my case history, research, hypotheses of why my case is so severe, and experimentation/observations/results with DMSO in case others who deal with RLS/akathisia may benefit from it.

LIKE (4) REPLY (2) SHARE

A Midwestern Doctor Nov 1 Author

Correct, can't comment.

Has it helps your RLS at all?

LIKE (2) REPLY (1) SHARE

Obcwcvh Obcwcvh's Substack Nov 3 · edited Nov 3

I imagined that would be the case 👍

Re: DMSO for RLS

Long story short, it's going to be a drawn out process due to the pretty potent confounding variable of the buprenorphine acting as quite an effective means of masking the symptoms, so I'll have to cut back on the dosage in order to accurately assess DMSO's efficacy.

Currently I've been experimenting with various DMSO administration routes, and making notes of tolerability levels per each route.

I believe pudendal neuropathy has a significant role in the RLS symptoms (but not the generalized akathisia symptoms that I also experience). I haven't been able to find any studies on the role pudendal neuropathy may have in RLS (have you ever heard of any discussion or studies surrounding this line of inquiry?). I've seen connections between pudendal neuropathy and "RGS", which I don't have, but this line of inquiry is another reason that makes me wonder if there's a connection to RLS as well.

The reason why I suspect there may be a relationship is that warm compresses on the external area closest to the pudenal nerve offer instant relief of literally 100% of my RLS symptoms. The relief is very temporary though (fades quickly after about 10-15 seconds), regardless of how long the compress is held against the area. .... This data has made me wonder if DMSO suppositories may offer relief, and potentially even some curative properties. I'm still experimenting with getting the formula and strength to a comfortable point though... after that's attained I'll be able to focus on the efficacy aspect.

LIKE REPLY (1) SHARE

deleted Nov 9 · edited Nov 10

Comment deleted

Obcwcvh Obcwcvh's Substack Nov 10

I really appreciate the suggestion, that's extremely kind of you!

I will absolutely look into that. Ultimately I believe I'm dealing with a systems issue, and what you brought up may very well be a part of it. Thank you 🙏

I believe I might be experiencing some improvement with the DMSO... but it's still too soon to tell, especially because of some confounding factors.

I had a bunch of tests done recently that pointed to potential optic and spinal nerve demyelination, so I have some further tests scheduled to further explore that as well.

LIKE (1) REPLY SHARE

yantra yantra Nov 1

Obcwcvh - Hope you don't mind but couldn't help noticing you mentioned "digital tech . . . threats in our pockets" in the line before "treating a horribly severe case of RLS/akathisia". So i am guessing that means you are often in close contact with a cellphone - maybe even in your pocket. There is plenty of evidence which the medical profession, big pharma and big tech are silent about that demonstrates neurological symptoms of many kinds being connected to wireless radiation exposure, including even MS, parkinsons, etc.

LIKE (4) REPLY (1) SHARE

Obcwcvh Obcwcvh's Substack Nov 3 · edited Nov 3

I am in complete agreement with you regarding the harmful effects of EMF exposure; from the skin-contact range, and outward to a surprisingly far distance (in accordance to a given EMF's specific properties).

But in regards to the comment I left, I was using that phrase in a more figurative context. I believe there's a very strong evolutionary component to the way digital technology has effected our lives. Our species' threat detection systems have evolved over a long period of time to be best suited to our physical environment. If there was a threat in our physical environment, for example a human being from a competing clan, we would lapse into fight-or-flight mode (limbic system dominated) until the threat was mitigated... then we would have a period of time when our defenses would down-regulate, and we would function in accordance with homeostatic feedback systems (opposed to fight-or-flight, which takes us out of homeostasis to deal with the threat).

With digital technology, it means things that threaten our well being are essentially always present. There's the EMF dangers for sure. But there's also the virtual reality world (the world you and I are conversing over right now) that our mind is almost always aware of during our waking hours. We are constantly thinking back to disturbing news we read online, perhaps arguments we've had with people on social media, or just comments that we saw on social media that we didn't respond to but nevertheless angered us.... all of this, for the majority of people, gets funneled through our phones. We also have phone calls from people that we might prefer not to have to talk to, but we know they'll be coming at some point later in a given day (we are on guard for the eventuality of this). We also have text messages, from people that require various levels of assistance, help, or types of attention (they may be

Expand full comment

LIKE (1) REPLY (2) SHARE

yantra yantra Nov 9 · edited Nov 9

obc - i just reread most of this quite interesting post with a little more clarity. It is quite surprising that you have found no one in academia or elsewhere who is overtly pondering this issue. I think it is of great importance (even leaving aside the RF aspect). But then i guess research on it would be unlikely to be funded in the current tech-central socio-economic climate. And maybe for other writers, it has not yet reached the level of conscious thought. I have not yet felt of my computer (which is my portal for most of what you get thru your phone) as a threat, but even tho i am currently spending way more time on it than before, it is not usually near me, so it is not so prevalent in my life.

LIKE (1) REPLY (1) SHARE

Obcwcvh Obcwcvh's Substack Nov 10

I think you hit the nail right on the head.

There are tremendous economic incentives for "the powers that be" to squash all research and deflect attention away from the problem. It's a multi trillion dollar industry, and it's slated to grow much bigger.

I think the fact that your computer serves as your "portal", rather than a smartphone, has allowed you to distance yourself from the constant pull and information overload that the "information superhighway" exerts.

I would imagine that you don't use social media much either. Is that correct? Thereby drastically limiting your exposure to constant arguments and insults that social media is teeming with?

LIKE REPLY (1) SHARE

yantra yantra Nov 10 · edited Nov 10

yes you are right - i almost never used any social media at all before substack - never had a fb acct, used twitter for ~ a week, and generally avoid all of it. I have noticed some pretty nasty stuff (not directed at me) on a few ss, like when i tried the vigilant fox for a few days. I am not quite sure how mwd keeps her's so clean - i think she probably prunes, deletes or bans toxic comments - also with her long-winded approach (which is difficult to wade thru, tho containing valuable info) many people are just not willing to engage. I am quite concerned, considering her reach, that she is promoting musk - i mean neuralink??? i watched a speech he gave "speaking at the 2024 Congress of Neurological Surgeons last month, Musk shared his vision for Neuralink's brain implants" - sorry i can't currently find the link to the actual speech right now, but suffice to say, shocking and horrifying what he has planned for the human race as a needed "upgrade", as cheap as a smartphone, implanted by robots in 10-minute operations, and even cheaper as it is scaled up to millions or billions of people! Big pharma meds are nothing compared to this invasion.

LIKE (1) REPLY (1) SHARE

Obcwcvh Obcwcvh's Substack Nov 12

I think a big reason of what keeps the comment sections so positive and supportive in AMD's Substack is the tone that AMD sets in the articles written.

To the best of my knowledge (based on some of AMD's prior articles and comments), not much pruning (if any significant amount occurs at all) is done to the comment section.

I believe with great reach comes great responsibility, and AMD is one of the very rare prominent figures on social media who I believe takes this dynamic seriously. My hope is that other content creators become increasingly cognizant of the level of influence they have (or can have) on their followers, and consciously make the choice to set a positive example (like what AMD has done) for how to have a dialogue about "hot button" issues in a way that is conducive to positivity and progress, rather than anger-based reactions.

Regarding Musk, I think some of his pursuits are very noble, while others concern me quite a bit (including Neuralink). In general, I like to evaluate things from a relativistic perspective, and I believe that Musk is currently having a very net-positive effect on the world. He's pushing back against 'dark' forces (ie: elites supportive of the Great Reset) in a way that probably no one on the planet (besides him) can do, and in this light I believe he deserves praise.

I think Musk genuinely believes that he's helping humanity position itself

Expand full comment

LIKE REPLY SHARE

yantra yantra Nov 4

very interesting, your idea re cellphones as prime psychological threat conveyors, and i can see some logic in this, although I have limited personal experience with them, since i only used one about 2 years, ending in 2010 due to disastrous health effects from the radiofrequencies they emit. And at the time i only used it for phone calls, mostly for business - it did not become a big part of my life. I agree that what the phones (and digital tech) puts out in general is definitely alien to our delicate human selves, and really try to limit my consumption, aside from certain substacks and other beneficial content from those i trust. It is possible to step away from the beast.

LIKE (1) REPLY (1) SHARE

Obcwcvh Obcwcvh's Substack Nov 4 · edited Nov 4

You made a very wise choice!

I am seriously considering switching back to an old fashioned flip phone... or potentially no longer using a cellphone at all. As you said, it's possible (and important) to walk away from the beast.

I believe we need a "de-digitization movement"; choosing human connection over digital technology... acknowledging that there's an overwhelmingly net-negative impact on the quality of life, and the ability to be happy.

I truly believe that the happiest people on the planet are those who belong to the select few tribes that remain uncontacted by the modern world.

LIKE (1) REPLY (1) SHARE

yantra yantra Nov 4

I am curious, if you feel like sharing - what does your name mean?

LIKE REPLY (2) SHARE

Obcwcvh Obcwcvh's Substack Nov 9

I wish I had a more meaningful explanation to give you haha... but it's actually just the default random screen name that Substack assigns when users first make an account. I'm not sure if they still do it that way. But since I was going to remain anonymous (at least for now) anyway, I figured I'd just leave it.

LIKE (1) REPLY SHARE

Obcwcvh Obcwcvh's Substack Nov 9

In case you're interested in some more information that touches upon the dynamics I described earlier, the following resource is very good.

https://vhil.stanford.edu/

(Stanford is an institution I'm very suspicious towards, as much of their research is likely "dual use", but there's still great insight to be gained from their work.)

To the best of my knowledge (I haven't read all of the publications), the studies/articles presented indirectly approach the situation of virtual reality having a catastrophic effect on the mind and society... but stop short of it, and instead frame their work in a positive light with only bits of precautionary info scattered within.

LIKE REPLY (1) SHARE

yantra yantra Nov 9

thanks Obc - i think perhaps it is already "having a catastrophic effect on the mind and society" but in a limited way so far since it is not widely deployed yet (?) But really i know so little about it and the stanford link i checked out is beyond me at this point. i guess a lot of gaming is using it to some degree? and i wonder how addictive it is. i have to confess my prejudice against this stuff - it has always seemed bizarre and even repellent to me, not to mention it's use of toxic wireless radiation. But each to their own.

LIKE (1) REPLY (1) SHARE

Obcwcvh Obcwcvh's Substack Nov 10

My stance is actually quite similar to yours. Your experience of being repelled from such technologies is very much in line with my hypotheses surrounding the inherent (and unavoidable) effects of digital technology. I think your reaction to it signifies that you are in tune with something that the vast majority of people aren't.

I believe digital* technology is inherently toxic (physically, physiologically, and psychologically) even in situations that are void of "bad actors" using it as a means of conditioning and manipulation. As humans, we just didn't evolve and aren't built in a way that we can tune out things that hit at our subconscious defense mechanisms; like social media arguments and stressful news. It's too much information, too frequently, and too stimulating for our self-defense mechanisms to not be activated.

* I use the term "digital" partially as a means of convenience or conciseness... I don't think all digital technology (tech using 0's and 1's) is inherently dangerous... but I believe most of the forms of digital tech that consumers have access to have a very net-negative impact (TV, smart Phones, tablets, computers, smart watches, wearables, implants (current, and soon to be), etc.

LIKE REPLY (1) SHARE

yantra yantra Nov 10 · edited Nov 10

i observed clear evidence of the cellphone threat syndrome after the fires here in CA (usa). People were encouraged by some company(?) to subscribe to receive alerts on their phones of any possible impending event "for safety". So even people who hadn't always kept their phones turned on and with them, started to do this to be "responsible". A friend who complied told me about a public social gathering, when all of a sudden, everyones phones started ringing with an alert, and they all stopped what they were doing to fearfully listen. it was such a minimal "threat" - like way to far away, etc.

LIKE (1) REPLY (1) SHARE

Obcwcvh Obcwcvh's Substack Nov 12

Absolutely. That's an excellent example of the dynamic I've described!

LIKE REPLY SHARE

Dr Linda Dr Linda Oct 31

Thank you for putting this together

I have been using DMSO for about 5 years. Now I have a clearer plan

LIKE (4) REPLY SHARE

fritzy_boo_boo fritzy_boo_boo's Newsletter Nov 2

Yes, this is an interesting time for medicine. I got on to the truth of vaccines around 2010 when I learned that thimerisol was in them and I had a new child. For years I knew they were harming people. And I would try to persuade friends and family of what was really going on with limited success. But it turns out when you try to force hundreds of millions of people to take an experimental product a big

chunk of them will relieve her pain injured. It was easier to hide the pangled injuries because it wasn't pushed on so many people.

Imu ran entire vaccine program needs an overhaul. It needs real safety testing. No mandates. You can't force people to take experimental shots. Kids are healthy & "vaccine preventable, not as vaccinated." And now with approximately 100,000 vaccine injuries in the US alone and many more injured and who knows what long term effects... People are starting to realize that.

Reply · Share · 1 · 1 hr

Janet · Nov 1

Grandchild was injured by pertussis. I'm positive but I cannot bring that up to my daughter. I did tell her before I believe the vaccination happened that there was concern about this vaccine. But despite hospitalizations, death, & will be a sad day if she comes to the realization of what happened. At this point I can never say anything. It's much too late and my grandchild is an adult. Sad. Very sad. Very challenge to overcome and deal with. So good you were in the know.

Reply · Share · 1 · 1 hr

Mary Mary Mary, Quite Contrary · Nov 1

I hear ya, you can't even have a discussion about the possibility with some people. I think my child was a vaccine injury casualty. she had many mysterious and common symptoms doctors can't explain. by the time they were offering (partial) vaxes in the knee and a "new" they dropped the ball. I'm sorry for your family and grandchild.

I know of 3 kids my daughter's age who highly vaxxed were autism/adhd/ptsd, one was super healthy (soccer player/crew league) until the vaccine. after vaccine could not play for more than 5-10 minutes before getting dizzy, the other mysteriously got heart pains, one a comrba for a week, and seems to be better now. you know...typical teen stuff. sad.

Reply · Share · 1 · 1 hr

JimsCanyon JimsCanyon · Nov 2 · edited Nov 2

Are you planning to write about methylene blue? It's another thing that folks have posted youtube videos about. It's easy to tell for sure, but I think I have had incredible results with it from two times I've taken it in very small doses, 5mg and 10 mg. My suspicion is that the effects are more noticeable if one has been exposed to aluminum, which I have been. I'm 66 and I'm fine now. I'm not obviously not age dependent, people of much younger ages notice positive effects as well. But at only 5mg?

Reply · Share · 1 · 1 hr

Janet · Nov 1

What do you use it for? I'm 76. Tired & but didn't notice anything. I'm in excellent health however I could be a fluke in that.

Reply · Share · 1 · 1 hr

JimsCanyon JimsCanyon · Nov 2 · edited Nov 2

I'm 66 and I'm fine now. I'm not obviously not age dependent but I experience events like being in the mountains, I'm very clear, I'm fit, I'm fine, I'm 5'9" and I'm 165 lbs. I'm not obviously fat. I'm not obviously Jabba. I felt a surge of energy and ended up hitting Twitter and easier than I had during days of medical care of this kind. Today I had 15 mg about 30 minutes before I went to the hot tub. I felt fine. I'm not sure if I'm being a bit hyperbolic but I think it was the hot tub. Well, I'm going there. Thanks. I may try it again after I experiment with DMSO.

Reply · Share · 1 · 1 hr

JimsCanyon JimsCanyon · Nov 2

You're welcome. Sorry to hear about long term damage from tetra and tox cycle. I suspect that I'm not the only person who has experienced this. I'm 66 and I'm fine. I'm dealt with pre-diabetes and type 2 diabetes itself. One way to take it is to say, "I'm other way is very low for (less than 10%). The problem with tests is that it doesn't fix the underlying problem, doesn't allow your body to heal from the damage of the insulin/blood sugar issues. You're stuck with keto long term (and I've wondered if that's why I've been experiencing so many issues, I'm not sure I can stay on keto for ever). So play at 10 (%) for the rest apparently does facilitate healing (the underlying cause of the insulin/blood sugar problem because after taking tet that did for 3 to 4 months, blood sugar and insulin get back into normal levels, the person can return to eating more fat, up to around 30% of calories.

Anyway, I'm rambling. Methylene blue is very, very, very cheap (I'm sure I've said this for a long time and found that he actually needs some cash) but I'm sure that people are twitchy you can take, barbarine is one, that can help with blood sugar issues. I love plants and herbs, but even them I hesitate to say something very (indefinitely. I don't plan to take methylene blue every day, and based on my experience with it so far when I do take it, I will be very low dose.

Long ramble here... Good luck!

Reply · Share · 1 · 1 hr

sue · Nov 1

Interesting stuff, Jennifer, I've had this all my life due to having tubes in my ears for a very long time as a kid. Interesting I've also had 30 episodes of hyperkeratic oxygen in the past 3 years for cancer and infections, and I no longer have it.

Reply · Share · 1 · 1 hr

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Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

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In my own situation with cataract, dry eye, and myopic degeneration, I was thinking of mixing some DMSO into my eyedrops or ointment.

I realize this is all pure early stuff, but still...

Reply · Share · 1 · 1 hr

Carla Wasson · Nov 2

I've been a fan of Jennifer excellent article. I subscribed specifically to read your DMSO articles and they are very informative. I do have a question about DMSO for sensitivity, and I suffer from this and therefore fighting to very difficult for me. Thankfully I don't do it often, but having a remedy to prevent or treat the pain would be another blessing and when would you administer DMSO for this condition? Would you have to wait until experiencing the pain and then use DMSO for relieve it, or can you use it pre-flight to prevent the pain? Thank you for your work, I'm very grateful for your knowledge and sharing it. I appreciate all of the research and effort you have put into writing these articles. Unknowns have that this information will eventually become main stream, as opposed to being hidden or taboo!

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

Are flight, Drugs in the ears and topically around the ear (drugs are more important).

Reply · Share · 1 · 1 hr

Michael Kuhn · Oct 31

I've tried topical DMSO three times and each time was hit with serious diarrhea within a few hours. Is there a way to mitigate this side effect? Will it lessen with repeated use?

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

Possibly, but I would begin with a much lower dose.

Reply · Share · 1 · 1 hr

David Kubow · Oct 31

Thanks again AND, this was excellent.

Reply · Share · 1 · 1 hr

yoga Yoga · Nov 1

Thank you for the article and AND! In the eye if you have a lens implant from cataract surgery as it can cloud the lens, is that true?

Reply · Share · 1 · 1 hr

Janet · Nov 1

I would definitely agree that you shouldn't put DMSO in the eye if you have a lens implant.

Reply · Share · 1 · 1 hr

Carla · Nov 1

Do you think it would be ok to put topical dmso around the eye area such as temples, forehead and cheeks while having a lens implant from cataract surgery?

Reply · Share · 1 · 1 hr

Tricia Westley · Nov 1

My question too.

Reply · Share · 1 · 1 hr

Carla · Oct 31

Thank you so much for this article! I have two questions after reading all the dmso articles so far:

1) would it be ok to use the dmso drops in eye for other issues if one already has had the cataract surgery?

2) what strength of dmso do drugs typically tolerate? Not for eyes but topically for chronic pain from an old tendon injury? Thanks so much!

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Oct 31 · Author

Still, not more. If I had to guess I would say no, but that comes down to how DMSO interacts with the specific material the lens is made out of and how it would react to the eye if it can't pass through the lens.

Reply · Share · 1 · 1 hr

Carla · Oct 31

It seems I could apply dmso topically around eye and that should be fine with cataract surgery wouldn't you think?

Reply · Share · 1 · 1 hr

TR · Oct 31

Tinnitus is the right ear since 1984 with sympathy low tend in the left ear. My apologies, but just wanted to know if DMSO is a good idea for tinnitus or tinnitus DMSO? Could vasoconstrict or hinder remedy? Brand name and strength? Thank you to anyone that can direct me.

Reply · Share · 1 · 1 hr

Jim · Nov 2

Read all that in this very article ;-)...?

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

I try to write out answers to all the typical questions I will get.

Reply · Share · 1 · 1 hr

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Well, deep, deep, to read to the end. Thanks.

Reply · Share · 1 · 1 hr

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Reply · Share · 1 · 1 hr

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I've been a fan of Jennifer excellent article. I subscribed specifically to read your DMSO articles and they are very informative. I do have a question about DMSO for sensitivity, and I suffer from this and therefore fighting to very difficult for me. Thankfully I don't do it often, but having a remedy to prevent or treat the pain would be another blessing and when would you administer DMSO for this condition? Would you have to wait until experiencing the pain and then use DMSO for relieve it, or can you use it pre-flight to prevent the pain? Thank you for your work, I'm very grateful for your knowledge and sharing it. I appreciate all of the research and effort you have put into writing these articles. Unknowns have that this information will eventually become main stream, as opposed to being hidden or taboo!

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

Are flight, Drugs in the ears and topically around the ear (drugs are more important).

Reply · Share · 1 · 1 hr

Michael Kuhn · Oct 31

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Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

Possibly, but I would begin with a much lower dose.

Reply · Share · 1 · 1 hr

David Kubow · Oct 31

Thanks again AND, this was excellent.

Reply · Share · 1 · 1 hr

yoga Yoga · Nov 1

Thank you for the article and AND! In the eye if you have a lens implant from cataract surgery as it can cloud the lens, is that true?

Reply · Share · 1 · 1 hr

Janet · Nov 1

I would definitely agree that you shouldn't put DMSO in the eye if you have a lens implant.

Reply · Share · 1 · 1 hr

Carla · Nov 1

Do you think it would be ok to put topical dmso around the eye area such as temples, forehead and cheeks while having a lens implant from cataract surgery?

Reply · Share · 1 · 1 hr

Tricia Westley · Nov 1

My question too.

Reply · Share · 1 · 1 hr

Carla · Oct 31

Thank you so much for this article! I have two questions after reading all the dmso articles so far:

1) would it be ok to use the dmso drops in eye for other issues if one already has had the cataract surgery?

2) what strength of dmso do drugs typically tolerate? Not for eyes but topically for chronic pain from an old tendon injury? Thanks so much!

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Oct 31 · Author

Still, not more. If I had to guess I would say no, but that comes down to how DMSO interacts with the specific material the lens is made out of and how it would react to the eye if it can't pass through the lens.

Reply · Share · 1 · 1 hr

Carla · Oct 31

It seems I could apply dmso topically around eye and that should be fine with cataract surgery wouldn't you think?

Reply · Share · 1 · 1 hr

TR · Oct 31

Tinnitus in the right ear since 1984 with sympathy low tend in the left ear. My apologies, but just wanted to know if DMSO is a good idea for tinnitus or tinnitus DMSO? Could vasoconstrict or hinder remedy? Brand name and strength? Thank you to anyone that can direct me.

Reply · Share · 1 · 1 hr

Jim · Nov 2

Read all that in this very article ;-)...?

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

I try to write out answers to all the typical questions I will get.

Reply · Share · 1 · 1 hr

TR · Oct 31

Well, deep, deep, to read to the end. Thanks.

Reply · Share · 1 · 1 hr

Kim · Nov 1

Could you refer me to any research or advice about treating optical HSV with DMSO (as far as 15 year old? Carefully to avoid antibiotics and steroids? DMSO alone will help.

Reply · Share · 1 · 1 hr

Jim · Nov 2

Very common use. Will be later article.

Reply · Share · 1 · 1 hr

Kristy · Nov 2

Jennifer, I've had this all my life due to having tubes in my ears for a very long time as a kid. Interesting I've also had 30 episodes of hyperkeratic oxygen in the past 3 years for cancer and infections, and I no longer have it.

Reply · Share · 1 · 1 hr

Jimmy Glen · Nov 1

It's starting to reflect on the likelihood that if DMSO really does what AND reach it does, then the amount of unnecessary, preventable human suffering around the world caused by the suppression of DMSO over the last 50 years probably exceeds the total suffering of World War II.

It is a supremely important message of hope that DMSO "could begin to enter the medical field to provide a safer alternative to many of the drugs we use today" and that "DMSO could be a game-changer for many. They have the money to buy all every doctor and politician in the world. There's nothing they won't do to stop DMSO. If enough of us push loudly enough, there is a small chance that we might force the authorities to acknowledge DMSO and change the world. In fact, I can't think of any bigger opportunity to benefit the human race more than if a courageous, committed group could work together to bring DMSO back. Nothing else comes even remotely close to that. Nothing else even comes close to being as important, as should fight for it.

But we cannot be complacent. The most likely outcome is that the Enemy will win and DMSO will be banned for another 50(0) years. One day we'll wake up and the subsidiary of Monsanto without a trace, along with all the copies we saved on our hard drives. The Enemy understands what's at stake and they will do everything to win.

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

That's why I made a point to stick bestrondata here

There are a lot of other therapies that other people benefit as well that got buried. I primarily went with DMSO because it's one of the most accessible ones.

Reply · Share · 1 · 1 hr

Jimmy Glen · Nov 2

Yes, very wise to stick bestrondata.

I just want to add that this is the best thing, first just today, but the best of the thousands of articles I've read over the last 3 years on Substack.

I am really looking forward to learning about more of those therapies. And supremely grateful for the ones you've already told us about.

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

It still really rattles me that many of the things I cover haven't really been written about online.

Reply · Share · 1 · 1 hr

JimsCanyon JimsCanyon · Nov 2

After I posted DMSO from Amazon, I started seeing ad these DMSO videos popping up on my youtube home page. So apparently there are people out there who are selling it and people who are buying it. I'm surprised that it's still available. I'm a little surprised because if the FDA tries to clamp down on it again, there will be public outcry. Major public outcry I think.

It's also a bit comforting to know that even when I could not get it, a colleague at work told me I could actually get it at Ag Supply Stores. So there would not only be people who are selling it but there would be people who are in themselves but also from people who use it in their kitchen.

Reply · Share · 1 · 1 hr

Randolph/AfroPlanet · Nov 1

You specify a ceramic heat pot. Would a stainless steel one be safe, too?

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

Yes! I didn't know steel ones exist.

Reply · Share · 1 · 1 hr

Randolph/AfroPlanet · Nov 2

I bought mine from HealthRanger years (decades?) ago. They now sell them on Amazon, as the SodaStandSteel.

Thanks for your work! Glad to see sharing of the DMSO info. It has significantly improved my partner Sacolla. And now it looks like my spouse's??? I'm so happy!

Reply · Share · 1 · 1 hr

PAMELA BUTLER PAMELA Subbiah · Oct 31

Has DMSO been used for cancer tumors?

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Oct 31 · Author

Yes will be in a later article.

Reply · Share · 1 · 1 hr

Selma Tersiga · Oct 31

Much appreciated Thank you for another priceless volume of work.

Reply · Share · 1 · 1 hr

Dawn Hamm · Oct 31

Thank you for the article on DMSO and the aun. After reading your research and sharing with my husband who has nursing eye injury that aren't responding to standard treatments he tried to try something. I'm familiar with DMSO since I use it in my horses occasionally and had a bottle in the tack room. Well, he tried it and it worked! Thank you for the info! I'm so glad I found your substack. Within an hour it began to clear and by the next morning only 20% the aun was before he went to bed. Utterly amazing! So grateful for your work. I have an order of pharma grade arriving next week 🙂

Reply · Share · 1 · 1 hr

Jim · Nov 1

Thanks AND Read your original writing on DMSO, got some, shared with many others too. Just wanted to add that I've been using it for years for myself and family members and it has been a game changer has helped tremendously. It knows and implies a lot as you said it might but great and so infectious. Also used it on my girl elbow and that helps too as I play 6 days a week being retired at 72. Then, after reading this over from you, I used it on a tooth extraction site and seems to have healed very well. Usually I have a little 10% or so pain for roughly seven days and this time it was 2 at most. Very significant difference. Also used it on my mother-in-law who was suffering from a bad case of "mild" RSVP, anyway, I was using nasal drop and my oxygen level and oxygen saturation significantly improved and I am sleeping in longer periods without waking up so often! I am amazed and tried to tell everyone I know about it and I know it will be suppressed and ridiculed but I know it helps and patients in extreme pain deserve it and difficult to understand. Just wanted to let you know and thank you for sharing your knowledge. I will continue my experiment and as far were might it has improved deep sleep. Fascinating! It is not suffering my brain as well as anyone. 🙂

Reply · Share · 1 · 1 hr

James Miller James Miller · Nov 2

The more I am using dmso with my patients, the more revolutionary I am finding it. Thank you for teaching us about it!

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

I still need to do:

- cows in cancer and infections
- Cows for organ diseases and fertility.
- Some of the many therapeutic combinations that you can do with it (many have not yet been explored).
- Cows in skin disorders and hairloss.

Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

I would love to hear your experiences!

Reply · Share · 1 · 1 hr

Janis Bell · Nov 3

The back bleed of the halleurs liquid DMSO has a warning about getting in the eyes (e.g. flush immediately, etc) but your article says it is safe for scalp over use. Could you provide more details in a future post?

In my own situation with cataract, dry eye, and myopic degeneration, I was thinking of mixing some DMSO into my eyedrops or ointment.

I realize this is all pure early stuff, but still...

Reply · Share · 1 · 1 hr

Carla Wasson · Nov 2

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Reply · Share · 1 · 1 hr

A Midwestern Doctor MD · Nov 2 · Author

Possibly, but I would begin with a much lower dose.

Apologies if this has been answered elsewhere, but when taking DMSO orally, is there a recommendation regarding dil. or neat/undiluted? Or certain foods that might have adverse chemical - natural or applied) which would be "drawn out" by DMSO and made more toxic?

P.S. - Count me as one of your admirers. Thank you.

Upvote · Share · Report

JamesCooper · JamesCooper · Nov 3

very good question. I have started taking it on an empty stomach, just 12 teaspoon mixed in water. I haven't tried it with food yet. I didn't feel right to take it with food, but I will be interested to see what KARDIO has to say about it.

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 13

AND said somewhere above that it was better to take it after food.

1 vote (1) · Share · Report · Reply

JamesCooper · JamesCooper · Nov 3

thank you! But wouldn't the food be taking it after eating, NOT on an empty stomach as I have been doing.

1 vote (1) · Share · Report · Reply

PositivePathways · Nov 3

Thanks. I have 80% DMSO liquid. What concentration are you using orally?

1 vote · Share · Report · Reply

JamesCooper · JamesCooper · Nov 3

I am at the 20% I just put 12 teaspoon into a glass and then add like a quarter cup of water. My thinking is that if you're taking it orally, you don't want a strong solution. What's important is the amount of DMSO itself. In my case, it's 12 teaspoon of pure DMSO. Diluting it dilutes the taste, making it easier to drink. Once it hits the stomach it will be diluted by digestive juices and whatever else is there.

1 vote (1) · Share · Report · Reply

Janet · Nov 3

I'm a little confused. I actually don't mind the taste. Lol. I've just gotten it so tired on an empty stomach. 75 is a little breakfast. I have some digestive issues since I stopped beta and low carb. Maybe it will help

1 vote (1) · Share · Report · Reply

DrFranzUK · DrFranzUK · Nov 1

SOS - I keep getting to the "trial" and seeing "subscribe to continue" yet I am already a paid subscriber. Any tricks?

Does the good doc ever comment? I am wondering about application of DMSO to Sjoman/Terry lumps? - I can't suggest a mechanism, but wonder (it seems to work for everything else).

Thank you for a VERY informative evening of reading!

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

Can you contact support@hubpack.com? If you can see the comments, you should be logged in as a paid subscriber

1 vote (1) · Share · Report · Reply

Janet · Nov 1

I found 1 google (or another search engine) "Substack chat". The online chat can give very fast answers.

1 vote · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

the only suggestion is to log out and log back in and then reload the page.

1 vote (1) · Share · Report · Reply

Janet · Nov 1

Yeah that problem it open on my iPhone. It actually says just find it on the site entire thing. It works in my Pad Google "Substack chat" and you can ask on the your problem. They will give an answer. I get one for my problem, made a screenshot and off it is.

1 vote (1) · Share · Report · Reply

Monique Lehmann · Monique's Substack · Nov 1

I wonder if the potential osu-mode wars can have an impact in DMSO applied inside the ears to clear the cerebrus anterior hearing loss?

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

they need to clean out with hydrogen peroxide first.

1 vote (1) · Share · Report · Reply

Monique Lehmann · Monique's Substack · Nov 2

Thanks. I just wonder about the possibility of ears, not knowing there is some left over; would this potential wreck-short had to the DMSO and go back into the body?

1 vote · Share · Report · Reply

Linda D'Angelo · Nov 1

Thank you for more information article series on DMSO. If one wanted to read more about it, can you recommend any site for people with no medical background?

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

https://www.researchgate.net/profile/Stas-ian-gwalski-drugs-and-america

1 vote (1) · Share · Report · Reply

Sarah · Nov 1

Hello, I'm so grateful for this series, if you can imagine I've learned of DMSO from Dr. Schwarz and I'm so grateful to have found this series. I'm a beginner and I'm wondering if I can use DMSO for the drops, as I've sourced but for gel a Rosacea and so we were worried about what else can be dropped, I'm a little confused by the following you said:

"when DMSO is taken by mouth, the total concentration should always be kept to 20% or less, and ideally, it should be taken slowly after eating a meal."

If I have my eyes DMSO as well, what does it mean 20% or less? Among a teaspoon in a glass of water approximately? Do you have a specific protocol for cataracts? we are going or start up her eyedrops tomorrow, I'm so grateful for this series, I'm a beginner and I'm wondering if I can use DMSO for the drops, as I've sourced but for gel a Rosacea and so we were worried about what else can be dropped, I'm a little confused by the following you said:

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

Basically it means don't drink straight DMSO. If you put a teaspoon in water the concentration will be way below 20%.

As far as cataract protocols, everything that I have was posted in the article.

1 vote (1) · Share · Report · Reply

Sunnier · Nov 1

Hello MDM can DMSO help with hypothyroidism and Hashimotos disease? I see I mention of hypo in the autoimmune article. If so, can I start by putting topically on the thrice area? Thank you for your wonderful work!

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

Some people have said it does, I don't have enough data to know for certain.

1 vote (1) · Share · Report · Reply

SamsmithDT · SamsmithDT · Nov 1

I know this series will be protocol-excellent info in the very same of DMSO. I have used it for years but still have issues with utilizing all the possibilities because I need specific formulas or recipes you mention in the DMSO series. Is there a specific formula for DMSO that I can use for cataracts (I have found for how much DMSO, what ab's mix is with for specific purposes. You have given many but I wonder if you have a reference for like a recipe book for DMSO?

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

There isn't really one because there's so much variability.

The closet to it is this one: https://www.amazon.com/DMSO-Handbook-New-Therapeutic-Healthcare/dp/0865350008

1 vote (1) · Share · Report · Reply

SamsmithDT · SamsmithDT · Nov 3

Thank you. I just ordered that book.

1 vote (1) · Share · Report · Reply

Janet · Nov 1

The book I just got on Amazon "Healing with DMSO" has some information on a chart about minutes for what you are using it for. Mostly dilution percentages plus some things like castor oil you can mix it with.

1 vote (1) · Share · Report · Reply

Citizen_Amazing · Citizen_Amazing's Substack · Nov 1

Great article !

I have been playing the "adjust the dosage" game with thyroid medications for 30 years to treat my Hashimoto's. Hoping for an article on that.

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

I've been at it for a long time myself.

1 vote (1) · Share · Report · Reply

Citizen_Amazing · Citizen_Amazing's Substack · Nov 3

I am planning to write about that. I just haven't because others already have.

1 vote (1) · Share · Report · Reply

Citizen_Amazing · Citizen_Amazing's Substack · Nov 3

Don't let that stop you, go for it !!!

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Citizen_Amazing · Citizen_Amazing's Substack · Nov 3

Don't let that stop you, go for it !!!

1 vote (1) · Share · Report · Reply

Janet · Nov 1

Hashimotos here. I had my thyroid from underweight and low carb all my life (78). I'm trying to heal now. I'm taking T3 but dosage is very complicated. It's a tiny tablet and I have to cut it into 8 pieces. I'm taking 1/8 twice a day. I'm hoping that will be enough to start healing. I'm also on a low lectin keto plus gluten free group online I'm using to recover from being on Keto and celiacs(testing all my life. The lowcarb,keto,paleovore feeding. If you don't tell you about the dangers of this long term.

1 vote (1) · Share · Report · Reply

Bill · Nov 2

Strange... my Hashimoto cleared completely with PKD (paleo ketogenic diet). The autoimmune disease (Hashimoto's) and cancer (Brain Neoplasm) and the chronic Hungarian pancreas name mine (Rabbinatitis) are!!!

The diet is a carnivore ketogenic diet, every week I have to eat an organ (liver, brain, etc.)

I also had a homeopathic treatment due to the fact that apart from Hashimoto's my T3 and T3 were low, but the TSH was normal or slightly elevated. The diagnostic was H = secondary hypothyroidism, which means the pituitary or the hypothalamus might not work properly. Homeopathic treatment helped a lot (they have a kind of organ remedies and I received some personalized remedies, I'm sure for the hypothalamus).

My thyroid was never so perfect now. I feel great (at PKD)

1 vote (1) · Share · Report · Reply

Steven G · Nov 2

Hi Janet, I'm a thyroid (Hashi's) from eating lotsa carbs and everything else in the Standard American Diet for years. I'm 68 now. Doing LoCarb has been a huge help for me and I've been LoCarb for over 7 years now.

1 vote (1) · Share · Report · Reply

Citizen_Amazing · Citizen_Amazing's Substack · Nov 2

Welcome to the club, there are many.

Half my family died of it because in the 1920's,30's,40's ,etc., thyroid gland blood tests were not routinely given. I can remember my mother telling her family doctor about her extreme fatigue, dry skin, sensitivity to cold, also symptoms such as her didn't get it. They told her it was "nerves" and "menopause". Mom was in her early twenties when she had a 30 year career writing software.

If I recall correctly, Hashimoto's was the subject of Episode 10 of "Diagnosis Unknown" (or something like that. TV series of 20 years or more ago).

The one thing we all find out is that you CANNOT totally take T4 and expect everything to work out just fine. Some need both T3 and T4 (Armour), others don't have good T3 production irrespective of how much T4 they take.

Mom's family doctor was a GP who was a Mormon Bishop, his (or her) articles are well respected here and other sites now argue which the FDA and Mormon Church medical orthodoxy have been programmed to disease, lyrose or worse, denounce.

1 vote (1) · Share · Report · Reply

ragdll · Nov 1

Hello, Janet.

1 vote (1) · Share · Report · Reply

Janet · Nov 1

Hi, how not getting to that part yet.

1 vote (1) · Share · Report · Reply

Paul · Edit 19 · edited Nov 2

You don't comment on DMSO is safe to use orally for the persons who have silver fillings, antigen. I have read a long comment in a DMSO Facebook group that the dmso could cause the fillings to fall out and wonder if there is any reason to worry about this. I have swallowed DMSO repeatedly without any issues, but I'm concerned that the DMSO could potentially dissolve the fillings in my mouth. I know the dental issues I would have to fend for DMSO, unless the risk of losing the fillings is high. On the other hand, getting rid of such fillings isn't cheap.

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

I do not know, but I would advise not doing it. That said, it is in your absolute best interest to get the fillings removed, although you need to work with a biological dentist who knows how to do this (as if they are removed improperly they can dump a lot of mercury into your system).

1 vote (1) · Share · Report · Reply

Mary · Nov 2

Thank you for making this comment. I have been on the fence about removing my fillings.

1 vote (1) · Share · Report · Reply

Velda Mullins · Nov 2

I had all my mercury fillings removed by a holistic dentist who understood how to do it properly, and am very sorry that it took me so long to realize how toxic they had been, and how they had contributed to my autoimmune disease. I felt better immediately after my extraction, which I had noticed becoming quite and family groups, picked up slowly and has stayed that way.

1 vote (1) · Share · Report · Reply

Janet · Nov 2

Yes I had the same question and one more.

I'm in the process of getting mercury/silver amalgams removed but still have two teeth to deal with, so was wondered about DMSO applications in mouth.

Second, what about natural bio fillings and/or crowns and whatever, is it safe to a fantastic holistic dentist, but would be worried about weakening any kind of bonding of fillings/crowns. Since DMSO is such a solvent and/or...

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

Yes

1 vote (1) · Share · Report · Reply

Darlene Lessing · Nov 2

Glad you are having a holistic dentist do this. I had this done 25 years ago. Make sure you have a good holistic dentist. Mercury can damage immediately when, piece is a bug and bad, bad, bad. Good luck!

1 vote (1) · Share · Report · Reply

Rob S · Nov 2

Don't swallow it around or your mouth? Toss it back like a cheap shot of hooch

1 vote (1) · Share · Report · Reply

sandra · Nov 2

Janet - I remember reading about the adhesives used especially - I mean it's glue in your mouth (which was already bad enough when freshly used), holistic dentist or not!

1 vote (1) · Share · Report · Reply

Janet · Nov 2

Haha, I was speaking at the lecture of my church one Sunday and I had upper temporary crown flew off and landed on the floor in front of the lectern. I had to go down and pick it up and place it back in. That was a hoot.

1 vote (1) · Share · Report · Reply

sue · Nov 2

Please see my comment above.

1 vote (1) · Share · Report · Reply

Janet · Nov 2

Also, you can do the BioCompat test which will tell which materials you are sensitive. And they have material now with no bpa and phthalates. I think even porcelain ones. I'm going through it now so am about to find out the details.

1 vote (1) · Share · Report · Reply

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1 vote (1) · Share · Report · Reply

Darlene Lessing · Nov 2

Glad you are having a holistic dentist do this. I had this done 25 years ago. Make sure you have a good holistic dentist. Mercury can damage immediately when, piece is a bug and bad, bad, bad. Good luck!

1 vote (1) · Share · Report · Reply

Rob S · Nov 2

Don't swallow it around or your mouth? Toss it back like a cheap shot of hooch

1 vote (1) · Share · Report · Reply

sandra · Nov 2

Janet - I remember reading about the adhesives used especially - I mean it's glue in your mouth (which was already bad enough when freshly used), holistic dentist or not!

1 vote (1) · Share · Report · Reply

Janet · Nov 2

Haha, I was speaking at the lecture of my church one Sunday and I had upper temporary crown flew off and landed on the floor in front of the lectern. I had to go down and pick it up and place it back in. That was a hoot.

1 vote (1) · Share · Report · Reply

sue · Nov 2

Please see my comment above.

1 vote (1) · Share · Report · Reply

Janet · Nov 2

Also, you can do the BioCompat test which will tell which materials you are sensitive. And they have material now with no bpa and phthalates. I think even porcelain ones. I'm going through it now so am about to find out the details.

1 vote (1) · Share · Report · Reply

Paul · Nov 2

Thank you!

1 vote (1) · Share · Report · Reply

Dana Thynne · Dana Thynne's Substack · Nov 1

Thank you. It seems that chlorine dioxide would be a good comparison to DMSO, then?

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

yes

1 vote (1) · Share · Report · Reply

Ida Ka · Nov 2

I take parsley capsules everyday and that appears to work for me. I mainly use topically mixed with magnesium oil.

1 vote (1) · Share · Report · Reply

Ultumnus · Edit · Nov 2

I started using DMSO on injuries/inflammation based on your articles. At first I felt nothing but after a couple days of use I felt relief. My problem now is that my family, kids mix I have bad breath - a smell they don't recognize - kind of sour. I'd like to keep using dmso but don't know if I want to be perceived as the smelly guy. Is there a way to avoid the smell or do you carry the dmso on my skin. Any thoughts on what's going on, will go away or how to treat it.

1 vote (1) · Share · Report · Reply

Colin Grouch · Nov 2

Articles are truly amazing!

Any chance you can number the order at the beginning, so they can easily be found and read in the right sequence?

Intro to DMSO

DMSO Part 1

DMSO Part 2

Etc.

1 vote (1) · Share · Report · Reply

Kim · Nov 2

Add do cross they are all done.

1 vote (1) · Share · Report · Reply

Kim · Nov 2

Lol thanks for the suggestion.

1 vote (1) · Share · Report · Reply

Kim · Nov 2

I accidentally hit the Jands Lab get and liquid and it came in PLASTIC containers, NOT GLASS! So disappointed! And they haven't responded to my email about it. I don't want to use it.

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

Sad to hear that.

1 vote (1) · Share · Report · Reply

Steve80 · Nov 2

If I may make a couple suggestions?

Instead of calling yourself the abbreviated AND, use the abbreviation I use, which is AAWHO. No confusion possible. :)

I have noticed in the past several articles that the editing of the articles has begun to suffer. This article has many editing issues. My second suggestion is that perhaps you first someone who is exacting and who would be willing to edit your articles before publication to make sure there are no significant grammatical or word choice issues.

I so appreciate your work!

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

AAW, the longer one, it's too many letters and all these extra things add up.

1 vote (1) · Share · Report · Reply

Steve80 · Nov 2

I have an editor.

3) Doing what I am currently is well over 100% of my capacity.

1 vote (1) · Share · Report · Reply

Steve80 · Nov 2

You are doing amazing stuff. I'm not surprised that you are operating at over 100% of your capacity, but that good you are doing is "Nirvana". Strive while the iron is hot. :)

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

It's an issue for some people but not others. Sometimes it improves over time (especially if improve your general health). You also can take some steps of oxidizing agent concurrently so that it doesn't reduce stress in your system.

1 vote (1) · Share · Report · Reply

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1 vote (1) · Share · Report · Reply

Steve80 · Nov 2

I just spent the last week going through a few thousands studies on google scholar to find some missing DMSO data.

1 vote (1) · Share · Report · Reply

Steve80 · Nov 2

Like I said, amazing. Or are you trying to make me feel guilty for complaining that the first half of the first sentence in the 14th paragraph of Section 6 of your latest article is a sentence fragment? :-)

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

If you send the passages I can edit them.

1 vote (1) · Share · Report · Reply

Boyd Smith · Nov 2

Is there any indication that DMSO might help with PD (Parkinson's), or MS (Multiple Sclerosis)...or Alzheimer's?

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

Yes was covered in the autoimmune article

1 vote (1) · Share · Report · Reply

TamasCsaszar · TamasCsaszar's Substack · Nov 2

This information is priceless! I have been to keep up with saving all of this in one place. Would be awesome if you would put all this in a pdf for us... many like myself would be willing to pay for it, like a book.

1 vote (1) · Share · Report · Reply

Pat Ge · Nov 2

I have chronic pain and detachment that is not improving. I've also had back surgery 20 years ago and have a consult Nov. 6 DSMO quite for me and still it hasn't help. Research hasn't turned up anything.

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

I'ma person here in the chat anywhere had a positive result from it. I don't know beyond that.

1 vote (1) · Share · Report · Reply

Mirage · Nov 2

Jands Lab says not to take their 99% DMSO internally in the directions. Is it due to mean do not take it without mixing it in water or not at all?

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

It's probably a 1/3, but it must be diluted.

1 vote (1) · Share · Report · Reply

Dave S · Nov 2

MMS, I found this NIH study from 2021 while doing some research on DMSO for sub problems. It's possible you cited it already, and it's, I apologize for the double tap.

https://pubmed.ncbi.nlm.nih.gov/34214812/

1 vote (1) · Share · Report · Reply

Maria · Edit · Nov 2

What is the purpose of having a break rather than taking it every day?

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

In certain chronic pain conditions, taking periodic breaks prevents you from developing a tolerance to it.

1 vote (1) · Share · Report · Reply

Maria · Nov 2

Thanks!

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

Sorry for the typo.

1 vote (1) · Share · Report · Reply

Maria · Nov 2

No problem.

1 vote (1) · Share · Report · Reply

Kardiomedicine Doctor · Nov 2 · Author

Sorry for the typo.

1 vote (1) · Share · Report · Reply

Maria · Nov 2

No problem.

1 vote (1) · Share · Report · Reply

Marie Marie's Substack Nov 8
Thank you. I have been taking it for six weeks and although it has as yet had little effect on my rheumatoid arthritis, it has cleared my persistent eczema and has had a positive affect on my mood
LIKE (1) REPLY SHARE

Alice Mavoides Nov 7
Can you share information on where to get DMSO?
LIKE REPLY (2) SHARE

A Midwestern Doctor Nov 7 Author
It's in the bottom of the article.
LIKE REPLY (1) SHARE

Alice Mavoides Nov 7
Thank you for replying, however I do not see that information in the bottom of the article. Is there a company link you can provide or the name of the brand or brands you might recommend?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 7 Author
There are a lot of options when purchasing DMSO. Of them, I believe these are the three best brands (which I've included links to purchase them):
•Jacob Lab (e.g., this gel or this liquid)—which is 99.98% pure.
•Nature's Gift (e.g., this gel or this liquid)—which is 99.9% pure.
•The DMSO Store (e.g., this gel or this liquid)—which is 99.995% pure.
Note: when buying liquid DMSO, it should always be sold in a glass container. Additionally, unless you feel confident you can dilute them correctly, get the 70% ones.
If you go to the article to where they are, there are links. I can't include links in comment.
LIKE REPLY SHARE

yantra yantra Nov 12
Amazon sells it, DMSOstore brand is very low odor.
LIKE REPLY SHARE

Alice Mavoides Nov 7
Can you share information on where to get DMSO?
LIKE REPLY SHARE

Carly Nov 6
What percentage of solution is recommend for the teeth? I recently had a tooth extraction and would like to swish dmso inside my mouth but am unsure of the dilution.
Thank you!
LIKE REPLY SHARE

Hannah W Nov 6
Decided to try DMSO on my longstanding TMJ problem (a popping jaw joint on one side, sometimes painful). I'm using 70% - my own mix of 2 parts 100% DMSO with 1 part pure virgin olive oil, rubbed into the skin every night before bed.
And here's a by-the-way discovery... DMSO doesn't mix well with olive oil, it keeps separating into layers. So I stuck this mixture in the fridge to see if I could get it to freeze into a spreadable gel (swirling it occasionally to remix).
After about 1-1/2 hours, I didn't get a gel - I got an icy slush, which wasn't very spreadable but looked more homogenous. I tried to use it on my skin, but the whole thing turned watery within 10 min. However, the homogenized effect has remained for a week so far. Convenient accident!
LIKE REPLY SHARE

Joshua Morris Nov 5
Do we know if DMSO is helpful in detoxing? Heavy metals, pesticides, mold toxins?
LIKE REPLY SHARE

Charlotte Mathis Nov 5
Thank you for continuing to provide such a comprehensive review of the literature as well as case studies supporting the use of DMSO. In regards to treating patients with HA/chronic migraine, I am curious whether applying DMSO topically to the head and neck in those who also receive scheduled Q10-12wk Botox injections for chronic migraine would change how the toxin attenuates migraine, whether decreasing its efficacy or duration of action. Do you have any idea about the interaction of DMSO and Botox? Thank you in advance for your help.
LIKE REPLY SHARE

Lloyd Chambers Nov 4
Will you be publishing the dosing and usage guidelines publicly? They were behind the paywalled portion when I went to read (I am now a paying subscriber).
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 4 Author
A few other things have to happen first. If they're published publicly now it will be very counterproductive to what we are trying to do.
LIKE REPLY SHARE

Lloyd Chambers Nov 4
To Midwestern Doctor:
Based on your recommendations, I ordered the Jacob Lab DMSO to the tune of US$120.
Two 8 oz bottles arrived, both PLASTIC.
Yet you state:
"Note: when buying liquid DMSO, it should always be sold in a glass container."
Please advise.
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 4 Author
Jacob lab is most likely selling them in DMSO resistant plastic, but since I can't guarantee the plastic DMSO is sold in is resistant, I said to only buy glass and only linked to glass ones.
LIKE REPLY (1) SHARE

Lloyd Chambers Nov 4
I contacted Jacob Labs. The reply:
The bottles are safe. They are HDPE high density polyethylene. This is the same material used to package food. It is compatible with DMSO. There is no leaching. We do offer DMSO in glass bottles. They also have a food grade polyethylene cap.
Only store DMSO in a polyethylene bottle, or a glass bottle with a polyethylene cap. Never store, or transfer DMSO into a glass bottle with a PVC lined cap.
LIKE REPLY SHARE

Aj Due East Nov 4
Tried on my knee. Itches so much
LIKE REPLY (1) SHARE

Janice Nov 9
You can dilute it until you can tolerate it.
LIKE REPLY SHARE

Anne Holcombe Nov 4
Does DMSO treat open-angle glaucoma?
LIKE REPLY SHARE

Connie Cook Nov 4
Thank you!
LIKE REPLY SHARE

Cathy Gross Nov 4
Did you mention that DMSO should not be applied to the eyes directly if a person has lens implants?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 4 Author
Short answer is that I don't know so I'm advising people not to.
LIKE (1) REPLY (1) SHARE

Cathy Gross Nov 4
How about taking DMSO orally when a person has lens implants?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 7 Author
That's fine
LIKE REPLY SHARE

d.o. Noharm Nov 3
Your comment about using the gel form of DMSO explains why everything about me smelled like garlic for over 24 hrs. I thought I had gotten the concentration wrong. Sure did help my acute wrist strain with only one treatment. what strength of the gel do you recommend. Thanks for all you do
LIKE REPLY SHARE

Jeph Nov 3
Hi. I scanned the comments, but I couldn't find a specific DMSO administration protocol DMSO for hearing loss or tinnitus.
What application method is suggested or has proven successful? Oral ingestion? Directly into ear with dropper? Around the outside of the ear canal with a Q-tip? Or something else?
What dilution level and dosage is recommended ?
How many applications daily?
Thanks for any guidance!
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 3 Author
It's all in last part of the article.
LIKE (1) REPLY SHARE

Jonathan Smith Nov 3
Thanks for yet another incredibly useful post. A simple question (possibly a dumb one). Given that DMSO has a solvent effect on some plastics, are DMSO drops safe to use when flexible lens implants are inserted following cataract surgery ?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 3 Author
Short answer is I don't know. Anything besides drops directly to the eyes is fine, for drops to the eyes, the data doesn't exist to adequately answer the question.
LIKE REPLY SHARE

Annie Mc Annie Mc Nov 3
I have to re read all of the articles to date to make sure I didn't miss it but can you tell me if there is any concern with implanted medical devices or wiring interacting with dmso? Is there a danger of dmso leaching metals or other materials from these implants? A friend has a few wires in the cervical spine to stimulate a brain center for tremors and also has painful degenerative disk issues that dmso could help. I'll re read but if you have research or can point me anywhere to answer this, I'd be very grateful.
LIKE REPLY SHARE

Sarah G Nov 3
Uh
LIKE REPLY SHARE

Old_Mainer Old Man in Maine's Substack Nov 3
Off Topic -
MWD - an article about a physician who cured his own migraines by practicing radical honesty.
https://www.theepochtimes.com/health/how-everyday-lies-can-make-you-sick-5719868
LIKE REPLY SHARE

narin Nov 3
According to TCM, the liver is connected to the eyes. My mother suffered from AMD and my suspicions was excessive use over the years of Tylenol or rather its main component, acetaminophen, which resulted in discovery of liver cirrhosis upon her death 3 years ago. Also noteworthy, was that she was an undiagnosed diabetic. I tried the DMSO w/ 40% vitamin C eyedrops for a while but to no avail. Pondering back as to why it didn't help much was due to her comorbidities.
LIKE REPLY SHARE

Bigquacker Nov 3
Fascinating.
Thoughts on gargling DMSO with water or coconut oil to relieve sore throats or throat infections?
(In addition to boosting my teeth as mouthwash)
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 3 Author
Never tried so not sure
LIKE REPLY SHARE

Allan katz Nov 2
Thanks , ordered 2 bottles to treat foot-ankle pain. I was wondering would it also helo ED- Allan
LIKE REPLY SHARE

Felicia Rein Nov 2
How does one make an isotonic solution that is safe to combine with dmso (to dilute it), to put in eyes?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 2 Author
buy isonotic saline and mix it with DMSO
LIKE REPLY SHARE

Joel Dorfman Nov 2
I have purchased 99.995% DMSO and a gel with Frankincense in it as well. Both of them irritate the area around my sore knees. Is that normal. Am I using the DMSO correctly for arthritic knees?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 2 Author
use a lower concentration
LIKE REPLY SHARE

Janis Bell Nov 2
Do you have a recommended source for the DMSO eye drops?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 2 Author
Make them yourself by diluting pure DMSO
LIKE (2) REPLY SHARE

Elaine Nov 2
I went to google and found both dmsostore and dmso.store. The prices varied, with dmso.store being a lot more and it had products made with DMSO I originally ordered from dmsostore through Amazon. Did I order the wrong DMSO?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 2 Author
DMSO.store is not who I've used and completely different from dmsostore.com (who I use)
LIKE (1) REPLY (1) SHARE

Elaine Nov 2
Thank you
LIKE REPLY SHARE

jenny d Nov 2
Thank you AMD for all you do! I am anxious to get started on using dmso for tinnitus- but I'm worried about it dragging chemicals from my dyed hair into my body. if the dmso doesn't get near my hair - is that okay? and, i've read that you should not drink alcohol (which i like an occasional wine/beer) while using DMSO and it's unclear if they mean Never drink alcohol or waiting some time after application. any thoughts on the issue with alcohol?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 2 Author
1) Yes, if you have ear drops that don't come near year hair shouldn't be an issue.
2) Don't have them close to each other.
LIKE (3) REPLY SHARE

mrg190 Nov 2 · edited Nov 2
Thanks for the article!
It almost sounds too good to be true. seems to cure almost everything glaucoma and heart disorders. I will give it a try, seems to be a bit harder to get in the UK.
In terms of long term safety, is the recommendation to take this permanently? or cycling on and off or only when needed?
LIKE REPLY (1) SHARE

pimaCanyon pimaCanyon Nov 2
yeah, that was my first reaction too when I read MWD's first article on DMSO, almost too good to be true, but at the same time I knew that MWD wouldn't write about it if it weren't true. So it was like Christmas when you were a kid and Santa brought everything you ever wanted!
LIKE (2) REPLY SHARE

TR Nov 1
Is having cataract surgery a contraindication. Can there be an adverse reaction from DMSO with a synthetic/manufactured lens in eye? Thank You.
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 1 · edited Nov 1 Author
I don't know. With oral, or topical, no issue, but with eye drops, possibly. As best as I can tell, the common materials in the lens have limited solubility in DMSO, but there's still a possibility the lens could get altered and then no longer let light through correctly. I've never heard of this happening, but since it's possible, I can't guarantee its safe.
LIKE (1) REPLY (1) SHARE

TR Nov 1 · edited Nov 1
Thank You. I have incredible distance vision since having the surgery this past summer and don't want to risk anything. I intend to use oral and/or topical for other issues (tinnitus being one) and was concerned about any use of DMSO. Will definitely stay away from eye drops (not needed for any eye issues in any case). FWIW, I had the Light Adjustable Lens implanted. Refractive errors and astigmatism can be "tweaked" post surgery since the lens is made of a special photosensitive material that changes the shape and power the implanted lens in response to ultraviolet (UV) light....so not the common material that is traditionally used. Thanks again.
LIKE (1) REPLY (1) SHARE

sue Nov 2
How are those working? They told me they aren't that good.
LIKE REPLY (1) SHARE

TR Nov 2
I had incredible success. Two month process and it is more expensive, but in my estimation, very well worth it. https://rxsight.com/ is the manufacturer.
LIKE REPLY SHARE

Cathy B. Nov 1
My sister-in-law has Paroxysmal Nocturnal Hemoglobinuria (PNH) and has been treated for years with infusions that are not really helping. Is it possible that UVBI or DMSO could help?
LIKE REPLY SHARE

Molly Molly Nov 1
First, thank you for all the good work you do to help us be our healthiest selves
I am interested in using DMSO for engaging parasympathetic nervous system, cognitive impairment, vascular issues.
I read that DMSO can not be used if one is taking Benzos and Antidepressants. Is that accurate?
Although I'll use it anyhow.
Have you ever done an article on its use in helping taper from these poisons?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 1 Author
It increases the strength of benzodiazepines. I do not know how it interacts with SSRIs.
Did that for SSRIs here:
https://www.midwesterndoctor.com/p/why-are-antidepressants-so-harmful
The benzodiazepine withdrawal process is similar but not as bad. Going to write about benzodiazepines once I finish this series.
LIKE (2) REPLY (2) SHARE

Molly Molly Nov 2
Thank you. The fact that tapering and subsequent withdrawal from Benzos can be hell for many years has been noted for years on user forums e.g. SurvivingAntidepressants, BenzoBuddies. Most users find withdrawal indistinguishable btw Benzo and AD.
LIKE (1) REPLY SHARE

Molly Molly Nov 2
Having been in withdrawal from psychotropics med for 4 years and continuing, my sympathetic nervous system has been on high alert for years.
I saw that DMSO can engage the parasympathetic nervous system.
Do you know of protocol for doing this? Thank you.
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 2 Author
No specific one. It's just that if you take DMSO (e.g, orally) you'll often noticed improved parasympathetic function.
LIKE REPLY SHARE

Angk Angk Nov 1
Dr. Bryan Ardis has just published a book that says it has the, natural - I believe, remedies for vaxx injuries. You can find a video on Britghteon, from a couple days ago, where he speaks about his book.
https://www.brighteon.com/4c31026b-fe81-42eb-92cc-a7d8ccf1a82c
LIKE REPLY SHARE

Glynda Nov 1
I have many dental crowns in my mouth that at some point I hope to have removed. Presently I take DMSO w/ RO water orally through a glass straw that I position as far back in my mouth (and as far away from teeth as possible) to ingest. Then drink additional RO water to clear the area.
Question since these crowns are metal lined and I don't know what chemicals are used for the so-called porcelain exterior of the crowns am I at risk?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 1 Author
To the best of my knowledge that is not an issue.
LIKE (1) REPLY SHARE

Deborah Simpson Nov 1
Although I have used DMSO for arthritis I am a bit wary of using it in my eye(s). I was originally diagnosed with AMD but ultimately was found to have Central Serous Retinopathy. Have been seeing a retinal specialist for 2 years and he had hoped that the fluid behind my retina would gradually go away. It has seesawed between diminishinment of fluid to increase in fluid in these past 24 months.
I would like to learn more about how to use DMSO therapy for getting rid of the excess fluid behind my retina. BTW, my right eye is not affected, except for now having cataracts in both eyes at age 71.
Thank you in advance for your insights.
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 1 Author
Since it functions as a diuretic, it has a good shot of removing the fluid (as dose AC carbamide). To my knowledge, there's no published data on this application though.
LIKE (1) REPLY SHARE

Mary Nov 1 · edited Nov 1
THANK YOU so much for this post! If I could ask for a clarification: I am about to use DMSO 40% for the tinnitus I've had for a couple of years. I am uncertain if the suggestion to use also MMS1 is for tinnitus, or just for ear infections?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 1 Author
just for ear infections.
LIKE (2) REPLY SHARE

Michelle Michelle Nov 1
The liquid DMSO from Jacob's comes in a plastic bottle, not glass. But since they are the experts, I assume it is a non-reactive plastic? It is a soft, flexible plastic, not at all like a water bottle.
LIKE REPLY (3) SHARE

A Midwestern Doctor Nov 1 Author
I would assume so but I do not know.
LIKE REPLY SHARE

Glynda Nov 1
Jacob Lab offers DMSO in a glass bottle. Look for that specific choice on their site, it is at 70%
LIKE (2) REPLY (2) SHARE

Stephen Schumacher Nov 13
Jacob also sells 99.98% in 4oz glass bottles, but you have to use the link:
https://jacoblab.com/product/dmso-99-98-pure-4oz-glass
LIKE REPLY SHARE

Michelle Michelle Nov 1
At second look, yes, the 4 oz. Bottle is glass. I'd ordered the 8 oz, which was plastic.
LIKE REPLY SHARE

sue Nov 2
I just bought it from Jacob's in a glass bottle. They sell it both ways.
LIKE REPLY SHARE

Kelley Stark Nov 1
What is treatment protocol for asthma?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 1 Author
That was in the previous article about autoimmunity.
LIKE (1) REPLY (1) SHARE

Kelley Stark Nov 1
Okay, thanks. I was hoping that DMSO could be applied topically. I stopped taking Symbicort several years ago as my asthma is almost non-existent...except when I get a cold and it gets down in my lungs where it takes weeks to clear.
LIKE REPLY SHARE

sadie Nov 1
Would dmso adversely affect pigment dispersion syndrome?
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 1 Author
I do not know.
LIKE REPLY SHARE

Joy Metcalf Joy Metcalf Nov 1
I've used DMSO a few times for muscle pain in my back, but so far it hasn't done much. I'm wondering if applying CBD oil or tincture, and following it with DMSO would be safe?
LIKE REPLY SHARE

karen welden Nov 1
Can I put dmso in an eye that has lasik? I've had one cataract surgery and am hoping I can avoid the other thru dmso if it can safely be used after lasik. My understanding is that it should not be applied in the eye with the false lens but perhaps I am mistaken.
LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 1 Author
The data isn't there, and I could see arguments in their direction, so I've told people if they have a false lens, not to directly apply DMSO to the eye (other routes are fine). I don't think it will cause any issues with a lasik eye but the only potential issue I could see is if it heals the eye that had lasik done on it and that causes the focusing to slightly change in that eye, but if I had to guess that won't happen.
LIKE (2) REPLY (1) SHARE

Sammie0627 Sammie0627 Nov 1
I had my Lens blown out by radiation so I have implants. I can't use DMSO in my eyes period, is that correct? I have macular degeneration in many of my family members and would love

David Murray · Nov 1
I purchased DMSO from Jacobs Lab. It came in plastic bottles. I transferred it to glass. Just a note.
1 LIKE · REPLY · SHARE

Glynda · Nov 1
Go back to their site, they sell 70% dilution DMSO in glass bottles. It is the only one I use.
1 LIKE · REPLY · SHARE

Stephen Schumacher · Nov 10
Jacob also sells 99.08% 4oz glass bottles at:
https://facebook.com/groups/drmso-99-98-pure-4oz-glass
1 LIKE · REPLY · SHARE

WhatsAtChange · WhatsAtChange's Substack · Nov 1
Did you get that liquid or gel? I believe the gel is okay in plastic bottles the doc said. Don't quote me on it though!
1 LIKE · REPLY · SHARE

Sigamkarch · Nov 1
Thank you for sharing all of your research with us! My grandson has congenital nystagmus. Would DMSO be something that might help?
1 LIKE · REPLY · SHARE

A Midwestern Doctor · Nov 1 · Author
possibly. I'd also try zinc and lactoferrin which is 99.99% pure.
1 LIKE · REPLY · SHARE

Sigamkarch · Nov 1
Thank you!
1 LIKE · REPLY · SHARE

Terie · Nov 1
Where can I find a good source for DMSO?
1 LIKE · REPLY · SHARE

A Midwestern Doctor · Nov 1 · Author
- Jacob Lab (e.g., this gel or this liquid)—which is 99.99% pure.
- Nature's Gift (e.g., this gel or this liquid)—which is 99.9% pure.
- The DMSO Store (e.g., this gel or this liquid)—which is 99.99% pure

(links are included in actual article, can't put them in as a comment)
1 LIKE · REPLY · SHARE

Terie · Nov 3
Thank you!
1 LIKE · REPLY · SHARE

Terie · Nov 3
Thank you
1 LIKE · REPLY · SHARE

Jeannine · Nov 1
Are there DMSO eye drops available? I am not clear how to dose DMSO for eyes.
1 LIKE · REPLY · SHARE

Ralph · Nov 1
The website drops.store has a couple of eye drop solutions listed. You have to become a $1 member to see the product information which I assume approve the American and Canadian health agencies.
1 LIKE · REPLY · SHARE

Jeannine · Nov 5
Thank you!
1 LIKE · REPLY · SHARE

Michelle · Michelle · Nov 1
I'm going to try adding DMSO to sterile saline in a glass dropper bottle for eye drops...
1 LIKE · REPLY · SHARE

JohnCarlyon · JohnCarlyon · Nov 2 · edited Nov 4
MMD recommended both of these products in the first DMSO article. I ordered both from amazon. here are the links to each:
https://www.amazon.com/dp/B0DGFQ6DQ7
https://www.amazon.com/dp/B0DB3VQ9RC
1 LIKE · REPLY · SHARE

Terie · Nov 3
Thank you
1 LIKE · REPLY · SHARE

Maurice McCarthy · Nov 1
Jacob Lab products are available in the UK through a small family business in Manchester. medimart.co.uk
1 LIKE · REPLY · SHARE

A Michael · Nov 1
HI AMD,
I have optic nerve damage. I've been using DMSO orally and would like to try it as an eye drop. However, I had cataracts removed in 2020 and replacement lenses were inserted. Can I use the DMSO in my eyes as a drop given the lenses are permanent? Also, have you heard anything about DMSO helping the optic nerve? Responses from the community are welcome also. Thank you.
1 LIKE · REPLY · SHARE

Tricia Weeding · Nov 2
I commented a few messages up that using a plastic measuring spoon with DMSO caused the plastic to cloud instantly. That would be a terrible outcome in your eye if your artificial lens did the same.
1 LIKE · REPLY · SHARE

Citizen_Jimmerson · Citizen_Jimmerson's Substack · Oct 31
"Note: typically, the most reliable results for tinnitus are found within Chinese Medicine..."
REALLY ? ? That's news to me and I research late Qing era Chinese medicine.
Any references ?
1 LIKE · REPLY · SHARE

A Midwestern Doctor · Oct 31 · Author
That has been our clinical experience and from patients we've referred.
There's extensive literature on the different TCM patterns that can cause tinnitus, and you have to focus on the correct one.
I am not familiar with any studies showing this in a controlled manner.
1 LIKE · REPLY · SHARE

Janet · Nov 2
Sounds complicated. I have a whoosh in one ear. I treat it like white noise at night. Pretty much ignorable during the day. I actually hear better out of that ear. I've just been able to not focus on it, but I wouldn't mind it gone.
1 LIKE · REPLY · SHARE

Citizen_Jimmerson · Citizen_Jimmerson's Substack · Oct 31
OK, thanks.
1 LIKE · REPLY · SHARE

Brian Parker · Oct 31
What if you have had cataract surgery - wouldn't DMSO adversely interact with the material of the artificial lenses? And if so it would it then follow that you can't use DMSO around the eyes?
1 LIKE · REPLY · SHARE

A Midwestern Doctor · Oct 31 · Author
I really do not know, so in the abundance of caution, I would advise not doing it. From what I've found, there do not appear to be any issues with other routes of administration (ie, oral or topical), but when placed on the eyes, it could potentially alter the artificial lens or have difficulty draining from the eyes.
1 LIKE · REPLY · SHARE

Tricia Weeding · Nov 2
I am afraid to try it because I used a plastic measuring spoon for DMSO the first time I tried it and the plastic instantly clouded. I could rub the white film off the spoon but obviously that's not an option in your eye.
1 LIKE · REPLY · SHARE

Mary Kimball, Doing Health · Dr Lynn Kim Wong · Oct 31
Bio-Identical hormone pellets are dated around 1940s in animals? I already and it doesn't seem to irritate (I used a small amount maybe). I should try! I'm 100% DMSO mixed with some medicine in both, a 150 ml coffee enema and 100 ml salty water enema, both checked to have a PH between 7 and 8) and no cramps or problems whatsoever but a very strong sense of presence of the medicine, despite using the about the same much of medicine in water only before. In other words, mixing the medicine in 100% DMSO first, and then adding it to the 150 ml enema, seemed to have a much stronger effect of the medicine. As this medicine is expensive, I wonder if DMSO can be used as an amplifier and therefore getting the same effect with less medicine and therefore saving money. I am very aware of the dangers of mixing medicines with DMSO, especially in an irreversible enema, and I am extremely careful and do not recommend it to anyone that doesn't have real experiences with enemas, like I do.
I am interested in your take on this.
Thank you for this great research.
I know you wrote about Chlorine Dioxide before but an even deeper dive into it would be probably very beneficial for humanity...
Another "forgotten medicine" I am using for almost ten years now with amazing success is "coffee enemas" and if you could research and write about that, I think that would benefit many people.
I used almost daily standard coffee enemas protocols for the first 18 months and the rubbish that was expelled from my liver and intestines' was mind blowing. And I was a very fit top athlete in my age group for bicycle racing and triathlon at the time and lived a pretty clean life. But the amount of small to radical dosed stones were in the thousands over that period. And then I "discharged" a fist sized tumor looking growth, I felt I defeated my whole body over those 18 months. Nowadays I do mostly
Expand full comment
1 LIKE · REPLY · SHARE

A Midwestern Doctor · Oct 31 · Author
Note: to my knowledge, every route of administration for DMSO except intravenously has been researched.
Most likely it would highly potentiate the medication. The basic issue on my end is that I am trying very hard not to overstem things about DMSO (e.g., 80% of my thoughts on DMSO I am not going to put into writing because I can't back them up with data and might be wrong or it might have negative side effects).
Regarding coffee enemas and gerson therapy, I think they are useful, but I find when they are used regularly rather than once in a while or as part of a specific protocol they can cause issues for people. Since a lot of people already know about them I haven't covered them.
Similarly with chlorine dioxide, I haven't written on it because a lot of other people already have and I'm trying to prioritize topics that aren't being discussed. Even though I produce a lot, each of these articles takes a lot of out of me to get done so I have to be very judicious on what I focus on as anything I choose to cover entails not covering 10 other things I want to.
1 LIKE · REPLY · SHARE

Bethanyshore · Nov 1
LOL...it's always the last isn't it? You start down the rabbit hole and find so many side tunnels, and want to explore them all, but just don't have the time. Story of my life.
1 LIKE · REPLY · SHARE

A Midwestern Doctor · Nov 1 · Author
I explore them! I just can't write about most of them.
1 LIKE · REPLY · SHARE

KaMa · Oct 31
Tinnitus? Skin inflammation? Floaters in my eyes?
1 LIKE · REPLY · SHARE

A Midwestern Doctor · Oct 31 · Author
Skin will be better. have not gotten to that one.
1 LIKE · REPLY · SHARE

KaMa · Oct 31
Seems too good to be true! Hard heard about this many years ago. The tinnitus I've had for well over 20+ years. Don't remember what the sounds of silence sound like! Floaters are very annoying. Skin inflammation is a new one, allergy? Dermatitis? Don't know. Have an lifelong asp. but am an avid of the medical profession that work for health organizations. Thank you for your in-depth research.
1 LIKE · REPLY · SHARE

Janet · Nov 2
Rashes can be a gut issue. When mine is not good, I get a rash on my stomach area. Very annoying, especially in the summer when wearing a bra.
1 LIKE · REPLY · SHARE

KaMa · Nov 2
My rash is on my face and is a new affliction this year. Just won't clear up. Possibly a new allergy, dunno.
1 LIKE · REPLY · SHARE

Janet · Nov 2
Gut problems can cause rashes or skin disorders in all parts of the body. Caused eczema on my hands. I was having digestive issues at the time. But the whole thing is complicated. 🤪
1 LIKE · REPLY · SHARE

Jeff · Oct 31
Hi Dee, I have a shoulder replacement surgery coming up and oral opioids make me deathly ill. Have you come across any studies (or anecdotes) in which DMSO was mixed with microcrystal pain meds?
1 LIKE · REPLY · SHARE

A Midwestern Doctor · Oct 31 · Author
Only topical (with dickebrew...which you can get as prescriptions now) or much older ones where it was mixed with local anesthetics.
1 LIKE · REPLY · SHARE

Mrs. Hedgel · Mrs.'s Substack · Oct 31
Too many words for an overworked folks to have time to read. Breaks my heart!
Do we need guidance? How much & how taken, if?
1 LIKE · REPLY · SHARE

WhatsAtChange · WhatsAtChange's Substack · Nov 1
You need to read the entire article and not just go slathering something on without knowing what you are doing. If you can't set aside 20 minutes to read and understand the article, then you shouldn't be using it. Take the time. The doc takes the time to research and accurately report on these things, so be respectful of his time and use a little of your time to understand from your end. No one is too busy they can't spare 20 minutes to read it. Sit on the toilet with a tablet door or go for a walk and sit in a park. Get creative.
1 LIKE · REPLY · SHARE

Mrs. Hedgel · Mrs.'s Substack · Nov 1
I read for 2-3 hours every day, but I'm horrendously slow & have to re-read over & over to comprehend. Sorry, I just asked for a summary. Btw, I've been following this Substack for a year or two & have long since purchased the recommended products & brands, yet there's so many ideas & approaches, I'm just very frustrated on what exactly to do for myself. 🤦‍♀️
1 LIKE · REPLY · SHARE

Janet · Nov 2
I love ballet points but I've just figured I'm going to read all of these. I also need "the big picture" / a subject which helps make the connections. They do connect after awhile.
1 LIKE · REPLY · SHARE

Janice · Oct 31
It's in this post. Scroll down...
1 LIKE · REPLY · SHARE

ClaiTz · Oct 31
Thank you!
1 LIKE · REPLY · SHARE

Darlene Lessing · Oct 31
OT - but I am not able to "like" a comment. I am signed in and cannot also sign out. However, I can post. Does anyone know?
1 LIKE · REPLY · SHARE

Joy Metcalf · Joy Metcalf · Nov 1
With most apps, you can log out of everywhere you're logged in with one command. You might try the Substack app and see if it has that feature.
1 LIKE · REPLY · SHARE

Darlene Lessing · Nov 1
Somehow after joining MWD and monetarily subscribing for a few months now I never downloaded the app. I didn't even know and that's why I can't edit or like. Tech and me are iffy at best. 🤪
1 LIKE · REPLY · SHARE

Jennifer Crow · Oct 31
I am interested in whether it is safe to apply DMSO to tattooed skin. Thanks!
1 LIKE · REPLY · SHARE

A Midwestern Doctor · Oct 31 · Author
Would advise against that. It will draw dyes into the body.
1 LIKE · REPLY · SHARE

sonna · sonna · Oct 31
the Q about use of dmso with tattoo brings to mind something i have been considering: nearly all of us have been subjected to some toxicity, either recently or way in the past. examples chlidhood vaccines or mercury fillings, even if removed long ago. So i wouldn't help but ponder how dmso might interact with such toxins that might be sequestered in body tissues.
1 LIKE · REPLY · SHARE

Dave · Dave · Nov 1
I think so. My friend had major fencing when he started using DMSO that went away after a week, and never came back.
1 LIKE · REPLY · SHARE

Mrs. Hedgel · Mrs.'s Substack · Oct 31
Major tattoos, all over me, never applied directly, but if full body effect is part of its properties, then what its tattooed people do?
1 LIKE · REPLY · SHARE

Adrienne · Nov 1
Maybe mix it with a drink?
1 LIKE · REPLY · SHARE

Bethanyshore · Oct 31
Even on a tattoo that's 20+ years old?
1 LIKE · REPLY · SHARE

Darlene Lessing · Oct 31
I wouldn't think so. It could send all the ink, metals and what not further into the body.
1 LIKE · REPLY · SHARE

Liberty Lio · Oct 31
Esp since the whole tattoo thing is so toxic. Which begs the question - can you use DMSO at all with all that junk injected all over the skin? Wonder if applying DMSO anywhere on the body, not just in the area of a tatoo (or taking internally), would pull the tattoo gunk into the body even moreso as the DMSO is circulating throughout. Logically, it seems people with that toxic tattoo "stuff" on them would do better to avoid it's use, esp now that so much is known about how bad it is.
1 LIKE · REPLY · SHARE

Darlene Lessing · Nov 1 · edited Nov 1
I agree. My 21 y.o. is a tattoo artist (or was) and she has some tattoos. I would love to have her use dmso for her migraines that she can't rid of, but am very leery even though no tattoos on her neck or head. She is fat as with 2m.
1 LIKE · REPLY · SHARE

Bethanyshore · Nov 1
As are many of us. I finally freed my pain management and my arthritis docs. Between the DMSO/CBD salves and daily that emulsifies, they do more for my pain than any of them ever did. They're powerful me. Not to mention the ROEMS zones of their use of tattoos.
1 LIKE · REPLY · SHARE

Darlene Lessing · Nov 1
Good for you! Unless I break some bones I don't know why I would go. I can look up what or how they will treat and know that's not for me. Most problems I have had are med side effects. Yeah prices are pretty high.
1 LIKE · REPLY · SHARE

Ray · Oct 31
Might be better using castor oil which is super moisturizing but is more about pulling things out then dragging things in. My partner's tattooist recommend tattoos look because the colours settle in rather than slough off. I'd say it was both, evidenced by the short life span of hard tatts and also the next time we saw Tweetfoot he was setting expensive hahaha
1 LIKE · REPLY · SHARE

sonna · sonna · Oct 31
but i wonder also if castor oil is not a type of solvent
1 LIKE · REPLY · SHARE

Ray · Oct 31
Well they do extract it from the beans with solvents and there ends my narcissistic headline knowledge of castor oil. For all things castor oil you need queen Barbara O'Neill. If you're asking if that would also run the tattoo I expect so. I see them as being like asbestos, leave them be and hopefully they won't kill you.
1 LIKE · REPLY · SHARE

Jenny Sim · Nov 1
Be aware that the colors in tattoos sometimes come from toxic heavy metals. Some inks have cadmium, mercury, lead, antimony, beryllium, chromium, cobalt, nickel, or arsenic. In the worst case, bringing those deeper into the body could cause debilitating conditions.
Black tattoo ink might be the safest, but I can't guarantee it.
1 LIKE · REPLY · SHARE

Dennis N · Oct 31
Egads!
1 LIKE · REPLY · SHARE

deleted · Oct 31
Comment deleted

A Midwestern Doctor · Oct 31 · Author
I am not familiar with the brand.
1 LIKE · REPLY · SHARE

Terie Nelson · Oct 31
I'm using the same brand as that's what's available on Amazon in Australia without breaking a bank on shipping charges of other brands from US. I find the nebilisation effective, so since I started applying it immediately after the publication of the first article many of the conditions I lacked with it to start with, have significantly improved and some completely resolved.
1 LIKE · REPLY · SHARE

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