How DMSO Protects and Heals the Internal...

A MIDWESTERN DOCTOR · NOV 17 · 950 · 381 · 111

The evidence behind DMSO's utility for a myriad of challenging diseases

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381 Comments

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Write a comment...

Ned B. MEEMINGFUL Nov 17

OK, I hesitate to share this, but here goes.

Because of Midwestern Doctor's articles, I've been experimenting with DMSO for several months now. I have a spondylolisthesis in my low back where L4 has shifted 20% forward over L5 from an injury five years ago. This has caused severe stenosis and basically the spinal nerves from that area are severely impinged, causing a spectrum of pain (from intense aching to a searing sensation of flesh tearing away from bone) throughout my hips and sacral area as well as persistent sciatica in one, or sometimes both, legs.

I've been using DMSO (from DMSOstore.com, 99.995 pure, undiluted) topically throughout my sacral area, then also on my hips, then lately on my calves (that would ache after exercise). The DMSO reduced my perceptions of pain considerably. I carefully reread all the articles about dosing and non-toxicity and thought maybe if I use more, I can eliminate the pain entirely.

I increased the frequency (to every four hours, up from once or twice a day) and the volume (from roughly one tablespoon to 2-4 tablespoons applied topically). I could not eliminate the pain completely, but after a few days, there was this amazing side effect.

A minute or two after applying the DMSO I had this unanticipated erection, I mean a raging hard-on. Mind blowing. I'm a 75-year old male with no ED problems, but having so much pelvic pain, I haven't had, nor thought about sex for a long time. I wasn't having any stimulating thoughts, I was just going through my self-medication routine and... boing!

Ever since then (last week), every time I apply an extra large dose, I experience this effect. I suspect that DMSO's enhancement of blood flow might be at work here. Plus, all the nerves that go to my genitals are compromised by impingement, so maybe DMSO helped them out. Also, I've noted a psychological effect, more calm and serene. I can attribute that to "I feel better not being in so much pain," though there may be a physiological component to the emotional uplift.

LIKED (37) · REPLY (8) · SHARE

A Midwestern Doctor Nov 17 · Author

I've also successfully treated ED with zeta aid.

LIKED (11) · REPLY (4) · SHARE

mjgill1 Nov 17

What article is this discussed in? I have a friend who is battling kidney stones right now. Thanks,

LIKED (2) · REPLY (1) · SHARE

Janice Nov 17

Zeta aid is discussed here: https://www.midwesterndoctor.com/p/how-to-improve-zeta-potential-and

LIKE (3) · REPLY (1) · SHARE

Vivien C Buckley Vivien C Buckley Nov 18

Ok I just replied to you. Did you get it?

LIKE · REPLY (1) · SHARE

mjgill1 Nov 20

Yes. Thanks you much.

LIKE · REPLY · SHARE

Réka Réka 3d

Is there a way to do a search within the articles on a specific word or phrase? Sorry if this is a stupid question.

LIKE · REPLY (1) · SHARE

A Midwestern Doctor 3d · Author

control/command f on any browser. To search the entire substack, I think site specific google search works best.

LIKE · REPLY · SHARE

Mark Devereaux Nov 18

How about peyronies?

LIKE · REPLY (1) · SHARE

A Midwestern Doctor Nov 19 · Author

The autoimmune one

LIKE · REPLY (1) · SHARE

Mark Devereaux Nov 20

Sorry, but I don't understand your response. I was trying to ask if DMSO could be used to treat peyronies and looking back I can see where it could be read as asking about Zeta Aid. If either one could be used I'd like to know. Thanks!

LIKE (1) · REPLY (1) · SHARE

Mark Devereaux 7d

I have since discovered that you addressed peyronies in your October 20, 2024 post. Thanks!

LIKE (1) · REPLY · SHARE

Vivien C Buckley Vivien C Buckley Nov 18

What is zeta aid?

LIKE · REPLY (1) · SHARE

Vivien C Buckley Vivien C Buckley Nov 18

The link didn't work for me. I don't know if it's because I use my I Pad.

LIKE · REPLY (1) · SHARE

James James Nov 18

Did you use this one:

https://www.midwesterndoctor.com/p/how-to-improve-zeta-potential-and

LIKE · REPLY · SHARE

A Midwestern Doctor Nov 17 · Author

Erectile dysfunction is often due to poor blood flow or too little parasympathetic activity.

LIKED (5) · REPLY · SHARE

Roxanne Nov 17

I imagine several 75-year-old men, and a bunch of 75-year-old women, are glad you didn't hesitate too long to post this.

LIKED (27) · REPLY · SHARE

Dave Bross Nov 18

One more small thing to add to the list. DMSO does wonders for fire ant bites. Usual progression from being bit by the little darlings is a painful pimple looking reaction to the bite, which can take a week to heal up. If the bites are on your feet the friction from shoes can make them even slower and more painful to heal. Some of them got me last week so I figured I would try some DMSO on the stings. Stopped the pain immediately and no pimply sores from the bites. Yay!

LIKED (10) · REPLY · SHARE

Shannon Bradshaw Shannon Bradshaw 7d

Thank for this Ned, I had spondylolisthesis, stenosis and a long list of other spine issues, plus 2 failed back surgeries. I am in constant pain so I think I will give this a try. And as far as the other "issue" I will certainly be forwarding this story to my husband. Our love life needs rescuing haha.

LIKE (3) · REPLY (1) · SHARE

Ned B. MEEMINGFUL 7d

You are most welcome, Shannon. I wish you the best. My doctors recommended spinal decompression surgery for me but I was terrified at the prospects of it going wrong. I had heard and read many reports of back surgeries failing after some period of time. Midwestern Doctor wrote about that last year:

https://www.midwesterndoctor.com/p/the-many-dangers-of-spinal-surgery

LIKED (1) · REPLY · SHARE

James Scarborough 6d

omg, I'm on this train!!!!!!!

LIKE (1) · REPLY · SHARE

BEFisher525 BEFisher525 Nov 17

Whilst I'm not terribly worried regarding your side effect, might I ask over what time frame have you experienced your improvements?

LIKE (1) · REPLY (1) · SHARE

Ned B. MEEMINGFUL Nov 17

For pain reduction, I've been using DMSO for a few months. Onset of perceived pain reduction is 2-10 minutes, lasting for several hours or more.

The erection effect is only lately, when I use double my normal volume. Onset is 2-3 minutes, lasts for a while, maybe 5-10 minutes.

LIKE (1) · REPLY · SHARE

Vivien C Buckley Vivien C Buckley Nov 18

Ok. Just touched your link and your message and the link disappeared. I got out and went back in. That's how I'm posting now but the link just disappears.

LIKE · REPLY · SHARE

A Midwestern Doctor Nov 17 · Author

There was an editing error while writing this which caused the content in the section "kidney function" to get deleted. It has been restored.

LIKE (5) · REPLY (1) · SHARE

Nathan Nov 17

I see polycystic kidney disease mentioned in the intro, but not elsewhere in the article. Did you intend to mention any studies etc. about it?

LIKE (1) · REPLY (2) · SHARE

A Midwestern Doctor Nov 17 · Author

It was in the table from the 1967 study

https://sci-hub.se/https://nyaspubs.onlinelibrary.wiley.com/doi/abs/10.1111/j.1749-6632.1967.tb34923.x

LIKE (3) · REPLY · SHARE

Réka Réka Nov 18

Where can I find the dmso protocol for kidney and stroke problems

LIKED (1) · REPLY (2) · SHARE

A Midwestern Doctor Nov 18 · Author

That's in the first part.

LIKE · REPLY · SHARE

Réka Réka Nov 18

I love these articles. Thank you for writing.

LIKE (1) · REPLY · SHARE

Linda Walker Nov 17 *Edited* · Liked by A Midwestern Doctor

Thank you, thank you! Your research and information on DMSO is appreciated more than you can know. I'm age 75, female, in pretty good health, appropriate weight, no meds.

I bought from the DMSOstore.com, 99.995 pure, undiluted. Was interested in the overall brain health benefits as well as treating a sore shoulder.

First off, I tried a teaspoon diluted in filtered water. By late afternoon, the next day, my body revolted and I threw up and totally evacuated my bowels. So too much DMSO. No pain, just a sudden total body reaction.

So I then started topically applying about a 1/4 to 1/2 a teaspoon total directly on my shoulder, daily, and my chest before bed. The immediate reaction was a reddening of the skin accompanied by a tingling sensation that was not severe but not entirely comfortable either. It went away after about 10 minutes. This skin effect gradually decreased every day over the last 10 days. Now no redness, just a slight "hot" sensation upon application.

The odd thing is that my GI tract feels like it is working more efficiently and smoothly. For the first few days, there were mild intestinal cramps during the night. Now that is gone. And I just feel better...overall. Am wondering if the DMSO has acted like a detox? It's the only thing that I can think of that could make sense.

Now on day 11 with no slight intestinal cramps, just overall more comfortable. Shoulder is getting rapidly better. A knee twinge went away.

Now, I am working out how to help my lungs. due to pneumonia that was not fully treated way back when, I have a scarred area at the bottom of one lobe. It makes me vulnerable to bacterial infections that has to be treated with antibiotics. That is not often, but I'm wondering if continuing to apply DMSO to my chest at night could possibly help?

Well, it can't hurt is the tack I'm taking.

I am so grateful to learn about DMSO.

LIKE (18) · REPLY (2) · SHARE

A Midwestern Doctor Nov 17 · Author

Sounds like it's helping you! Everyone's response varies (although a lot of this matches what I've heard from other people). With the lungs, it may or may not help.

LIKED (7) · REPLY · SHARE

Ashley Ashley 3d

How do we avoid stinking like a refinery? I worked in oil and gas in the office not at the refinery but at the corporate office, someone came in my office one day after I had begun taking DMSO internally, pharmaceutical grade and ask why it smelled like the refinery. I was mortified.

LIKE · REPLY · SHARE

Olivia Swyden Nov 17 · Liked by A Midwestern Doctor

I have so enjoyed reading about DMSO! I've been applying it topically to my c-section scar and lower abdomen. This past week I had my menstrual phase and I always deal with pretty bad cramps. When I applied DMSO, my cramps were completely unnoticed for the remainder of my cycle. So cool! I hope to try it internally for GI issues soon. Thanks for your work!

LIKED (14) · REPLY (5) · SHARE

A Midwestern Doctor Nov 17 · Author

I believe a lot of cramps result from blood stasis, which DMSO helps with (but at the same time it also relaxes muscles).

LIKE (10) · REPLY · SHARE

Dave Dave Nov 18

My friends have noticed that when a muscle gets to that feeling where it's about to cramp or you can force it to cramp by flexing it, if they slap DMSO onto it all the cramp tension goes away almost immediately.

LIKE (4) · REPLY · SHARE

Olivia Swyden 5d

Yes, I am still nursing. Since DMSO has been given to children safely, I never had any concerns personally with me applying it to myself topically. In my thinking, it would be a considerably small amount coming out in breast milk from applying it to a scar once a day.

LIKE (1) · REPLY · SHARE

Kyle Nov 19

Hi Olivia, thanks for sharing your experience with applying it to your c-section scar. My wife is 7 months postpartum and would really like to try it on her c-section scar but she's still breastfeeding. Just curious, are/were you breastfeeding while using the DMSO? I searched a little bit but everything I found seemed to say there's no evidence for or against using DMSO while breastfeeding. She doesn't want to chance it, and I agree, but I read your comment and figured I'd ask since you're using it for the same reason! Thanks!

LIKE (1) · REPLY (1) · SHARE

Tricia Westling Nov 20

Curious also for my daughter who is 5 months postpartum and breastfeeding

LIKE (1) · REPLY · SHARE

Vivien C Buckley Vivien C Buckley Nov 18

Interesting it helped with your menstrual cramps.

LIKE (1) · REPLY · SHARE

Donna Bock Nov 17 · Liked by A Midwestern Doctor

My husband and I have been utilizing dmso 99.9 pure from the dmso store via Amazon for two weeks, since AMD's article on musculoskeletal issues came out.

He has a fused L3-4 since child hood, has likely a bulging disc nearby and a rib that broke away from his spine due to a fall some years ago. He is still an exceptional athlete given his age, but fights some pretty severe back pain on a routine basis. He also broke several bones in his wrist from a mt bike fall some years ago and arthritis has set in, causing painful mobility issues. He went all in, is painting every issue daily 5 days on, 2 off as AMD suggested for chronic sufferers. He's sold. Back pain mitigated. Wrist pain mitigated. No more ibuprofen. We started with 50% dilution, went to 70% three days ago. No issues other than the typical prickly itch for 10 min or so.

I have knee issues, bone on bone in one and patella femoral issues in the other which I've had surgery 20 yrs ago. Both knees have been bothersome for years but I've kept them tuned via weightlifting and exercise. I also have spondylolisthesis l5/s1, which is stable, but is starting to become troublesome.

I've developed arthritis in one hip, which after an mri this week revealed a torn labrum, which was probably the source of pain, limited mobility. Hip replacement recommended to get back to all my beloved sports. We are /were both athletes and probably caused our own issues. But hey it was fun!

That said, I've been painting all the areas of concern, hips, knees, back, heel (suffered through Achilles tendinitis caused by haglunds deformity) and a couple of trigger fingers. I have to admit this is actually minimizing pain in every location. These are chronic problems that developed over time and we both expect to be using dmso for the foreseeable future. I am down to taking 1 -15 mg dose meloxicam a week. I'm trying to eliminate it.

My last paint job yesterday caused a rash with welts on my hip area, which surprised me since it's been 15

Expand full comment

LIKED (13) · REPLY (1) · SHARE

Vivien C Buckley Vivien C Buckley Nov 18

Why did MWD suggest 5 days with 2 days off? Just want to know as my husband has been doing it everyday.

LIKE · REPLY (1) · SHARE

Donna Bock Nov 18

"After you've taken it for a few weeks, doing 5-6 times a week rather than 7 makes you less likely to develop a tolerance to it. This is mostly for chronic pain."

See AMD's comment below.

LIKED (4) · REPLY · SHARE

Janet Nov 17 · Liked by A Midwestern Doctor

I used 99.99 % dmso on both of my knees last week. Plus some 99% gel. My knees did itch a bit and the tan on my legs peeled so my skin felt very smooth. (Will that work on my face? 😀) That's the only things I felt or saw. The pains in my knees going up and down stairs disappeared within a few days. 76 yo. I'm a bit creaky sometimes in the knees anyway, but this took care of the extra pain I get sometimes. My next use is for my tinnitus in my left ear. Fascinating stuff.

LIKED (11) · REPLY (4) · SHARE

Laura Keres Nov 18

Can you report back if its helping your tinnitus? I've developed this and other stuff after my Pfizer jab....Thanks!

LIKE (6) · REPLY (2) · SHARE

Janet Nov 18

Yes I will if it works.

LIKE (2) · REPLY (1) · SHARE

Laura Keres Nov 18

Thank you!

LIKE · REPLY · SHARE

Janet 4d

I got it after a long course of doxycycline for a tick bite. No Lyme disease so I'm grateful for that. I can generally live with it. During the day I don't notice it and at light I sleep with a loud fan on so I just treat it like white noise. Lol. I understand there are different sounds though that might be more disruptive. I would like it gone though.

LIKE · REPLY · SHARE

BEFisher525 BEFisher525 Nov 17

Haha YES! I watched my tan scrape off . . . =:-(

Hopefully it will be a welcome trade-off though (Day 4).

LIKE (4) · REPLY (1) · SHARE

Janet Nov 18

Lol . I don't show my knees much anymore but I do get a light tan while primitive camping out west in the summer. Usually it takes weeks for unexplained knee pain to resolve.

LIKE · REPLY · SHARE

Vivien C Buckley Vivien C Buckley Nov 18

Do you know how to try it for tinnitus? I got tinnitus after the one and only pfizer shot (along with other things) but would love to see if anything could limit or rid the constant buzzing.

LIKE (3) · REPLY (3) · SHARE

Vivien C Buckley Vivien C Buckley Nov 18

Something weird is going on in substack. Every time I go to a link on the comments, the link disappears. I wanted to follow Ned's link to how to use DMSO for tinnitus and the whole thing disappeared. Also, full posts get cut off. Is anyone else experiencing this?

LIKE (1) · REPLY (2) · SHARE

Usamnesia 5d

Hold the link down until it pops out of the page and gives you option to open.

LIKE (1) · REPLY (1) · SHARE

Janet 4d

Yes. That's what I do.

LIKE · REPLY · SHARE

Thinking Mama Bear Starbear's Blog Nov 18

Me too.

LIKE · REPLY · SHARE

Janet 4d

Scroll down to my reply to Beve. I'm going to try it after thanksgiving. I need to clean my ear out first with hydrogen peroxide. Ok. Here it is.

I'm cleaning up my ear first with hydrogen peroxide (Google instructions) then making a 20%

...peroxide (Google instructions) then making a 20% solution in saline or distilled water. 1 or 2 drops in the ear twice a day. If ear pain, stop for a day. Then retry. If pain continues stop. This is from the DMSO book Healing with DMSO. . I believe it's somewhere in AMD articles also and I made a screen shot. But haven't gone through my pics yet.

LIKE · REPLY (1) · SHARE

Vivien C Buckley Vivien C Buckley 4d

Janet, I bought the healing with DMSO book based on your recommendation. I haven't had a chance to read it yet but will as soon as I can. Thank you.

LIKE (1) · REPLY (1) · SHARE

Janet 4d

The author has a substack and website plus some interesting products.

LIKE · REPLY · SHARE

Janet Nov 18

I had a technique right above this comment. Scroll up. I got tinnitus from a very long course of doxycycline for a tick bite. It is a side affect.

LIKE · REPLY · SHARE

Bevo Nov 18

Hi, how do you intend to apply DMSO for tinnitus?

LIKE (1) · REPLY (1) · SHARE

Janet Nov 18

I'm cleaning up my ear first with hydrogen peroxide (Google instructions) then making a 20% solution in saline or distilled water. 1 or 2 drops in the ear twice a day. If ear pain, stop for a day. Then retry. If pain continues stop. This is from the DMSO book Healing with DMSO. . I believe it's somewhere in AMD articles also and I made a screen shot. But haven't gone through my pics yet.

LIKE (5) · REPLY · SHARE

Roxanne Nov 17

Liked by A Midwestern Doctor

I have been experimenting since shortly after your first article about DMSO. I first got the (very) rose-scented cream, which I regretted because I don't know the final concentration (and Nature's Gift did not respond to my query). I didn't have any bad reaction, though, and did have some reduction of knee pain. Also, there is no indication of what other ingredients are in the "cream base."

Then I purchased the 70/30 liquid. I diluted a bit to ~20% to use on my face. I used the 70/30 everywhere else I wanted it. I experience the "burn" as an intense itch that resolves after a few minutes and doesn't leave a rash or burn.

The first thing I noticed was that a chronic skin eruption simply disappeared. No long good-byes, no scar. Just gone.

The thing I have noticed most recently is a reduction of fatigue. I used to indulge in a daily nap, then go to bed and sleep another 8-9 hours at night. Now, if I try to nap I just can't be bothered. I sleep my normal sleep at night and awaken refreshed. I do swipe the 70/30 over my thyroid area.

My shoulders are about 75% pain-reduced. My knee ... it's a little weird to describe. There are times of pain, but the overwhelming life reaction is that I just don't think about my knee anymore. I take care in certain circumstances, but the pain/discomfort/instability has taken a back seat to just living my life. I suppose that can be boiled down, if I have to get reductionist, to pain relief.

Last night I got the notion to dab a bit of the ~20% solution inside my ear with a cotton swab. No untoward sensations, no burning, but I did have a quick, mild pain in my neck just below my ear. Eustachian tube, maybe? It lasted for 3-4 seconds, then resolved.

LIKED (11) · REPLY (2) · SHARE

A Midwestern Doctor Nov 17

Author

Wonderful!

LIKED (2) · REPLY · SHARE

Vivien C Buckley Vivien C Buckley Nov 18

WHEN YOU SAY 20% SOLUTION, DO YOU WATER IT DOWN YOURSELF AND IF SO HOW DO YOU KNOW IT'S 20%?

LIKE (1) · REPLY (3) · SHARE

Dave Dave Nov 18 *Edited*

They likely did it themselves. If you have 70/30 then you just need to add 2.5 parts water to it. So if you have 1 tablespoon of the 70/30 in a jar just add 2.5 tablespoons of water and voila. It doesn't need to be ultra precise if you're just using it topically.

LIKE (3) · REPLY · SHARE

Roxanne Nov 18

Vivien, ~20% is "approximately 20%." As Dave said below, I was not super-precise with my measurements. I used a small brown bottle, and the 70/30 is about 1/3 of the total volume. I added boiled RO water to fill the bottle.

LIKE (1) · REPLY · SHARE

Roxanne Nov 18

Vivien, I should also mention that the approximate 20% solution is still a little burn-y/itchy on my face. It goes away, and there is no lasting redness or rash. Just be aware of the possibility of discomfort.

LIKE · REPLY · SHARE

Whatthecathair Nov 17

Liked by A Midwestern Doctor

I am so grateful for you and appreciate you taking the time to share this incredible information with humanity. I have so much hope for the future of our healthcare right now.

LIKE (10) · REPLY · SHARE

Mouzer Nov 17

Liked by A Midwestern Doctor

As I have been reading this series, it infuriates me all the people I cared about and loved, dead now, who might have been helped and suffered needlessly. It infuriates me that some of the issues I have had surgery for, which creates its own set of issues such as reduced mobility, could have been avoided along with chronic pain. I don't want RFK Jr to improve the FDA, I want him to BLOW IT UP and lay their souls to waste.

Thank you. DMSO and this series are a blessing. I am using DMSO to help correct an issue that I previously considered surgery for and, so far, it seems I will not need. I got mine at Biogenic Foods, it came in glass, and is labelled pharmaceutical purity (99.999), 100% strength which I reduced to 70% with pure aloe vera.

LIKE (9) · REPLY (3) · SHARE

Hak Hakanson Nov 18

Liked by A Midwestern Doctor

Paragraph 1: agree. Perhaps it's time to consider prosecuting those more recently involved in the FDA, NIH, etc, hierarchy who have created this mess. That they have received payments from the pharmaceutical industry for pointed decisions that have led to the deaths of millions in the cases of mRNA vaccines suggests that they are corrupt and not immune under executive immunity statutes. Failing that there are avenues of civil damage that could be pursued.

LIKED (7) · REPLY · SHARE

A Midwestern Doctor Nov 17

Author

What issue is that?

LIKE (1) · REPLY · SHARE

Flatulus Maximus Nov 18

I get where you're coming from re: RFK. There are many aspects of the federal government I'd love to see (figuratively, of course!) "blown up." I wouldn't hold my breath. As we know from Trump's first term, there are limits to the extent of disruption when it comes to the Swamp. I'd love to be proven wrong. We may have to settle for reform. I don't really see a path to holding the worst evildoers accountable, given the liability protection in place. Unless I'm completely mistaken, Congress would have to rescind the liability protection it created. Look at the makeup of Congress, even post 2024 election. Is that likely? (One notable exception can be found in a Sasha Latypova post, describing an interesting case of a vaccine-injured person in a clinical trial taking Pfizer to court for breach of contract. It's an innovative strategy to try to get compensation, but not something that's going to open the floodgates.)

LIKED (1) · REPLY · SHARE

Karin Nov 17

Liked by A Midwestern Doctor

Thank you for this info, which I am slowly assimilating! This article was most interesting, as I have unrelenting diverticulitis, progressing to colitis, and nothing has given long-term relief (although short term relief has been given with diet changes, however eventually the bleeding starts again). Because I am so sensitive to many things, I am a little wary of trying DMSO but hoping trialling a couple of drops at a time will begin to give some relief. I also feel that if I can heal the intestinal issues, the other chronic conditions I have will also heal up.

LIKED (9) · REPLY · SHARE

Dave S Nov 17

Liked by A Midwestern Doctor

MWD, thanks again for the informative post on DMSO. I am so eager to begin using DMSO once my order arrives, but I'll ease into it.

LIKED (8) · REPLY (1) · SHARE

Ashley Ashley 3d

Are you using the DMSO STORE? What kind? The kind I bought made me smell like a refinery.

LIKE · REPLY (1) · SHARE

Dave S 3d

Yes, but I am still waiting on my order to arrive. I ordered the 20% so I can use in my eyes.

I ordered 70% from Amazon (US). I don't notice any strong smells, but maybe I'm not using enough since I'm just starting out.

LIKE · REPLY · SHARE

David Kukkee Nov 17

Liked by A Midwestern Doctor

Thanks for doing all of this work AMD, WE WILL PUT IT TO GOOD USE. If I may, I would like to offer to those who (in the comments) mentioned pain in the knees...I have successfully used the herb known as 'Horsetail', two capsules at evening daily, to repair damage and restore use of knees, elbows and shoulders, making them pain free. The herb is quite high in silicic acid, the vitamin form of silica, an essential component of connective tissue. Many people I have mentioned this to have used it to great benefit, without any side effects. I was able to avoid a recommended shoulder surgery by using horsetail, and my wife did the same. I believe that generally our diets are deficient in silicic acid, (not much food is grown in gravelly ground), and this is the root cause for so many knee and hip replacements. I believe these surgeries could be avoided by early and continued occasional supplementation, using this plant in dried form...(drying apparently rids the product of nicotinic acid...which although incidentally may be useful for driving out spike protein or preventing the spike from replicating). Raw horsetail taken in quantity without drying resulted in a personal nicotine overload. So it is safe to use capsules, they are inexpensive, and definitely help with knees, elbows and shoulders, as I have proven by testing on myself, over several years. It typically takes about two weeks for pain to cease, and after stopping the horsetail, pain will return after several months pass, but again, after restarting the horsetail capsules, two weeks and the pain is gone again. (over 20 years of observation, repeated many times). I hope this helps someone. Thanks again AMD, for helping so many.

LIKED (7) · REPLY (4) · SHARE

sue Nov 18

There are silica supplements also. I wonder if it works the same as those or if there's something else in the horsetail.

LIKE (3) · REPLY (2) · SHARE

David Kukkee Nov 18

Hi Sue, I think the very nature of the plant is what makes it so useful. It is as close to food form as possible, with little to no alteration. I suspect there are other phytonutrients in the dried plant that make the silicic acid usable to regenerate/heal tendon/cartilage connections and muscle connection. Synergy, as God designed it, similar to many other combinations, like Vitamin D, zinc and quercetin...they work best together.

LIKE (1) · REPLY · SHARE

Ashley Ashley 3d

Diatomaceous earth!

LIKE · REPLY · SHARE

Laura Keres Nov 18

Can you share the brand you use? My husband would like to try it for his knee pain. Thanks!

LIKE (2) · REPLY (2) · SHARE

Dixie Nov 18

I use Herb Pharm horsetail tincture. Herb Pharm is, in my opinion, a pretty ethical herb company. I've used their herbs for about 20 years.

LIKE (3) · REPLY (1) · SHARE

Ashley Ashley 3d

Thanks! I'm going to try too. I'm bone on bone since early 20s from so much soccer. I'm 53 now.

LIKE · REPLY · SHARE

David Kukkee Nov 18

Lau Kere, the brand I used extensively was Puritans Pride. I hope you can get it for your husband, he will appreciate it. Knee pain is awful when you need to be active. Every one who I know has used it has benefited form it.

LIKE (1) · REPLY · SHARE

Carla 6d

Do you like a certain brand of horsetail?

LIKE (1) · REPLY (1) · SHARE

David Kukkee 6d

Hi Carla, thank you for enquiring...I used Puritan's Pride for the most part, others when necessary, regarding availability. Results were repeatable and very rewarding.

LIKE (1) · REPLY · SHARE

RFC Nov 18

Thanks. Was your shoulder pain arthritis or something else?

LIKE (1) · REPLY (1) · SHARE

David Kukkee Nov 18

Hi RFC...the shoulder was very painful and unusable to a great degree because of the wear and tear of heavy work and physically dangerous work. The joint between the shoulder blade and collar bone (acromion) was just worn out. The doctor wanted to cut off a 1/4" piece and let it fill with scar tissue...I refused, and had an 'epiphany'...went out to the bush and collected some horsetail. About two weeks into the usage, the shoulder was getting better, and was actually eventually noted by a neurosurgeon as "remarkable". I learned however, from the same neurosurgeon's dietician, that raw horsetail also contains nicotinic acid...and I had an overload. So I started buying dried capsules from Puritan's Pride, and used that ever since, with amazing results. Thanks for your question.

LIKE (2) · REPLY · SHARE

Haruhuani Spruce Haruhuani Spruce, M.D. : New... Nov 17 *Edited*

Liked by A Midwestern Doctor

You of course see the connection between mechanism of action of DMSO and the emerging metbolic theory of cancer. I hope that you and Drs. Marik and Kory are communicating about this.

BTW DMSO is helping my arthritis A LOT! Thank you so much. I am rubbing some on my knees and lateral hips and taking 1 tsp orally every day.

LIKE (7) · REPLY (2) · SHARE

sadie Nov 18

Dmso works like keto diet? Expound a little on that?

LIKE (1) · REPLY (1) · SHARE

Dave Dave Nov 18

The keto diet, under one theory, is useful because damaged mitochondria can still use ketosis while they have problems with sugar metabolism. Damaged mitochondria are sometimes cancerous mitochondria.

If DMSO prevents or otherwise unwinds the damage then the mitochondria can repair normal functioning and thus not become cancerous. Even more to the Cell Danger Response if DMSO can enable cell communication and exchange through torpor by its remarkable ability to get through the cell walls it would help pull those cells out of torpor and resume normal functioning.

LIKED (3) · REPLY · SHARE

Fain Zimmerman Nov 17

What percent of the DMSO do you apply to knees and take orally?

LIKE · REPLY (1) · SHARE

Haruhuani Spruce Haruhuani Spruce, M.D. : New... Nov 17

I use the 99-point- something-or other percent, from the DMSO Store, throwing caution to the winds. Works for me. AMWD cautions, however, that one might wisely start with a lower concentration. Rather than buying several products at varying concentrations, one could add a little water to the oral dose, at least, to test the waters, then work up as tolerated. Good luck!

LIKE (4) · REPLY (2) · SHARE

Ashley Ashley 3d

And you don't smell any odor that's offensive? I used some in the past and I worked at the corporate office for an oil company. One day an employee walked in and asked me why it smelled like a refinery in my office and I was mortified. I knew it was the DMSO.

LIKE · REPLY · SHARE

Fain Zimmerman Nov 20

That's what I have as well but I haven't been brave enough to use it full strength,

LIKE · REPLY · SHARE

Flatulus Maximus Nov 17

Liked by A Midwestern Doctor

It's interesting how everyone's tolerance can be so different. I use 99.995% topically with almost no irritation (except the sensitive skin behind my ears can tingle noticeably). But I can only handle 2-3 drops in water. I really don't have a specific need to take it orally as far as I know, but I was curious. It didn't make me sick, but was what I'd call unpleasant. Also, my wife started wrinkling her nose around me, and we can't have that! I have so many potential uses for it topically that I joke that I should buy a 55 gallon drum and just bathe in it. (I did read the anecdote about the woman who bathed in DMSO and municipal water and had to be hospitalized because of all the pollutants in her water. We filter ours, but I'm not really tempted.) One thing I don't understand is how it can possibly be toxic if nebulized. 50ml for 8 hours in a rabbit, maybe? But 4-5 drops in 8 oz. of distilled water, consumed over 3-4 nights?

LIKED (7) · REPLY (1) · SHARE

Ashley Ashley 3d

What brand are you using? Is it odor free?

LIKE · REPLY (1) · SHARE

Flatulus Maximus 3d

I've been buying mine on Amazon from The DMSO Store**. It is relatively odor free when used topically. I tried taking it orally, and my wife told me I smelled like I was using eau de garlic cologne (mostly my breath, I think). I went back to just using it topically. I'm told that the garlic effect lessens as your body detoxifies, but I cannot attest to that. The more pure the product, the less odor. (**One of AMD's trusted sources.)

LIKE (1) · REPLY (1) · SHARE

Ashley Ashley 3d

Thank you. I better not take this internally. I wonder how it avoids causing the same issue topically? It gets into your bloodstream.

I am still looking for a truly pure DMSO I guess that really is odorless. I stunk so badly when taking internally and I couldn't smell myself. I worked at the corporate office in Oil and Gas and a co-worker walked in one day and said WHY DOES IT SMELL LIKE THE REFINERY IN HERE??? I was mortified.

LIKE · REPLY (1) · SHARE

Flatulus Maximus 3d

Goodness! It sounds like maybe you began with too high an oral dose? It's hard to say without knowing what condition you were treating, and how much you took. AMD recommends starting with a small dose and gradually working your way up if you had an unpleasant initial result. The 99.998% stuff is about as pure as you'll find. (It is odd, but I get no negative remarks about smell when I use it topically, and I'm using it on several problem areas 2-3 times per day.)

LIKE · REPLY · SHARE

Don Midwest Nov 18 *Edited*

Liked by A Midwestern Doctor

My comment is about disease complexity and the kind of back-and-forth process involving patient, doctor, actions, and adjustments, during a treatment path. Is there even enough time allocated in Mainstream Medicine? A recent flccc.net weekly update featured direct payment primary care doctors who do not take insurance. A patient left this care, went to regular care covered by insurance, had a doctor's visit which had a 6-minute limit and at the 6 minute mark there was a reminder knock on the door. The patient returned to the direct payment practice.

The series of posts by AMD and comments in this very substack describe people and professionals grappling with complex conditions. These include people doing systematic trials of dosage, timing, trying to figure out other complications, etc. In Main Stream Health Care, with 6 minute limits, It would be impossible to treat a complex condition. . I heard about a local woman who needed a longer visit so she was able to schedule two 15 minutes back-to-back to get a half hour visit but even that is not as extensive as the personal actions and education reported in comments here.

In summary, there is more dialogue about complex issues than can be obtained from mainstream medicine which is the main reason that you are here. And with the many complex adverse events from the mRNA vaccines, for example a cancer that shows up first time in stage 4 which is not responsive to current guidelines, there is a need for a dramatic leap in the US's medical system to understand and treat complex conditions. And for sure, it is not just the system, to deal with complex problems, the patient has to be deeply engaged with their own health which is seen in the comments in this substack. Health is a participating activity. Oh, that dreaded challenge of lifestyle change.

Before I provide a link below, I remember a few days ago being blown away by a comment by Naomi Wolf. I have never followed medical information. But starting with the "pandemic" I have been following it about 2-3 hours per day. I shouldn't have been blown away. Naomi said, "if the press had done its job, the

Expand full comment

LIKED (6) · REPLY (2) · SHARE

Janet 6d

I use a functional medicine doc. It's expensive but she got me through the pandemic. I did not vax. This was 2021. She said I knew more about the mRNA vax than she did. When I saw the book by Ed Dowd "Cause Unknown" on her desk, I felt safe. I enjoyed Jessica's interview on the Dark Horse podcast too.

LIKE (2) · REPLY (2) · SHARE

Don Midwest 6d

So glad to hear that you didn't get the vax. Suggest you check out flccc.net for their weekly update videos and their many publications including Dr. Marik's book on cancer care. List of supplements. And in early material a suggested diet and lifestyle material which is a good short introduction. Yes Dowd, Jessica, etc. are excellent sources.

LIKED (2) · REPLY · SHARE

Ashley Ashley 3d

That's awesome. We are about to move to Georgia and I'm about to try and find a functional doctor. I have major autoimmune conditions and degenerative issues.

LIKE (1) · REPLY (1) · SHARE

Don Midwest 3d *Edited*

so many things to say, so little space....

flccc.net has a weekly series. Here is a link to recent shows. The session "How to start a private medical practice" has some interesting information from the doctors point of view of client pay personal/functional medicine.

https://covid19criticalcare.com/category/weekly-webinars/

Joseph Mercola has tons and tons of good information. His new book has been available as an e-book and printed version out in Dec. His theme is mitochondria health leads to body health. Something as simple as taking temperature 3x day and working to get it up. "Your Guide to Cellular Health"

There are online providers of functional medicine. Pierre Kory does it. Also worth looking up Dr Syed Haider on twitter and at, I think it is, https://mygotodoc.com/

He has an offer of a free 15 minute consultation.

LIKE (1) REPLY (2) SHARE

Ashley Ashley 3d

PS I have followed Mercola for years. :-)

LIKE REPLY SHARE

Ashley Ashley 3d

Oh wow! Thank you so much Don! I am going to check all of these out. I sure appreciate it!!!! Thank you thank you thank you!

LIKE REPLY SHARE

sue Nov 18 Edited

I have done Direct Primary care for about 8 years and could never go back. Not only do I get great care from that doctor, who calls/emails/texts me any time I want, and sees me same day when being in person would be useful, the care I get from specialists is extremely better than it was before. When he does a referral I am no longer a 6 minute person. I am an hour person.

LIKE (2) REPLY (2) SHARE

swimmingupstream Nov 19

Same! I've gone to a Direct Care clinic for the past 10 years and I believe it was one of the earliest ones established in Washington State. Worth every penny. I'm on Medicare and still have a Medigap supplement in case of visits with specialists, but most things can be handled in the Direct Care clinic. Plus I get most of my prescription meds there at a fraction of a regular pharmacy cost, with no 20 minute wait. So nice to have half hour or hour visits with the same docs I've seen for the past 10 years. $75 a month.

LIKE (1) REPLY SHARE

Mary Nov 18

Thank you for talking about Direct Primary Care. I had not heard that term before. I am about to work on Health Insurance for my husband and I and we've had several years of poor results with our insurance. I feel like I need to get insurance because my husband and I do not have Medicare part B and hubs is not yet red-pilled, so he wan s to go see his regular doc as he always has. And he is on my insurance from having worked for the federal government. It's frustrating. May I ask how you found a doc to work with?

LIKE (1) REPLY (1) SHARE

Don Midwest Nov 20

There are some on the flccc.net site. I have not done this option. My new, young primary care physician listens and provides good treatment. What a change!

LIKE REPLY SHARE

Chris Nov 17

Liked by A Midwestern Doctor

Thank you for everything you do.

LIKED (6) REPLY SHARE

DANIEL OBRIEN Nov 17

Liked by A Midwestern Doctor

I've had periodic seborrheic dermatitis flare-ups on my face for years, treated sparingly with a steroid cream. I decided to experiment by applying DMSO/aloe gel on one side of my face prophylactically and nothing on the other. When the flare arrived, it was bright red and flaky on the untreated side but barely apparent on the DMSO side, so I consider that a success!

LIKE (5) REPLY (1) SHARE

Laura Laura's Newsletter 6d

I also have that and I've been putting 50% on my scalp and nose where I get them and it helps a lot. I am also thinking that taking it orally is helpful for the skin.

LIKE REPLY SHARE

Margo Nov 17

Liked by A Midwestern Doctor

In 2020 I started using DMSO topically for my RA. I believe I possibly stopped because I didn't notice any difference or just got lazy. I have now started again after subscribing to your substack. I started this past week taking it orally as well as topically. In reading, you suggest taking a break for 1 or 2 days, is this correct? I have also started reading DMSO Nature's Healer by Dr Morton Walker. I am hoping the DMSO is what I am missing. I have had RA for 17 years. I have gone down a lot of rabbit holes but have never found remission. I refuse any of the allopathic drugs! I would like to try UVBI but that's an expense, which I wouldn't mind, if I knew it would actually work. I have my fingers crossed for DMSO!

LIKE (5) REPLY (1) SHARE

A Midwestern Doctor Nov 17

Author

After you've taken it for a few weeks, doing 5-6 times a week rather than 7 makes you less likely to develop a tolerance to it. This is mostly for chronic pain.

LIKE (9) REPLY SHARE

Chris Vezey Nov 18

Liked by A Midwestern Doctor

A few months ago my index finger on my right hand started to lock into a claw position at night. Some minutes after I got up in the morning the locked-ness would reduce until it was quickly back normal. I spoke to Claude (AI) about my symptoms and it suggested it was likely trigger finger - the symptoms matched. Long story short - it's caused by an inflamed/ enlarged tendon. So I've been putting 90% DMSO gel on it for a couple of weeks at night. It's been gradually improving and now it doesn't lock at all at night! (I test it during my night-time pee outings) My friend said a family member of his had to have surgery to correct it!

LIKED (4) REPLY (1) SHARE

Janet 6d

Yes, my neighbor had that surgery. She is one who mows her very large lawn every day and picks up single leaves that fall so her lawn doesn't have leaves on it. You can imagine the anxiety she suffers in the fall. Major OCD. Our 2 oak trees are hellish leaf monsters for her. Pushing a lawnmower every day seems could cause some physical damage. Poor thing.

LIKE REPLY SHARE

karen h Nov 17

Liked by A Midwestern Doctor

Thank you so much for all this great info! I've been using dmso on my ankle which had been swollen since an evulsion fracture last April. I'm just 2 weeks it's completely back to normal & all pain gone! I'm also using it on my very bent right hand (RA) with some promising Benefit already. I have a question about application of the 70% liquid. I know you said it reacts poorly to plastic. If I were to use a plastic sprayer to apply it & then rinse the sprayer well would that be ok? Thank you!!

LIKED (3) REPLY (1) SHARE

Holly Champaign Nov 18

Rinsing doesn't solve the problem, as depending upon the type of plastic it could become part of the DMSO solution.

"Reactivity with certain plastics: DMSO is reactive with some plastics, such as PVC (polyvinyl chloride), DEHP (di(2-ethylhexyl) phthalate), and TOTM (tri-n-octyl trimellitate), which are commonly used in medical devices and containers. This reactivity can lead to leaching of chemicals from the plastic into the DMSO, potentially affecting its quality and safety."

LIKED (2) REPLY SHARE

MarvinBoggs Nov 17

Liked by A Midwestern Doctor

How can I pre-order the book?

LIKED (3) REPLY (1) SHARE

A Midwestern Doctor Nov 17

Author

That will be a while.

LIKE (4) REPLY (1) SHARE

MarvinBoggs Nov 17

Liked by A Midwestern Doctor

Then put me first on the list.

LIKE (4) REPLY SHARE

Selma Terzioglu Nov 18

Liked by A Midwestern Doctor

Can not thank you enough for your fascinating research and the potential of help offered so generously, then followed with feedback to comments..... I can not thank you enough!

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Nov 18

Author

I try!

LIKE (2) REPLY SHARE

usNthem Nov 17

MWD, I've skimmed a couple of the other DMSO articles and will read them more thoroughly in the next couple of days, however I do have a question. This past summer I was bitten by a rattlesnake on one of my fingers. While the wound has healed, there is still some numbness in the area of the bite and the finger is still pretty stiff (as are the others, just not as bad). From what I've read thus far, this stuff sounds like it'd be perfect to try - as in what do I have to lose? If it doesn't get any better than it is currently, it won't be a disaster, but I'm hopeful the DMSO will provide additional improvement. Any thoughts?

Btw, I'm a new subscriber but have read some of your articles on Lew Rockwell. Thanks.

LIKED (6) REPLY (2) SHARE

A Midwestern Doctor Nov 17

Author

It could be very helpful there!

LIKED (5) REPLY SHARE

Dave S Nov 17

I heard recently that Lew Rockwell was in rough shape physically, but fortunately his mind is still sharp as a tack.

LIKED (1) REPLY SHARE

BEFisher525 BEFisher525 Nov 17

Liked by A Midwestern Doctor

YESS! PRECISELY what I was wondering and looking for. Thank you thank you.

LIKED (2) REPLY SHARE

Réka Rika Nov 19

Liked by A Midwestern Doctor

Thank you for all your research,

LIKE (1) REPLY SHARE

VictorDianne Watson VictorDianne Watson Nov 18

Dear AMD,

Thank you so much for this series. It has totally helped me with neuropathy, as you know since I wrote to you. There are still some questions about administering DMSO (old nurses must have details😊). I'm using DMSO 70% (Natures Gift) that you recommended topically. Is this what is used orally as well for other conditions? Also, I have what has been diagnosed as dry eye. I wonder if DMSO could help with this since my genteal eye drops don't seem to be helping. If so, do I buy special DMSO eye drops or use what I have in the bottle? I was taught that only sterile solutions should be used for eyes. I looked on the DMSOstore site and they do sell it in the form of eye drops. Should I buy that?

Additionally, I am encouraged, also, now that Trump is elected and RFK has been tapped to become the secretary of HHS. I think the COVID debacle made us aware that something was wrong with our public health policies. However, your timely Substack, I believe, awaken the world to what the pharmaceutical industry has been doing to our country. It opened many eyes in the areas of the use of medications of no real value and the hidden therapies that could actually work to treat or cure disease. You must have intuited that the time was right to do this, and I commend you for your foresight. I'm delighted to hear you say you are committed to continuing to help turn this country around (and, therefore, the world). You have begun the process. I know RFK can use your expert help.

LIKED (5) REPLY SHARE

Augusto F. Menezes Nov 18

Liked by A Midwestern Doctor

Thank you, Doc!!! About to dilute some and try it out. Brave and amazing work! 🙏

LIKE (1) REPLY SHARE

JW Writes JW Writes Nov 18

Liked by A Midwestern Doctor

I have so enjoyed this series, and just last night forwarded 2 of the articles to my daughter's mother in law for some issues she's having. I am 100% for alternative treatments (and very excited for RFKjr!). Thank you!

LIKE (1) REPLY SHARE

Randy Nov 17

Perhaps we should redefine "death" as "acute DMSO deficiency syndrome." :-)

LIKED (5) REPLY (1) SHARE

A Midwestern Doctor Nov 17

Author

;)

LIKED (1) REPLY SHARE

Kay Beazley Kay Beazley Nov 17

Liked by A Midwestern Doctor

Thank you so much!

LIKE (1) REPLY SHARE

Paul R Nov 17 Edited

I am so grateful for this entire series. I had uncles who swore by DMSO years ago. As I have some autoimmune and systemic weirdness, I decided to give it a try. I've started with 50% solution topically with good tolerance, and tried my first oral dose this morning of 2 cc 50% DMSO. Tasty (Not!)

My question has to do with blending DMSO with herbal tinctures and or juice, rather than in water. Any thoughts would be appreciated.

Aloha

LIKED (5) REPLY (1) SHARE

A Midwestern Doctor Nov 17

Author

It's fine with juice or milk. I am not sure about tinctures.

LIKE (1) REPLY (1) SHARE

Paul R Nov 17

Thanks. Juice will make it better.

LIKE REPLY SHARE

NotsofastMiniBus! NotsofastMiniBus!'s Substack Nov 17

I was so excited to try this product. I stupidly slathered DMSO onto my entire lower/mid back without letting it dry and then wiping the residue off. I developed a very itchy rash that has now persisted for about 8 days. Aloe relieves it a bit but then it returns. Any suggestions?

LIKED (5) REPLY (4) SHARE

A Midwestern Doctor Nov 17

Author

Use a lower concentration

LIKED (5) REPLY (1) SHARE

NotsofastMiniBus! NotsofastMiniBus!'s Substack Nov 17

Dr., do I need to let the rash heal completely before using DMSO again? I now have the 70% but wonder if the rash will just get worse. Lesson learned...read directions very very carefully.

LIKE (1) REPLY SHARE

Ned B. MEEMINGFUL Nov 17

I also "slather" DMSO (100% undiluted) on my low back, but I built up to that level slowly, over a month. I'm super careful to make sure the skin is very clean, no massage oils or soap residue, etc. That's crucial. Also, I make sure my hands (I slather barehanded) are very clean. Lastly, there's a possibility that when you wiped off the residue, the cloth may have had some chemical or residue that the DMSO dissolved into your skin, causing the rash. These are just my observations.

LIKED (6) REPLY (1) SHARE

NotsofastMiniBus! NotsofastMiniBus!'s Substack Nov 17

Thank you Ned. Guess I was too eager. Now I'm scared to use it again. If you can't use soap, how exactly do you clean your skin off your back and hands. Alcohol on a white terry cloth, plain water? Any idea how to cure the constant itch.

LIKED (3) REPLY (3) SHARE

Roxanne Nov 17

I wouldn't use rubbing alcohol. Maybe a clean washcloth (don't use fabric softener) and water.

LIKED (3) REPLY SHARE

Ned B. MEEMINGFUL Nov 17

I use soap but rinse thoroughly. Plain water on a cotton towel/cloth. I'm not sure about alcohol; I believe DMSO would carry that into your bloodstream.

LIKE (3) REPLY SHARE

lissu Nov 17

Get some pure unscented castile soap - no artificial additives.

LIKED (2) REPLY SHARE

BEFisher525 BEFisher525 Nov 17

Me three - first (against all recommendations) I used the 99.999%. Mistake. So I diluted with r/o water to ~70/8-%. I use dropper bottles for ease. After a few minutes it BURNS like needles, but hasn't gotten any worse and sometimes isn't as intense. Seems to be more intense on upper body vs/ legs. Does it do the same on legs, eg? IDK but it also may matter if you are rubbing in or "painting" (I've been rubbing in).

LIKE (1) REPLY (1) SHARE

Paul R Nov 17 Edited

At the recommendation of my wife, a long term integrative physician, I've started with about 2 to 3 cc of 50% DMSO for a week, and have then increased my topical application and have just started low dosing it orally.

I've had no untoward effects, and have noticed my arthritis pain in my hands and knees is less.

LIKED (10) REPLY SHARE

Flatulus Maximus Nov 18

We mostly wash with a coconut oil-based soap (Kirk's) that doesn't have a lot of other substances in it. When I'm anticipating applying DMSO I just do a thorough rinse of my hands with warm water, and dry on a cotton towel. I haven't noticed any unpleasant effects, so I don't think you need to tie yourself in knots. It has made me mindful of what might be on my skin that I don't want in my blood!

LIKE REPLY SHARE

BEFisher525 BEFisher525 Nov 17

PS QUESTION: is there any reason *not* to hasten the drying of topical use with blown air (eg hair dryer)?

LIKED (4) REPLY (1) SHARE

A Midwestern Doctor Nov 17

Author

Less will absorb into the skin.

LIKED (6) REPLY SHARE

Jacques Uze Nov 17

Midwestern Doctor, how would you use DMSO to treat chronic tinnitus?

LIKED (4) REPLY (2) SHARE

A Midwestern Doctor Nov 17

Author

See Ned's reply.

LIKE (3) REPLY (1) SHARE

Jacques Uze Nov 17

Thank you!

LIKE (2) REPLY SHARE

Ned B. MEEMINGFUL Nov 17

Liked by A Midwestern Doctor

MWD covered tinnitus in this article: https://www.midwesterndoctor.com/p/how-dmso-cures-eye-ear-nose-throat

LIKE (6) REPLY (1) SHARE

Jacques Uze Nov 17

Thank you!

LIKE (1) REPLY SHARE

Alex Audette Verbotenly unsanctioned Nov 19

When I was still practicing integrative TCM (Traditional Chinese Medicine), Yunnanbaiyao was always on the shelf as was DMSO. For sprains and contusions and other traumatic injuries it was very effective (especially when mixed with DMSO). For internal conditions such as ulcerative colitis, it worked well also. The only caution I would pass on is that it must not be used during pregnancy (or if one suspects that they are pregnant) as it can induce miscarriage. Also, Yunnanbaiyao is very useful for stopping bleeding from cuts and other traumatic injuries. In the old literature (Chinese classic literature) it is recommended for halberd and spear wounds. While we don't tend to see those in present day society, knife and gun shot wounds would be the modern equivalent. One other great topical only preparation that works well in combination with DMSO (generally 50/50 mix) is Zhen Gu Shui (bone correcting water). Great for healing fractures. Keep up the great articles.

LIKE (3) REPLY (1) SHARE

A Midwestern Doctor Nov 19

Author

It also won the Vietnam war

LIKE (2) REPLY (1) SHARE

Alex Audette Verbotenly unsanctioned Nov 19

Liked by A Midwestern Doctor

That is correct. The Chinese government at that time was supplying the North Vietnamese army with yunnanbaiyao as first aid for battle wounds. Many American soldiers noticed that many Vietnamese troops had this remedy on them when captured. Although it's significance was not understood by American forces.

LIKE (4) REPLY SHARE

Annie Mc Annie Mc Nov 17

I am not sure how to use dmso for kidney stones. My adult son seems to get them regularly. I know his zeta potential is at fault and im trying to get help here to come up with a do it yourself zeta drink(I have asked a few times) but in the meantime, will dmso , applied over the kidneys, help to reduce stones? So far your articles on zeta potential and dmso have changed my life. I truly can't thank you enough.

LIKE (3) REPLY (4) SHARE

A Midwestern Doctor Nov 17

Author

All of the data for this used oral or IV DMSO. If it's put over. the kidneys it would reduce the pain but I'm not sure if it would help dissolve them.

LIKE (2) REPLY (1) SHARE

Annie Mc Annie Mc Nov 17

So oral would dissolve the stones is what I take from that. I had only seen data on IV. I must have missed the oral use data for kidney stones. Thank you!

LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 19

Author

IV would be more effective but harder to get access to.

LIKE REPLY SHARE

Paul R Nov 17

I've had tremendous success using Chanca Piedra for kidney stones, especially oxalate ones. I'm fortunate as it's an endemic weed in my garden, but is available on line I add the raw Herb to my tea concoction every morning.

LIKE (2) REPLY (1) SHARE

Vivian C Buckley Vivian C Buckley Nov 18

Thankyou, I've been sending my son stone breaker (chanca piedra tincture) regularly. I was thinking it would be good to go the heart of the matter as it sounds like it could be mostly a zeta potential issue and if he could be corrected, maybe less stones overall. Thank you again!

LIKE (1) REPLY SHARE

Vivian C Buckley Vivian C Buckley Nov 18

I wonder if he started getting them after the mRNA shots like my adult daughter did?

LIKE (1) REPLY SHARE

Annie Mo Nov 19

Fortunately my son didn't get the shots but he has a vaccine injury from babyhood nonetheless. These mRNA are particularly nasty but thankfully we have so many tools to heal. I hope your daughter recovers fully. It sounds like zeta potential improvement could be a game changer for both of our kids.

LIKE (1) REPLY SHARE

CDS Nov 12

You know a homemade zeta drink recipe is included in one of the earlier DMSO articles in this series!

LIKE (1) REPLY SHARE

A Midwestern Doctor ✓ 2d

Author

It's in the restoring zeta potential article

LIKE (1) REPLY SHARE

Annie Mo Annie Mo Nov 17

I'll have to go and look again. Thank you for that! I was looking in the zeta potential articles and overlooked the drink one. 🤦‍♀️

LIKE (1) REPLY SHARE

Kingpi Nov 17 Edited

I've been wondering about this topic exactly. In particular, the use of DMSO for treatment of hepatomegaly. My bloodwork says my liver enzymes are just fine, but my liver is trying to burst through my ribcage. As the past 11 months, it fucken hurts all the time but gets better occasionally. Not treatment options from the MD, just bed rest, ice pack, and drink tea. I use DMSO for other things already, so I have been wondering if it could improve my situation.

EDIT: I am taking TQG herbs, milk thistle, and even various hepatoprotective remedies. I don't put any stock in what my MD says TBH. But here, she's got nothing (much to my anxiety. Have a nice day!

And I'm seeing an integrative/functional naturopath (NC) this coming Wednesday in Annapolis. We'll see what she has says. I don't have my hopes up.

LIKE (1) REPLY SHARE

A Midwestern Doctor ✓ Nov 17

Author

It's probably some type of blood congestion in the liver.

LIKE (1) REPLY SHARE

Kingpi Nov 17

Can DMSO treat that sort of thing?

LIKE (1) REPLY SHARE

A Midwestern Doctor ✓ Nov 19

Author

Often yes

LIKE (1) REPLY SHARE

Kingpi Nov 19

Well that's encouraging! I'll tell you, I'm pretty sure that, if this doesn't get better in the very near future, that the number of my remaining days is going to be very short. I'm betting that the method of delivery, the amount, and the frequency are key and well beyond my knowledge.

However, I will be seeing Dr. Skye Stewart this afternoon. Who, if you know any integrative/functional medicine doctors in the state of Maryland, you probably know! I mean, there's a very small number of them and she happens to be the sitting president on the board of the IFM.

So, hopefully she knows something about DMSO for this application. I will find out soon enough.

LIKE (1) REPLY SHARE

Kim Nov 17

I would also consider liver flukes. And if you read Morbi (liver flushing), many of us supposedly have cholesterol stones in the bile ducts, inside the liver (they do not show on imaging usually). Doing liver flushes has definitely helped my liver, and it does not hurt as much and frequently anymore. With one fluke, I had 3cm stones come out.

LIKE (1) REPLY SHARE

Shannon Bradshaw Shannon Bradshaw 1d

I have liver pain in my rib cage, how do you do a liver flush?

LIKE REPLY SHARE

Usamoeba 1d

I found this.

https://www.embassyofsalt.ch/liver-cont/the-amazing-liver-and-gallbladder-flush/

LIKE (1) REPLY SHARE

DrJeff Nov 20

"Start a strong dose and agree not to hold it against me or DMSO if you don't tolerate it."

lol, I needed that.

LIKE (1) REPLY SHARE

Fred Nov 18 Edited

With 99% p in the supernatant, "everything" might happen, who knows, perhaps even MRD might go public!

LIKE (2) REPLY SHARE

Janet Nov 17

I think hazline should stay anonymous. Out in open creates paper and digital trails and it will be some time before we are out of the woods. AMD is doing more good this way. Just my 2 cents, Fred. 🤷‍♀️ Wish AMD was my doctor.

LIKE (2) REPLY SHARE

Vivian C Buckley Vivian C Buckley Nov 18

Because of all of your informative usage of DMSO, I bought a bottle of DMSO 99.9% from amazon. My husband had been suffering from arthritis around the knuckles of his right hand. He swabbed it straight with a cotton ball over his knuckles one evening. The next morning he comes to me with tears in his eyes and said the majority of the pain has subsided. He was over the moon. He has continued to apply it 3 times a day. He decided to try it on his knees and it does not hurt as much anymore (he used to be addicted nurse).

After the covid shot among other injuries, I have bad tinnitus. I would love to try it for tinnitus but haven't a clue how to. I wonder about my ears that have been affected for covid shot injuries because the injuries are at a deep molecular level. How can anything including DMSO help?

LIKE (1) REPLY SHARE

Janet Nov 18 Edited

Hi Vivian C, glad to have you here. I have 2 DMSO solution. Clean ear first with hydrogen peroxide drops. Gleach (heat method) then drop 1 or 2 drops into the ear with glass dropper lying on your side. If you have pain, go to one drop next. If you still have pain stop for awhile. Maybe lower dilution. I'm going to try it now. It didn't say how often you should do it. I would myself try it once a day until improvement but then twice a day if not.

LIKE (1) REPLY SHARE

Fred Nov 18

https://www.medicineinstinct.com/how-dmso-cures-eye-ear-nose-throat

There are a few paragraphs about tinnitus in this article.

LIKE REPLY SHARE

Bet Rob Nov 17

I have a couple of questions about conditions I'm dealing with.

In late July 2022, I developed chronic diarrhea that didn't go away after a few days. I hadn't changed my diet, and can't think of anything that could have set it off. I began taking fiber capsules and bismuth subsalicylate daily, which helped reduce down some.

I went to my DP after a couple of months. He was positive it was giardia, and prescribed metronidazole empirically, prescribed for a short time. He told me if it wasn't giardia, it was probably IBS. IBD, or Crohn's (in spite of my having none of the characteristic symptoms), and he could refer me to a GI doctor for colonoscopy and other testing. Instead, after a few more months, I switched to taking a minimal amount of CFZ (ivermectin (3-2 mg daily, total 10 mg/week), and reduced the extra fiber to a minimum. This has worked well, suggested something like microscopic colitis, but I don't want to go have a bunch of invasive testing done.

Ok, question: Is this something DMSO could help with? Would I need to take it orally?

About 5 or 6 months after the diarrhea began, I started having extreme ongoing itching of the external genitalia (I'm a married, monogamous, post-menopausal female). Definitely not a vaginal infection, I had one of those in my 30s. The research I did turned up lichen sclerosus as a possibility, and mentioned cobalamin/ B12 deficiency as the only clinical cream that would be strong enough to stop the itching. I had some on-hand from a case of poison ivy. Twice daily use stopped the itching, and I've been tapering the steroid slowly - down to twice a week now. Since I've heard about DMSO in this Substack, I've been using the 25% Jacobsville gel down there on the days I don't use the steroid, in hopes of getting off the steroid completely or even curing the problem.

Question 2, there is this an appropriate use of DMSO?

LIKE (1) REPLY SHARE

Expand conversation

A Midwestern Doctor Nov 17

Author

1) DMSO might help, but no way to know ahead of time. That does sound like a case where you want to work with a functional medicine doctor.

2) I will cover skin issues later in the series, but there's no irritation for you, what you are doing should be fine.

3) A possibility exists that it will cause excessive anticoagulation, but we haven't seen it in practice, so I couldn't tell you anything besides if you do it, monitor his coagulation and see if any issues arise.

LIKE (1) REPLY SHARE

Bet Rob Nov 17

3) He has his INR checked regularly.

Thank you!

LIKE (1) REPLY SHARE

Kerry Nov 17

Your symptoms sound similar to some digestive symptoms I had. I went to a functional MD, tests indicated candida or fungal overgrowth. I recommend getting tested. Good luck to you

LIKE (1) REPLY SHARE

Bet Rob Nov 17

I have thought about going to a functional medicine doctor, but I don't know where to find one.

LIKE (1) REPLY SHARE

Weaver Nov 17 Edited

https://drsea.com/healthy-50-functional-integrative-medical-doctors/

There are many other lists online.

LIKE (1) REPLY SHARE

Janet Nov 18

They are helpful but expensive. I considered myself worth it. My gut issue has started between visits when I went off low carb keto. Very slowly, but gut problems started. I'm working on it myself through tyme.

LIKE REPLY SHARE

Kerry Nov 18

I had trouble finding one nearby, until I talked to the office ladies at my chiropractor. They recommended one, who is where I saw now. It is expensive, but my quality of life was so poor, it was worth every penny. I'm not completely healed, but I believe I'm heading in that direction.

LIKE (1) REPLY SHARE

Bet Rob Nov 18

I see a chiropractor once a month for general maintenance. I'll ask them next visit.

LIKE (1) REPLY SHARE

Weaver Nov 17

This might help, and it certainly won't hurt. Whenever I have issues, I take it and keep it on hand. I had terrible diarrhea that lasted nearly 3 days after I caught covid. After I started using this, I didn't seemed to help.

https://www.thepaleolion.com/search/#/q/charcoal%22&refinAndOr=cosw&1616031ZLsort=relevance

https://www.thepaleolion.com/search/#/q/%22charcoal%22&refinAndOr=cosw&1616031ZLsort=relevance

LIKE (1) REPLY SHARE

Bet Rob Nov 18

I did try several different probiotic blends the first 3 or 4 months, but none of them seemed to help much. I'll take a look at this, though.

LIKE (1) REPLY SHARE

Janet Nov 18

Inuk a spore biotic which works on the bacteriles but does not colonize. Probiotics can remain and are feeds on endotoxin making it worse sometimes. Sporebiotics work on microbiotics and leave the system. "Conditioits Sensitive" by Researched Nutriinuals. It helped me. The problem with probiotics is they can feed on endotoxin in the gut too. causing problems. I don't take them anymore. Even a neutral cortage cheese with 3 ingredients and 2 strains of probiotics caused problems for me.

LIKE (1) REPLY SHARE

Kathy Castrogio 1d

Hi Janet, I heard about Conditioits Sensitive from Jay Feldman. Can you describe how they helped you? I have gut infections from now many antibiotics and no HCL. I also have fungus issues. My main symptom right now is being way too low weight (97 lbs and I should be 115). I wonder if that will help

LIKE REPLY SHARE

Janet 4d

I'm in Jays program right now. After about 5 months eating bioenergies, I had lots of gas and very disruptive digestion and elimination. Neither full on constipation or diarrhea but definitely not normal. I was getting off of very low carb and under eating for decades, but I believe (another) I picked up something during bad Christmas travel. I have not seen a conventional doc about this. I avoid them like the plague. My problem was the large intestine. Endotoxin and just on weight, nothing else. Jay's program is the only one I've found that helps me. I live in rural Wyoming by a month this summer and it intensified. I tried the conditioins then off and on but got serious and finished the bottle. I have little gas and elimination seems almost normal now. It took a while and might need more rounds of it but I did make a difference. I have only had 1 round of antibiotics in 12 years so it hasn't been that. I am eating some things now that seem to frustrate me like some yogurt and cottage cheese. I don't drink straight milk. I hope you find some relief. I don't learned my lesson on low carb, ketos and IF. Nope. I'm done. No problems either. The kind you buy and use, anyway. Waste of money.

LIKE (1) REPLY EDIT DELETE

Kathy Castrogio 1d

Janet, Good to hear your story and how you seem to be improving with the Bioenergies diet. Where in Wyoming did you boondock? Wyoming is my favorite state - a close friend lives in Star Valley - I spend a good deal of time there. I'm so sorry you have been through so much with your health. I'm impressed by my 50-2 decades of life. I never did binge, I gave up gluten, corn, soy, eggs and all dairy but the A2, unpasteurized etc - going those things up made a HUGE difference for me! I got up superb back for the first time in over 20 years! I plan to try the Conditioits sensitive.

LIKE (1) REPLY EDIT DELETE

Janet 4d

We camped this year beginning near Larsmie then the northwest to the Atlantic City gold rush towns, up to Buffalo to between Cody and Buffalo and then to Casper back down to Laramie and home to Illinois on 80. It's my favorite state out that way. Don't go for the big national parks camping or big family parks. We ended up in some very remote areas. Jay's program is extremely restrictive but it's necessary to make it work. It's hubby is or expert at solar so we were able to outfit the camper to augment propane. We didn't hook up to electrics once the whole month. The microwave is the first thing to go. Last year something happened first thing and extra electrics was unavailable. But I have every way you can make coffee and cook with a little butane burner and a pot to heat water. We rationed our cliffmper shower. The entire month required some work around but we had the most fun. We're in our 70s and trying to do this as much as possible. Last year we went the other way around. I did stop gluten in 2011. Started quite a bit. Linked PUFAS then too. Hope you get this straightened out. It's taking me a long time to recuperate my food and body. Next bad my appetite too and it's starting to come back.

LIKE (1) REPLY EDIT DELETE

Kathy Castrogio 1d

I love that area too! The summer of 2020 I hiked in the Bighorn Mtns, Buffalo, Tensleep etc. Gorgeous! Yes, I hoed like you both diet, ...dispersed and mellow! Good for you both getting it done in your 70s!

I have gotten away from nuts. I haven't gotten rid of almond butter yet!

LIKE (1) REPLY EDIT DELETE

Janet 4d

We had a local maker of fresh almond butter. I was Paleo then but I was hooked on it. Never saw the bighorns proper. Ten Sleep drive down that canyon is so magnificent. The only thing is even the out of the way places take reservations now. We didn't know that this year and many reserved big blocks of dates that that out of mind there they should have had. Of course, we were then forced to find the really out of the way places down 25 miles of gravel sometimes or filled roads. The best places!! We are now freewheeling and stay as we please. Wonderful! We found a place in Montana near Glacier NP AND South. Been to Yellowstone near Laramie!! It's a rock climbers paradise. So take binoculars and look for tiny people in the rock cracks. Lol. Better than Kurt Grady park MAO. Maybe I shouldn't advertise this. Lol. We like the Snowy Range. Camping at 10,500 feet. Have fun!!!!

LIKE (1) REPLY SHARE

OM_Warrior OM Warrior Mother's Substack Nov 17

LMAO

Please comment on any dangers of using DMSO and Zeta-Aid at the same time. Many of us are either doing it or already try. Thanks.

LIKE (1) REPLY SHARE

A Midwestern Doctor ✓ Nov 17

Author

No issues. I just would not mix the two together when you drink them.

LIKE (1) REPLY SHARE

Janice Nov 17

I am using both with no issues

LIKE (1) REPLY SHARE

Janice Nov 17

And as AMD says, I have not been mixing them together.

LIKE (1) REPLY SHARE

Obedient Subject Nov 17

Excellent article, thank you for taking the time to inform us. Observation: Duplicate info under Toxic and Dietary Injuries and Kidney Function sections... Not sure if that was intentional.

LIKE REPLY SHARE

A Midwestern Doctor ✓ Nov 17

Author

Thanks for catching that. The content that was supposed to be there got deleted and just was restored.

LIKE (1) REPLY SHARE

J.dude Nov 20

Is it possible to print the article?

LIKE (1) REPLY EDIT DELETE

A Midwestern Doctor ✓ 3d

Author

should be

LIKE (1) REPLY SHARE

J.dude 3d

Only difficulty is in finding a print option on the iPhone 🤦‍♂️

LIKE (1) REPLY SHARE

Janet 1d

You can open the link at a computer in any public library these days. Public computers with printers you pay a small amount to print each page.

LIKE (1) REPLY SHARE

A Midwestern Doctor ✓ Nov 19

Author

It completely depends on your tolerance.

LIKE (1) REPLY SHARE

Janet Nov 17

I do know eating no wheat took away my joint pains and with a bit of effort I lost weight. I have dropped low carb eating now after 12 years. My metabolism hit the basement and I started gaining weight again. Long term Low carb or keto(if encouages undereating in many which lowers energy and burning of fat) after metabolism slows. Even eating 1000 calories a bit more than you need for your body has normalized to the lower metabolism to "save" you from starvation. That's what happens to people who starve themselves. Lol. Anyway, I'm not a doctor. I'm a person who has always reached her weight, so was completely confused because my diet hadn't changed. I began eating less and still weight gain (at age 60 plus). My docs didn't believe me, just said "I must be eating more than I thought" 🤦‍♀️ and recommended more exercise. Thanks to a series of coincidences I came to understand that it had to do with wheat (not gluten) and nightshade allergies. I was pretty stunned, but have made great strides since attempting to eliminate them from my diet. I say "attempt" because wheat is hidden everywhere (medicines!) and so is potato flour. Inflammation is the primary issue but there are others (sinusitis, varicose veins) so I am ready to begin to see just how much I can improve. I've done patch tests for a few days, now I'm ready. Using DMSO from the DMSO Store, diluting for 10% and will apply topically. One question I hope can be answered here - should I apply the teaspoon of diluted product all at one time, or is it best to space it out a little bit? Grateful for advice about this, and again AMD, you are a treasure and thank you for this vital info.

LIKE (1) REPLY SHARE

A Midwestern Doctor ✓ Nov 19

Author

It completely depends on your tolerance.

LIKE (1) REPLY SHARE

Janet 1d

I do know eating no wheat took away my joint pains and with a bit of effort I lost weight. I have dropped low carb eating now after 12 years. My metabolism hit the basement and I started gaining weight again. Long term Low carb or keto(if encouages undereating in many which lowers energy and burning of fat) after metabolism slows. Even eating 1000 calories a bit more than you need for your body has normalized to the lower metabolism to "save" you from starvation. That's what happens to people who starve themselves. Lol. Anyway, I'm not a doctor. I'm a person who has always reached her

example. She had lapband surgery and lost 150 pounds but she will always be on that tightrope of how much she eats. I've been eating some sourdough bread but may have to quit again because of the wheat. European bread doesn't bother me but US allows more crap into our food. No wonder the obscene level of bad health here. Hopefully RFKjr will change this.

LIKE REPLY SHARE

Mark Devereaux Nov 18

Thank you so much for this series on DMSO. So far I've purchased some DMSO liquid but haven't done the patch test yet. I plan to try it on a number of my maladies. But I have a question. Does oral dosing have the same effect (albeit perhaps at a different pace) on those areas where you would otherwise apply to the skin adjacent to the problem area?

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 18
Author

Oral is more systemic (and better for the GI tract). Topical tends to be more focused (but is also systemic).

LIKE (2) REPLY (1) SHARE

Janet 6d

I've been taking 1/2 teaspoon full strength DMSO twice a day in juice for about 2 weeks. I'm used to the flavor. My elimination has improved I think and my mood has risen. Noticeably More energy. I'm going to have my husband take it in cranberry juice as he has an early stage bladder cancer. He's also taking ivermectin and fenbendazole. If I could get him to eat better and more unpolluted food, that would help too. He thinks the less food you eat the better. But he's too skinny at 78.

LIKE REPLY SHARE

Ellen Plyler Ellen's Substack Nov 17

Thank you so much for all your wonderful research and for sharing it with us! My 72 yr old husband was recently diagnosed with Parkinson's Disease. Would DMSO help and at what dose? It would need to be oral or topical because finding a doctor in our liberal city that would inject or give it by IV would be impossible! We can't even get them to give Ivermectin!

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17
Author

We always did it by IV, but a reader here (who I pinned in the response thread) has had success taking it orally. I think it's just a matter of finding out what dose works best for you and to start at 1 or 1/2 TSP orally.

LIKE (3) REPLY SHARE

Caroline Ayers Nov 17

Dear MWD, Can you use DMSO topically on a knee (for chronic pain) if you have an artificial knee? Might the DMSO cause the metal in the artificial knee to leach out?

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17
Author

As far as I know that's not an issue, but I'm not 100% certain.

LIKE (2) REPLY SHARE

Brewer55 Brewer55's Substack Nov 17

Several weeks ago I applied 70% DMSO (liquid) to the area of my tendinitis (golfer's elbow). I applied it once a day for 6 days. It began to help the pain. I stopped applying it because I got an outbreak of psoriasis on the same arm in the area of my upper arm, above the tendinitis. I have no idea if it was related to the application of the DMSO.

As info, the DMSO I purchased on Amazon was a 99.9% pharmaceutical grade.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17
Author

Some people have psoriasis improve, other's have it worsen. If it's linked, it may stop happening the future.

LIKE (3) REPLY SHARE

Pat Reading Nov 17

I was so excited to learn about DMSO & would like to try it for tinnitus & hearing loss for starts. But I read where if you are on blood pressure meds you can't use DMSO because it would enhance those medicines. I am on a diuretic, high dose lisinopril & carvedilol. Now I have an endo pushing spirolactine. So if I have a stroke or heart attack, I couldn't use DMSO? Is that correct?

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17
Author

I haven't heard any issues. The main thing you want to do is just see if your blood pressure drops too much, and if it does, taper down the doses of the meds. You can still use it if you are having a heart attack since that's just a one off use.

LIKE (1) REPLY SHARE

Christine Watanabe Nov 17

Thank you so much for all the research and writing on this topic that you have done so far. I'm looking forward to the rest of the series. I have a couple questions. 1) We did a patch test on my husband with a 20% solution. Everything was good. The we applied it to his back along his spine where multiple vertebrae are locked up and the physical therapist cannot get them to move. Everything was good. We increased the solution to 45%. Everything was good. Then we used 70% and about half of the area where dmso was applied turned red and swelled up, but the rest of the area was fine. We went back to 20% and everything was fine. Any guess as to what is going on? 2) Do you thing dmso would lend itself to being a homeopathic preparation? I know little about homeopathy so this is just a wild question.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17
Author

Everyone has different concentrations their skin tolerates.

I am not familiar with homeopathic DMSO and I'm not sure if it would work.

LIKE (2) REPLY (1) SHARE

Christine Watanabe Nov 17

Yes, I understand that. But what puzzled me was that 2 sections of skin right next to each other reacted differently - 1 section swelled and turned red and the other had no reaction.

LIKE REPLY (1) SHARE

Donna Bock Nov 17

I had a similar reaction. Used for 15 days... first at 50% 11 day then upped to 70%.

Used 70% for three days (all the same places) but anterior hip area reacted with raised welts. Not the back, not knees, not heel, NOT EYELIDS. Just that one spot.

Baffling. Could be a transport of some residue? I think my new protocol will be : shower, dmso, dry time, then clothing.

LIKE (1) REPLY (1) SHARE

Donna Bock Nov 17

Clarify. Anterior hip reacted on third day of 70%.

LIKE REPLY SHARE

A. O'Connor 1d

Question about oral dosing of DMSO:

Does it potentiate medication that one is already taking?

LIKE REPLY SHARE

A. O'Connor 1d

Question about oral dosing:

Does taking DMSO potentiate meds that one is already taking?

LIKE REPLY (1) SHARE

A Midwestern Doctor 1d
Author

It can, so you need to watch for that. Which ones it does it for is more of an open question because this has not been extensively studied.

LIKE (1) REPLY (1) SHARE

A. O'Connor 1d

Thank you! I'm tapering my migraine prophylactic, amitriptyline, and was wondering if I should chance taking a tiny amount of DMSO orally.

LIKE REPLY SHARE

Milimelo 2d

Just picked up my DMSO and DMSO/Magnesium gel - looking forward to using it.

LIKE REPLY SHARE

Carla 5d

Is there any reason to believe putting dmso over the thyroid area would help the thyroid function better? Thank you!

LIKE REPLY (1) SHARE

A Midwestern Doctor 2d
Author

I've had a few people report doing that significantly increased their thyroid function.

LIKE (1) REPLY SHARE

CKM 5d

Thank you so much for this continued DMSO content. I've been experimenting with topical DMSO for post-traumatic arthritis, along with red light therapy, and finding slow but steady improvement.

I'd like to use it orally as well but read a contraindications to oral (& topical- in head/neck) DMSO for those who receive regular Botox injections for chronic migraine; DMSO supposedly dissolves the toxin. Do you have any knowledge about DMSO dissolving Botox? Thank you for any insights or studies you can share.

LIKE REPLY SHARE

mary johnson 5d

I have really enjoyed this series on DMSO. I have had low back pain for many years. I started using topical dmso once a day in gel form about 3 weeks ago. I can't believe how much the pain has decreased. It is wonderful!! Thank you!!

LIKE REPLY SHARE

Tee 6d

My husband has esophagitis and has his throat dilated every few years. The dilatation is a bandaid and not a cure. Of course the GI doc has no other suggestions except meds. Was thinking of having him try taking DMSO orally. Thoughts from all are appreciated. Thank you for all the great health teachings MWD.

LIKE REPLY SHARE

Ken Wheelock 7d

Thanks for posting this!

Sorry if I am missing the basics, but are there specific instructions regarding application? I just want to use DMSO without any other "kickers" like antibiotics etc. I have chronic head congestoin, eustachian tube dysfunction and tinnitus.

Any help is appreciated. Just not sure where to buy it and how to use it! LOL

LIKE REPLY (1) SHARE

Laura Laura's Newsletter 5d

He provides the info you are looking for at the end of the articles.

LIKE REPLY SHARE

K. 7d

A bit off your current topic, MWD, but I have not seen a comment in any of your articles on DMSO related to tattoos. My wife has a small tattoo (approximately 1 1/2 inches diameter) on her ankle she would like to get rid of. She has had two removal treatments but some residue remaining. What are the consequences for using DMSO on this area--sending ink throughout the body, or lightening the affected area? Apologies if I have missed this before. We are so grateful for your dedication and expertise. God bless you and your work.

LIKE REPLY (1) SHARE

A Midwestern Doctor 2d
Author

I would not put it on tattoos

LIKE REPLY SHARE

ALF 7d

Hi AMD

Thanks for all your amazing work and research. I have a couple of questions about DMSO, although they probably belong with some of your other articles on the subject.

Firstly, do you have any information on using DMSO for chicken pox scars?

Secondly, as a parent who is trying to avoid vaccinating my children but may be forced into at least some of them, would giving DMSO potentially prevent some of the effects, like micro clots? If so, how and when would you advise we administer it. And, anything to keep in mind when giving to a 15 month old?

Thank you very much!

LIKE REPLY SHARE

Sarah Sarah's Substack 7d

My posted comment didn't materialize so here goes again. I've been using DSMO

On my 87-year old husband at 50% dilution and it is certainly helping. Would it be more efficacious taken orally at 1 teaspoon say in a glass of water say once a day?

LIKE REPLY SHARE

Sarah Sarah's Substack 7d

I am using 50% DSMO topically on my 87-year old husband for painful arthritic ankles and hands. First time he experienced severe itching, I washed him down and second time diluted to 25%. Now, I'm back to 50% with no reaction.

What no one can tell me is whether taking it orally would be more beneficial and, if so, how much? He has a pacemaker and that too is a concern about using it orally.

I would really appreciate a response. I've read about DSMO extensively but not found an answer.

LIKE REPLY (1) SHARE

A Midwestern Doctor 2d
Author

People normally start with a teaspoon in water once a day. Some need more, some need less.

LIKE REPLY SHARE

Hak Hakanson 8d

In diluting 100% DMSO with RO water, 1:1, I find a significant increase in temperature of the resulting solution. Is this normal? A chemical reaction is obviously occurring which presumably leads to questions about the purity of the DMSO and / or the water.

LIKE REPLY (1) SHARE

A Midwestern Doctor 2d
Author

Yes normal

LIKE REPLY SHARE

Moshe Brody 8d

The roll-on 70/30 DMSO diluted with water, from The Dmso store has a added ingredient "carbomer" is that a problem? (they told me its a food grade carbomer) from what I've seen online to much carbomer can be a problem.

LIKE REPLY SHARE

Moshe Brody 8d

Is there any concern about the dmso that has aloe vera, that the aloe vera is going into the whole body?

LIKE REPLY SHARE

Chris 8d

I'm currently taking 5ml 70% PO x2 daily in juice. Is there any reason not to add it to coffee?

LIKE REPLY SHARE

Pat Sz 8d

Protocol for intra-abdominal adhesions? Five abdominal surgeries in two years; two of them bowel ruptures and peritonitis. Thank you.

LIKE REPLY SHARE

Sue-Anne Mayne Nov 21

This is, as always, a fascinating article. Please, please in your follow-up could you include everything you know about a DMSO protocol for endometriosis?

LIKE REPLY (1) SHARE

A Midwestern Doctor 2d
Author

There isn't anything beyond what I mentioned. My guess is that putting it directly into the uterus would help a lot, but no one I know has tried that.

LIKE REPLY SHARE

MarvinBoggs Nov 21

AMD: I have read most of what you have written thus far, and remember reading that one must be cautious about what is used to apply DMSO because of its ability to pass through the skin and carry with it whatever is used to apply it.

I don't remember reading about which materials are okay and which are not.

Can you elaborate on that?

LIKE REPLY (2) SHARE

A Midwestern Doctor 7d
Author

I prefer natural fiber paint brushes

LIKE REPLY (1) SHARE

MarvinBoggs 7d

Thank you, AMD.

LIKE REPLY SHARE

Chris 8d

When applying topical, I use sterile 100% cotton pads. I've had no problems thus far.

LIKE REPLY (1) SHARE

MarvinBoggs 8d

Thank you, Chris.

LIKE REPLY SHARE

DrJeff Nov 20

I have to say I wish my story were more positive, but data is data. My A1C was 5.9 in July. For the past month I have been taking, on the average, 1.5-2mg DMSO 2x/day orally. I had my A1C rechecked today and it was 6.1! (I was actually expecting it to be lower)

I realize there are other factors influencing the results (poor sleep and stress are big ones for me), but nothing else in my routine has really changed. Not really a scientific test, so DMSO may have nothing to do with the results either way.

LIKE REPLY SHARE

James Miller James Miller Nov 20

Much appreciated. There is so much to learn here. Revolutionary new information. Thank you for your hard work on this!

LIKE REPLY SHARE

Reader Nov 20

Does DSMO help treat endometriosis?

LIKE REPLY SHARE

AJF Nov 19

Will it help with carotid plaque and if so, what route of administration?

LIKE REPLY SHARE

Margaret Allison Margaret Allison Nov 19

AMD, again thank you for your writings on DMSO. It took me a while to get to this one to read! Now I have the information I was wanting!

My husband has suffered with back issues over the last 3 years. I have so wanted to see if DMSO will give him relief. I plan to use on his back only.

He also has a blood clot in his leg that we are treating with a new blood thinner. I call it new to prevent advertising it!!! Prescription by our PCP.

As long as we stay away from his leg, will he be ok with doing topical to his back? That is my main concern and question.

LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 19
Author

Probably is fine, but there's a theoretical risk DMSO plus an anticoagulant can cause too much anticoagulation.

You can also topically apply DMSO on veins with blood clots to dissolve them (typically takes a few weeks to get rid of them).

LIKE (1) REPLY (1) SHARE

Margaret Allison Margaret Allison Nov 20

Thank you so much. He hurts so bad and then I had misgivings giving with the blood thinner. You probably know which one. And it has odd side effects so that he can't have epidurals that helped him some besides his pain management.

LIKE REPLY SHARE

Red Dust Dweller Nov 19

Dear AMD, I was diagnosed several years ago with silicosis, which in the last 2 years has significantly gotten worse. The pulmonary specialist that I saw basically told me that it is an irreversible and untreatable condition. So I was naturally very excited to read what you had to say about a promising treatment for chronic pulmonary lung disease in the form of combined IM injections of DMSO plus Zinc Iodide. The article about the Swiss trial that you provided a link to unfortunately had no specifics

about dosage and the proportion of DMSO and liquid Zinc Iodide. Also I am wondering is Zinc Iodide the same as regular Zinc supplements that are available OTC everywhere? Can't wait to begin the treatment!!!!

LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 19
Author

My guess is that you'd want some type of systemic DMSO administration (oral, or ideally IV). I'm not sure if nebulizing DMSO would or would not be helpful.

Pierre Kory knows a lot about using repurposed drugs to treat pulmonary fibrosis. You might also want to try nebulizing exosomes,.

LIKE REPLY SHARE

Sweet Mama Nov 19

How does one become a patient of yours?

LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 19
Author

Live in my area and hear about me through word of mouth.

LIKE REPLY (1) SHARE

Sweet Mama Nov 20 Edited

I figured it was something like that. You are clearly superior to most doctors in a minefield of mediocrity and failure. I am in Phoenix, AZ. Can you recommend a functional medicine doctor in my state?

LIKE REPLY (1) SHARE

A Midwestern Doctor 2d
Author

I can't give referrals, but there are a lot of people like that in Arizona

LIKE REPLY SHARE

Rusti Nov 19

You have created something I think extremely valuable. Your care in studying what you look at and in your discussion of possible solutions is clear.

If we are lucky, we are at the cusp of a new synthesis of healthcare/medicine etc. There are a number of writers and doctors with Westlakes who are on X, YouTube, etc. who are working to fix the mess we are in. Part of what they are doing is asking what we are doing—or having done to us—isn't working.

You are part of that work but you are on what I think is a different vector "forgotten medicine," as you call it. This area is so important. I wonder what other Pioneer Network people who read this and how we might incorporate the effective treatments they had into our new understandings.

What I said about your posts as a database problem, I was thinking about putting all your posts into a file so I could search it. I find that I often want to go back to something you said that I want to test again. I would also include the comments—your subscribers are not a random slice of the population so I have found them useful, too. But, it is a bit complicated for me now.

Please do not think I am disappointing you or your work.

1 hr Reply

E Mitchenson Doctor • Nov 19
Author

Can apply.

I am really hoping I will have time to get all the things I want to get written!

One of my main goals is to be the primary source of those other people copy and use as their own material so it gets out there for everyone.

1 hr Edit · REPLY · SHARE

Karen • Nov 19

Wow! I'd would work for nausea and how much to use...ex. 20% topically?

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

Will answer later.

1 hr Edit · REPLY · SHARE

AMANDA LANDON • Nov 19

I commented yesterday and then realized that my question was lost and buried in my too-long mission! Short version: I will be using 30% dilution of DMSO topically for full-body inflammation—do I apply (just once daily, or space it out over the day? TY for any guidance you can provide!

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

You have to figure out the best dose. Start slow build up.

1 hr Edit · REPLY · SHARE

Dave • Nov 19

This is something that's so awesome and thank you, thank you, thank you for writing this series. I've been aware of you since the beginning of the "scamdemic" and really appreciate your ability to research then make it all understandable and flow smoothly. A friend of mine put me on to DMSO but didn't say much more than that. I'm currently using it on a number of issues from a dead tooth widow spider bite to mitigate the swelling and pain (much, thus far, more than a month of time), joint aches, tendous and fever blisters that my wife gets on occasion at a dilution of 60%. I have not used it full strength. 60% seems a good tolerance for me.

I bought my bottle from The DMSO Store. Came in glass. From reading, HDPE plastic is non-reactive with it. What's interesting is the having spent being EMT, it was cool outside when I received mine and it had streaks of ice in it. What is really cool is that it has a sage-long shelf life at almost forever if kept out of sunlight. Going to stock up on it.

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

Does it helped your tinnitus or black widow bite?

1 hr Edit · REPLY · SHARE

Margo • Nov 19

Have would one go about finding a doctor that provides IV DMSO? The book DMSO Nature's Healer has a section but the one's listed in my area are all deceased 🤣

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

Every I know who does it in America asked me not to share their information.

1 hr Edit · REPLY · SHARE

Margo • Nov 20

Reminds me of ivermectin when Covid pandemic got into full swing. You could get a prescription and then it became difficult (I saw the price double within months). I am hoping in 2025 with RFK Jr the DMSO doctors will feel more secure🤞🤞

1 hr Edit · REPLY · SHARE

Vanna Paulo • Nov 19

Interesting but sadly scary. Thankful for you, AMD!🙏🙏

1 hr Edit · REPLY · SHARE

Debby Niles • Nov 19

Can you please recommend a good source of DMSO? Thank you

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

DMSOStore.com or jacobab.com

1 hr Edit · REPLY · SHARE

Jane Switzer • Nov 19

This is one of the best blogs out right now. Thank you for your well researched articles. I love reading them! I just started using the DMSO and it is going really well for me & my family.

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

Read through the DMSO reports I'm gradually compiling. There are over 1000 now!

1 hr Edit · REPLY · SHARE

Niall • Nov 19

@andrewmenderdoctor what is the ratio of DMSO to Chlorohaloid Lissung, conc. 0.3%. I'm sure it is in The DMSO Handbook by Fischer, Dr Hartmut, and Dybdal, Dr Senior. I am awaiting delivery of it.

This stuff is incredible. Pain from breaking my sitting bones and sure I do a lot of the sitting is the new smoking so being able to walk and not have to overthink how to make my next so it's not sore is 🙏

1 hr Edit · REPLY · SHARE

Niall • Nov 19

I have been reading about MMS, it seems that one tea spoon of each is too much CDL.

1 hr Edit · REPLY · SHARE

Julie Rose • Nov 19

What about gout?

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

That was in part 2

1 hr Edit · REPLY · SHARE

Julie Rose • Nov 19

Sorry to bother but don't see references to Parts. Have been going through your amazing posts and must be blind or not finding.

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 20
Author

https://www.midwestendocrinologist.com/p/dmso-as-a-miraculous-therapy-for

1 hr Edit · REPLY · SHARE

Fred • Nov 19 (Editor)

A request and proposal for an article. What would AMD's emergency medicine bag for a laryngotracheitis person can look like? To keep in one's car or at home. Or your article about basic survival medicine). A basic first aid that also gives room for alternatives such as DMSO, over the counter medicines, and perhaps also expensive prescribe (for stern wounds, etc.)? What items should be brought with you that have a variety of uses? DMSO is a great freebie, of course. Such an article could gain wide circulation and new readers. Perhaps it could be a chapter in a book. Or a chapter in a book on "forgotten medicine." "Forgotten medicine" is the title of a chapter/article book of survival by Eddie McGee. A quote from book: "In the army I never went anywhere without a small pack of curry powder in my pack. Sprinkled on an open wound it has extremely good curing potential" (p. 189). Writing such an article might even be fun, but of course based on science and your own experience.

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

I want to do that, but I am not going to write it until I've explained how each component should be used.

1 hr Edit · REPLY · SHARE

Felicia Ann • Nov 19

Can dmso help people with the effects from sleep apnea? Ex, that their blood is more likely to clot? Two people close to me with severe sleep apnea had severe cases of covid. One died, the other ended up on a ventilator and miraculously recovering. I'm convinced sleep apnea causes more severe cases of covid due to their blood being more thick already from apnea.

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

We normally focus on who potential for that. I can see a few reasons DMSO might help, but I have no data to prove/disprove that idea.

1 hr Edit · REPLY · SHARE

Vivian C Buckley Vivian C Buckley • Nov 19

I see, like my posts others are experiencing posts that are incomplete. I wonder what that's all about. Didn't used to happen.

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

Can you explain this is more detail? If you can see the comments here, that same device should be able to see the entire article.

1 hr Edit · REPLY · SHARE

Vivian C Buckley Vivian C Buckley • Nov 19

OK. In the situation where you suggested I find links to the tinnitus issue, I touched the link (I'm on my i-pad) and his message and his disappeared. Then when I post after about the first paragraph of your comment, it says "Posting..." and then your comment appears. I can't get through the comments I see other posts that aren't complete, but I can't post sentences just like mine. In this situation if I close subscribe and go back to my post it now is complete most of the time. But reading through the comments I see other posts stopped in mid-sentence. I hope this explains what I'm trying to say.

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

I think it's an ipad issue because I don't see that on the computer end.

1 hr Edit · REPLY · SHARE

Usernewsie • 1d

Suggestion: Widen...when you "touch" the link...hold it down for a few seconds until it pops out of the text. Then you may see options to open link etc. I have that issue when I use substack on my iphone but not on my desktop (a/ipad least not yet).

1 hr Edit · REPLY · SHARE

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1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
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1 hr Edit · REPLY · SHARE

wilow lasoren wilowlasoren • Nov 19

I have a question about internal abuse. Autoimmune issues affected my connective tissue and I, unfortunately, had replacement silicone knuckle joints inserted in a failed attempt to keep my fingers aligned. Would taking dmso, internally or topically, cause the silicone to dangerously leach out?

Thank you for all the invaluable health info you painstakingly research and share. You are helping bring in the new health paradigm!

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

I really don't know. My best guess is that you want to avoid putting it on top of areas where the implant are.

1 hr Edit · REPLY · SHARE

Robin Macdonald Robin Macdonald • Nov 19

Started applying 30%DMSO twice/day. Zeeeeks ago on a 6 month old knee injury. Had healed completely with no pain but could not act on knees or cross legged so suspected scar tissue. After 3 days felt like it was breaking up tissue, knee felt stiff and sore. Did lots of stretching and yoga. By day 4 could not walk without pain. Had swelling for 2 weeks and increased to 75%. Stopped a week ago as knee was pain and continues to be very swollen and painful. I'm wondering if this is due to poor lymphatic drainage/inefficient detox pathways as has been an issue in past. Wondering if taking DMSO internally might help with lymphatic issues? Or thoughts on this issue...

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

I would back off and let the knee recover but try epsom salt baths. My best guess is the issue was all the stretching afterwards pulled the knee joint further that it was ready for.

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

This is the precise quote:

"Although pairing DMSO with any pharmaceutical should generally be avoided and if done, should be done with only the utmost caution, DMSO should absolutely not be taken with diuretic drugs. This is because DMSO is also a diuretic, and pairing two diuretics is dangerous. Because DMSO has an affinity for water, any medication that alters kidney function should not be used in conjunction with DMSO.

Mostly what studies have shown, however, is that DMSO tends to take on a protective role in the presence of most drugs. It is true that in the pharmaceutical industry, DMSO is used to assist active drugs as it is an inactive substance. It is also used to bulk up or dilute certain drugs.

In this way, DMSO can also be used in combination with certain drugs to assist their action and reduce the amount of drug required."

The truth about this is that no one really knows what the issues are (other than that DMSO potentiates antibiotics, antiviral, antimicrobial drugs and certain chemotherapy drugs, mitigates the toxicity of certain chemotherapy drugs, and can given topically with dickdemor or a steroid to significantly enhance the effect of the drug). Because of that, ideally, people should not be on other drugs at the same time, and particularly be cautious about taking them simultaneously with DMSO, but that doesn't mean they people don't have that choice.

A lot of people nonetheless do it, and outside of the benzodiazepines potentially getting too strong, I have not heard of any problems, rather people just notice they sometimes need lower doses of their existing drugs. The big "X factor in interacts with anticoagulants, so it's generally advised to watch your blood clotting if you take both, and then reduce the anticoagulant or stop DMSO if excessive anticoagulation happens.

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

Dave, Sorry!

1 hr Edit · REPLY · SHARE

Jennifer Smith • Nov 19

Trying again as last comment didn't register: I belong to a Facebook DMSO group and one of the admins insists that you shouldn't use DMSO if you're on any pharmaceutical drugs. Quoting from Amanda Vollmer's book, Healing with DMSO: What's your opinion?

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

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1 hr Edit · REPLY · SHARE

Dave • Nov 19

FWIW, with respect to drug interaction/enhancement.

I've been on 15 mg Prednisone daily for the past five years for PMR. All his after starting topical 70% on my shoulders, upper chest and back, I had to reduce the Pred by 1 mg.

I started dosing orally two days ago. I have not noticed any further enhancement of the Pred yet.

I also take 25 mg Atenolol to offset the elevated heart rate caused by the steroid. After my second 5 ml 70% DMSO dose PO yesterday, my BP bottomed out uncomfortably. I have dropped taking the Atenolol as of today and have not noted any tachycardia.

1 hr Edit · REPLY · SHARE

Jennifer Smith • Nov 20

Thank you for responding, good to know! My husband takes Percocet for his back pain - wondering if the look DMSO orally if that would assist or amplify the pain reducing action of the Percocet. He was on higher doses of morphine until the CDC guidelines created the opiate panic and he was tapered down and now he's in constant pain. Unfortunately, medical marijuana is illegal due to these guidelines but is only criminal. The only opiate he uses now is what we were ahead of the game when COVID hit, so we know already how compat the CDC, EM, etc. are. I hope he only is given a few Percocet a day and his pain levels are up and down like a seesaw—mostly up though. We have tried everything in the last few years... Topical DMSO brings some temporary relief but not ongoing. If advisable, how should we add oral DMSO in this situation?

1 hr Edit · REPLY · SHARE

Jennifer Smith • Nov 19

I belong to a Facebook DMSO group and one of the admins insists that you shouldn't use DMSO if you're on any pharmaceutical drug (quoting from Amanda Vollmer's book, Healing with DMSO). I haven't read all your articles on DMSO thoroughly but don't recall you mentioning this caution. What is your opinion?

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

This comment did register.

1 hr Edit · REPLY · SHARE

Vanna C • Nov 19

I did an experiment by mixing 5ml DMSO (for a couple of days) then bedtime (long after my thyroid med Cytomel had been taken) to taking my DMSO at around an hour after my thyroid med. The difference was like night and day. When I use the DMSO at night it doesn't affect my thyroid med (taken earlier in the day) at all, but it sure affected me when I took it closer to the thyroid med. If I took my DMSO with my thyroid med I could probably take HALF the dose I'm taking now, amazing.

1 hr Edit · REPLY · SHARE

Janet • 1d

I'm trying it on my thyroid. Lots of itching so will lower the dose. I take Cytomel as well. Tiny dose in the morning and liner at lunch. That's all I can handle right now. So you are saying the Cytomel works better near DMSO dose?

1 hr Edit · REPLY · SHARE

Renee C. • 1d

I don't know about Cytomel working "better," maybe a more appropriate word would be "stronger"? Without DMSO (or with enough hours between my med and DMSO) I need a whole 25mcgs of Cytomel. If I take my Cytomel at the same time or near the same time I could probably take HALF that amount and do just fine. :)

1 hr Edit · REPLY · SHARE

Janet • 1d

I've been working on my thyroid. Under eating and low carb for too long damaged it. Hashimoto's thyroiditis. I have now found that I may not need the T3 since I feel better off it then on. I was only doing about 3 to 4 MCG per day. But since drinking the DMSO without the T3 my fatigue is gone and my mood and energy level has substantially improved. I may try it again if the DMSO improvement doesn't continue but I sure feel better now. I could barely get around by late afternoon and creaking noises in my joints were so annoying. Now I can do a few things in the afternoon—forget it. All the muscles to be gone and I have a spring in my step again. I put a tiny bit in each nostril last night pre a zip on one of AMD posts and I slept congestion free, nasal breathing and much closed. I never I slept much sounder as well. I had no itching and discomfort there like I did in the past. I'm on 3 ml a day. I think I'm in a kind of sweet spot. Hashimoto's is a bear where as severe inflammation and pain are what will subside. Here's Hashi's. I'm full in on DMSO. HAPPY THANKSGIVING. Never if it applies. But I'm very grateful to AMD.

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

Apply it there the same way you would to any other part of the skin.

1 hr Edit · REPLY · SHARE

David Jensen • Nov 19

Thank you for your reply. Should I apply it also to the scrotum?

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

That's not as close to the prostate

1 hr Edit · REPLY · SHARE

David Jensen • Nov 19

Thank you! 🙏

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

1 hr Edit · REPLY · SHARE

Jorge • Nov 19

Please could you comment on zeolite for detox? There seem to be lots of people who swear by them, but it could be shilling.

1 hr Edit · REPLY · SHARE

E Mitchenson Doctor • Nov 19
Author

That is a long conversation, but I personally do not use them because I feel they have too many toxins in them. Anytime I have a lot of choices over what therapy to use, I typically avoid the ones that have

potential roles.

LIKE (2) REPLY (1) SHARE

sue Nov 18

There are some now that have developed complex cleaning mechanisms to get the toxins out. Or so they say.

LIKE REPLY SHARE

Inez Nov 18

Hello MHD, I too would like to thank you for all the wonderful information you share!

I have been struggling with Chronic Lyme disease/Bartonella for over 30 years already. I believe the origins to be partly genetic and partly iatrogenic (in addition to "normal" infections, parasites, etc.). I have been investigating & experimenting with "alternative" health approaches for a very long time. My major diagnoses include MCAS, ME/CFS, hypermobility syndrome (a relatively mild version of hEDS) which has led to some cervical/cranial instability (in addition to the usual weak joints).

I began my experiment with DMSO a few weeks ago. I started with topical applications (with aloe vera gel) on my face, neck and shoulders. Then I started orally, first just one drop, now up to 2 tsp daily.

My experience: the local application has already gotten rid of rosacea which I've had since 1989! (Much better than pharma ivermectin cream which only suppresses for a day!) The neck & shoulder application did reduce the achiness (I do not have severe pains), but did not help with the nerve irritation that I experience when sleeping (an tingling & numbness from my neck down to arms/hands/legs, depending on position). The oral dose did not bother me - but when I got up to 2 tsp I was perfectly fine, then suddenly had a major bout of diarrhea - and I immediately felt much improved, as if a weight had been taken off of me. My moods are better, and I am thinking of starting to (slowly) increase my daily exercise walk. No further negative issues. I can't help but wonder what I expelled! Toxins? Parasites? Chronic bacterial infections? Who knows!

I do have one question: is there ANY hope of this helping with genetic-type weak connective tissue, like in hEDS? I am very concerned about my neck issues worsening with age (now 66)....

THANKS AGAIN!

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Nov 17 *Author*

Take magnesiee.

https://www.midwesterndoctor.com/the-hidden-link-between-hypermobility

LIKE (1) REPLY (1) SHARE

Inez Nov 17

Any dosage suggestions? Should I take it with or apart from dmso?

LIKE REPLY (1) SHARE

A Midwestern Doctor Nov 17 *Author*

It's in there

LIKE (1) REPLY SHARE

sue Nov 18

You sound like me for much of my life and it was all caused by mold. Have you checked yourself and your house/workplace for mold?

LIKE REPLY (1) SHARE

Inez Nov 18

Oh yes! Mold/toxi! There was mercury dentistry, adverse reactions to meds, vaccines, lyme, probably more... but I found a good integrative doctor and get better...for a while. Then I get sick (which I know) but it was in a moldy building. I've never recovered completely since then. I left that job almost 20 years ago...and starting to feel somewhat better now. (It also helped that I moved out of urban air pollution to a semi-rural area bordering a wilderness park by the sea - clean air!) I also have friends who were severely disabled, primarily by toxic molds, but compounded by medical "care." I wish you all the best on your healing journey!!!

LIKE (1) REPLY SHARE

Elacro Substack von Elacro Nov 17

Why on earth would you direct your readers to the Spyphone?! I prefer my safer computer and email...

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17 *Author*

That's not me. It's a thing Substack does.

LIKE (1) REPLY SHARE

sue Nov 17 *Edited*

I get terrible headaches right between and above my eyes. I have a history of sinus infections which cause it, but I get the same pain from cervical issues (C1 misalignment), from mold, and from dehydration. So I never are sure what is causing the pain on a given day. You discussed headache in another article, but there wasn't a treatment summary for them. Would you recommend just rubbing it on the forehead, and neck if that is sometimes the problem? Or spraying sinuses with it sinuses otherwise seem irritated? If sprayed, by itself or with some antimicrobial like CD or silver? THX! I was in so much pain last night I didn't get to sleep until 5am even with an opioid, aspirin and tylenol. :-(

LIKE (1) REPLY SHARE

Fred Nov 18

MMD has recommended Xylitol spray for the nose and nasal rinses for the sinuses. "I became a big fan of xylitol. Some of the xylitol sprays showed remarkable benefits (e.g., Steve Kirsch discussed this one). I personally found using xylitol crystals (which are sold on Amazon and at many health food stores) dissolved in sinus rinses was the best approach.

-For sinus irrigation, it was much easier to do it with an electronic one. For this reason, I have had numerous cases where I was traveling, noticed I was starting to feel like a sickness was starting, and I just ordered an electronic sinus irrigation unit off Amazon along with xylitol powder to an Amazon locker, picked up pendle in the store and the package the next day, get it, and felt fine by the end of the day." https://www.midwesterndoctor.com/why-dp-doctors-give-up-on-patients

LIKE (1) REPLY SHARE

Cheesetriel Nov 17 *Edited*

See DMSO for the sinuses here, I am guessing you would also find some relief using it on your skin. I tried once so far and it helped a headache, not sure what the cause was.

https://www.midwesterndoctor.com/how-dmso-cures-eye-ear-nose-throat

LIKE (1) REPLY (1) SHARE

sue Nov 18

Thanks! forgot that one in my post-pain hangover.

Did you just rub it on the painful spot? I wonder what this means: "Sinus pain in turn, can also often be treated locally by directly administering drops of a 25 to 50% DMSO solution outside the sinus." Not sure why it says drops outside the sinus, and not just rub some on the skin. Maybe because MD has said how pain can be sensitive, although I can put 70% on with no issues. Still don't understand why drops.

LIKE REPLY (1) SHARE

Cheesetriel Nov 18 *Edited*

Yep I just used a cotton swab to put it on my forehead. I find 50% strips quite a bit for me, maybe need to try a different kind of DMSO. In Canada so slightly different products available here.

I'm would assume it means put drops on the skin and rub in but I am not sure

LIKE REPLY SHARE

DrewBC Nov 17

AMWDr, you shocked me with the comment on bioprotexinol. I used an inhaler of isoproterenol sulfate when I was say 5-15 years old, for asthma. It was very helpful, but now I'm wondering if my 72 year old body is retaining damage from that. In any case, I have a number of reasons to try oral and topical DMSO, so I have begun to experiment, thanks to your wonderful articles.

Two edits for you, if you wish:

"Additionally, 67% of those who received cimetidine over the next year relapsed, compared to 6% of those who took DMSO and 5% of those who took cimetidine." I believe the second cimetidine should be Allopurinol.

And "He also highlighted the case of a 55 year old woman with severe digestive tract (e.g., internal bleeding leading to her being anemic with a hemoglobin of 5.0), weakness, fainting and shortness of breath." I would think "severe digestive tract" should have a word after it to complete the diagnosis - severe digestive tract ????. Erosion? Damage? Hyperplasia? (yeah, I'm just making up words here).

LIKE (1) REPLY SHARE

A Midwestern Doctor Nov 17 *Author*

Thanks let me fix those!

LIKE (1) REPLY SHARE

Marilyn Nov 17

I am a new subscriber and am getting up to speed on all the articles on DMSO, among others. This may be a question someone else has asked, but I am curious to know if there is any concern in using DMSO if you have an artificial hip. I'd appreciate some comments on this. Thanks!

LIKE (1) REPLY SHARE

A Midwestern Doctor Nov 17 *Author*

No one I know has had issues with that, but I can't guarantee there aren't issues because it hasn't been studied and theoretical potential issues exist.

LIKE (1) REPLY SHARE

Bill Bill Nov 17

AMWD: Have you found this works for compression peripheral neuropathy? Due to L5 and L4 slipped disk, I had severe pain, sciatica, etc for 22 straight months 5 years ago. I then was tested an have small nerve fiber damage, hence the neuropathy in feet and lower calves. To some extent numbness in thighs only appeared in the morning. I have gone through cone strengthening therapy starting in May 2021 and while it substantially helped the back pain within 4-6 weeks (went from 10+ to 3 pain level), the nerve pain never reduced and remained at a 10+. Within 4 more weeks (now a and light pain) and wouldn't you know it but my nerve pain was gone in 3 weeks. The only thing I still fight is the evening neuropathy in feet mostly. Occasionally I will get it in my finger tips, but usually from sleeping in a bad position. I am hoping that DMSO might help with this lingering issue.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17 *Author*

It could, but you'd have to try to see.

LIKE (1) REPLY (1) SHARE

Bill Bill Nov 17

I will do so. Thanks so much for these extensive articles on so many important topics, most of which have never been thoroughly covered and pushed out to the non-medical community. Priceless.

LIKE REPLY SHARE

Judy J Nov 17

Wondering if topical DMSO would be safe to use near an area where an inguinal hernia had been repaired with a mesh.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17 *Author*

I know people who have done it without issue, but I can't say for certain on this one.

LIKE (1) REPLY SHARE

Rodi Nov 17

Thank you.

Your posts are dense with useful information. I have thought of collecting your writings as a book problem but I think it is something else. Maybe a database problem?

For instance, I went looking through MMD's posts for a product that was recommended for reasons I thought important in my situation. Whenever is the best?

Thank you particularly for the suggestions about how to use DMSO. A problem with the articles you cite is that those articles are often vague about what they researchers actually did. Vague words. One example said the researchers "applied" DMSO during the test. Applied how? Thanks for the hints on that. I realize that his is all still being worked out.

I also realize that current medical practice leaves us in a difficult situation, doesn't it?

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17 *Author*

The main thing I am trying to do is not overcelain anything that can't be backed up. It is a bit challenging with this body of literature!

LIKE (1) REPLY SHARE

Valerie Nov 17

Does DMSO in water need to be taken on an empty stomach? I have gastritis and am particularly interested in it possibly helping that. Thank you very much for all the information that you share.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17 *Author*

That is normally what's done

LIKE (1) REPLY (1) SHARE

Valerie Bd

Thank you. How long do folks normally wait to take food or meds/supplements?

LIKE (1) REPLY SHARE

Liz Meskers Liz's Substack Nov 17

This information is simply amazing and will help millions of people. I hope you reveal a protocol for tinnitus soon. So many people need help, and if DMSO can help, that will truly be a miracle... All I could glean from the previous pieces was taht zeta water could help, and a combo of DMSO, antioxidants and vasoactive substances were used successfully in a trial. Many thank you from the bottom of so many hearts.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17 *Author*

Everything I know is in the previous one.

LIKE (1) REPLY SHARE

Janice Nov 17

Info about tinnitus can be found here: https://www.midwesterndoctor.com/how-dmso-cures-eye-ear-nose-throat

LIKE (1) REPLY SHARE

Fan Zimmerman Nov 17

What is zeta water? I must have missed that one!

LIKE (1) REPLY (1) SHARE

Janice Nov 17

@Fan - Info about zeta water is found here: https://www.midwesterndoctor.com/halfway-to-improve-zeta-potential-and

LIKE (1) REPLY SHARE

Janet Nov 17

What about hashimotos thyroid disease? I've been drinking 12 teaspoons in a glass of juice. Could it be used topically in the area of my thyroid? ..I do have a small-wallpaper infrared hand held device. Thought I remembered a mention of this.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17 *Author*

Everything I know is in here https://www.midwesterndoctor.com/how-dmso-treats-incurable-autoimmune

LIKE (1) REPLY SHARE

Janet Nov 17

Thank you! I have yet to collate and get posts into a folder.

LIKE (1) REPLY SHARE

greenspirit1313 greenspirit1313's Substack Nov 17

Infinite Appreciation THD for ALL your Incredibly Excellent Wonderful articles! I've been sharing them widely with friends. Meanwhile, got a few questions! First, will you be discussing how to treat address systemic candida, and leaky gut? I'm guessing with dmso, but also what to eat and what not to eat. I've seriously been dealing with this condition for a very long time. Second question, what can you advise when using dmso orally or topically to not smell like garlic? Third, do you have any articles for best diets for different health conditions? Thank You!!!

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17 *Author*

1) That will be later.

2) I think oxidative therapies are the best option for that.

3) That will also be later.

4) A lot of other people have written about that so I wasn't planning to.

LIKE (1) REPLY SHARE

Michelle Michelle Nov 17

Looking forward to reading about DMSO in relation to cancer, as my 17yo daughter was recently diagnosed with alveolar rhabdomyosarcoma....

I was one of the few who survived ARDS and could hospital protocols (including sepsis, bacterial pneumonia, and 35 days on a ventilator). Two and half years later, I still have oxygenation issues as I now have pulmonary fibrosis (I assume from ventilator). At rest, my oxygen saturation is generally in the mid to upper 90s, but with activity, drops into the mid 80s. I'm using DMSO once a day diluted to 35% in saline as eye drops for high intercular pressure, but am wondering if DMSO might be all helpful at this point for my lung injury? And if so, how I would accomplish it?

Thank you, AMD, for your research and willingness to teach us what you've learned!

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17 *Author*

It might be, I really don't know. You'd either put it topically on top of your lungs, take it systematically or nebulize it. If you do the nebulizing route, I'm not sure what the correct concentration to go with would be, but by guess would be around 5%, but I don't know if you'd run into a toxicity issue overtime since the data isn't there and I don't have enough cases to pull from to tell you.

LIKE (1) REPLY SHARE

Ellen Plyler Ellen's Substack Nov 17

I didn't get the second line of your response!

LIKE (1) REPLY SHARE

A Midwestern Doctor Nov 17 *Author*

We always did it by IV, but a reader here (who I pinned in the response thread) has had success taking it orally. I think it's just a matter of finding out what dose works for you and to start at 1 or 1/2 TSP orally.

LIKE (1) REPLY SHARE

Ellen Plyler Ellen's Substack Nov 17

Still only see first line of your comment.

LIKE (1) REPLY (1) SHARE

Ellen Plyler Ellen's Substack Nov 17

I see it now! I've given him 2 tsp in juice with no side effects. Don't know how soon we should see positive results. Only symptom is bad tremor in hand and arm.

LIKE (1) REPLY SHARE

Dave S Nov 17

I could have sworn I read something about DMSO and treating POTS, but perhaps I am confusing that with something else or am simply mistaken. I know someone with POTS.

LIKE (1) REPLY SHARE

A Midwestern Doctor Nov 17 *Author*

Zeta aid not DMSO.

LIKE (1) REPLY (1) SHARE

Dave S Nov 17

P.S. - This person has had POTS for many years before covid, so their is no connection to the covid vaccine. I don't know about Cardiad, so I'd have to ask to be sure.

In any case, I hope Zeta aid can help POTS sufferers, covid/Cardiad or not.

LIKE (1) REPLY SHARE

Paul R Nov 17

Good article on DMSO and kidney

https://journals.lww.com/jasn/fulltext/2004/10000/delayed_dmso_administration_protects_the_kidney.16.aspx

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Nov 17 *Author*

It's in the article.

LIKE (1) REPLY SHARE

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