The Century of Evidence Putting Light Inside...

A MIDWESTERN DOCTOR JUN 23 456 163 75

How Ultraviolet Blood Irradiation treats severe many severe Cardiovascular, Infectious, Obstetric, Autoimmune and Neurological Diseases

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163 Comments

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Giulia filippelli loewy Jun 23 Liked by A Midwestern Doctor

Well, this is an incredible essay based on proper scientific studies ! Thank you so much for the time and effort of putting that together.

Said that.. being from Italy.. exposing yourself to the sun .. has always been the "cure" ... till big pharma arrived with "protocols".. and big industry arrived with "sun screen"...

We were on the beach (and the Germans too) with olive oil and beer on our skin ! No one got any skin cancer till then ... and sun was (is) life

LIKE (20) REPLY (1) SHARE

A Midwestern Doctor Jun 23 Author

Thank you! I agree; always start with the simple ones before you go to the complex ones.

LIKE (5) REPLY (1) SHARE

Otis Jun 23

This is the article you have been wanting to get to. I bet this article gave you much relief, "I now said it with studies/facts". Your concluding statements say it clearly. There is help for many, why don't we allow it!

How much sun exposure is equal to UVBI?

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Jun 23 Author

I try to always give the evidence to support what I am saying, but this was a more audacious claim so it required more evidence.

I honestly am not sure about the second question. I think if you have high vitamin D levels and are not taking vitamin D, that is the bets correlate we have for sufficient UV. However, even people like that still do benefit from uvbi.

LIKE (3) REPLY SHARE

sue Jun 23

Thanks for this. I'm going to have to read it again, including some of your references. When I got turbocancer after the vax, I did surgery but wouldn't do the 6 chemos and immunotherapies that are standard of care. Instead I took supplements and repurposed drugs, as well as high dose IV C, hyperbaric oxygen, UV blood ozone, and photodynamic laser therapy. I've never felt as good in my life as I did when I had cancer and was doing all those things, and I fully recovered. At the time I was doing these I didn't know that I've always had infections from an inborn immune deficiency, or that the UVBI and Photodynamic laser inactivated the spike protein in addition to whatever they did for cancer. I feel so lucky that I went the alternative route (and that I could afford to.)

Do you know if plexiglass blocks UV?

I did find that you can buy glasses without UV protection at eyebuydirect.com. It's not as inexpensive as Zenni and others, but at least it has the option.

LIKE (18) REPLY SHARE

Garry Blankenship Garry's Substack Jun 24 Liked by A Midwestern Doctor

Fascinating because I have never seen or heard of UVBI treatment. Even more so that this seems swept under the world of medicine rug. Similarly; naturopathic treatment was demonized as archaic witch doctoring by the same medical hierarchy suppressing this apparent miracle like treatment. My skeptical view is that cures are not profitable where symptom treatment is immensely profitable. Additionally UVBI is not patentable. Another profit negative.

LIKE (4) REPLY SHARE

yantra Jun 23 Liked by A Midwestern Doctor

Very interesting, thank you. I wish i had known about it when i had shingles years ago.

LIKE (4) REPLY SHARE

Carl Nelson barkingsquirrel Jun 23 Liked by A Midwestern Doctor

Fascinating. Thank you.

LIKE (4) REPLY SHARE

GingerRRT The Lost Lessons Jun 23 Liked by A Midwestern Doctor

Again thanks for you insights and wisdom

LIKE (4) REPLY SHARE

Quadriped Jun 23

Wow- Another amazing article from the super keen mind of the Midwestern Doctor. Thank you 10 million times for your dedication and work. Do you think UVBI would help a general anti-inflammation goal - that is, there is no specific chronic disease or pathogen, but help with an anti-inflammatory objective? Thank you again.

LIKE (7) REPLY (1) SHARE

A Midwestern Doctor Jun 23 Author

Yes

LIKE (1) REPLY SHARE

VictorDianne Watson Jun 25 Liked by A Midwestern Doctor

What an incredible article! Thank you for taking the time to write it and so thoroughly document it with case studies. The fear of the sun and ultraviolet light that has been promoted in our society is astounding. The use of UVA/UVB/UVC sounds like a miracle; our own blood healing us. You have no idea the good you do and the hope you inspire.

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Jul 1 Author

Thank you

LIKE REPLY SHARE

DUANE HAYES Jun 23

Trump merely mentioned something about this and was demonized to no end. Yet it's been a viable therapy for decades.

LIKE (6) REPLY SHARE

k burnett Jun 26 Liked by A Midwestern Doctor

Fascinating! Thank you. I presume this is some of what is going on with tissues with cold laser therapy. Received quite a bit of it (therapy) for reducing inflammation after a surgery and it was helpful.

LIKE (1) REPLY SHARE

GaryP Jun 25 Liked by A Midwestern Doctor

I'm now working my way through a fourth and much more detailed book on how the immune system works. I've learned stuff from the books and a lot from this site. A rabbit is about to die because of it.

Last night I sat in a chair out in the lawn and watched lightning in a storm passing by. It was not a very good show, and I snoozed. I went to bed, and being 70, had to get up in the middle of the night to pee. As I sat on the bed to go back to sleep, I idly scratched a minor itch. Oops. Some barrier broke, and it became a major, cannot get back to sleep, don't dare scratch it, itch. I tried a couple salves with no relief and then thought about the books. Some insect bit my leg. There was a red spot about 1 cm in diameter. Some white blood cell de-granulated and flooded the area with histamines. My innate immune system was activated and caused the area to fill with fluid, attracted neutrophils, and become hot.

From MWD, this site, I learned that one should work with the immune system, so I did not apply ice. I placed a pillow against the bite and carefully maintained that position to help warm the area. I fell asleep shortly afterward and awoke with no itch. Today, I exposed the area to full sunshine for about 40 minutes. The skin was slightly pink afterward, but that faded quickly, so no sunburn. I worry about Lyme's disease, and this current article implies sunshine will help.

I sat in a chair in the lawn between my garage and a small shed. No deer ever get that close, but a rabbit has been sitting there many times this summer. Can a rabbit pick up a deer tick and drop it where I sat? Of course, it can. That rabbit is going to die. No live trap. Last time I tried a live trap at that spot, I caught a skunk. Did you ever try to get a skunk out of a live trap?

LIKE (1) REPLY (2) SHARE

JC Jul 3

I used to live in a skunk dense neighbourhood. I can't imagine ever getting closer than 6' to a live skunk, if he's chilled out. But an aggro skunk? That's the whole neighbourhood!

LIKE REPLY SHARE

yantra Jun 26

Ticks don't normally itch - they hurt instead. Maybe the rabbit can live?

LIKE REPLY (1) SHARE

GaryP Jul 6

I think the rabbit has been reading my comments. For the last two months it was hanging out between my shed in the house. Even since I commented on the rabbit's demise, it has not been around. I have not heard a local owl lately, so maybe a fox had lunch. Rabbits have one useful function. They are prey for every thing that eats meat.

LIKE (1) REPLY SHARE

Cara W. Jun 25 Liked by A Midwestern Doctor

As always, it's hard to express the gratitude for all the work and reference materials you put into this. So valuable as a source for all the literature and history of all these therapies. I appreciate you so much!! Thank you!!!🙏

LIKE (1) REPLY SHARE

Henry Lahore Science-based Vitamin D Jun 23

There are currently 300 UVBI practitioners in the US vs 3,000 in Europe

https://woodlandshealth.org/ultraviolet-blood-irradiation-uvbi/

found via Perplexity AI https://www.perplexity.ai/search/is-anyone-in-9vLi87ODRcm9zQ7DnazUeA

LIKE (5) REPLY (2) SHARE

A Midwestern Doctor Jun 23 Author

That would not surprise me. Thanks for that data point.

LIKE (2) REPLY SHARE

JC Jul 3

I found 2 in Australia, both of which are flights / hours away from me.

LIKE REPLY SHARE

Lovejoy Jun 25

This makes me think of energy work you could do yourself - get into a relaxed state and imagine your bloodstream lighting up with UV light. I've read about people who have healed themselves through devoted energy work. It seems like a type of healing meditation.

LIKE (4) REPLY (2) SHARE

JC Jul 3

Do it in the sun or IR sauna to improve the effect!

LIKE (1) REPLY SHARE

Linda Kapala Jun 28

Reiki healers are energy healers and many of them help people with pain.

LIKE (1) REPLY SHARE

klimer Jun 23

You are awesome! There are so many therapies I am interested in learning about, and UVBI was on my list. So you've saved me significant time and effort (presuming that any sources I might have found on my own would have been nearly as helpful). I truly appreciate your ability to distill down such a vast amount of information and also provide links to more detail. It sounds as though UVBI has the potential to help with a number of minor "old age" issues that have crept into my life over the past five years. And I'd try anything to get rid of Raynaud's, which is something I've dealt with for decades...

LIKE (4) REPLY (1) SHARE

A Midwestern Doctor Jun 23 Author

I forgot to mention that. It has amazing restorative properties for mitigating the effects of aging.

LIKE (6) REPLY (1) SHARE

klimer Jun 23

Good to hear. I can accept that I'm getting older, just not that everything that goes with it is inevitable. I've known too many 90 year-olds. Some who were sort of sputtering along, but a couple who really hadn't slowed down all that much. For me, real "old age" isn't a given until around 85 or so. There was a study of masters athletes done around 20 years ago. Performance decline was steady until around age 85, when the decline really accelerated. Hard to say if that would still hold true today with the number of ways to deal with energy deficiencies...

I think you may be right about a possible nitric oxide mechanism of UVBI. I've been doing the zeta aid since your original article, but haven't noticed a dramatic difference. I've been taking Cardio Miracle daily for a month (and periodically for a month prior to that). I didn't notice much early on, other than my cognition seemed to be slowly improving. This year I started training late for my bicycle hill climbs (only two by the first week in June, whereas usually I'd have dozens of rides in by then). Right now, I'm thinking I'm doing better than four years ago at the end of the season (when I'm fittest) - my HRV is actually improving this year, rather than the steady decline I've notice for at least the past five years. I suspect the compression leg massager is part of my improvement, but that the CM and its nitric oxide effects are likely the big contributor. DMSO before a ride seems helpful - getting the blood moving together with the solvent effect. It's hard to parse it out and know what is or isn't working, but something clearly is! Which is good enough for me. I suspect in time I'll be able to determine which thing or things have been most beneficial. Thanks again for all of your help!

LIKE REPLY SHARE

Darko Mulej Jun 25

Another unjustly supressed therapy is 'Coley toxnis', the first cancer immunotherapy:

https://www.americanscientist.org/article/healing-heat-harnessing-infection-to-fight-cancer

LIKE (3) REPLY (2) SHARE

Tracy Adair Jun 25

Interesting article. Some doctors believe that we should let fevers from illness just run their course. We should not try to reduce the fever with medication. I watched a testimony of a man diagnosed with leukemia who suffered an unnamed infection, endured a high fever which cured his leukemia!

LIKE (2) REPLY SHARE

Leah Taylor Truth or Dare Not to Think Jun 25

A doctor names Monica Hughes was studying this. She got run out of New Zealand during Covid and lost her research lab. https://themariachiyears.substack.com/p/coleys-toxins-how-the-most-effective

LIKE (1) REPLY SHARE

Jackeroo Jun 24 · *edited Jun 24*

Great synopsis.

To me it is a lot easier to go outside into the sunshine and receive UV light from the sun on my skin (which contains opsins - light receptors - also our skin reddens in sunlight as we shuttle blood to the surface to be irradiated by the sun) and this is probably the easiest and cheapest solution for most people and a more natural way to receive light energy. We have grown so used to living indoors and covering our body with clothes so have a hard time absorbing natural light during the day. That is probably why we need such interventions as you discuss to help heal us.

LIKE (3) REPLY (1) SHARE

JC Jul 5

When I lived in Indiana, this was a scant option. Moving to the wonderful weather of Australia caused me to re-evaluate *why* we stayed indoors in Indiana. Slushy, grey, rainy, about 9 months of the year. I remember in Indiana, it was only a handful of days that were beautiful enough to open the windows. If I'd been in a tall old Victorian or farmhouse, that might be different, but in suburbia, outdoors was not the appealing place I've come to love.

When I started studying Vit D, I learned that above Atlanta, it is extremely difficult to get full light. There is the possibility that the cloud cover increases UVB while blocking A (or is it the other way around?)

Anyhow, this sun treatment is very effective in Australia, but it was not so much, in Indiana.

LIKE REPLY SHARE

Babbelmouth Jun 24

What a brilliant and amazing epic series on light and health. I very much appreciate your detailed references and sources (especially that fantastic John Ott doco) although I do feel somewhat...enraged, I think sums it up, at how much detailed information was known so long ago and supressed about this topic in particular. Have you thought about replacing the word "forgotten" in your byline with something like "deliberately expunged from the record"?

LIKE (3) REPLY (1) SHARE

A Midwestern Doctor Jun 24 Author

Too many words; have to be concise!

LIKE REPLY SHARE

Alex Jun 23

It seems to me that everyone ought to have UVBI device at home, so numerous and risk-free are the benefits.

LIKE (3) REPLY (2) SHARE

RedLetterMom Jul 5

I looked into the machines on one of the links provided in the article. They're $10k plus. Someone should build a home unit.

LIKE REPLY SHARE

JC Jul 5

Every baby given a dose of UVBI at birth instead of toxic shots. Every health crisis - even broken bones, acne, asthma - all the way to the severe and chronic ones. This is why I got angrier and angrier as I read this blog! It's all fixable (or at least help-able, and that's the right direction!).

LIKE REPLY SHARE

J. Harris Jun 26

"IV magnesium sulfate, is a zeta potential improving agent"

Could this be why after soaking for 3 hours in a highly sulphur hot springs I felt much better? Soaking the minerals through my skin greatly improved my zeta potential? I wonder I'd feel and if my chronic issues would resolve if I combine soaking, dry fasting and UVBI? Hmmmm.... May have to try it this Fall when the air temps cool down.

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Jun 26 Author

I have long wondered about this. Epsom salt baths definitely do that. I go to a lot of hot springs. Some seem to have that effect, a lot of others don't (as their mineral content varies widely), so I didn't want to say "go to hot springs to fix zeta potential" because then that would effectively scam many of the people who followed my advice.

LIKE (3) REPLY (1) SHARE

J. Harris Jun 26

Thank you for your response AMD! I agree, from my experience with Idaho and Montana hot springs, the hot springs mineral content is crucial. Thankfully, in Montana, we have several mineral laden hot springs!!

LIKE REPLY (1) SHARE

A Midwestern Doctor Jul 1 Author

Out of curiousity, which do you you consider to be the best hot springs in Idaho?

LIKE (2) REPLY (2) SHARE

JC Jul 5

Inquiring minds would like to know!

Says the bear addicted to Mag Salt Baths...... ahhhhhhh!

LIKE (1) REPLY SHARE

J. Harris Jul 8

The only hot springs I've been to in Idaho are in the Salmon area. I just got back from a recent trip to Idaho where I soaked for 90 minutes at Sharkey's. I've also been to Gold Bug. I do not know the mineral content of these springs. But I do know my silver bracelet doesn't turn black.

LIKE REPLY SHARE

Craig Jun 23

You mentioned UVBI externally behind the knee or under the tongue. Do you have any experience with this approach?

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Jun 23 Author

LIKE (1) · REPLY · SHARE

5G I've used towels to do sensitive but they aren't in UV spectrum. That is much more of a European thing.

LIKE (1) · REPLY · SHARE

Paula · Jun 20

Where do red-light therapy lamps (for home use) and full-spectrum lights/lamps fit in the picture? I have Healmore's and would be interested in looking into the UV therapy, but I have the other lights mentioned above. Just wondering if they are all helpful or just a waste of money to mix with them? Thanks for this wonderful information and all of your articles. I appreciate the work you put in to informing us about whole story!

LIKE (1) · REPLY · SHARE

Margot · Jun 25

Has anyone gotten an estimated cost for UVB? I'm just trying to get an idea of what I'll need to be prepared to pay. I can't seem to get any answers as to what the expected cost is without filling in forms and having a new patient interview at any of the practitioner sites I've found in Florida.

LIKE (1) · REPLY (2) · SHARE

Eric's Rule · Eric's Newsletter · Jun 25

In the twin cities there is a place that does UVI on all of your blood. They filter it, add ozone and irradiate it. They use a kind of dialysis machine and it takes 90 minutes. Cost $2400.

LIKE (1) · REPLY (4) · SHARE

JC · Jul 5

@ That's out of reach of so many!

LIKE · REPLY · SHARE

Cofman Tricia · Jul 2

What's the name of this place??

LIKE (1) · REPLY (1) · SHARE

Eric's Rule · Eric's Newsletter · Jul 3

@tricia.cofman

LIKE · REPLY · SHARE

Margot · Jun 27

Thank you for the info. :)

LIKE · REPLY · SHARE

J Harris · Jun 27

Yikes! That's expensive!

LIKE · REPLY (1) · SHARE

A Midwestern Doctor · Jun 27 · *Author*

That approach is known as EBOO which is much more expensive and most people don't need.

LIKE (1) · REPLY (2) · SHARE

Margot · Jun 27

That's a relief! I did have not heard from the company you gave us a link to. (the one that sells the machine). I am looking for someone in the Tampa Bay area of Florida. I live in Clearwater/Largo. Thank you so much.

LIKE (1) · REPLY (1) · SHARE

A Midwestern Doctor · Jun 27 · *Author*

I emailed them and they said they were backlogged because they received a lot of responses but would get to them by the end of the day yesterday. Try emailing them again?

LIKE (1) · REPLY (1) · SHARE

Margot · Jun 27

Okay, I will. Thank you!

LIKE · REPLY · SHARE

yantra · Jun 27

I thought you mentioned that it was better to irradiate a very small amount of blood, like 70 mL or less? Would running a person's complete blood supply through a dialysis machine even be healthful? (If they didn't need it for kidney failure)?

LIKE · REPLY (1) · SHARE

A Midwestern Doctor · Jun 27 · *Author*

Most people don't need that.

LIKE (1) · REPLY · SHARE

yantra · Jun 28 · *edited Jun 28*

I too would be interested in that information, if anyone finds out. I guess it would also depend on what area one lives in.

LIKE (1) · REPLY · SHARE

Jengo · Jun 24

I'm tempted to get a UV laser therapy device for home treatment, as it's much cheaper and easier to use by myself.

LIKE (1) · REPLY · SHARE

Margot · Jun 24

Thank you so, so much for this fabulous information. That you obviously put a huge amount of work into putting all this actually helpful information together for us, inspired me to become a paying subscriber! It's the least we can do to help actual health care providers like you remain able to keep doing this vital work. Thank you again!

LIKE (1) · REPLY (1) · SHARE

A Midwestern Doctor · Jun 24 · *Author*

Thank you. I really hope this can help a lot of people!

LIKE (1) · REPLY · SHARE

Obedient Subject · Jun 24

Very appreciative of the depth and breadth of information in this post. Incredible work MWD! Yes, I believe this contains the essential details in order for prospects to ask an authority about potential application of this treatment. One of the main take-aways for me is "no adverse effects". Did I read this correctly?

LIKE (1) · REPLY (1) · SHARE

A Midwestern Doctor · Jun 24 · *Author*

As long as it is not dosed too high

LIKE (1) · REPLY (1) · SHARE

Obedient Subject · Jun 24

So, no more than the EDoc donation or is it the infusion rate that matters? Would love to see if this mitigates any long covid manifestations.

LIKE · REPLY (1) · SHARE

A Midwestern Doctor · Jun 24 · *Author*

As far as I know people don't react to EDoc (typically don't react to 100cc). It's more if you have very sensitive patients you need to be careful with the dosing.

LIKE (1) · REPLY (1) · SHARE

A Midwestern Doctor · Jun 24 · *Author*

I am sure they will get back to you. My suspicion is that they may be a little bit overloaded with requests today...

LIKE (1) · REPLY (1) · SHARE

yantra · Jun 25

yes, and if there are only 300 UVB practitioners in the US, it will be likewise with them ... but I suspect there are many more in the shadows - still, if we want the spinal machine, that would likely be another limitation factor.

LIKE (1) · REPLY · SHARE

Obedient Subject · Jun 24

MAHAHA! - indeed...

LIKE · REPLY · SHARE

A Midwestern Doctor · Jun 24 · *Author*

But yes this often helps long covid.

LIKE (1) · REPLY (1) · SHARE

Obedient Subject · Jun 24

I did put a request in for local resource via the website mentioned...

LIKE · REPLY · SHARE

Grazyna Sambonska · Grazyna's Newsletter · Jun 23 · *edited Jun 23*

I read and not scold, your articles although, or maybe because, I'm a layman.

You mentioned tinnitus at least twice in your article, Are you aware of any treatments or cures?

It's truly debilitating condition and I tried Tinnitus 911, Ringclear and even a method promoted by Naomi Wolf with well cooked onion compresses to... for a nerve damage.

What say you?

LIKE (1) · REPLY (2) · SHARE

A Midwestern Doctor · Jun 23 · *Author*

The most consistent is to work with a good Chinese medicine person.

If you can fit the blood flow to the head that can work too (e.g., with UVB), a zeta protocol or advanced osteopathic cranial manipulation. You can also inject the acupuncture triple burner channel point around the ear with lidocaine. I'll post that paper at some point.

LIKE (4) · REPLY (2) · SHARE

Margot · Jun 24

How does one find a good Chinese medicine person? I live in the Tampa Bay area of Florida now. I used to have a fabulous, very elderly Chinese medicine doctor several years ago in the China Town area of Los Angeles but he passed away and the "shop" is now closed. He literally saved my husband's life when all Western medicine had failed to handle a horrible ailment (intussusception) he picked up on a trip to Albania. It was virtually gone within 3-4 days! The (also elderly) Chinese medical person who took over his practice helped my daughter and son-in-law get pregnant when they had not been able to. They have since blessed me with 4 grandchildren. I very much want an able Chinese medicine practitioner in my life now.

LIKE (1) · REPLY · SHARE

Grazyna Sambonska · Grazyna's Newsletter · Jun 23

OMG! There is hope and I appreciate Chinese medicine. Thank you.

I will also wait for your "some point".

LIKE · REPLY · SHARE

Linda Kapala · Jun 25

Have you tried ear candling. Many people like this easy to do therapy

LIKE · REPLY · SHARE

Mark Brody · Mark's Newsletter · Jun 23

There is such a wealth of healing therapies. The medical establishment opposes these therapies in direct proportion to how effective and healing they are. Healing is in opposition to the corporate medical world's business model, which is to get people sick, and keep them sick, while selling them as many pharmaceuticals as possible. I know how cynical these may sound, and perhaps unfair, but I believe it is no exaggeration.

LIKE (1) · REPLY (1) · SHARE

A Midwestern Doctor · Jun 23 · *Author*

I am trying very hard to provide the evidence to support that allegation.

LIKE (1) · REPLY · SHARE

Mark Brody · Mark's Newsletter · Jun 23

You are doing an excellent job. I appreciate all of your hard work. One day the lessons may one day be compiled into a textbook. Could we perhaps call it A Midwestern Doctor's Principles of Internal Medicine? Or possibly, A Midwestern Doctors Forgotten Principles of Internal Medicine?

LIKE (1) · REPLY · SHARE

Linda Kapala · Jun 23

Now, like any good treatment, affordability and access become important

LIKE (1) · REPLY (1) · SHARE

A Midwestern Doctor · Jun 23 · *Author*

This one is relatively affordable, although some integrative doctors and naturopaths charge way more than others for it.

LIKE (1) · REPLY (3) · SHARE

Linda Kapala · Jun 24

I did not find a suggestion but have used the link https://invisblue.com/ .

LIKE · REPLY · SHARE

Beth Bart · Jun 23

Can you recommend Dr.s in FL that provide this? My 32 yo daughter has been struggling with Lymes since she was 8 yo

LIKE · REPLY (1) · SHARE

A Midwestern Doctor · Jun 23 · *Author*

Presently, the best way for patients to find a doctor providing UVB with one of their machines is to contact them at https://invisblue.com/find-a-physician/

LIKE (1) · REPLY (1) · SHARE

Beth Bart · Jun 23

Grateful, thank you.

LIKE · REPLY · SHARE

Mary M Maxwell · Mary's Substack · Jun 23

For approx $150 you can buy the Bob Beck device. I cannot say I recommend it, but it sounds plausible to me (See Bob on YouTube.) This page has different prices.

https://www.etsy.com/market/bob_beck_blood_electrification?

LIKE (1) · REPLY (1) · SHARE

Fred · Jun 26

But the Bob Beck device is not similar to an UVB device is it? Or does it have similar effects? Please let me know.

LIKE · REPLY (1) · SHARE

A Midwestern Doctor · Jun 26 · *Author*

Not the same.

LIKE (1) · REPLY · SHARE

Samiah · 4 hrs ago

Thank you and God bless you in this life and the Hereafter for sharing this information!

I appreciate all the hard work that goes into researching and putting this information together!

LIKE · REPLY · SHARE

Audra Haight · Jul 3

I am a paid subscriber but can't access the rest of this wonderful info on UVB???

LIKE (1) · REPLY (1) · SHARE

A Midwestern Doctor · Jul 9 · *Author*

If you can comment, you should have access to the whole article.

LIKE · REPLY · SHARE

Felicity · Jul 5

Is it worth getting a UV bulb for in say a lamp in my office given a lot of time spent working in doors, does this provide any benefits? - if so is there a certain type of UV bulb that should be used?

LIKE (1) · REPLY · SHARE

A Midwestern Doctor · Jul 6 · *Author*

Just get an OH file.

LIKE (1) · REPLY · SHARE

BadLuterAlien · Jul 4

Excellent article! I don't have a specific ailment but I kinda want to try it. Seems like it might be good for general health as well.

LIKE (1) · REPLY · SHARE

JC · Jul 5

Of all of your articles, this is the one that made me anger and anger the more I read.

From my Grandmother in the 70's, to my parents in the 90's, to the myriads of surgeries & dementia, and my own health journey - the people I see suffering now, the people I've watched suffer with Lyme, MS, etc. etc. - the more I read, the more these piled up and - anger piled up with it.

Up to this point, I've said, "yes, yes, yes, thank you for clarifying, yes, yes." Affirming my own journey.

THIS ONE (along with the vaccine damage one) was impactful, and my words were, "no, NO!!!"

Crimes of Forgotten Medicine. Thank you for bringing them to Light. And helping us find them (when we can - I'll continue my sun therapy in the absence of UBV) - and strive to get infrared into my life) when available.

LIKE (1) · REPLY · SHARE

A Midwestern Doctor · Jul 6 · *Author*

Thank you! I'm just really happy I got an opportunity to do this justice, especially since it just got mentioned on Rogan!

LIKE (1) · REPLY (1) · SHARE

JC · Jul 6

OH THAT'S TERRIFIC!!! Maybe we can proliferate UVB treatments with the publicity!!!

LIKE · REPLY · SHARE

JC · Jul 3

It does make me - possibly - understand the urban legend known as "med beds." The potential for light healing makes a "med bed" possible.

LIKE · REPLY (1) · SHARE

A Midwestern Doctor · Jul 6 · *Author*

So many people told me about those, including people who were convinced they had access to one. All of those leads were dead ends!

LIKE (1) · REPLY (1) · SHARE

JC · Jul 6

So - still in the category of urban legend. Thank you SO MUCH for this comment, because the topic keeps coming up in my circles, and I've yet to hear of a magnificent healing from one, or even anyone ever seeing one, other than the internet stuff.

I do have some mates who treated their cancers with a thing-called a "Tesla bed" but I have no idea what that is.

LIKE (1) · REPLY (1) · SHARE

A Midwestern Doctor · Jul 6 · *Author*

Another way to put it is that I'm very open-minded, but at this point I think the whole thing is hogwash.

LIKE (1) · REPLY · SHARE

JC · Jul 7

https://invisblue.com/find-a-physician/

In Australia, generates a 403 forbidden. I never know when stuff like this comes up because it's a bad site, or the Powers That Be have literally "forbidden" it. Australia.

LIKE (1) · REPLY · SHARE

A Midwestern Doctor · Jul 1 · *Author*

I asked them and they said to email them at admin@o3u.com

LIKE (1) · REPLY · SHARE

JC · Jul 1

Done!

LIKE · REPLY · SHARE

A Midwestern Doctor · Jul 1 · *Author*

Try the website again and see if it works though.

LIKE (1) · REPLY (1) · SHARE

JC · Jul 1

Bizarre, works today. So I can't blame the government for that one.

LIKE · REPLY (1) · SHARE

A Midwestern Doctor · Jul 6 · *Author*

They had server issues.

LIKE · REPLY · SHARE

A Midwestern Doctor · Jul 6 · *Author*

They had server issues.

LIKE REPLY SHARE

Melissa Osmun Jun 26

Loved this one! Thank you. 🙏

LIKE REPLY (1) SHARE

A Midwestern Doctor Jul 6 Author

Thank you!

LIKE REPLY SHARE

k burnett Jun 26

Thank you. But i did not recall seeing anything about polarized light in part one. Did i miss that part?

My observation was that wearing polarized lenses had an immediate effect on me, but regular sunglasses was far less. I would expect that if there is a negative effect, then there may be a way for this to have a positive effect as well, leading to some more focused treatment options eventually.

gives a new meaning to "sunny disposition".

LIKE REPLY (1) SHARE

A Midwestern Doctor Jun 26 Author

my apologies, I didn't see that part.

Ott didn't write much about that. lasers are polarized however and there is a lot of research on the biological effects of that. I believe the biophoton researchers have found the biophotons are polarized and have biological effects at very low levels.

I also dug this out of William Douglass's book:

The researchers in Kazakhstan had noted already in 1965 that the monochromatic polarized light (MPL) from a conven- tional source could have bioactive effects. The polarization of the red monochromatic light was altered by passing through layers of polarizers which gave elliptically or linearly polarized light. Researchers reported that there was a difference in effec- tiveness of the light action with identical wavelength, band- width, and intensity, but different only in polarization.

In 1973 Z.G. Beyasheva and B.A. Bekmukhambetova performed an experiment to compare the action of red polarized light, white polarized light, and HeNe laser light on man. The electroencephalogram (EEG) was monitored from the frontal and occipital lobes. When red or white polarized light was shone into the eye of the subject, the amplitude of the frontal EEG increased, while being simultaneously suppressed in the occipital EEG (which shows information processes in the visual cortex). HeNe laser irradiation, however, caused a total suppression of all EEG rhythms.

Perhaps the most dramatic biological effect of laser light is the stimulation of regeneration of tissue. In 1967 Dr. Koritniy and associates carried out experiments on rabbits using mono- chromatic polarized light from 6300-6400A. Identical wounds were inflicted on both ears of a rabbit, and thus each rabbit served as its own control: one ear was irradiated, one was not. Distinct physiological changes including an increase in the number of neutrophyles occurred on the test wound but not the control wound. In successive periods, the number of phagocytes began to increase, and the bacterial flora composed of ciplo- and tetracocci almost entirely phagocytosized in the wound exudate. The wound which was irradiated with MRL also healed faster. The authors concluded that the effects were due to changing properties of the skin.

LIKE (1) REPLY SHARE

Elaine Jun 26

Any indication UVBI could help people in the early stages of dementia.

LIKE REPLY (1) SHARE

A Midwestern Doctor Jun 26 Author

Yes

LIKE (1) REPLY SHARE

k burnett Jun 25

this is an awesome article! I have seen very little on this topic.

I have always felt that natural sunlight through the eyes was very important to health. I had polarized sunglasses and had to get rid of them due to negative affect on my mood. I don't think we were meant to have polarized light coming in. Don't know if anyone has studied that aspect.

Have you considered compiling your articles into a book? i would love to have them in that form.

LIKE REPLY (1) SHARE

A Midwestern Doctor Jun 25 Author

That was covered in part I

LIKE REPLY SHARE

yantra Jun 25 · edited Jun 25

Would UVBI work for toenail fungus? I have had a mild but persistent case of toenail fungus on one foot for a few years (at first i didn't know what it was). I have tried many natural remedies like tea tree and oregano oils, apple cider vinegar, hydrogen peroxide, etc. What seems to help the most is sun exposure, wearing sandals or barefoot, removing excess toenail and callous and scrubbing the nails thoroughly.

But after more than a year of diligent daily treatment, it has improved substantially but not gone away.

I think part of the problem with toenail fungus is that there is little to no blood supply to the calloused area it creates and seems to thrive in - which is why i wonder if UVBI would work.

If it was tried, would it be best to inject the ultraviolet-radiated blood near the problem area?

Thanks.

LIKE REPLY (1) SHARE

KCH Jul 1

Apple cider vinegar soaks are shockingly effective at treating toenail fungus. I also wonder if getting one of those gel-nail UV lights (like the mini ones they use at the nail salon) would help with the topical fungus.

LIKE REPLY (1) SHARE

yantra Jul 1

Thanks for the tips. i need to try the ac vinegar soak again - it really did seem to make a difference, but most of the time (when i do it) i only put it topically on the toes. I also recently tried castor oil twice and it really seems to have helped - but can be messy. Probably best put on at nite with sox before bed. I also considered one of those small UV lights like you mentioned, though i have never seen them and so don't know much about them. I also tried clove oil for a few days recently - it didn't hurt, but then the toes started itching like crazy so i quit. (usually i use milder oils like tea tree, oregano, frankincense).

LIKE REPLY SHARE

Penelope Jun 24

Thank you for this! Where can I find the footnotes? I want to read the ones about venom.

LIKE REPLY SHARE

DAM on the beach Jun 24

Bless you MWD. Thank you

LIKE REPLY SHARE

Leah Taylor Truth or Dare Not to Think Jun 24

This is fascinating information. Thank you so much for putting this out there.

LIKE REPLY SHARE

Babbelmouth Jun 24

How bout "memory-holed"

LIKE REPLY SHARE

SteveBC Jun 24

Thank you sooooo much for this, AMWDr! I've been trying to get good information on this therapy and find practitioners using good equipment for a very long time. This article does it all. :-)

LIKE REPLY SHARE

Dingo Roberts Jun 24

Thank you for the tremendous amount of work involved in putting this together, and thank you for reminding me of William Douglass Campbell!!! I was an avid reader of The Douglass Report (I believe that's what it was called at the time) in the 2000s.

A couple of thoughts: I have multiple chemical sensitivity, so migraines have been a very difficult part of my life for decades now. I lost nearly everything from MCS. It's one thing to be able to treat the migraines, but there's still a lot of suffering in the process. Avoiding chemical incitants is obviously paramount, but I finally found something that significantly improves things as a prophylaxis: flush niacin and melatonin. Life changing.

"when there isn't enough blood in the body, the heart will beat faster to compensate for this lack of blood volume"

I'm curious about this, as the idea that the heart is not a pump makes sense, but this sounds an awful lot like the behavior of a pump.

LIKE REPLY SHARE

Lynn Jun 24

Thank you for this post. As always I save them for future reference to go through. I am particularly interested in UV treatment because my 5 yo grandson was exposed to Covid booster shedding in Jan of this year (by at least 2 people in less than a week) and life has been hell since then. After gaining 10 pounds of edema (12% of his body weight), he was mis-diagnosed for weeks until finally diagnosed with a rare condition, never heard of before, called Nephrotic Syndrome (NS). After 4 months of mainstream medical treatments, he is no better, his edema is huge, his body ravaged by steroids, biopsies, and more, and we are heartbroken. In Chinese medicine they call NS "Multiple Sclerosis of the kidneys." I have been down many rabbit holes to seek a way to heal his tiny body. He was the healthiest kid I've ever known, never even had a Tylenol before, until January when all hell broke loose. Although I have seen Dr. Kory's interview about shedding on Epoch TV, we cannot seek his advice because he charges $4,000 for an initial visit, and the medical bills have piled up. I am interested in learning more about this treatment but would love your thoughts on NS, especially in children. Although my research has shown it's been around for over 100 years, not much is known, and in fact, no medical textbook in our homes (some 70 to 90 years old) mention it at all.

LIKE REPLY (1) SHARE

A Midwestern Doctor Jun 24 Author

I have seen quite a few things help it, but nothing consistently, so in practice I would muscle test to see which is applicable. The only cheap thing I think of which might help would be a basic zeta potential approach (zeta aid etc).

LIKE (2) REPLY (2) SHARE

Lynn Jun 25

Could you explain how this works? I've not heard of it and only see it applies to wastewater.

LIKE REPLY SHARE

Lynn Jun 25

Thank you.

LIKE REPLY SHARE

Martha Jun 24

I read that Dr Ott has a study of cancer patients at a hospital in New York and that the study was shut down. I don't have more details than that. It's described in Ott's book Light, Radiation and you. Do you know more about that?

LIKE REPLY (1) SHARE

A Midwestern Doctor Jun 24 Author

Nothing beyond what's in the book. I tried to share all of that in the first part of this series.

LIKE (1) REPLY SHARE

radar Jun 23

Dr. AMD. Thank you for listing an original reference regarding "For Example, in 1942, Dr. Miley Reported...." My opinion is that every reference reported lends credibility to any article!!! Unfortunately the web does not know where the reference is, or they don't want anyone to read it (likely). So I wrote in my notes:

Dr. Miley reported {https://o3vets.com/ wp-content/uploads/2017/08/ST019-Ultraviolet-Blood-Irradiation-Therapy-in-Acute-Pyogenic-Infections.pdf} {NOTE: THE PDF IS NO LONGER AVAILABLE AT THIS SITE}. I have not read comments yet to determine if my note has already been mentioned by others. I wonder if a new reference to the pdf download may be available from some other location.

LIKE REPLY (1) SHARE

A Midwestern Doctor Jun 24 Author

https://sci-hub.st/https://www.americanjournalofsurgery.com/article/S0002-9610(42)90604-4/abstract

LIKE (3) REPLY SHARE

erin Jun 23

Very interesting, Doc. While reading it, it occurred to me whether anyone has tried a similar technique with infrared light? I suppose it would not work as well for infections as UV, but may be useful for other things?

LIKE REPLY (1) SHARE

A Midwestern Doctor Jun 23 Author

There are very different effects depending on which light you use (e.g., I didn't mention it here, but there was a russian doctor who had a lot of success for leukemias by irradiating the blood with x-rays). On the infrared red end, since IR penetrates the body on its own, I think it's been assumed that external IR exposure is functionally the same as blood irradiation. That said, IR lasers at very specific frequences exist and I sometimes see remarkable results from those.

LIKE (2) REPLY (2) SHARE

Fred Jun 24

AMD, please suggest (non IV) products that may produce similar resultats as UVBI therapy , for example IR lasers or other types of products. Products aimed and priced for home therapy sessions, not a professional care setting.

LIKE (1) REPLY SHARE

yantra Jun 25

thanks for more useful info about IR - also pretty interesting about irradiating the blood w xrays for leukemia - the Russians are so far ahead of us on so much. As much as AMA docs like to use xrays, i bet that one wouldn't fly in the average US hospital (:

LIKE REPLY SHARE

cstal222 Jun 23

Has UVBI been tried for myeloma?

LIKE REPLY (1) SHARE

A Midwestern Doctor Jun 23 Author

I do not know.

LIKE REPLY SHARE

Beth Bart Jun 23

Thank you so very much! 🙏 with gratitude

LIKE REPLY SHARE

Craig Jun 23

You mention build up of protons and zeta potential. It seems that grounding/earthing would help.

LIKE REPLY (1) SHARE

A Midwestern Doctor Jun 23 Author

Yes, that is one of the simplest ways to do it. It helps but does not fully fix it, so with less ill patients, that can be enough and make a big difference, but with more challenging patients it makes them feel a bit better but doesn't do that much.

LIKE (2) REPLY SHARE

Truthbird Truthbird's Newsletter Jun 23 · *edited Jun 23*

The widespread sprayimg of toxic chemicals into the earth's atmosphere ("chemtrails," a/k/a geoengineering) must negatively affect our ability to absorb natural sunlight, in addition to poisoning us outright.

https://secularheretic.substack.com/p/covid-crimes-pale-in-comparison-to

LIKE REPLY SHARE

LisaR Jun 23

You mentioned UVBI works for some allergic and autoimmune conditions. Any success out there with it for EoE?

LIKE REPLY (1) SHARE

A Midwestern Doctor Jun 23 Author

I think so but off the top of my head I don't know anyone who has used it for that application.

LIKE REPLY (1) SHARE

LisaR Jun 23

Thank you

LIKE REPLY SHARE

Mary W Maxwell Mary's Substack Jun 23

Thanks a mil, MWD. I happened to notice "strep" on your list. That reminds me of the book Saving Sammy by Beth Malone.

Amazon says: "The story of one mother's fight against the medical establishment to prove the link between infection-triggered PANDAS and her son's sudden-onset OCD and Tourette syndrome."

Long story short, the boy had severe OCD but it was cured by [I forget] whatever cures strep. I wish some OCD sufferers would try the Light therapy. Wouldn't it be thrilling if it worked.

LIKE REPLY SHARE

Joanne Jun 23

Has any research on UVBI been done on cancer, specifically Multiple Myeloma?

LIKE REPLY (2) SHARE

A Midwestern Doctor Jun 23 Author

I listed everything I knew of. Much more has been done for the proprietary approaches that also utilize a photosensitizer.

LIKE REPLY SHARE

Mary W Maxwell Mary's Substack Jun 23

I found this at medicine.yale.edu, where they call it extracorporeal photophoresis, or something fancier than UVBI:

In 1982, Prof Richard Edelson and colleagues made a new discovery. 8-MOP was known to be effective for psoriasis patients after being activated by ultraviolet (UV) light. After giving CTCL patients 8-MOP and passing their blood through a machine that zapped malignant cells with UV light, Edelson's team found that the light-exposed cells effectively became an anti-cancer vaccine. "In the first patient we treated, the disease disappeared," he says. The team later concluded that the treatment had immunized patients against the cancer.

The light treatment, called extracorporeal photochemotherapy (ECP), became the first FDA-approved cancer immunotherapy in 1988. ECP is now used around the world, not only to treat CTCL, but also in cases of organ transplant rejection and graft-versus-host disease following bone marrow transplants.

LIKE (1) REPLY (1) SHARE

Linda Kapala Jun 28

Great info. My husband had a stem cell transplant and we worry about GVHD, it is mild at this point, but we want to be on top of it.

LIKE REPLY SHARE

deleted Jun 28

Comment deleted

A Midwestern Doctor Jul 1 Author

I asked them to reach out to you. Also try emailing them at admin@o3uv.com

LIKE REPLY SHARE

deleted Jun 23

Comment deleted

A Midwestern Doctor Jun 23 Author

Presently, the best way for patients to find a doctor providing UVBI with one of their machines is to contact them at https://invisiblecure.com/find-a-physician/

LIKE (3) REPLY (1) SHARE

deleted Jun 23

Comment deleted

A Midwestern Doctor Jun 23 Author

They have always responded when I send someone to them. My suspicion is that they do not want to publicly post a list because that would attract unwanted attention to the doctors.

LIKE (4) REPLY (1) SHARE

deleted Jun 25

Comment deleted

A Midwestern Doctor Jun 25 Author

Let me know in 3 days if they still have not.

LIKE REPLY (1) SHARE

JC Jul 6

They replied to me in a matter of hours. They found one in my country - but it would be like going from NY to LA to get it. Regular treatment is just not an option.

LIKE REPLY SHARE

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