DMSO Transforms The Treatment of Infections...
A ADMIN@DRSTEVEPETERSON.COM | OCT. 23, 2020 | 0 LIKE | 279 | TOP

How DMSO can treat many challenging infections

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Obsiwoh (Obsiwoh's Substack: Ed Zolner)
• Reader
For 70+ years I dealt with very frequent angular cheilitis. My dermatologist regularly prescribed Ciclopirox cream, and various topical antibiotics, ... several times a year. I was also prescribed oral antibiotics (usually minocycline and Augmentin). I've also tried all sorts of supplements and home washes...none helped much.
About 4 months ago I figured I'd try a DMSO topical preparation. Using 40ml, of a hypoallergenic lotion as a base, I combined:
- DMSO 99.99% (5ml.)
- Tea Tree essential oil (1ml.)
- Caprylic Acid (1,200ml)
I applied it twice a day after gently washing the area, and in less than 4 days it completely resolved a moderate case of angular cheilitis I had at that time.
I've used it 1- 2x daily as a prophylactic ever since, and for the first time in over 15 years I've gone months (and counting) without any recurrence.
The same preparation has also worked fantastically in resolving facial folliculitis that I used to frequently get after shaving.
PS - I've used the same preparation without DMSO (just lotion (40ml.), Tea Tree oil (1ml.), and Caprylic Acid (1,200ml.) , and just little no- no-benefit for the angular cheilitis.
LIKES (21) REPLY SHARE

A Midwestern Doctor Ed
• Author
Thank you for sharing, I pinned this!
LIKES (3) REPLY SHARE

JD Ed
• Liked by A Midwestern Doctor
Thank you for your knowledge and your courage these past few years! I send so many of your articles along to family members and friends most who are in the medical profession. Thankfully, so many of them are waking up! I haven't figured out how you manage a professional career AND these incredible articles, but I am so glad you can!
Keep up the good fight! Patients are behind you!
LIKES (46) REPLY SHARE

Ron Robinson Ed
• Liked by A Midwestern Doctor
Thank You so much for this valuable information. I am 75 and live in the Pacific Northwest, where there were a lot of agricultural chlds in the early 60's and remember some of the workers selling this byproduct DMSO all over the place. Recently I've become interested in Alzheimer's and am studying Cancer Salves a lot because of my Grandmother. Recently I had Hagman's Neurosclerosis. So, I added a few drops of DMSO to some black salve and removed a Squamish cell carcinoma on my face in just a few days. Had to cancel my dermatology appointment.
LIKES (24) REPLY SHARE

A Midwestern Doctor Ed
• Author
Thank you! That's wonderful!
LIKES (3) REPLY SHARE

Marge Ed
I need to find that book! I make a paste of vit C and mixture with DMSO that I have applied to basal cell carcinomas and they have disappeared. I did have one on my face that I had the dermatologist take off and now regret not trying with the paste.
LIKES (8) REPLY SHARE

Paul R Ed
• Liked by A Midwestern Doctor
I'm so grateful for these articles. I began using DMSO 6 - 8 weeks ago for joint pain and swelling, and have expanded it to use for other conditions. The swelling in my knee and ankle, a result of an old injury and bothering me these last 8 years, has gone down, the pain has gone. Much cheaper than similar results from platelet rich plasma injection I had 4 years ago.
So I started using on my scalp, as I'm mostly bald. It appears hair is beginning to grow back, and my scaly flakes scalp has healed.
I'm experimenting using it as adjunct for Bartonella infection, and I just received a lab results showing I no longer have active infection.
My wife is using it for her Dupletons with good results, and for a skin disease on her feet, with good results.
Again, thank you for writing this series, as it's enabled is to improve several chronic conditions, inexpensively and from the comfort of our home.
LIKES (22) REPLY SHARE

A Midwestern Doctor Ed
• Author
Thank you! That's wonderful.
LIKES (3) REPLY SHARE

LYNNDEE Ed
Sounds great! I have 90% and I'm confused. If I have a cold sore how do I use it? I have a bad knee multiple issues including osteoarthritis how do I use it? I'm a little confused on the dilutions and how to use
LIKES (2) REPLY SHARE

JenniCarson JenniCarson Ed
read the last part of the article in dosing. You can start with a dilute solution and if you have no issues with that, go with a stronger solution next time. Or, you can do the reverse: start strong and if the skin irritation is too intense, use a more dilute solution the next time. I'd use the 90% on the cold sore because you'll be applying it to such a small area. Though it is a much larger area for the knee, so there you may find a more dilute solution works better, but you could start with the 90% and see how your skin reacts. I'm thinking there are parts of my body where I can use a high concentration and have no itching (like on the feet and ankles), but other parts (my back) I have to use a much lower concentration.
LIKES (2) REPLY SHARE

Dr. Shanda Ed
What an amazing story. Did you use it topically or orally for the joint pain? And for the contractures? Thanks.
LIKES (2) REPLY SHARE

Simonde Ed
• Liked by A Midwestern Doctor
We are trying DMSO on eczema on my daughter's hands, it's looking better after just 3 days!
LIKES (16) REPLY SHARE

Jay Anton The Personal and the Fantastic Ed
• Liked by A Midwestern Doctor
Can you please share how you are using it? Are you applying it topically along with a steroid cream?
LIKES (3) REPLY SHARE

Simonde Ed
We began applying a little 70% DMSO directly onto the eczema as a test. There was no adverse reaction and little to no itching, so 3 days ago we began applying it about 8 times per day, directly onto the eczema from the bottle. The skin feels smoother and small patches of eczema are looking clearer. There is a drying effect on the wood patches of eczema. So far no need for any moisturizer and hopefully this will continue as we want to stick to applying the DMSO only if possible. We have tried so many different creams in the past and nothing works, hopefully the DMSO will bring us into the persistent problem.
Maybe a combo with a steroid cream would help, we are open to suggestions.
LIKES (7) REPLY SHARE

ann ann Ed
Drinking the steroid deeper into the skin with DMSO could cause damage.
Adding high dose biotin (40mg and per day) helps with eczema.
If you must use a steroid, use ointment rather than cream.
Sticking the hands under hot water will kill the itch (stick the hand under the faucet and wait until it gets hot but not too hot; repeat as necessary).
LIKES (2) REPLY SHARE

Mauser Ed
I had eczema all over as a child. My parents used lanolin on advice of the doctor, which few mention nowadays. It cleared it up.
LIKES (2) REPLY SHARE

Simonde Ed
That's interesting, if the DMSO doesn't work we may try that. Somebody else also mentioned castor oil.
LIKES (2) REPLY SHARE

Michelle Ed
I had a lump growing on the base of my eyeball last year. I used pure organic castor oil made of my eye at night and underneath my eyelid during the day. Lump completely disappeared after 6 weeks. Another small one showed up in a different location this year and I got rid of it with Castor Oil in less than 3 days.
LIKES (2) REPLY SHARE

Simonde Ed
Please post an update in the near future about how the ingestion of DMSO is going. I have pure eczema clears up quickly!
LIKES (2) REPLY SHARE

Joanne Hougen Ed
I will update you!
LIKES (2) REPLY SHARE

Fred Ed
Please update us later on, for example the next few weeks on the progress. I am looking for something for my daughter's eczema.
LIKES (2) REPLY SHARE

Jay Anton The Personal and the Fantastic Ed
Thank you, and I hope you continue to see improvement! I wonder what it is in the DMSO that is by itself having this anti-inflammatory effect?
LIKES (2) REPLY SHARE

Lois C Ed
• Liked by A Midwestern Doctor
The DMSO articles alone are worth the subscription price!! I can confirm this is a game changer for herpes. I started to get a cold sore on Christmas morning and after applying 70% solution 3-4 times over 2 days it was completely gone. It never fully developed into blisters. This worked as well or better than Valtrex for me. Thanks for this wonderful information.
LIKES (18) REPLY SHARE

Mary Fisher Ed
Another miracle worker on cold sores is jojoba oil, which I found out by accident. Just happened to rub some on my lips when I had just bought some for my hair and was experimenting. Realized later that the emerging cold sore was gone! Gave some to a friend with a nasty cold sore - the pain went immediately and it soon dried up.
LIKES (2) REPLY SHARE

Lois C Ed
That's awesome! I'll definitely pick some up and try it. Thanks!
LIKES (1) REPLY SHARE

Thetheaphe Ed
So true! Can you share more about your 70% solution? Was it a cream, gel or spray?
LIKES (2) REPLY SHARE

Lois C Ed
Of course. It's actually just the liquid. I applied it with a cotton ball and it burned a little bit at first but subsided quickly for me. The itchy sh ccup, here comes a cold sore went away almost immediately. I'm telling everyone about DMSO and MMD who will listen! What a blessing!
LIKES (2) REPLY SHARE

Tomislav Ed
Game here! Amazing!
Next time I will try to mix it Vitamin C and apply it as.
LIKES (2) REPLY SHARE

charlotte@drsteveforme.com Ed
Are you going to pull this all together and publish a book?
LIKES (2) REPLY SHARE

KundaliniActiveCatTowers KundaliniActiveCatTowers just now
I would buy, but I want these comment sections, too. :)
LIKES REPLY SHARE

Rosie Cotton Rosie Cotton Ed
"0, "0, "0, 70 preorder it right now!!!
LIKES (2) REPLY SHARE

charlotte@drsteveforme.com Ed
Hit him
LIKES (2) REPLY SHARE

Lois C Ed
Hit him!
LIKES (2) REPLY SHARE

MarkyH Ed
• Liked by A Midwestern Doctor
This article was amazing. Fascinating, exact details. This is what we needed. Doctors need this. Thank you.
LIKES (3) REPLY SHARE

A Midwestern Doctor Ed
• Author
Thank you! Yay!
LIKES (2) REPLY SHARE

Irene Ed
• Liked by A Midwestern Doctor
I repeatedly my finger by closing the freezer on it and as we all know how that hurt! I rubbed for the closest DSMO and got the eye drops (50% distilled water) just some in a small container and put my finger in it. The pain went in 10 minutes and never came back and I have saved the rest! I put more on the cuticle everyday I have also put DMSO with Castor Oil for my face and starting to see benefits after just a few days. A for all. Great to get away from the Pharmaceutical companies.
LIKES (19) REPLY SHARE

Mauser Ed
I used it on an open burn accidentally touching the pan with my finger. The burn hurt for several hours but was gone the next day. Usually these take a couple of days.
LIKES (2) REPLY SHARE

Mary Fisher Ed
I used it for the same purpose on Christmas! I slammed my thumb in a door and immediately coated it with dmso. It helped so much! Also helped with a burn on the underside of my forearm (from hitting the oven rack). I have often given these type of burns, so I know how much of a difference it made.
LIKES (2) REPLY SHARE

Rachel Ed
• Liked by A Midwestern Doctor
I haven't tried DMSO for ears yet, but I had a life-changing recommendation by a friend a while back about using onion juice for ear infections. I was skeptical at first, but I swear by the stuff now. (Grate some onion, squeeze the juice through a cheesecloth or thin towel, and apply drops to the ear canal.)
I've tried it on myself, my kids, my dad (whose earaches occasionally rupture from bad infections). It provides almost immediate pain relief, and the anti microbial properties seem to fight the infection. We haven't had to go antibiotics for ear stuff in a while. Hope this info is helpful to someone :)
LIKES (8) REPLY SHARE

Matt Cook Daily Medical Discoveries Ed
• Liked by A Midwestern Doctor
Thanks. I'm trying it with a very recent medical decay ... DMSO along with dissolved oxycetin. See how it works.
LIKES (6) REPLY SHARE

Sisyphuner Jane's Substack Ed
• Liked by A Midwestern Doctor
May I ask the strength and solution you are using? I'm considering diluted strength with a bicarbonate toothpaste on my elderly rescue dog. She has had no dental care and I won't dare risk anesthesia for the cleaning.
I thought she'd give a whirl on my own teeth a few times a week for gum health, etc.
I'm using it on various skin moles and they are disappearing! They are small (all 1st age' molecolin tags, etc. Also using it as a face cream to see what it may do for minor wrinkles...plimbing, for sorts.
Drops in one ear (leaving the other for 'control purposes) and I haven't noticed much after about 6 weeks. I plan to go another 5 months on the eye. Early-forming cataracts, not a vertry thing.
LIKES (2) REPLY SHARE

Matt Cook Daily Medical Discoveries Ed
• Liked by A Midwestern Doctor
You are using dmso or rapamycin?
LIKES (2) REPLY SHARE

Sisyphuner Jane's Substack Ed
DMSO. I've bought the 100 percent solution but know it must be diluted. I was going to go into my local compound pharmacist to help the people who have people and such or find an herbalist who could recommend the proper delivery method. If you could help it would be deeply appreciated.
LIKES REPLY SHARE

JenniCarson JenniCarson Ed
dilution of 100% solution should be fairly easy. For example, if you mix equal parts DMSO and distilled water (or RO water), you'll end up with 50% solution. 1 part DMSO to 2 parts water = 33% solution, etc.
LIKES (2) REPLY SHARE

Sisyphuner Jane's Substack Ed
Thank you. I know I was overly cautious so your recommendation will be followed. I was thinking I needed tartrate but distilled water is perfect...again, much gratitude.
This is simply the best substack I read. I can't thank MMD and followers (like you) great enough.
LIKES (2) REPLY SHARE

Fabiya Lopezarian Ed
Ditto.
I wouldn't miss MMD publications AND it's readers' comments/articles/forums.
LIKES REPLY SHARE

J. Harris J. Harris Ed
For eye drops, I made my own isotonic 3% saline solution and added DMSO to create a 30% solution. I drop several drops to my eyes a few times a day. Trying to get my distance vision back so I have to wear glasses to see far away. After a couple weeks, I haven't noticed much difference yet. But I'll keep trying.
LIKES (2) REPLY SHARE

Sisyphuner Jane's Substack Ed
My floaters have disappeared. During the daytime, I am not putting a contact lens in the eye I am treating with the DMSO. I read quite a bit in the late afternoon/evening and I can't see without my glasses. (I am going to give it 6 more months...or the meanwhile, I'm joyful to be able and a healthy person.
LIKES (2) REPLY SHARE

carrie heun Ed
• Liked by A Midwestern Doctor
just a quick update on my mom's remarkable recovery. I took your advice and stopped putting it on my cheek after 3 weeks of 2ccs daily ... and now it feels, well, normal. I was only eating soft foods on it at first but now I am eating everything with it and no pain or sensitivity. I am amazed and so pleased. Thank you so much for all your efforts... you have saved a tooth, a small thing to one but, but a big thing for me...
LIKES (2) REPLY SHARE

A Midwestern Doctor Ed
• Author
Oh that's wonderful. You are the fourth person who's shared that with me!
LIKES (2) REPLY SHARE

Carl Nelson Lumbopuncture Ed
By ingesting the skin alone my prostate (50% solution/once a day for a couple weeks) I have been able to dispense with taking Flomax. I'm excited to see what my PSA level will be when next tested.
LIKES (3) REPLY SHARE

A Midwestern Doctor Ed
• Author
Wow!
Oh that's wonderful. You are the fourth person who's shared that with me!
LIKES (2) REPLY SHARE

Bob Ed
By swallowing the skin alone my prostate (50% solution/once a day for a couple weeks) I have been able to dispense with taking Flomax. I'm excited to see what my PSA level will be when next tested.
LIKES (2) REPLY SHARE

A Midwestern Doctor Ed
• Author
Wow!
Oh that's wonderful. You are the fourth person who's shared that with me!
LIKES (2) REPLY SHARE

Bob Ed
I am dealing with breast cancer and take DMSO with genuine essiac tea. I also mix in 15 mg of Naltrogenin powder...which is very interesting. Naltrogenin is not water soluble. It does slowly dissolve in the DMSO.
Naltrogenin does dissolve in alcohol but I'm not as interested in that.
But it is a TPC blocker...which is what Ebola and Marburg attach to, so if Naltrogenin is present they both theoretically just pass out of the body and do not get a foothold. It is anti infectious among other things. Just thought I'd mention that here. Thank you for the article.
LIKES (2) REPLY SHARE

Carl Nelson Lumbopuncture Ed

Carl Nelson barkingsquirrel 6d

Your column does a lot of good. Thank you. P.S. One of the side effects of Flomax is weakness, which also seems to be dissipating. I'd thought it was just aging.

LIKED (4) REPLY SHARE

Go west 7d

Liked by A Midwestern Doctor

Thank you for series of great documentation; I'm 62; Cycling's is my predominant transportation and hopefully for a long time to come. I use dmso for post concussion and whip lash injury's; ckd with atrophic multi renal arterial kidney, suspicious sfk; had nuclear medicine scan 8 years ago with 65/35% fcn; bilateral msk; have unprecedented e gfr of >95. Hoping it curtails any organ amyloidosis if there is any. In my experience worked well for antibiotic candiasis; 1/2 t. Po. w fermented cabbage at hs once or twice. Appreciative of the excellent information. I would utilize preorder a hard copy version if there is one. Wishing everyone the healing benefits of dmso.

LIKED (5) REPLY (1) SHARE

Mouzer 6d

After a bad fall I took magnesium threonate. It cleared my fogginess quickly. Apparently the brain needs more Mg at that time, and the threonate passes the blood brain barrier.

LIKE REPLY SHARE

carrie feuer 6d

Liked by A Midwestern Doctor

just a quick update on my tooth's remarkable recovery. I took your advice and stopped putting it on my cheek after 3 weeks of 2/day usage....and now it feels, well, normal. I was only eating soft foods on it at first but now I am eating everything with it and no pain or sensitivity. I am amazed and so pleased. Thank you so much for all your efforts... you have saved a tooth, a small thing to be sure, but a big thing for me...

LIKE (3) REPLY SHARE

sadie sadie 6d

Liked by A Midwestern Doctor

Dr Rowen has some newer ozone ideas on the gel/ oil form. I'll look forward to your research and making room in my printed binder for your series on it. Your effort and time are greatly appreciated.

LIKE (3) REPLY SHARE

Jamie Jamie 4d

Liked by A Midwestern Doctor

I am just on the other side of what had to be influenza. It hit me like a truck. I added DMSO to my nasal rinse and it was immensely helpful for the severe head pain (sinus pain) I had.

I also used it topically to help me breathe.

This article was perfect timing!!!

LIKE (2) REPLY (1) SHARE

J. Harris J. Harris 4d

I too was hit with some "viral" thing. The headache was the worst! I used my Castor Oil/DMSO dilution on my forehead, the top of my head, base of my neck and behind my ears. And sometimes I used 100%! The DMSO "pain" felt better than that damn headache. The DMSO greatly helped alleviate the headache!!

LIKE (1) REPLY SHARE

Connie Cook 4d

Liked by A Midwestern Doctor

Thank you!

LIKE (1) REPLY SHARE

Moshe Brody 4d

Liked by A Midwestern Doctor

Thank you so much, AMD!

Try to discuss in upcoming articles benign tumors and if there is anything that can help for it have yet to come across something that is effective thanks!

LIKE (1) REPLY SHARE

PRice PRice 5d

Liked by A Midwestern Doctor

Tour de force!

LIKE (1) REPLY SHARE

Andrew Dickens 5d

Liked by A Midwestern Doctor

Thanks for a great article!

I have been using colloidal silver from purecolloidal.com for years. Especially the 4,000 ppm

This manufacturer claims that it is actually atomic sized particles and that is important.

To quote the manufacturer: "The main difference is the "Particle Size." They use nanoparticles of certain elements that cannot penetrate but only deliver the 'therapy' to the affected area.

GoldenGevity makes those elements in the smallest particle size ever achieved in the history of Health and Wellness.

I have no financial claims to make.

LIKED (2) REPLY SHARE

GravityRx GravityRx 6d *Edited*

I suffered from constant sinusitis for decades. Between 2007 and 2013 I had three sinus surgeries for polyps and inverted papilloma. In 2014, I began a keto diet and now am 100% carnivore, beef, butter, bacon and eggs. I also eat some cheeses. No doctor recommended this by the way. I discovered keto on blogs, tried it and stuck to it.

This cured my arthritis, psoriasis, eczema, allergies and I dropped my weight down 40 lbs to the same weight as my senior year in high school, 1975. I was on the wrestling team and remember my weight class, 135 lbs. I can now get on a water rower and easily go for an hour with a sustained 145+ BPM for over 30 minutes, twice a week. I do weight work and the wife and I walk 2 miles every day. I'm never sore from workouts or heavy housework.

Because of the sinus surgeries my mucus doesn't drain properly and there is a pocket on my left side that if I don't do a regular saline rinse, will harden and become hard to dislodge.

This causes extreme discomfort (head aches and sneezing) and I use Flonase and sometimes prednisone to reduce the swelling to help dislodge the blockage.

A month ago I had a bad blockage and instead of medication I put two tablespoons of 70% DSMO in the nasal rinse. After four or five days and rinsing twice a day the blockage released. The only downside is my wife said I had a peculiar halitosis.

LIKED (6) REPLY SHARE

aaro caruso 7d

Great work on Dmso! You have done yeomans work on this subject. We have a 13 month old with spina bifida (neurogenic bowels and bladder) and would like to possibly try dmso but can't find any info on dosages. We have 70 percent gel and also 99 percent liquid. thanks!

LIKE (5) REPLY (1) SHARE

A Midwestern Doctor 7d

Author

I am not familiar with this application, so it would be experimental and I can't predict what would happen. If she takes it orally, I would try around 1/8 of a teaspoon in a water/milk and see how she responds to it. It's also really hard for me to say the correct dose without meeting her.

LIKED (6) REPLY SHARE

Gailsing 7d

How can I use DMSO for Lyme disease/EBV? Orally? Strength? How long?

LIKE (5) REPLY (3) SHARE

A Midwestern Doctor 7d

Author

That question is too complex and beyond the scope of this as Lyme is a massively complicated subject. If you want to try DMSO, essentially, try using it orally, see if it helps, be aware you may herx, and start at a few drops in a glass of water (teaspoon is probably fine but may also be too much).

LIKE (11) REPLY (2) SHARE

Jenn 6d

Thank you! I have been dealing with post Lyme symptoms for 8 years and was working myself up to take DMSO orally after using it topically for pain.

LIKE (1) REPLY SHARE

Gailsing 7d

Ok thank you...Will try it

LIKE REPLY SHARE

Mary Fisher 6d

Ivermectin and fenbendazole have been used with good results on Lyme too. I read that it is important to have follow-up doses, for a few days or a couple days later, for full destruction of Lyme parasites. I have taken both meds myself with no problems. Though of course your mileage may vary.

LIKE (2) REPLY (1) SHARE

Gailsing 6d

I have both ivermectin and mebendazole.. what dosage and for how long?

LIKE REPLY SHARE

Mouzer 6d *Edited*

I use monolaurin to keep EBV at bay. After catching covid, after invermectin, the EBV came back as verified in blood tests. Monolaurin is an extract of coconut. There are a lot of reviews on Amazon on its effectiveness.

https://www.monolaurinandmore.com/articles/monolaurin-rna-enveloped-viruses

https://www.collaborativemed.com/reactivated-ebv-driving-fatigue-a-look-at-epstein-barr/

LIKE REPLY (2) SHARE

Gailsing 6d

Great article thanks

LIKE (1) REPLY SHARE

Gailsing 6d

Monolairn is good, I use it when I get sick... never thought of it for EBV... how much?

LIKE (1) REPLY (2) SHARE

Mouzer 6d

I took it three times a day at 300 mg for a couple of days til I felt better, then two a day, now usually 1 a day.

LIKE (1) REPLY SHARE

Gailsing 6d

Excellent article, thanks

LIKE (1) REPLY (1) SHARE

Mouzer 6d

I also eat shitake mushrooms frequently to bolster the immune system in its fights, and did eat them more at the time.

LIKE REPLY (1) SHARE

Gailsing 6d

I think the article is spot on... I think that's what I have. Reactivated EBV... Will do some more research on that website... thanks

LIKE REPLY SHARE

Reader East of Albuquerque Reader East of Albuquerque 7d

Liked by A Midwestern Doctor

Thank you!!

LIKE (1) REPLY SHARE

Tracy Adair 6d

15 years ago I was hospitalized with a strep infection in my blood. I was on IV antibiotics for 30 days. Before I got sick, I was a runner and equestrian who

only suffered the occasional ache and pain. After my antibiotic treatment (1st Rifampin, then changed to Vancomycin), I am plagued with generalized osteoarthritis and can no longer run. I still ride but pay the price! Your info on CWD bacteria is very interesting to me. I wonder of CWD bacteria from the antibiotic tx is the cause of my chronic joint pain? Because of your articles, I am now using "Nature's Gift", 70% DMSO gel. It has been very helpful. I apply it wherever I hurt that day but I feel it helps my pain all over. I think it penetrates my skin, possibly entering my bloodstream and has a general anti-inflammatory effect. It does make my skin itch for a few days after application but it's worth it for the pain relief!

Thank you for all the work you are doing, I learn so much from your research and writings!

LIKE (4) REPLY SHARE

Donna Bock 6d

Weighing in again.

I've been applying 50% dmso around my entire hip since 10/28/24. Arthritic and torn labrum, hip replacement candidate. I am completely off meloxicam now. I can walk without pain, the exception is specific movements that twinge but cease when that specific movement is curtailed. Will be interesting to see what surgeon says in my first consult next week. I'd like to avoid surgery.

I should also mention that I was doing hip exercises daily for 18 months which improved mobility and range of motion, but it wasn't until the dmso that the pain started to cease. Thus no more nsaids.

I was quite ill with some nasty flu crud, took me down for two weeks. I ceased dmso during that time. What is interesting is the improvements in my hip pain did not revert for lack of dmso treatments. I started back up again and pain is continuing to diminish, though improvement is nearly imperceptible. But then you realize later that improvement is actually dramatic over the course of time. Since this is a chronic condition, I'm resigned to at least a nine month trial. It's only been a month and a half.

Also, I had an incident during a self defense class, where I clearly blew up some portion of my elbow, which within days turned into a screaming inflammation that ran from my shoulder to my ring finger. Screaming pain, no swelling. I broke my no nsaid rule, popped one, and painted my entire arm for three days with 50% dmso. By day four there was NO PAIN. Gone.

My experience with any kind of tendinitis, which this had all the hallmarks of, is that one is looking at a prolonged rehab, and prolonged burning pain. Nope. Gone.

This stuff is so incredible. I'm working up my courage to use it for macular degeneration (mild) and chronic tinnitus. Putting in eyes is just so...disconcerting.

LIKE (4) REPLY (1) SHARE

Roxanne Roxanne 6d *Edited*

Donna, my roommate is using DMSO for her tinnitus and general hearing loss; she just completed six weeks of her protocol. She soaks a Q-tip in 50% solution, cuts it in half, then rests a half in both ears for two hours, twice a day. She reports overall serious improvement in hearing ability, and her tinnitus improvement is intermittent. That is, the tinnitus has lessened, but it's not linear. Some days she reports that it's as loud as it ever was, and some days it's almost imperceptible.

Again, this is six weeks of treatment, after 14 years of tinnitus and hearing loss, so it seems pretty dramatic.

She asks me to report on the lymph nodes in her neck, which have been swollen for 30 years. Both sides have been drastically shrunken with DMSO use in her ears, with one side now at a normal size and the other nearly normal.

By the way, I have not been using it for my ears specifically, but I am also hearing tiny sounds that I haven't heard in years. I'm using it to address asymptomatic vitreomacular traction. Since there are no symptoms, and I was diagnosed because my ophthalmologist just purchased an expensive OCT machine, I can't tell if there is improvement or not. My sense is that there is some added clarity (I have/had a nascent cataract in one lens), but it's possible that is from the power of suggestion.

LIKE (3) REPLY SHARE

Susie Arnett The Transformational Concierge 7d

I wasn't able to access the dental research uou cited. What's the best way to take dmso for cavities or dental issues? Mix with water and rinse? Or use a qtip and dab it on the tooth or gum?

Thanks so much!!

LIKE (4) REPLY (2) SHARE

A Midwestern Doctor 7d

Author

Any of those can work. People often brush it in too.

LIKE (3) REPLY SHARE

Matt Cook Daily Medical Discoveries 7d

I am injecting 30% DMSO solution into the gums using a bent needle blunt tip syringe, just to get it into the pockets not to inject gums. It's difficult to get anything into the pockets without a blunt tip bent needle syringe.

I am also adding a little rapamycin from a crushed 1mg tablet. Maybe 1 percent solution.

LIKE (5) REPLY (1) SHARE

Susie Arnett The Transformational Concierge 3d

what does the rapamycin do for the gums?

LIKE REPLY SHARE

Carla 6d

Does DMSO help with the common cold and or flu, etc?

LIKE (3) REPLY SHARE

sue 7d

Thank you Thank you Thank you

I feel that some of these things might save my life someday. I just had 8 jawbone infections cleaned out including 4 extractions and 4 wisdom tooth cavitations. I've been rinsing with DMSO but after 2 weeks I still have pain, swelling, and infection which mostly has moved to my sinuses. I have an immune deficiency and have had 500+ sinus infections in my life and numerous surgeries. My immunologist says a sinus infection could go septic and kill me quickly, which is why I cleaned out the jaw infections.

So for sinus infections, the two options are putting a few drops in the nose with MMS or silver, or nebulizing those through the nose? (The problem is finding a nebulizer that can handle the DMSO. Is there one?) I do use Snoot spray but can't say it's entirely effective. And it is drying and gives me a headache if I use too much. But I will mix that with DMSO and see if it works better with less. Does the ratio matter?

The Russian study on injections for sinusitis didn't link to anything. Do you have any details about what to inject where?

Most importantly, do any of these articles discuss sepsis to a point that I could give it to my doctor if I became septic? Although I suspect it is doubtful that if I were hospitalized anyone would give it to me by IV.

LIKE (3) REPLY (1) SHARE

A Midwestern Doctor 7d

Author

If there's an infection, I think a disinfectant+electric netipot+lots of xylitol crystals is the best way to do it.

Regarding sepsis, I wrote more about that in the hospitals article:

https://www.midwesterndoctor.com/p/what-makes-hospitals-so-deadly-and

LIKE (6) REPLY (1) SHARE

sue 5d

Thanks. So no DMSO for the infection? (I did drops of it in the nostril with silver twice yesterday and feel much better.)

For sepsis, it sounds like you think Vit C alone is enough, that you don't need the full Marik protocol? (For those who don't know, that is:

Intravenous vitamin C 1.5g q6hr x4d or until ICU discharge

Hydrocortisone 50mg q6hr x7d or until ICU discharge followed by a taper over 3d

Intravenous thiamine 200mg q12hr x4 or until ICU discharge)

Any treatment difference for brain sepsis?

LIKE REPLY SHARE

SpirituFarmer2030 Dariel's Substack 7d

Thanks you so much for bringing this very effective healing agent back from FDA cancelation. I have been suggesting it to many friends and family but have yet to hear they have tried it. My sister was bitten by a very frightened cat about a month ago and her left index finger became severely swollen. She was in the hospital for 4 days in which she had two surgeries to clean out this finger that was badly inflamed. She went home with a pick-line and 4 weeks of antibiotics but she is having trouble with the wound healing over. Her tendon is just below the surface and the wound edges keep curling away, not wanting to lay down cells over the tendon? It is refusing to heal but apparently there is no infection in the finger now. Do you think that DMSO can be of help in this situation? Please explain why and how you would use it. My sister was an emergency room nurse and doubts it would help in this instance--but the 4 weeks of antibiotics is ended today and they are not sure what to do next. They have cut back the edges of the wound twice but it continues to curl away from the other edge rather than connecting and healing. :(

LIKE (3) REPLY (1) SHARE

A Midwestern Doctor 7d

Author

Yes, apply it topically in around it. If you put directly in wound before the wound has sealed, needs to be more diluted.

LIKE (3) REPLY SHARE

Thanassis Stathopoulos 5d

When something provides such apparent and wide ranging benefits in a way that is not well explained (if at all) by our current biology models, then this is a clue to revisit the models rather than dismiss the benefit or conjecture about theoretical risks based on the models that cannot explain the benefit. In this case, I think that Gilbert Ling and Gerald Pollack were/are on to something, and our current modeling of the cell membrane and its function is underwhelming to say the least. DMSO must do something remarkable involving Pollack's exclusion zone water and the body's electrical potentials, or inter-cell signaling that systemically fights entropy in the multicellular organism, the question remains what, and according to which model. Maybe it goes further down - microtubules? Interesting times!

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor 5d

Author

I actually spent a while looking for papers on DMSO's relationship to EZ water!

LIKE (1) REPLY (1) SHARE

Otis 5h

Check out this recent review of some recent work of Gerald Pollack.

https://substack.com/home/post/p-153593976

Revolutionary thoughts and happenings of our times. Thanks much for you and the part you have teaching us.

LIKE REPLY SHARE

tjwillis@sti.net 6d

I am so grateful for you! Thank you! I want to try DMSO for my tinnitus. I have had it for 3 years now. How it could be a circulation issue is so interesting. For best results, Should I spray the 70% solution into my ear or take it orally at a lower dose?

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor 6d

Author

Drops in ear or topically around it. Any approach can help though.

LIKE (4) REPLY (1) SHARE

tjwillis@sti.net 6d

Thank you 🙌

LIKE REPLY SHARE

Diane Molloy 7d

Would DMSO help with persistent urinary tract infections?

LIKE (2) REPLY (3) SHARE

Rosie Cotton Rosie Cotton 6d

Diane, I started making and drinking my own kombucha daily after 10 years of fighting UTI's, and it's been a whole year (on Dec 3rd) and I haven't had a UTI!!! It's literally a miracle to me - I had tried every natural remedy. I set my 80 year old mother up making and drinking it too - since then, no UTI's for her either! It has changed my life!

I recommend culturedfoodlife.com for all the information you need. That's where I learned about how to make kombucha and other fermented foods and drinks. It's super easy, (if you can make sweet tea, you can make kombucha) and life changing for uti sufferers!

God bless!

LIKE (4) REPLY (1) SHARE

Diane Molloy 6d

Thank you for this advice, I am asking on behalf of my sister. I'll pass on what you say. It is astounding that these simple ideas aren't more well known. I have a friend who took antibiotics for 20 years for UTIs and her doctor never suggested anything else. Makes me cross. Thank you

for your reply, very grateful.

LIKE (4) REPLY SHARE

Dave Dave 6d

Ironically bladder infections are the sole application of DMSO medically approved by the FDA.

LIKE (3) REPLY (1) SHARE

Jamie Jamie 4d

It is not fda approved for bladder infections, it is approved for interstitial cystitis.

AMD does cite treating UTI's in this article though!

LIKE REPLY SHARE

Mary Fisher 6d

Probably it would help, and for most it is safe to try. I read that MMS has also cured UTI's. I'm reading Jim Humble's book now on Scribd.

LIKE REPLY SHARE

Aunt Tay 7d

I would like to buy a comprehensive guide on DMSO that covers all of its treatments, doses, etc. Is there a book that you recommend?

LIKE (2) REPLY (4) SHARE

A Midwestern Doctor 7d
Author

The only books in print that do that are this one:

https://www.amazon.com/DMSO-Handbook-New-Paradigm-Healthcare/dp/3981525558

and this one:

https://www.amazon.com/Healing-DMSO-Treatments-Inflammation-Sulfoxide/dp/1646040023

What makes this whole thing so challenging is that the correct doses just vary immensely for people, and the large scale research that would need to be done has not been (but to that point I am thinking about making a set of survey questions on it to try and figure that out once this has built more steam).

LIKE (15) REPLY SHARE

Mary Fisher 6d

This is a good book with many recipes, written by a doctor and dmso user in his 90's!

https://www.amazon.com/DMSO-Dimethylsulfoxide-Humans-Recipes-Treatment-ebook/dp/B0BG11MQCV/ref=mp_s_a_1_1?crid=3S2D9PIJ3H702&dib=eyJ2IjoiMSJ9.YMNvCQApggc-wSLRaWaaOfVRuBWTqZC1mPb1ynB9n2jnrgHEEd6LrEYXNQL4PaffEDauytzpC99yFstuXxe7urwMuAe-5fvKwU22n33hhu5nfo0pyacf3AKiRXmbrlC7I8Efzm4ndI2xDXSCBdzv4CDThNzmfFwO-6aaEcDVjw7--ILWE0-4WBQgS5k2Bg55997eddAejdJORp7bWoohYQ.tmQeVy_qQgYjRcY-T4VtrpBlOnyC6gQ5mr2boXuvP5I&dib_tag=se&keywords=dmso+for+humans+book&qid=1735579252&sprefix=dmso+for+humans+%2Caps%2C195&sr=8-1

LIKE (2) REPLY SHARE

Soujourner Jana's Substack 7d

unbekoming substack just sent a unedited comprehensive guide on what MWD wrote. I can't find it now, it's long....over a 100 pages.

LIKE (2) REPLY (1) SHARE

Comment deleted 7d

Comment deleted

PRice PRice 5d

Dr. Yolo and Unbekoming posts are derivatives of the real thing. In a sense, they're misappropriating intellectual property that AMD has created by hard work.

If they want to reference AMD's work, they can provide personal testimonies affirming or disaffirming AMD's research findings. Otherwise, they're trying to be the smartest person in the room. Which they aren't.

If you can't help yourself from carrying out those types of impulses, get another target. How about people who don't have others' welfare as their motivation?

LIKE REPLY SHARE

Aunt Tay 7d

Thank you!

LIKE (1) REPLY SHARE

LAO 4d

Dear Midwestern Doctor,

How many parts preservative-free lidocaine to DMSO/Water do you think should be used for ear drops for tinnitus? Thanks!

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor 4d
Author

We do not yet have an established protocol on that.

LIKE (2) REPLY SHARE

Diana Jeffries 5d

I have a cataract in one eye that has developed and progressed in the last 5-6 months. It is not clouding my vision, only making that one eye more near sighted. Would you recommend me trying DMSO to halt or slow the progression? Or has this not been proven a viable use? And if so, how would I apply it? I have 70% liquid DMSO from Jacob's Lab.

Thank you so much for your invaluable research and compilation. You are a God-send to so many people. Many blessings to you and your family Dr!

LIKE (1) REPLY SHARE

A.Truhan 5d

Is there any chance that DMSO is "toxic to the liver"? This is something I heard second-hand recently and I feel that I have to ask if you know of any cases where this has happened....I have purchased DMSO for relatives, friends and myself and have been quite an advocate of its use.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor 5d
Author

No, quite the opposite as it brings back livers that were on the verge of needing transplants.

LIKE (5) REPLY SHARE

Diane Weber 6d

I want to try this on my elderly dog who has arthritis in her hips and wrist. But I wanted to try it on myself first. However, I have a titanium hip -- with I assume, some plastic around the ball of the hip -- and metal in my wrist from a bad fracture. If DMSO is a solvent, I am wondering if it will dissolve the plastic or corrode the metal. Are there any studies on this? Does anyone know? I hate to put it on my little girl first, I'd rather be the guinea pig myself...

LIKE (1) REPLY (2) SHARE

Jamie Jamie 4d

I use 1 ml for my 60lb dog twice a day. (I finally went down to 3 times a week).

I feed a raw diet, so I just mix it into that. He doesn't mind the taste. I've given it to 2 other raw fed dogs at that dosage without issue and they didn't mind it either.

LIKE REPLY (1) SHARE

Diane Weber 4d

Thank you! I assume that is a 99 percent solution. I'm gearing up for this. Thought I'd try a weak solution on her hip, maybe 1 ml, right at first. See how she takes it.

Raw diet. Interesting.

(It's funny how so many of us now have metal parts..)

LIKE (1) REPLY (1) SHARE

Jamie Jamie 4d

Yes, thank you for clarifying that. I use the 99%

LIKE (1) REPLY (1) SHARE

Diane Weber 3d

Thank you!

LIKE (1) REPLY SHARE

Jamie Jamie 4d

I use it and my dog takes it orally.

In equestrian vet med it is used a ton. I would encourage trying a low dose on her to start.

I have metal pins & a rod, never seen anything that indicated it's not safe to use... I'll be interested to see if anyone else has.

LIKE REPLY (1) SHARE

Diane Weber 4d

You are very brave! I have researched the corrosive possibilities of titanium and I am uncomfortable with the DMSO circulating in my blood. Otherwise I would be first in line! May I ask, what dosage do you use for your dog? What was your starting level? My Roxie weighs about 54 pounds, is part shepherd and the rest Asian breeds (hence, curled tail and tons of undercoat). What did you mix the DMSO with, and did you apply anything first, like castor oil, to alleviate any irritation caused by the DMSO..?

Thanks...

LIKE (1) REPLY SHARE

Cari Adamek 6d *Edited*

As regards your poll on "Have you noticed unvaccinated babies are less likely to cry when an airplane changes elevation?", neither of my kids were vaccinated but I always nursed them when taking off and landing per someone's tip. So I have no idea if that did the trick or if they didn't need it.

LIKE (1) REPLY SHARE

Felicia Rein 6d

Dear Midwestern Dr,

I've tried dmso on my face a couple times as well as back and stomach. I have only 70% gel from Nature's Way. It stung so much in the face it was unbearable, and my face would swell and become whitish/reddish. The rash completely disappears within 30-40 minutes. I get little rash and stinging in comparison on other parts of the body...back, stomach.

Having said this, do you think it is safe to try internally? I can try a few drops in a glass of water as suggested for testing. What signs should one look for in terms of adverse effects for oral?

I have had digestive challenges for years since a vaccine injury. With the last 24 hours, I've had with food poisoning or something else. I've vomited quite a bit, had diarrhea, and stomach pain.

This isn't my first experience with colon infections, bacterial or parasitic. I got tired of going to the er each time, so I've learned to make wormwood tea infusion, taking 2 T morning and night until symptoms resolve. Clearly though there is something that continues to be a problem....perhaps CFW? ...something you mentioned in this article. I also use charcoal and saccharomyces boulaardi to help with these events. These events occur although I eat the same things as others.

In this instance, I ate the same meal as a friend. They were already sick with flu. They vomited once and was on the mend. I vomited 5 times, in great amounts, and 24 hours later vomited again after drinking a few T of broth. This is in addition to the diarrhea. A few hours after drinking the broth the wormwood tea was ready and I began drinking it. It is about 14 hours later and I haven't yet tried broth or food. I have pain in abdomen still. If I can manage symptoms at home I prefer not to go to er so please no comments about seeking care. I've been through this many times and know when my life is imminently threatened, and know that sometimes they find a bacteria to treat, and sometimes they don't.

My main question is, after explaining all this, do you think it reasonable to try oral DMSO?

As a side note, a friend also tried 70% gel dmso (same brand) on their neck and chest , after spot testing successfully. They experienced stinging that was fairly significant but bearable. They had just a few spots of a rash that went away pretty quickly.

How many others experience a rash when applying 70% topically? If they do, do they simply continue with it? I'm just curious!! In your previous article you suggested not continuing if any rash appeared. My friend and I both got rashes, so we're batting zero.

LIKE (1) REPLY (2) SHARE

A Midwestern Doctor 6d
Author

70% gel is way too strong for the face. Multiple people had your experience. I would try the liquid in a much lower concentration on other parts of your body and see how that goes first.

LIKE (1) REPLY SHARE

Roxanne Roxanne 6d

70% is quite sting-y on my face and neck. I don't get a rash; it's more like your friend's reaction. Itchy, but bearable because I know it will end. :o) Have you tried diluting the 70% a bit to reduce that discomfort? I use a ~35% solution on my face (and in my eyes), which is still itchy, but tolerable and transient.

LIKE REPLY (1) SHARE

Felicia Rein 6d

Thank you Roxanne. I neglected to mention that the rash is ONLY on the areas where I applied it. Other areas do not swell or rash.

I have not tried diluting it. Can you share what you dilute it with? I'm using gel, not liquid. However, I'm thinking about buying liquid if I try oral use.

LIKE (1) REPLY (3) SHARE

Roxanne Roxanne 6d

Felicia, I don't know anything at all about the gel, but I wonder if it's more irritating to your skin because it's a more sustained release, where liquid is fire for a minute, then it's over. Hopefully, someone with experience with gel can chime in.

LIKE REPLY (1) SHARE

Atlandea 6d

I am 68 years old. I have been mixing the 70% gel with castor oil in the palm of hand and then applying to my face with really good results. Guessing my mixture is 50/50 but not sure...

LIKE (3) REPLY SHARE

Roxanne Roxanne 6d

I forgot to say that I dilute my liquid DMSO with sterile, distilled water.

LIKE REPLY SHARE

Roxanne Roxanne 6d

I don't know about diluting gel, but if you do get liquid it's easy.

LIKE REPLY SHARE

Mary 6d

Your articles on everything, especially on DMSO, are so welcome. Thank you for writing them.

In the book by Amandha Villmer, "Healing With DMSO", on page 69, she says, "Do not use DMSO inside the eye if you have a false lens from cataract replacement surgery, as the DMSO can blur the lens." That was the first I heard of that and since I have had cataract surgery on both eyes, I was grateful for the information. Do you agree with that or have you had experience with that situation? It's a critical warning, if it's true.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor 6d
Author

Truthful answer is no one knows. I know people who've done it without issues, but I can see a variety of reasons why it might be a bad idea. I spent a while looking into the chemistry involved, but despite that I'm still not sure. However, anything besides direct application to the eyes is not an issue with cataract lens.

LIKE REPLY SHARE

Old_Mainer Old Man in Maine's Substack 6d

I suspect there are many of us without specific conditions except old age to treat but are interested in oral DMSO as a prophylactic (under the general rubric: might help, unlikely to hurt). Can you suggest an appropriate dosing regimen?

LIKE (1) REPLY (2) SHARE

A Midwestern Doctor 6d
Author

I am much less familiar with that use. My personal bias is to minimize what people use, so I only recommend the things I think will help the most for (if possible) limited windows of time.

The long and short is:

- DMSO tends to fix things, so normally chronic issues eventually don't require taking DMSO.
- There are lots of people who have taken it every day for decades and had no issues.
- When you take DMSO, you'll often notice issues you forgot about start to fix themselves.

LIKE (5) REPLY SHARE

Old_Mainer Old Man in Maine's Substack 6d

And how to tell what is too much. I don't recall you having addressed what to look for as a sign of too much oral DMSO.

LIKE REPLY (2) SHARE

Old_Mainer Old Man in Maine's Substack 6d

Finally, a gallon of pharma grade DMSO is available on Amazon from the DMSO store ($0.88/oz - way less than any other option). It rebottles perfectly in 5 empty, dark colored, wine bottles. I put a clear baggie under the screw cap just in case although I never tip the bottles with the cap on.

LIKE (2) REPLY SHARE

Mary Fisher 6d

MWD did say to start low and slowly increase. Read earlier articles too. DMSO does detox your body and you don't want to overwhelm your liver or kidneys or lymph system. But the longer you use it the less you need, probably because it gets the system working better. Aside from a possible herzheimer detox reaction, it seems pretty safe from overdosing. After all, they say that transplant organs are transported in almost pure DMSO. It tends to preserve, not harm, tissues. The real dangers are if, by accident or carelessness, it carries toxins into the body. If you have dental fillings or root canals, maybe some of that could be leached? Nail polish is a no-no. Also I read on an Amazon review that one woman put some on a weird growth on her husband's head and it spread. If that's true, there could have been something toxic in there or I don't know what. Other people, I believe have had city water on their bodies and then used DMSO. All kinds of toxins in chlorinated tap water, it could contain fluoride and many other things. Sometimes tap water flow through lead pipes even. Distilled or RO water is best.

LIKE REPLY (1) SHARE

Old_Mainer Old Man in Maine's Substack 6d

Thanks, Mary. Our tap water comes straight from a major Maine lake with minimal treatment. It looks and tastes great. I ran our 1 gallon still for a week without pouring out the residue each day. The resulting dregs were very yellow/brown with substantial very fine brown sediment - what my wife and I would have consumed in a typical week.

I subsequently spoke with an engineer at the water district and he confirmed that even with a relatively pristine source they sometimes need to use aluminum. Also there is considerable talk in the local press about PFAS and other compounds. Interestingly the water district does not track aluminum or other "interesting" contaminants. I surmise that is because they found a problem they would have to do something about it.

Yuck!

LIKE (1) REPLY SHARE

Joanne 6d

Could DMSO be useful in treating multiple myeloma? If so how would it be used?

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor 6d
Author

Cancer will be discussed in a future article.

LIKE (3) REPLY SHARE

John 7d

Thank you so much for this article. How do you suggest applying in the nostrils to treat sinusitis? With a Q-tip? Drops? Can it be applied topically to the face instead? My wife has had chronic sinusitis for years that hits every winter when the humidity drops. We just ordered some of the liquid & the gel from DMSO Store...hoping this can help her.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor 6d
Author

Drops, but topically over the inflammed sinus would probably help too.

LIKE (2) REPLY SHARE

Jennifer Megan 7d

I'm curious about DMSO for anti-aging benefits on the face.. Does it have the ability to stimulate collagen growth?

LIKE (1) REPLY (1) SHARE

Soujourner Jana's Substack 7d
Liked by A Midwestern Doctor

See my comment about skin cream. It's working.

LIKE (3) REPLY (2) SHARE

Jennifer Megan 7d
Liked by A Midwestern Doctor

thank you! Are you applying it by itself? Or layered with serums/cream to increase their efficacy?

LIKE (1) REPLY (1) SHARE

Soujourner Jana's Substack 7d

I purchased the Wrinkle Reducer Creme sold by the DMSO store.

Here's the link.

https://dmso.store/product/wrinkle-reducer-all-natural-handcrafted-skin-cream/

LIKE (1) REPLY (1) SHARE

Heidi Heidi 6d

"Note: dmso.store is a completely different company than dmsostore.com and not the one I recommend (hence why it's not hyperlinked)." from the article.

LIKE (1) REPLY (1) SHARE

Soujourner Jana's Substack 6d

Thank you for pointing this out to me and I hope others will benefit from the clarification.

The link I posted is a Canadian-based company. The quality of their product is exceptional as is their customer service.

LIKE REPLY (1) SHARE

Amy 2d

I wound up on this site as well (DMSO.store) and then was worried that it might not be legit after Midwestern Doctor pointed out that the link was for dmsostore.com and NOT DMSO.store. The site seems legit. Have you tried any of their products? What I like is that she seems to have already made the formulations so you don't have to do it yourself. I'm so nervous to try diluting on my own -- and also so worried about pulling in toxins that I don't realize I have on my hair/skin, etc...

LIKE (1) REPLY (1) SHARE

Soujourner Jana's Substack 1d

Amy, I wasn't aware of the difference until after I made my 2nd purchase. To make it clear, I am more than satisfied with the product, the packaging the customer service (a little glitch in the shipping address with a personal phone call and then a follow up to make sure I received it).

My first purchase was the 40% solution with vitamin C (for early onset cataracts) based on a recommendation of a commenter of MWD. While making the purchase, I saw the wrinkle reducer cream and noticed a discount if I purchased $100 or more. I went for it and the results are so astounding that I purchased the full strength solution and another wrinkle cream and gave it as a gift to my housekeeper for her persistent pain.

Dilution and application is still a bit fuzzy to me and I plan to work diligently on this in a few weeks. I repeat: every single skin growth on my body: moles, 'hard' bumps that have been there for decades, all kinds of weird odd skin discoloration or malformation has disappeared after I use it. And it doesn't take long, a few weeks for those 'bumps' shorter for moles. I consider that remarkable.

I don't have any pain or aches (also remarkable at 64) so I can't attest to pain relief.

As for the eyes, the floaters have disappeared. I can't attest to disappearance of cataracts but I will persist for 6 months or so and see if it helps. Rome wasn't built in a day.

I have not had the chance to go through each detail of the published material and I know there are people out there that are better equipped than I to do so, but plan to go through it closely and see if I can get someone to help me with making my own. On the other hand, purchasing a product where someone has already gone through the expense of time and experiment is a reasonable reward for their effort.

Please feel free to DM me and I truly wish you the best success. If there is a delay in my response it may be time zones. 🙏🏼

LIKE · REPLY (1) · SHARE

Amy 17h

Thank you so much for the wonderful information! One thing I love about Midwestern Doctor is finding likeminded people who care about improving their health... and share their findings with others. I just ordered the Face Lift in a Jar cream and the Peace Cream. I'm hoping the Peace Cream will give my 84-year old mother's knee some relief, as well as the bursitis in her hip. I'll ask her doctor about it first --- but have a feeling I'll be met with "don't use it." She's a very mainstream doc. But my mom is in constant pain, has one kidney, and on a million prescription drugs. I will start with a very tiny amount. So exciting to hear about how well DMSO has worked for you. My knee was hurting after my workout today and I used a roll-on I got from the other DMSO store and the pain went away instantly. I used it so sparingly I didn't even get any of the itching and burning I had previously. My biggest concern is will I unknowingly pull in some kind of toxin from my clothes, etc... Thank you again for taking the time to write back to me. I'll be curious to hear if you have success with the cataracts!

LIKE (1) · REPLY (1) · SHARE

Soujourner Jana's Substack 17h

Best of luck with getting the go ahead from an MD!

Wow on the roll-on! Good for you to keep working out. What is the name of the product? I'll get some for a friend and keep in my cabinet for possible injuries. I wish we could have gotten ivermectin without all the fuss and lies.

The face cream has no stinging while the eye drops do...interesting, huh?

LIKE · REPLY · SHARE

J. Harris J. Harris 5d

I've been using a DMSO and Castor Oil mix on my face and notice how smooth it is!!

LIKE (2) · REPLY (2) · SHARE

Cynthia 2d

What's the ratio of dmso and castor oil?

LIKE (1) · REPLY (1) · SHARE

J. Harris J. Harris 1d

70% Castor Oil and 30% DMSO. I use a scale to weigh it out to the percentage. So if I want 100grams total: 70g oil, 30g DMSO.

LIKE · REPLY · SHARE

Soujourner Jana's Substack 5d

I have been using Castor Oil on the palms of my hands (recommended by an acupuncturist and dear friend) and early stage (knots approx 1/2 inch in diameter) have completely disappeared after 9 months of nightly application in the center of the palm. Currently, I apply it a few nights a week, a few hours before bedtime.

https://www.hopkinsmedicine.org/health/conditions-and-diseases/dupuytrens-contracture

LIKE (1) · REPLY (1) · SHARE

Mary Mary 3d

Would you share the brand of Castor Oil that you use? Also, did you mix it with DMSO or just alone? I have Dupuytren's contraction. I inherited it from my mom's side of the family. Of the five kids, three have it.

LIKE (1) · REPLY (1) · SHARE

Soujourner Jana's Substack 3d

I did not mix it with anything. Basically, I open the bottle, place the opening on the contractor, turn it over and voila! No need to saturate your hand (it's greasy), just a small amount ...at first I did it a few times a day, it gets in the way doing some things but certainly while reading, typing, etc it's not inconvenient. Make sure it's organic and in a brown bottle (keep out of sunlight). The brand I have is Heritage Store, I bought 16 oz and have half left after about 9 months. I did try it on my feet (it's recommended for bone spurs, etc and used for hair growth) but so thick and oily it was futile

LIKE (1) · REPLY (2) · SHARE

Mary Mary 3d

Thank you...I'm game for anything to keep it from getting worse. Right now, I can just 'barely' place my hand flat on a table, and my little finger is tilted in about an inch. I'll see if Amazon has this brand. Thanks again!

LIKE (1) · REPLY (1) · SHARE

Soujourner Jana's Substack 3d

I truly wish you well. Don't worry about the brand, only that it is organic and in the brown bottle.

Yours's is a more advanced case than mine, however, I am convinced with diligent application, you will find a big improvement. Take a photo now and please keep me posted. 🙏🏼

This might help. She has tons of videos, she's not for everyone!

https://www.youtube.com/watch?v=WAaPhJr1npg

LIKE · REPLY · SHARE

Soujourner Jana's Substack 3d

I have a dear friend who is about to have his 3rd surgery, it keeps coming back. He won't even try the castor oil even though he acknowledges mine are gone. Doubting Thomas?

LIKE (1) · REPLY · SHARE

Tara 15h

I bought 70/30 dmso aloe vera from the dmso store. I hurt my knee during covid. It has only gotten worse over time. I did the patch test on my knee. After 40 mins, this wasn't dry. I had no redness or burning until that time. So I rinsed it off. Should I go with a lower concentration? I have had fibromyalgia for 34 years. Hoping to try it for that eventually.

LIKE · REPLY · SHARE

Amy 17h

AMD -- I was reading about DMSO on another site and there was much discussion about taking care to flush the liver out before getting into a DMSO protocol. That person also said that glaucoma is rooted in an unhealthy liver and if you want to prevent/heal glaucoma, start with detoxing the liver. Have you ever heard of this line of thinking? THANK YOU for all you're doing to spark the MAHA movement! You are changing lives for the better.

LIKE · REPLY (1) · SHARE

A Midwestern Doctor 17h
Author

You can herx while you are on it if you are sensitive, and in those cases, you just need to start with a low dose.

LIKE · REPLY · SHARE

ABDELMOUMEN 21h

Hello venerable Dr MW

I used MSM product wich is derived from DMSO. Many changes occurred, increase in memory, nails and more elastic and so more for hair.

So, has MSM (Methyl-Sulfonyl-Methane) got the same properties as DMSO?

In another subject venerable Dr MW, I wonder if you have any opinion on homéopathique medicine wich in my view is not only a forgotten side of medicine but the whole forgotten true medicine?

LIKE · REPLY (2) · SHARE

A Midwestern Doctor 17h
Author

1) MSM does some of what DMSO does but not all.

2) At some point I will do a series on that, but it's so much work I've put it off.

LIKE · REPLY · SHARE

ABDELMOUMEN 21h

*Nails and skin

LIKE · REPLY · SHARE

SteveBC 2d

This series is just so amazing. I had my wisdom teeth out in 1976 and recently found they are still infected 48 years later. I have a dentist who can reliably do the surgery needed to clean them out, ozone to keep them clean, etc., but I'm not looking forward to the pain afterward nor certain the healing period will enable the bone to grow back properly to fill the cavitations and not get reinfected.

Your comments on DMSO to reduce surgical pain and aid healing, well, I'm going to send this article to my dentist. Perhaps he and I can experiment with an ozone-DMSO injection instead of opening up my jaw and risking damage to the nerve, and then use a DMSO combination with ozonated water (which I can make at home) as a mouthwash/soak a few times a day could encourage bone growth (like the HBOT you mention here for osteomyelitis) while preventing reinfection. Could remake cavitation treatments if it works. I will let you know how it goes if we try something like that. At the least, I'm now worried less about the pain issue if we do surgery.

LIKE · REPLY (1) · SHARE

A Midwestern Doctor 17h
Author

Thank you. Also if you irradiate your blood and inject it into the infected areas, that sometimes is also really helpful.

LIKE · REPLY · SHARE

GM 2d

I recently started taking DMSO orally and topically to address some inflammation issues and I've had what seems to be some die off symptoms of headaches, runny nose and muscle cramps. Is this typical? Has anyone else experienced similar?

LIKE · REPLY (1) · SHARE

A Midwestern Doctor 17h Edited
Author

More sensitive people get that. Lower dose, and gradually raise it as your body tolerates

LIKE (1) · REPLY (1) · SHARE

GM 17h

Thank you

LIKE · REPLY · SHARE

GingerRRT The Lost Lessons 2d Edited

Brother had a hernia operation ~2 years ago. Had water & inflammation with swelling of the right testicle (no pain)after surgery. Sprayed on 70% DMSO with castor oil. Now down to regular size.

LIKE · REPLY · SHARE

truthseeker truthseeker 2d

I developed almost debilitating hip pain caused by sciatic joint inflammation. I applied 70% DMSO and was shocked that the pain disappeared within 10 minutes. I have since used it successfully for less severe aches and pains caused by aging and sports. A friend has suffered terribly for years from intractable back pain caused by a work injury. He refused to take any pain killers besides aspirin. I gave him a bottle of 70% DMSO and he said it is the first thing that has given him any significant relief. Thanks for the work you do!

LIKE · REPLY · SHARE

TE 3d

Thank you MWD. I started using DMSO 70-80% on a lip area which is affected by cold sores 4-5 times per year either after extended sun exposure, stress, or respiratory infection. I will update this post in 6 months to let you know how my body responds.

LIKE · REPLY · SHARE

Bali Tom 3d

I am curious as to the use of DMSO with a nebulizer. My 8 yr. old daughter has been diagnosed with an allergic reaction to dust mites causing a paroxysmal cough. She responds to the nebulizer over several bed time administrations. I would like to try it with DMSO to see if we can get faster response. Any suggestions as to how to use it with a nebulizer? Thanks

LIKE · REPLY · SHARE

BlockchainRick 4d

These DMSO articles are incredible. Thank you! Do you plan to do any articles on methylsulfonylmethane(MSM)? I ran across it while doing more research on DMSO. Do you use it and find it to be effective?

LIKE · REPLY · SHARE

Sonia 4d

Not holding it against DMSO or this blog since i think i got the dosage wrong. I thought it had mixed 50% pure liquid DMSO + 50% filtered water. Maybe there was more DMSO than that.

Tried it on my face. (Wanted to test it on bags under the eyes + receding hairline). Felt okay at first. But 5-10min later felt huge heat sensation all over forehead & cheekbones. Skin was pink-red there like i got a sunburn. I just washed my face with water directly from the bathtub tap.

Redness means too strong a dose? Or dangerous allergy? In the patch testing (on my right foot) i noticed a small pink area but that didnt hurt and was gone in 5minutes.

LIKE · REPLY (1) · SHARE

J. Harris J. Harris 4d

50% is too high for using on sensitive skin like the face, especially to start. I mix mine with organic hexane free castor oil or aloe inner filet gel at a 30% solution. It still stings a bit but not for too long; I find it tolerable.

LIKE · REPLY · SHARE

Jim n Canmer 4d

Re: taking DMSO orally with juice or milk to make it taste better:

Does the juice/milk being carried deeper into your system by the DMSO cause any complications or unwanted side effects?

LIKED (1) · REPLY (1) · SHARE

A Midwestern Doctor 4d
Author

Not to my knowledge.

LIKED (2) · REPLY · SHARE

Chris 4d

Thank you so much for writing this series on DMSO. I've been sharing this with all my family and friends and they're now benefitting from your work. Please do the cancer article next as I have a friend who just got diagnosed with a cancer originating in the muscles and spread to her liver and lungs from her abdominal wall. I am reading up on how to use Artemisinin and DMSO to kill the cancer without affecting the liver. If you can comment on that or give any other references that would be most helpful, as it seems the oncologist is taking forever to start treatment and in the meantime, her cancer has grown. Thanks for all you do.

LIKE · REPLY (2) · SHARE

A Midwestern Doctor 4d
Author

I would advise working with Dr. Kory's group.

LIKE (1) · REPLY (1) · SHARE

Chris 4d

Thanks - appreciate the recommendation.

LIKE · REPLY · SHARE

Fred 3d

https://covid19criticalcare.com/reviews-and-monographs/cancer-care/

LIKE · REPLY (1) · SHARE

Chris 3d

Thank you - great reference material. Very much appreciated.

LIKE (1) · REPLY · SHARE

richardw 4d

I read the article looking for specific method for treating a current condition. I have severe throat pain, every time I swallow it is like a dagger in the back of my throat. I am desperate, does anyone know how I can use dmso on this? Specifically what concentration and how to apply.

LIKE · REPLY (1) · SHARE

A Midwestern Doctor 4d
Author

You need to have a physician exam you to see if there is an issue there. Oral DMSO could help depending on what's happening, but I would advise seeing a doctor first.

LIKE · REPLY (1) · SHARE

richardw 4d

Thank you. I don't have a doctor who will consider this. Just like every other thing that I try to read an article and use it doesn't do any good. It's fantastic that you share your knowledge so we can be more informed, it still takes a skilled professional to treat. Those who have access to doctors like you are fortunate.

LIKE · REPLY · SHARE

Michelle 4d

Thank you for this article. I want to use the DMSO in and around my ears for chronic tinnitus but it burned too much. It worked great and my meniscus problem.

My brother has metastatic stomach cancer with Mets to the lungs. Can DMSO be nebulized? Or just taken orally for the lungs? Thank you so much!

LIKE · REPLY · SHARE

LA Quotidian Blessings 5d

AMD, thank you for all the articles on DMSO. During a dental procedure, the dentist injured my husband's nerve trunk through a negligent injection of anesthetic. His tongue and gums on one side are still numb, two months later. Apparently it will take maybe 12 months for the nerve to heal. Could you please advise how he could administer DMSO to try to return his moth to normal?

LIKE · REPLY · SHARE

Allen Smith Allen's Substack 5d

C.Diff took over my wife's biome, I was interested in seeing a solution involving DMSO in this article. Is there a recommended approach for addressing C.Diff (especially important for others as Vita-D deficiency runs rampant and causes poor absorption of calcium in the small intestine where C.Diff then utilizes that calcium for germination) and C.Diff toxins. Many people are seeing complications even ALS, from long COVID for what I believe is related to the dysbiosis caused in this manner.

Any further links or information on DMSO or combination therapy for C.Diff would be extraordinarily valuable to many.

All the best,

Jackson

LIKE · REPLY (1) · SHARE

A Midwestern Doctor 5d
Author

1) This is more for acute C-diff.

2) For long term you need to do a functional medicine program to restore the gut biome.

LIKE · REPLY · SHARE

VictorDianne Watson VictorDianne Watson 5d

Thank you so much for this information, AMD. When I read about the use of DMSO for poultry I wondered if it could be used for the chickens that are being infected by the avian flu virus. Might save on the wasteful culling of them.

LIKED (1) · REPLY (1) · SHARE

A Midwestern Doctor 5d
Author

I think UV lighting is the best option for that.

LIKED (3) · REPLY · SHARE

Brent 5d

Thoughts on putting it over an area where I have a tattoo? Will it drag the ink into my system?

LIKED (1) · REPLY (1) · SHARE

A Midwestern Doctor 5d
Author

No not put over tatoos.

LIKED (1) · REPLY · SHARE

Siggy 5d

It seems like putting a few drops of DMSO in purified water & using it in a Neti Pot to flush the sinuses once or twice a day could be a great cold/flu preventive. I know Dr. McCollough suggests using diluted Betadine as a nasal flush.

I'm curious to hear your thoughts, if you have a moment...

LIKED (1) · REPLY (1) · SHARE

A Midwestern Doctor 5d
Author

I just use xylitol crystals and disinfectants.

LIKE (2) · REPLY (1) · SHARE

Siggy 3h

Thanks for the tip about xylitol, as I didn't know that was ever used in neti pots. Please explain which "disinfectants" you use; I thought those were dangerous to use in the body. I've used nascent iodine for years in my neti pot.

LIKE · REPLY · SHARE

Barb Barb's Substack 5d

Where is the best place to purchase DMSO products?

LIKED (1) · REPLY (1) · SHARE

A Midwestern Doctor 5d
Author

DMSOstore.com

LIKED (1) · REPLY · SHARE

OnceProudCanadianDave 5d

I am excited to see that you will be publishing an article on how to deal with the odor side effect. I bought DMSO about two weeks ago and started using it, but my wife absolutely forbid me to use it because of the odor! Any chance you can direct me to some information in advance of your article? Or share a few tips?

LIKED (1) · REPLY (1) · SHARE

J. Harris J. Harris 5d

I think after using DMSO for a while, your sulfur dysfunction will get corrected and the odor will lessen.

LIKED (2) · REPLY (1) · SHARE

Jamie Jamie 4d

I wish this was so. It's been 2 years & no improvement. Looking forward to the future publication with suggestions on lessening this now that I am well enough to reengage in the world!

LIKED (2) · REPLY (1) · SHARE

KundaliniAndCellTowers KundaliniAndCellTowers just now
I would think that a garlic/oyster smell is a small price to pay for accelerated healing. :)
LIKE REPLY SHARE

Isaiah Antares The Dragon Behind the Crown 6d
In all my years of reading up on nutrition and alternative medicine, never did I ever hear of DMSO until I stumbled upon your Substack.

I can now report its great success at treating some chronic muscular pain (if you must know, it was in my right buttcheek -- exercise-summoned knot was swole enough to make my whole right leg feel numb). After a few weeks of treatment, it's damn near gone.

Hasn't seemed to have had much affect on my hypertensive-crisis-level blood pressure, as of yet, but here's hoping. My success with DMSO makes me want to try some of your other suggestions, like UVBI and EDTA.
LIKED (1) REPLY (2) SHARE

A Midwestern Doctor 5d
Author
What I think essentially happened was that the integrative medicine field got pulled towards herbs and supplements (as they are "safer" for doctors to use) and a lot of the really great alternative therapies that had been discovered in the pre-internet era all got forgotten.
LIKED (5) REPLY SHARE

Isaiah Antares The Dragon Behind the Crown 6d
It seems to be diminishing my rosecea as well; my face is less red and inflamed than it was.
LIKED (1) REPLY SHARE

Carey P. Page, M.D. Carey's Substack 6d
Your posts are amazing and detailed. Regarding DSMO, it would be helpful to provide dosing information: route, concentration, frequency. That one addition would make your posts much more useful.
LIKED (1) REPLY (1) SHARE

A Midwestern Doctor 6d
Author
That has been written throughout the series. IV is in the strokes. Oral and topical is in most of the other articles.
LIKED (3) REPLY SHARE

Felicia Rein 6d
I think the ear infection use is really interesting. In the article it was mentioned that the doctor followed it with a high fat cream. I'd like to understand more about what that high fat cream was so we could try to use this on ourselves successfully instead of having to be at the mercy of having pierced and drained be the only option.
LIKE REPLY SHARE

Felicia Rein 6d
Is there an easy to understand tutorial on how to make and store chlorine dioxide?

Hydrogen peroxide is easy to obtain. Not totally clear in how to use it with dmso.
LIKE REPLY (1) SHARE

Moshe Brody 4d
There is a book written by Andreas Kalcker called Forbidden Health that has all the info on how to make it and use it for different conditions, quoting his book here:

"Supplies and Preparation

NEVER USE METAL CONTAINERS!

1. Sodium Chlorite at 25%

2. Hydrochloric Acid at 4%

3. Mineral or distilled water

4. PP/HDPE/PE bottles with eye droppers.

All these materials are resistant to high

alkalinity and acidity (pH 13/pH 1).

5. Use glass containers for mixing. Do not use

rubber drip tips. The high pH degrades the

rubber "

There also warnings for example not inhale it and other warnings so beware
LIKED (1) REPLY (1) SHARE

KundaliniAndCellTowers KundaliniAndCellTowers just now
German original. Per Amazon commenters, no good English translation.
LIKE REPLY SHARE

Felicia Rein 6d
I am interested in the mixing of dmso with antibiotic. As all antibiotics prescribed to me or purchased have been in tablet form, what is the best way to mix it with DMSO?
LIKED (1) REPLY (1) SHARE

KundaliniAndCellTowers KundaliniAndCellTowers just now
I pay extra to a compounding pharmacy to have the prescription provided to me in capsule form without fillers and other unknown ingredients from Chinese manufacture.
LIKE REPLY SHARE

Michele Helland 6d
I thoroughly enjoy reading all your Substack information. Do you have a DMSO recommendation of dosage, etc. for overgrowth of yeast in the body. Tests don't show it but many symptoms of this: eyes, scalp, face, private areas. Would a specific book listed below reference this? Thank you!
LIKED (1) REPLY (1) SHARE

A Midwestern Doctor 6d
Author
I think oxidative approaches are a better route for deal with it, but DMSO can enhance it if done concurrently.
LIKED (3) REPLY SHARE

Pepe L. 6d
Doctor, do you know if DMSO or something else helos with vitiligo?
LIKED (1) REPLY SHARE

Fred 6d
This excellent article highlights I think why DMSO must be allowed into health care fully, not least because it may reduce the detrimental consequences of resistant strains of bacteria that are spreading now even more than before due to the disastrous wars in the Middle East and in Ukraine. Those resistant bacteria don't stay in those countries but are spreading to other countries, in Europe for example.
LIKED (1) REPLY SHARE

Cushman 6d
I am wondering if DMSO can be studied as a safer method of delivering vaccines via a topical application through the skin.
LIKED (1) REPLY (1) SHARE

KundaliniAndCellTowers KundaliniAndCellTowers just now
If only vaccines were not adulterated. I read of one study of 20 different vaccines and the only only one that was not full of heavy metals and other junk was the veterinarian one.
LIKE REPLY SHARE

Libertybella 6d
Love your work. Sure wish you would take a look at NPH (Normal Pressure Hydrocephalus) and potential cures or therapies. My husband has it and has developed some sort of epilepsy as well which I have to wonder whether it's related. He is on antiseizure meds.
LIKED (1) REPLY (1) SHARE

A Midwestern Doctor 6d
Author
IV DMSO might help for that, but you can also try Standard Process AC Carbamide and Zeta Aid.
LIKED (3) REPLY SHARE

Fred 6d
Typing error? "Despite this bias, I've largely switched from peroxide to MMS/CDS, which has mostly replaced hydrogen peroxide (with the exception of. This is because MMS/CDS is much less irritating..."
LIKED (1) REPLY (1) SHARE

A Midwestern Doctor 6d
Author
Thanks fixed that.
LIKED (2) REPLY SHARE

Nelson Leclair 6d
Can intramuscular injections be more efficacious as opposed to topical and oral, generally and specifically with respect to bladder cancer?
LIKE REPLY (1) SHARE

A Midwestern Doctor 6d
Author
IM injections (or intravesical administrations) are often done. Cancer will be covered in a later article.
LIKE (2) REPLY SHARE

Phillip Shumate Phillip's Substack 6d
DMSO has been a game changer for us since recently learning about it. Thank you!! Is there more specific information on the treatment of anxiety, depression and OCD?
LIKE REPLY (2) SHARE

A Midwestern Doctor 6d
Author
Not to my knowledge.
LIKE REPLY SHARE

Rosie Langridge 5d
I suffer from complex-PTSD. I applied a teaspoon of 70% DMSO to my throat and neck for several days - and it's eased the tightness and pain there. It felt intuitively as if it was helping. Working on the basis that DMSO is effective with many nerve/brain problems, and the vagus nerve is especially relevant to PTSD (it is to mine anyway) - and the vagus nerve is near the surface in the neck/throat.
LIKE (2) REPLY SHARE

RU Pondering RU Pondering 6d
Thank you once again. Could you elaborate on how you use DMSO with hydrogen peroxide and the results you've seen with it? The results will vary depending on the amounts and concentrations of both, but the reaction between the two should oxidize some portion of the DMSO into MSM (not MMS) and convert all of the peroxide to water. Is the combination still an oxidative therapy or is it something else?
LIKE REPLY (1) SHARE

A Midwestern Doctor 6d
Author
It still works. I am going to go into that a bit later in the series as there are a lot of protocols and approaches with it.
LIKE (2) REPLY (1) SHARE

Atlandea 6d
I hope that at some point you will cover the advantages of daily MSM. I have taken it for years. I did not know til recently that it is related to DMSO. I am 68 years old and do not have any health or joint issues.
LIKE REPLY SHARE

Geo Geo 6d
Very informative note on DMSO. Can you please let me know how to find the correct classication of this compound. I have seen several specifications for this product, but very little information for its use or dosage.
LIKE REPLY (1) SHARE

A Midwestern Doctor 6d
Author
I have put the dosages and sources in it throughout this series (including in this one).

Could you elaborate on how you are defining "correct classification" in this question?
LIKE REPLY (1) SHARE

Geo Geo 6d
Clasifications I mentioned are, some are technical grade, theraputic grade, and a few others. pharmaceutical grade. Many choices, which is the best choice, pharma? Also can DMSO be taken orally? I am very inerested in the compound and want to ensure I use it correctly. Regards.
LIKE REPLY (1) SHARE

A Midwestern Doctor 6d
Author
Ah got it. I would just go with what DMSOstore.com offers.
LIKE REPLY SHARE

Joy Tarbell 6d
Do you have any experience with DMSO and gout? Despite my husband's healthy plant-based diet, he is just getting over 3 weeks of gout in his big toe. He doesn't drink alcohol or smoke. It was very painful this time.
LIKE REPLY (5) SHARE

A Midwestern Doctor 6d
Author
Yes that was earlier in this series.

https://www.midwesterndoctor.com/p/dmso-is-a-miraculous-therapy-for
LIKE REPLY SHARE

Jason 6d
For gout, he should consider switching to a carnivore or primarily meat based diet.
LIKE (3) REPLY SHARE

Moshe Brody 4d
Ip6 has shown some efficacy for gout.
LIKE REPLY SHARE

SeekerBee Kexel's Substack 5d
With a predominantly plant based diet he should check out information on excess oxalates.
https://sallyknorton.com/painful-gout-and-oxalates/

This information was life changing for me.
LIKE REPLY SHARE

RU Pondering RU Pondering 6d
I haven't seen DMSO do much to help gout pain. Or maybe it masks the pain and you end up over doing it and it hurts worse later. Uric acid crystallizes in colder and acidic environments and dissolves in warmer and alkaline environments. The combination of sodium bicarbonate to increase pH and warm foot soaks will eliminate the crystals instead of masking the pain. Be sure to read up the proper way to use sodium bicarbonate and pH test strips.
LIKE REPLY SHARE

ComeQuicklyLord ComeQuicklyLord 6d
Thank you for this extensive article, especially the percentages and how to apply it—also the recommended company to purchase DMSO.

I first found out about DMSO through Dr. Malone's Substack—I think he shared your Substack article. I recently had TKA in July—progressing ok, but swelling and some pain persists—will try it around my knee and under my thighs to mitigate the pain, but after I patch test it, and I'll share the results on this site.
LIKE REPLY (2) SHARE

A Midwestern Doctor 6d
Author
Could you share where you found that, I need to thank him.
LIKE (1) REPLY (1) SHARE

ComeQuicklyLord ComeQuicklyLord 5d
I'll try...I'm not techy, but I'll get it to you. 😊
LIKE REPLY (1) SHARE

Louis Hill 5d
Here is a link to Dr. Malone's site: https://www.malone.news/p/the-breakfast-cereal-addiction

Louie
LIKE REPLY SHARE

Adam Hanke 6d
From a PT, I see a fair amount of TKA's, with quad weakness persisting in 40% of patients one year after TKA. You don't necessarily need continued PT, make sure you get full strength back in the quads and glutes. Can do sit to stands from a chair or wall squats sliding up and down the wall. Another favorite is single leg presses if you have access to gym. Or try finding a PT who has blood flow restriction which can be helpful strengthening while you have pain as you're using lower weight.
LIKE (1) REPLY (1) SHARE

ComeQuicklyLord ComeQuicklyLord 5d
Thank you! Post surgery I had pathological hamstring pain. Mainly when sitting, especially in the car after 15-20 minutes—my wife would have to pull over so I could get out and walk and stretch my hamstrings—the pain would creep up to a level 10.

The PT guy is focusing on stretching my hamstrings, which is definitely helping, and working on my quads—I still cannot use my right leg to go up stairs—too weak. January 10 will be the 6th month mark, and hopefully by July, I'll be much better. Thanks for your post.

Question: What is "blood flow restriction?"
LIKE REPLY (2) SHARE

Michele Helland 4d
Have you ever looked into sciatica information?
LIKE (1) REPLY (1) SHARE

ComeQuicklyLord ComeQuicklyLord 4d
Yes, and had an MRI to rule it out. Using Clove Oil in Jojoba oil (15 drops of clove oil per 2 ounces of Jojoba carrier oil) has helped with pain. I use it on my legs and feet for neuropathy pain too. Just ordered DMSO—looking forward to receiving it. 😊
LIKE (1) REPLY SHARE

Adam Hanke 5d
Blood flow restriction uses bands or cuffs to partially restrict blood flow while exercising. Your body is tricked into thinking you're working out harder and heavier than you are. The companies I'm familiar with are b strong, Owens and Kaatsu, Kaatsu was the original brand/company. Your PT may be familiar with it, otherwise search Mercola.com for more info or one of the brands websites mentioned above if you're interested.
LIKE REPLY SHARE

J K McG J's Substack 6d
Is there a difference in the efficacy of DMSO for treating osteoarthritis of the knee in an 80 year old as opposed to a younger patient? Or the efficacy for other problems when used by the elderly?

Thanks MWD. We've learned so much from your substack.
LIKE REPLY (1) SHARE

A Midwestern Doctor 6d
Author
Younger people tend to have faster responses to regenerative therapies, but there is no toxicity with DMSO, so age isn't a concern (whereas with many other rheumatologic drugs there are).
LIKE (1) REPLY SHARE

sue sue 6d
Thank you for another revealing article on the power of DMSO, mwd (great video too). In it you covered a paper that reported on success with loss of smell. A year ago I had a dis-ease that was way beyond anything I have known in life. I recovered but it left me with lack of smell. Can you suggest a DMSO protocol for this issue (i.e. how to apply it)? Also (sorry), would placing DMSO in my ear/s help with my tinnitus?
LIKE REPLY (1) SHARE

A Midwestern Doctor 6d
Author
1) You bascially need to put it on the nose because you want DMSO to contact the olfactory nerve.

2) I wrote about it in the other article, but essentially it's drops in the ears and around the ear.

https://www.midwesterndoctor.com/p/how-dmso-cures-eye-ear-nose-throat
LIKE (3) REPLY (1) SHARE

sue sue 6d
Thank you!

Just checking - in 1) you do mean on the nose, not in the nose?
LIKE REPLY (1) SHARE

A Midwestern Doctor 6d
Author
My apologies. It should be in the nose.
LIKE (3) REPLY (2) SHARE

sue sue 4d
Just to let you know, mwd, that after only three applications in my nostrils I can smell, for the first time in roughly one year (following a 2 week long period of incredible fatigue, head pain and weakness last year - & no, I didn't get the jab). What a lovely surprise. I'll now be able to smell my breath when taking the dmso lol. I cannot thank you enough for you information. Wow! I just put some drops on my (clean) little finger and did the business, the INhale :))) xx
LIKE (1) REPLY SHARE

sue sue 6d
😂🙏xx
LIKE (1) REPLY SHARE

la chevalerie vit vérité et chevalerie 6d
Does taking DMSO internally affect the good gut biome? What is the guidance for handling, and for disposal? I'm guessing you have covered these topics so a pointer where to look would help.
LIKE REPLY (1) SHARE

A Midwestern Doctor 6d
Author
1) I do not know. But I think the DMSO odor largely results from a bad gut biome.

2) Don't contact it unless you mean to, and make sure it's just contacting you and not chemicals it will leach.

3) To my knowledge, it's not a hazardous chemical so there are no special rules with its disposal.
LIKE (3) REPLY (2) SHARE

Rosie Langridge 5d
I was worried about our microbiomes, regarding DMSO's antibiotic activity. I'd be very grateful for further information on this topic if possible at some stage.
LIKE REPLY SHARE

la chevalerie vit vérité et chevalerie 6d
Thank you.
LIKE REPLY SHARE

la chevalerie vit vérité et chevalerie 6d Edited
Typo? Should it be 65%?

"A 2002 cell study found 0.65% DMSO reduced"
LIKE REPLY (1) SHARE

A Midwestern Doctor 6d
Author
That is correct as written.

LIKE (2) REPLY (1) SHARE

la chevalerie vit vérité et chevalerie 6d

Okay, thanks for checking. Wow that's a very low concentration.

LIKE REPLY SHARE

Dr Katherine Poehlmann Infections & Autoimmunity Findi... 7d

I am concerned, as a health researcher and author, that I caught two glaring typos before I quit reading. My late husband suffered terribly with the side effects of the shingles vaccine, notably PHN (not PNH as incorrectly shown in the article). Another typo: "...there was a brief boon in DMSO research..." The right word is "boom" not "boon." Such obvious errors destroy the credibility of any health/medical information presented. Double-check and proofread before publication else you do a disservice to your readers. If the spelling is wrong, how can one believe the numbers?

LIKE REPLY (2) SHARE

A Midwestern Doctor 7d

Author

Thanks for catching that, my editor switched PHN with PNH, that's been fixed.

I've always used boon in that context but it seems boom is more correct.

LIKE (2) REPLY SHARE

Mary Fisher 6d

Yikes! I saw a couple typos too, but I don't regard them as making this less trustworthy. Your reasoning is not valid. If there were a huge amount of grammar mistakes I would be more concerned, but even then you often have people who are gifted in one area and not another. Conversely, there are many perfect writers that are utterly untrustworthy.

MWD is outputting a lot of words and with researching and their regular work, time is no doubt precious. I'm glad that they are getting this info out as quickly as possible.

This seems like it might be an OCD issue that you might have.

LIKE (8) REPLY (1) SHARE

Mary Fisher 6d

"Perfect writers WHO" are perfectly untrustworthy. 😀 Perhaps you are angry, as are many of us, that you did not know about dmso sooner? Condolences on the loss of your husband.

LIKE (2) REPLY (1) SHARE

Dr Katherine Poehlmann Infections & Autoimmunity Findi... 6d

I am a big fan of DMSO and have used it for years as a benign alternative to prescription meds. I am not angry about anything. My only concern is that if there are typos in any health-related article (e.g., "g" instead of "mg") there is potential risk to the reader who follows the suggestion. I'm only advising diligence and caution when sharing health information. Thank you for your condolences about my husband and co-researcher. We were both obsessive about accuracy.

LIKE REPLY SHARE

Dana Leigh Lyons Sober Soulful 7d

Anyone happen to know a reputable source of DMSO in Thailand? (I live in Chiang Mai and am not sure it would get through customs if I ordered it from abroad.)

LIKE REPLY (1) SHARE

A Midwestern Doctor 7d

Author

Most likely won't get blocked by customs.

LIKE (3) REPLY SHARE

Corwin Slack R&P: Religion and Politics—Esse... 7d

Where does one purchase DMSO?

LIKE REPLY (2) SHARE

SpiritufFarmer2030 Dariel's Substack 7d

Liked by A Midwestern Doctor

Amazon is where I bought mine.

LIKE (2) REPLY SHARE

Rabid Homebody 7d

Liked by A Midwestern Doctor

AMD addresses this question in the article under the heading "Sourcing DMSO."

LIKE (2) REPLY (2) SHARE

Big E Big E's Big Mouth Substack 7d

Liked by A Midwestern Doctor

Info below includes where to find DMSO.

Big E on Substack: "DMSO Resources: Notes from A Midwestern Doctor's Articles (posted 10/15/24)

We include AMD's sources and information about: Formulations Gels vs Liquids;

Dilution Calculators & Converters;

AMD's Recommended DMSO Sources;

Safety Topical Application (liquid application);

And more...

https://substack.com/@bige47/note/c-72695786?

LIKE (3) REPLY SHARE

Corwin Slack R&P: Religion and Politics—Esse... 7d

Liked by A Midwestern Doctor

Thank you. I was sold long before I read the whole article.

LIKE (1) REPLY SHARE

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