What Moves Water Inside the Body?

A MIDWESTERN DOCTOR DEC 8 489 179 58

Untangling the Mysteries of Life, Aging and Spike Protein Injuries

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179 Comments

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Write a comment...

A Midwestern Doctor Dec 9
Pinned
In the article, I wrote the formula incorrectly. It should have said H3O2 (H1.5O)
LIKE (5) REPLY SHARE

Cynthia Cynthia Dec 8
I'm not a holistic practitioner....just a grandmother who has always been adverse to pharmaceuticals and in favor of more natural and less chemicals. But I was vaccinated as an Air Force brat going overseas to the Phillipines as well as giving my sons the pediatric recommended vaccinations in their childhood 1980's ....which I now deeply regret. But no flu vaccines nor Covid vaccines. I bought DMSO from Jacob's labs back when I first started reading up on it at the beginning of the Covid era. I no longer trusted mainstream medical soon after the vaccine and masking mandates were raised and I asked my then primary care doc if she would give me ivermectin if I got Covid and she said no. I finally got Covid in 2023 and took my goats ivermectin 😂😂. I was pretty sick for a week but I lived. I got the DMSO for emergency first step stroke issues since my husband and I are in our 70's . I have since read all your information about so many things that DMSO could be helpful with and joint problems is one I am highly interested in as I need my knees to keep up with my grandkids and my dairy goats!

My question is how do I find a DMSO literate doctor that could work with me so I learn to use it appropriately? I've experimented on myself a little with 70% gel but I'm not confident. I don't appear to be allergic but I am sensitive as it stings a lot so maybe I'm not doing it right
LIKED (36) REPLY (9) SHARE

Roxanne Dec 8
DMSO makes me itch (could also be described as a "burn") for a few minutes, also. Especially on my face. I believe this is a common effect. Does it leave a lasting redness or soreness after it has dissipated?

It may be that you'd experience less discomfort if your DMSO were diluted further with distilled water.

I don't have any advice about finding a cooperative doctor. Just finding one who doesn't obstruct me is a coup.
LIKE (17) REPLY (7) SHARE

IGW Dec 8
"Just finding one who doesn't obstruct me is a coup."

Yep.
LIKE (12) REPLY (2) SHARE

Soujourner Jana's Substack 8d
How about an MD that doesn't looks at the patient but instead their keyboard/computer screen reading blood test results telling me all about the number of patients she'll be able to see daily with AI? Yup, no longer do I consider her a MD, instead I call her what she is: my Medical Professional that works for a for profit medical service provider corporation. Sigh.
LIKE (1) REPLY SHARE

michael janket michael janket Dec 12
I fire 'em before they fire me.......
LIKE (1) REPLY (1) SHARE

Roxanne Dec 12
LOL, yes. I just stop showing up, so I guess it's the same effect.
LIKE (1) REPLY SHARE

Cynthia Cynthia Dec 9
That is the truth! I've been lucky enough to find a couple that don't fire me after I say no to statins and no to osteoporosis drugs and no flu shots or pneumonia or shingles shots so I consider that a blessing. Have had the same cholesterol levels since my 30's and haven't broken a bone yet at 73 and I wrestle 140 lbs alpine goats around. I figure that's my proof that I have strong but smaller bones. You can tell that by looking at my wrists and ankles....they've always been small. I'm looking forward to the shifting paradigm in the medical world so good doctors can come into the light without fear of the medical institutions canceling them

I DO itch! It doesn't turn red though and goes away when I finally wipe it off after about 15 min. Thanks for sharing that!
LIKE (10) REPLY (2) SHARE

Janet Janet Dec 10
I've been using a 75% solution that brought the itching down. I make the dilution myself. I'm like you. (76 yo) No statins, or other drugs. Small boned but was in an accident when 74 and needed a femur ball joint replaced but was up walking 3 miles unaided by 6 weeks. I use a functional medicine doc who is unvaxxed and doesn't go along with the current nonsense (mostly) but it's expensive and my supplement doesn't cover it. Medicare covers my blood tests but that's it. I mainly doctor myself from places like AMD. I love goats 😍
LIKE (3) REPLY SHARE

Mouzer Dec 10 *Edited*
I believe if you find some doctors in your area, you can ask them if they are experienced using DMSO. The following organizations and directories provide lists of integrative medicine practitioners:

Integrative Medicine Certification Program (ABOIM): Certifies physicians in integrative medicine through the American Board of Physician Specialties (ABPS).

Academy of Integrative Health and Medicine (AIHM): Offers a directory search for integrative medicine practitioners.

American College for the Advancement of Medicine (ACAM): A nonprofit dedicated to the advancement of integrative medicine, with a directory search for members.

I found 100% pure aloe vera at the organic grocery store and used it to make up 70% DMSO. It still itches a bit, but is gone in a few minutes. I do not have to wash it off and leave it 20 until dry.

https://dokumen.pub/dmso-biological-actions-of-dimethyl-sulfoxide-dmso-new-york-academy-of-sciences.html Free downloads of papers, books, and articles on DMSO.
LIKE (2) REPLY (1) SHARE

Roxanne Dec 10 *Edited*
Nice list - thank you.

I also push through the itch-burn until it's gone.
LIKE (1) REPLY (1) SHARE

Soujourner Jana's Substack 8d
Same.
LIKE (1) REPLY SHARE

Troll Hunter Dec 10
Hear, hear. So much of the time, today's EmDeities are a bunch of arrogant, ignorant pr!cks. The best one I had retired in 2019, conveniently, one year before ConVid. Can't find a naturopath here and HMOs don't wanna hire 'em. I predict that the tide will turn because so many are so sick of "adverse care" that more people who want to help you get and stay well will join with some enterprising persons who want to come up with some kind of "pass the hat" pool of funds that will address this. I'm hearing about Christian health care companies but I don't know how they work or which ones are good.
LIKED (3) REPLY (1) SHARE

JC JC Dec 11
I heard a LOT of USA Christian churches went with the herd....
LIKED (2) REPLY (1) SHARE

Roxanne Dec 12
It seems the propagandists targeted their leaders.
LIKED (2) REPLY (1) SHARE

Soujourner Jana's Substack 8d
Fraud-chi's boss has been influencing 'leaders' for many years, covid was simply the most recent. As usual, none take responsibility. Everyone has a price...30 silver pieces?

https://dailydeclaration.org.au/2022/04/07/christian-leaders-distance-francis-collins/
LIKED (1) REPLY SHARE

jo jergensin jo jergensin Dec 10
Put some Aloe Vera on right after you apply the DMSO. It takes the itchiness away almost completely for me and I have sensitive skin. Use a real Aloe plant or the purest version you can find without too many additives. I find the real plant works best. Hope this helps.
LIKED (3) REPLY SHARE

michael janket michael janket Dec 12
some dilute the DMSO with aloe to greatly reduce the burning sensation some have.
LIKED (2) REPLY SHARE

Mary Dec 10
To reduce itching, dilute with water. This can be done after you put it on and find the concentration is too much for the skin you are applying it to, or, better, you can dilute the dmso first. My face is sensitive, I might only use 10 or 20% there.
LIKED (2) REPLY SHARE

Cynthia Cynthia Dec 9
Thanks!
LIKE (1) REPLY SHARE

FUBAR Dr. Strecker's Report Dec 9
Just start out with one drop in 8 oz of water /day and add one drop daily. If you take Rxs then check out to see if it reacts poorly with DMSO

Get as many books as you can...use the used book stores to look for books on how to use DMSO for doctors/nurses/physical therapists, we don't know either!!!Forbidden to know!!

a small amount of 99.99% DMSO daily in water/juice etc does wonders for every category the midwestern doctor has addressed. Use 1/8-1/4-/1/2 teaspoon for head injuries of course always diluted in pure water 4-8- or 16 oz your choice. All football and soccer players should drink this for 3 days after games. Do Not worry!!! the worst it can do is make you smell like a dish of Scampi(Shrimp Garlic dish)...Regular use of low dose DMSO will open up all your capillary beds and give you pink cheeks, healthy organs!!! Its the capillary micro clotting that is at the deadliness of the C19 bushwhackers

A Southwestern DoctorMD
LIKE (12) REPLY (3) SHARE

JC JC Dec 11
Actually, you can take too much - I find I have a histamine response the day after ingestion. BUT - responses like these keep you from taking too much too often!
LIKE (2) REPLY (1) SHARE

Cynthia Cynthia Dec 11
Wow that is helpful info! I had a memorable histamine response when I was first starting fermenting and was using the "burp your jars" method and was all about eating LOTS of different vegetable ferments and didn't know about checking ph. I thought I poisoned myself! But read up on the type of skin response I had . Learned more about fermentation and went to using air lock systems and checking ph on finished ferments....and reducing my consumption to just a small amount per meal. Which I think is actually what you are supposed to do. I'm unfortunately one of those "if a little is good then a lot must be better". I've learned to be more cautious....which is what has got me going slow with DMSO. I am so appreciative of all the comments from the more experienced people here!!!!
LIKE (4) REPLY SHARE

Cynthia Cynthia Dec 10
Thank you so much! I am learning as much as I can about DMSO because I am thinking it holds a key for me because though I'm not vaccinated I do attend church with and have several in law relatives and a couple good friends who are vaccinated with the first roll out shots (they know better now). And though I lived my normal life I did avoid having Covid until June of '22. And mine was no respiratory at all. It was extremely high fever which I coped with and didn't treat with anything other than homeopathic because I wanted my immune system to fight it unhindered. I had massive body aches and headache and did lose my sense of smell... but absolutely no cough or congestion or reduced blood oxygen . In my gut I feel like it did something to me.

I only take whole food based supplements and iodoral iodine and NP thyroid for hashimotos. Maybe DMSO will help my thyroid tissue. I will study up on whether oral DMSO and NP thyroid med has any adverse interactions.

Thank you for your response!!
LIKE (2) REPLY (1) SHARE

Mary Dec 10
There are some other substack writers to check out.....Dr. Yoho has several articles on DMSO. He also has many on Chlorine Dioxide, which you should definitely check out. It is a game changer!

I also think the substack Lies are Unbekoming has DMSO articles.
LIKE (1) REPLY (1) SHARE

michael janket michael janket Dec 12
Interesting as over the last few years, the Japanese have considered DMSO as toxic since it damages fibroblasts in tissue culture. Not sure what they are driving at.
LIKE (1) REPLY SHARE

Janet Janet Dec 10 *Edited*
Thanks! I put it in orange juice in the morning and after dinner plus brush on my knees and thyroid area. Husband hasn't mentioned an odor. My bottle in glass says low odor. I am sleeping sounder and an elimination issue seems to be clearing up. I've had some gut disturbance since I stopped ultra low carb after 12 years and getting used to clean, easy to digest carbs. Low carb quit working for me. I may discuss DMSO with my functional med doc in January.
LIKE (1) REPLY (1) SHARE

Rosemary B Rosemary's Substack Dec 10
which brand do you use and where do you procure it?
LIKE (1) REPLY (1) SHARE

Janet Janet Dec 10
I order the DMSO Store brand. Non diluted 99.99%. 8 oz glass bottle. I get it on Amazon. 29.00 so far. Seems good to me. Green and gray label. It's tested ok. I haven't bought dilutions or lotions /gels. Just the Tractor Supply gel but I haven't used it much. I make dilutions myself. It seems active. I get stinging and itching at full strength for awhile. It's all an experiment right now but exciting.
LIKE (1) REPLY (1) SHARE

Rosemary B Rosemary's Substack Dec 10
wow

thank you Janet. Did you mention it is helpful for skin on your face? and I suppose arms too? I really need to learn more.

thank you so much
LIKE (1) REPLY (1) SHARE

Janet Janet Dec 10
I've just started using a 20%DMSO dilution on my face so can't say if it is doing anything yet. I have a 76 yo face. Lol.😆
LIKE (2) REPLY (1) SHARE

Rosemary B Rosemary's Substack Dec 11
I have a just turned 70 face. We are just having courage and enjoying every single moment that makes us happy.

I will try this experiment as I do have the swollen joints from being forced to take the first two pfizer shots in order to care for my father. I developed inflammatory poly arthritis immediately, and the past year take very low dose prednisone (2.5mg) which helps. I would also like to see if it works on upper back pain as I have a bit of scoliosis. Thank you Janet
LIKE (2) REPLY (1) SHARE

Janet Janet Dec 11
Oh, I hope DMSO can help. 🙏🏼I agree about the being happy part. My husband and I now take a camper out except winter and travel around. We spent a month in Wyoming off the grid in the most beautiful out of the way places. Sometimes no cell. My husband has early bladder cancer and a melanoma is being treated. Both cases caught really early and he is on a treatment of IVM and Fenbendazole that we learned about on Substack. He only had one JNJ. I didn't get any. A good book is healing With DMSO. On Amazon and the author has a good website. Take care, have fun and peace, Rosemary.
LIKE (2) REPLY (1) SHARE

Rosemary B Rosemary's Substack Dec 11
thank you so much Janet
LIKE REPLY SHARE

Stuart Hutt Stuart Hutt Dec 9
I am just beginning to use DMSO. I purchased the book Healing With DMSO by Amandha Vollmer, a Canadian Doctor of Naturopathy. She has videos, website and online groups. It may help.
LIKE (11) REPLY SHARE

SAMO Dec 8
@ Cynthia

This could get you started. Lots of DMSO videos here. I just started with this one on eyes.

https://yummy.doctor/video-list/dmso-for-eyes-glaucoma-cataracts-strain-vision-retinitis-and-the-organ-responsible-for-eye-care/
LIKE (10) REPLY (2) SHARE

Lulu Dec 9
yes, this is the author of Healing with DMSO. A wonderful resource.
LIKE REPLY SHARE

Cynthia Cynthia Dec 9
Thank you
LIKE REPLY SHARE

Lulu Dec 8
There's a book on Amazon called Healing with DMSO that has at home preparations. You need to dilute it with other non toxic products before applying to skin.
LIKE (3) REPLY (1) SHARE

Cynthia Cynthia Dec 9
Thank you !
LIKE REPLY SHARE

Janice Dec 8
If it stings when you apply it, then dilute it more.
LIKE (3) REPLY (1) SHARE

Cynthia Cynthia Dec 9
Thank you
LIKE REPLY (1) SHARE

Lulu Dec 9
The key is using distilled water, so you aren't bringing in toxins from the water you use.
LIKE (3) REPLY (1) SHARE

J. Harris Dec 9
Or buy some organic aloe inner filler gel to dilute the DMSO! It works great for me.

I also made my own organic Castor Oil diluted solution to rub on my eye lids and face. I works amazingly well!
LIKE (3) REPLY (2) SHARE

Lulu Dec 9
Thank you! I am curious - what are you treating on your face with the castor oil mixture?
LIKE (1) REPLY (1) SHARE

J. Harris Dec 9
Lulu,

I'm just rubbing it all over my face at night to help with dark circles under my eyes, potential skin cancer on my nose from severe sunburns as a child, some acne scars and such. It's really helped make my skin smooth and youthful looking!
LIKE (3) REPLY (1) SHARE

Lulu Dec 10
Ah ok. Thank you!
LIKE REPLY SHARE

Janet Janet Dec 10
I just bought some castor oil. How do you mix and how much? Thanks. I have some 99% gel from Tractor Supply but not sure it works as well. Haven't used it on my face.
LIKE REPLY SHARE

Ruth Lock Dec 9
I found that if you put up with the stinging and keep using it, after a week or two you build up a tolerance and it doesn't sting anymore. I also found I get much, much better results at a higher %, say 70% or more.
LIKE (2) REPLY (1) SHARE

Cynthia Cynthia Dec 9
I bought Jacob's labs gel formula at 50% as well as the 70%. I will up it to the 70 % on my bum knee to see what happens and just bite a towel on the itching😂. My knee doesn't hurt to walk at all. But I can no longer do a lunge or squat type exercise on that knee. My chiropractor said she thinks I have arthritis in the joint pretty badly
LIKE (1) REPLY SHARE

JC JC Dec 11
Every doc in my circles would think I was a lunatic for working with such a poison.
LIKE (1) REPLY SHARE

Roxanne Dec 12
Cynthia, I meant to say that I love that you took your goats' IVM. I deprived someone's horse of theirs in November 2021, but Tractor Supply had more, so I don't feel guilty.

I also got my first DMSO after reading AMD's essay on strokes. Once I had it, I figured, "why not try it preemptively?"
LIKE REPLY SHARE

M Day Dec 8
Please consider compiling your articles into book or magazine form. I love reading them and will read them over and over, but it would be wonderful to be able to curl up with them away from a screen, possibly before bed. :)

Greg · Dec 8
Yes, please. AND, find a library agent that one of your best friends can interact with (to preserve your anonymity) and publish your columns in book form.
I will buy multiple copies because what you write is of immense value!
Your writing is too good Not to publish!
You could come out with an annual "AMD: Columns from 2024 — An Annotated List of Persistent Health Topics For Me".
Dec 8 at 3:05 pm REPLY (1) SHARE

Dr. Adrian Monk (he/him/his) Author & Dad · Dec 8
Lorraine,
I have an little time. If I did that I wouldn't write for a few weeks and I have so many articles that need to get out!
LIKE (2) REPLY (1) SHARE

J. Harris · Dec 9
I am a graphic designer with experience laying out and printing books. When I lived in So Cal while working at a mom-n-pop print shop, I worked with R. Kellogg's grandson on a book written about his grandfather. He was in his 90s and had to wait until certain family members had passed before he could publish his book due to family secrets he exposed. I also worked with an independent magazine where the two of us did everything to get it into the hands of those it was created.
Just saying, I'd be honored to help you!
LIKE (2) REPLY (1) SHARE

Phlox · Wed, Dec 12 Edited
I've used https://www.smashwords.com to freely format into various types - print, eBooks, etc.
LIKE REPLY SHARE

JamesCooper · JamesCooper · Dec 9
It's amazing you are able to do all that you do. Book would be nice, but if we have to choose between having a book but no more articles for weeks or months versus no book but the articles continue, that's a no brainer choice! I think we'd all vote for the articles to continue
LIKE (2) REPLY (1) SHARE

Janet · Janet · Dec 10 Edited
The comments are also very, very valuable. Maybe just an index for the posted articles with links to the posts... Wonder if that is doable.
LIKE (2) REPLY (1) SHARE

nharlow@nharlowme.com · Dec 9
Well, just keep writing! Always informative. These are keepers.
LIKE (2) REPLY (1) SHARE

SAMO · Dec 8
Self publish. You don't need a literary agent for that.
LIKE (2) REPLY (1) SHARE

JC · JC · Dec 11
The audience is already waiting — so marketing is not the issue here.
LIKE REPLY SHARE

JC · Dec 11
Try white or cyan on black background. I love prefer screen-reading to books, as my old eyes can't seem to pull in enough light anymore...
If your device can't convert the e-mails, just follow the link to the online article.
There's a great app for pretty much all devices called "Dark Reader". I highly recommend!
LIKE (2) REPLY (1) SHARE

Janet · Janet · Dec 11
I've learned to read books on my iPad. But still like real books more. The good thing about the digital readers is you can adjust the brightness, font, font size and line spacing. Line spacing is my most important changeable thing.
LIKE REPLY SHARE

Suzy · Dec 8
Yes! Or you being able to listen to audio. Driving and listening, cleaning and listening.
LIKE (2) REPLY (1) SHARE

M. Dee · 9
Was thinking the very same as I read this article.
LIKE (1) REPLY SHARE

Thomas Lewis · Useless Liberal · Dec 8
My Favorite Parts Of Covid:
#7
That the doctors think the medical freedom movement is for the freedom to practice medicine.
While the rest of us are shouting "It's the medicine", central to your profession, that is killing everyone.
To...
LIKE (2) REPLY (1) SHARE

J. Harris · Dec 9
"Better Call Saul"
To...
LIKE REPLY SHARE

Patrolter · Dec 8 · Edited
German physicist and Nobel laureate Max Planck somewhat cynically declared, "science advances one funeral at a time."
Planck noted "a new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents die, and a new generation grows up that is familiar with it."
LIKE (2) REPLY (1) SHARE

Susie · IronicDaughter · Dec 9
Interesting. Might have to read up on him now you've said this. And he managed to get an institute named after him, after saying such outrageous stuff? He's a hero to me now.
LIKE REPLY SHARE

lynne whatley · lynne whatley · Dec 9
Jesus used the phrase "living water" to describe his world. Your article helps me grasp that concept better. Thanks!
LIKE (2) REPLY (1) SHARE

J. Harris · Dec 9
That's exactly what came to mind when I read this article! We are "living water!"
LIKE REPLY SHARE

Rob (c137) · Robert's Occam's razor · Dec 8 · Edited
I recommend it going, especially the tapping exercises to help the body's Fibro Chinese medicine calls it qi. I see it as helping longer and other fluids to flow freely in the body. Lymph drainage massaging is very helpful and so is DMSO.
Before spike protein, the LNPs Moderna used which were also used in the COVID mRNA shots caused the same issues. The LNPs are hard to break down longer around causing clots and mess up cells potential. Last I heard mentioned they aren't using the potentiated LNPs that Pfizer used. There was some lawsuit against Moderna for violating the patent.
Also, I've never heard from Moderna solved the issue with the lipids' toxicity issues...
This is why they picked the LNP platform.
Like they picked toxic rendebesnir for "cured".
Like they picked toxic AZT for HIV.
Hmmm, makes you wonder why they pick toxins to cure some the day, right?
Why are you and others focusing on spike protein when this was happening before that and before mRNA?
Please read how a non mRNA shot caused myocarditis... Hmmm sound familiar?
https://doi.org/10.4049/jimmunol/bibtex-bibtex-mrna-and-spike-protein
"The recent observation of a similar adverse event in a recipient of the non-mRNA, peptide-based NVX-CoV2373 in the frame of a phase III clinical trial with TCD1 participants in the active treatment arm raises the question whether the Spike/nanoparticle sheath, which is a common structural component of these platforms could be implicated in the pathogenesis of vaccine-induced myocarditis."
https://www.medrxiv.org/content/10.1101/2021.12.17.21267792v1 Potential implications of lipid nanoparticles in 1 he pathogenesis of myocarditis associated with the use of mRNA vaccines against SARS-CoV-2
LIKE (2) REPLY (1) SHARE

Greg · Dec 8
Anthony Fauci (his betrayal of medicine and of humanity means he has LOST the title of "Dr." as so respectfully accord to Mengele) has sent behind ACT which killed many gay men during the AIDS crisis.
"AZT Safe and effective"?
I think NOT.
Fauci recommended Remdesivir (called "When Death is Near" by Dr. Antifi's own after a study Fauci funded which was so BIG it AND showed that COVID-19 patients were DEATHS WHEN CALLING DIED FROM Remdesivir and that's more than Fauci and his cronies (ALSO, since the EBOLA mortality rate is 50%)?
"Safe and effective?"
No, no, no.
Men would like to wash his mouth out with TRUTH!
[Note: The AIDs virus has NEVER been found. Nor has the CORONA virus...read on.
AIDs will probably be found by a certain snake venom by researchers in the not too distant future.]
[Note #2: Both AIDS and EBOLA are PATENTED by the U.S. government. Look them up online.]
My Conclusion?
Fauci's behavior is PSYCHOPATHIC. He has NO conscience, he is IN-capable of empathy.
Fauci (along with certain others) need to be brought up on War Crimes since his approvals of the SO-CALLED Covid-19 Vaccines (infused with Snake Venom) resulted in one of the worst cases of GENOCIDE in HISTORY!
Show 1 more reply
LIKE (2) REPLY (1)
Greg · Dec 8
Alan Fogle · Alan's Substack · Dec 9
He is a fraud. Read about his past, his payments and their agenda, and you will know why he has done all these evil things.
LIKE (2) REPLY (1)
JeanW · JeanW's Newsletter · Dec 9
Go to Pipse Forests.
LIKE REPLY SHARE
Alan Fogle · Alan's Substack · Dec 9
Yes, he is and he is evil also.
LIKE (2) REPLY

Gerry Blankenship · Gerry's Substack · Dec 8
Science "will simultaneously refuse to look at data with implications that challenge the existing scientific orthodoxy." It was given Anthony Fauci proclaiming that "I am the science" bears true your introductory statement. This publication is entirely too sophisticated for this construction background soul, but I am able to interpret medical evidence. When fully "vaccinated" people contract the vaccine targeted disease I question the efficacy. When fully "vaccinated" people die from two many "vaccine" adverse reactions to date I question the safety. When main stream media repeatedly tells me the unsafe and ineffective evidence I see is wrong I question MSM. I have dipped my toes deep enough into the scientific sophistication rabbit hole to learn that pharma has mastered the art of data obfuscation. Following the logic of anecdotal evidence, I once again give credit to Dr. Ryan Cole for "83 years of his vaccines and we still have flu".
LIKE (2) REPLY (1)

Hard Core Blackbeard · Dec 11
As Todd Erzen (from Black media) has said, we are under a collective "vaccine psychosis" in this country
LIKE (2) REPLY

Steve Ellis · Dec 8
This is the best summary by far of the role of water in the body. Miles and miles better than anything I've read. As a connective tissue therapist who uses tissue work and various frequencies of light on myself and clients for 30 years I can testify to the benefits of enhancing connective tissue health as a way of improving the aging process and healing diseases. The hydrated collagen network carries electricity and information to every cell. I could go on and on but thankfully I don't have that Type A gene.
LIKE (2) REPLY SHARE

David Kalkner · David Kalkner · Dec 9
Note to you AMD... CUT AND PASTE THIS STATEMENT FROM YOUR ARTICLE FOR A REFERENCE... "I individually performing live blood cell analysis observing blood clumping occurring in vaccinated blood (e.g., see this study) "(THIS LINK WAS BLOCKED, AMD)... (e.g. 1 drop of blood of the article, showing rollouax formation of red blood cells after the exposure to Pfizer "vaccine") PRIVI PREVENTED FROM ACCESSING THIS ARTICLE REFFRIED TO.
Also, Mrs VERY note to you was auto deleted... for some unknown reason, and I had to rewrite it.
I suspected that the individuals you referred to who reacted to the live blood were only something that ties together the assertions by Dr. Anne Rasch and Dr. Ana Maria Mihalcea regarding observed movement within the live blood samples, formation of filaments, and blinking lights, and an ensuing controversy over the existence of nanotechnology, nanobots etc. versus ordinary reactions of cholesterol to being observed under different forms of light, being mistakenly termed to be nanobots. Your work, surprisingly, seems to be the bridge between the two seemingly opposing views, and may validate both views, and reconcile the differences between the two. Your work, if I read it correctly, suggests that the observed cholesterol and unvascularized blood cell blobs/ball seems to be the common factor needing more scrutiny to resolve the conflict. I was fascinated, by your article about the flow of water in the body in a semi-solid liquid crystalline form...partially because crystals are used with electricity to generate a transmit and receive signals. It occurs to me that the work of Mihalcea at it might not be misconstrued after all. A collaborative effort between yourself and Mihalcea, Rasch, and Mihalcea at MIRCHT proves to be very informative, valuable, and possibly push ahead the understanding of what has been done to the human body this last five years. I see some data connecting here. Thank you for this incredible work. AMD.
LIKE (2) REPLY (1) SHARE

A Midwestern Doctor · Dec 8
Author
Thanks, fixed the link. For some reason they'd deleted it.
LIKE (2) REPLY (1)
David Kalkner · David Kalkner · Dec 9
Thanks AMD, your diligence is remarkable, considering the work load you bear. Thanks for all you do. God bless you.
LIKE (2) REPLY

JC · JC · Dec 11
Actually, a friend of mine shared with me - in Dec 2021 (after the notice).
Her blood was unaware, and she got a live blood analysis.
I was familiar with the images before I saw them by Dr. Ana Mihalcea and others. And I was unsurprised by their claims of shedding - that ALL of us have this problem now.
Because I saw it first in unvaxed blood. My friend is now under cardio care. (yes, I sent her a link to Midwestern Doc!)
LIKE (2) REPLY (1) SHARE

Branko Furst · Branko's Substack · Dec 11
Branko Furst, MD
I am checking in as cardiovascular researcher with much appreciation for your Dec. 8 post "What moves water inside the body?" in the outstanding "Mysteries of the microcirculation" you provide the link to the article of which "appears to be the coauthor" compelling me to post a brief comment. Since the publication of the "long-forgotten paper" a great deal of research has been done and is summarized in several peer reviewed articles as well as in a book where I clearly show that the circulatory physiology of the heart "pulsing the blood" can no longer be substantiated in the face of numerous phenomena that speak to the contrary, mainly the function of the periphery acting in the intermittent and in the capillaries are the actual movers of blood (and lymph). Collectively these can be measured as the ubiquitous "microcirculatory pulsations" (MCP) and the "microcirculatory pump" (MCP). Dr. Ana Maria Mihalcea, Rudolf Steiner's discovery that the heart is not a pressure propulsion pump but rather works on the principle of a hydraulic ram (a flow activated type of pump) which converts kinetic energy of the moving blood into (almost) pressure. The observation that the heart consumes only a fraction of its high metabolic demands on (pumping) i.e., contraction and expansion, with some 80% converted into heat, supports Steiner's discovery. As you so eloquently state, the problem of the microvascular medicine is the method by which complex phenomena of life are reduced to simplistic mechanical (and other abstract) models powered by physical (and chemical) forces of the dead, mineral world, such as gravity, electricity, magnetism, etc. These forces, collectively known as 'centric' i.e., acting from the center, are certainly also active in living nature. Overlooked, however, is the fact that acting in isolation, these forces can only extinguish rather than support life. It therefore follows that in an organism, the physical-chemical forces have to be supported by the above-mentioned life generating forces, also known as the etheric forces. While the survival centric and peripheral forces at work in plants, animals are ensouled, sentient creatures and human beings are ensouled and spiritualized. Unfortunately, the modern world is not concerned with an individual spirit and belonging to a category of its own. These levels of organization are not mere abstractions, but precise concepts elaborated in great detail in Steiner's writings and lectures as well as in the secondary elaborations of Steiner's literature. As it stands, a plethora of processes and phenomena existing in these levels of organization are described in the medical literature, but are jumbled into a well-high impenetrable web of information in which the human being is all but lost or becomes a mere statistic. In sum, if medicine is to find its true calling, it must free itself and further into the future the existing mechanistic model of the human being will no longer suffice.
LIKE (2) REPLY (1) SHARE

norman smith · norman's Substack · Dec 9
Norman Smith
So I am not medically trained but have come to the conclusion that the Heart is not a mechanical pump by any means and arrived at this conclusion by comparing the great amount of energy required to move fluids through our pipelines such as refined oil.
I am of the understanding that if all our arrhythmias are are placed end to end in a continuous line that they will be long enough to circle the world. If us with blood being quite viscous (somewhat like light oil) then the number of Lift Stations needed to pump oil around the world (Circle the trip around) would be Huge!
Thank you for articles, I enjoy every one I read and am always impressed with your attention to detail and thoroughly researching the subject
LIKE (2) REPLY (1) SHARE

Cinquan · Cinquan · Dec 9
And of course my trusted and all-knowing doctor knows and understands all this? Their best advice is to drink more water but not water in the same and I think the amounts required vary from person to person.
LIKE (2) REPLY SHARE

Joseph Unger · Joseph's Substack · Dec 9
AMD,
Brilliant, insightful, authoritative and downright inspirational as always. Fluid flows in the body have been a major therapeutic focus for my entire clinical career. I might suggest some additional important considerations.
Fluid is a physiological standpoint osmosis is essential component of lymph flow. The tiny proteins in the lymphatic fluid produce an osmotic gradient drawing water into the system. If protein digestion is not sufficient, we can become depleted in these tiny proteins. Additionally, protein digestion and the body is heavily influenced by phytosyn function. Optimal phytosyn function is influenced by many chemical and physical factors.
Another interesting line of research is reported by Bjorn Nordenstrom MD in Biologically Closed Electrical Circuits in Man. Interesting research
https://pubmed.ncbi.nlm.nih.gov/7080033/
Another most essential flow is that of cerebral spinal fluid. Its existence and importance was first predicted by Emmanuel Swedenborg (1688-1772) in his four books concerning human brain function. CSF has been predicted to flow to all parts of the body through the peripheral nerves. A few studies have confirmed these pathways. Nature proves reluctant to waste effort. It is theorized that CSF must be essential for the whole body functions since it is distributed so thoroughly.
CSF flow is a primary factor in some therapeutic modalities including chiropractic craniopathy. Trauma not only affect sensitive brain tissue but can cause dysfunctions of the cranial bone motion which is part of the fluid pump mechanism. Many times, these lesions are not self-corrective and are virtually totally ignored by mainstream.
Many thanks for your continued efforts and excellence.
LIKE (2) REPLY

JCW · Dec 9
The mystery of water...so it's not just something you add to scotch or brush your teeth with...Who would have known.
I suspect that when we die, that is, move to another level, dimension of consciousness, we will find spear upon spear of wonderfully integrated complexity that, in essence, is simplicity for self.
Just wait and see, "Right! How did I miss that?"
LIKE (2) REPLY

Susie · IronicDaughter · Dec 9
I presume interstitial fluid is the same as fascia (eg. https://scitechdaily.com/biologists-sciences-latest-discovery-the-interstitium-reality-a-new-organ-or-is-it-something-the-fascia-research-community-has-known-about-all-along/)
I have long been ALL-IN-ish and the two processes I've found so beneficial to expand my capacity over the last 18 months is Feldenkrais and Rock Therapy (https://blackhawkpsy.com/). Rock Therapy uses yoga blocks or a sofa to lean into where you lie on them to decompress the backs and presumably achieve the same effect you described with interstitial, where the fascia begins to flow. My stomach has a large adhesion just under the skin near my navel, which has not responded but is much reduced. Before doing block therapy the whole area felt like a cold, grey slab of marble.
I'm beyond happy to have found this website and feel it could benefit a lot of people. Am I surprised you're now talking about this? No. Am I sorry you're not practicing within a 10km radius of my house? No.
LIKE (2) REPLY

Dave Brown · Dec 9
Well, get to my old DMSO for burns. Chalk up another one to "If you're going to be dumb, you've got to be tough".
I had a lot of experience with severe burns, both tinkering with homemade explosives as a kid (2nd degree whole arm) and getting caught in a gasoline explosion back in the 1970s, which was 40% of my body. 2nd degree. There was nearly killed me but it was an awesome day, now retired unfortunately.
This time I thought I could run a second batch on my new steam water distiller.
I had forgotten the instructions owned about steam burns if you put the top off too soon and they were not wrong.
I was able to get the burns stood to stop the burning right away but still got some nasty 2nd degree burns on the underside of my arm.
I've read steam burns are some of the worst, and I wouldn't argue that.
I hit it nightly with DMSO and continued doing that twice to three times a day, and I can not believe how quickly this healed it up.
My other burns were many months with daily trips to the doc to scrub them out with iodine and then buttering them up with strawberry burn cream.
Doesn't seem left that level of pain when they scrub them out with iodine.

I'm a little over two weeks out from the latest incident and it's almost completely healed up.

The pain is just a bad ache.

Wow!

I'm buying a gallon of this stuff and just pouring over my head daily. Yeah, I'm kidding, except I really did buy the gallon.

LIKE (34) · REPLY (2) · SHARE

David Ashton · Great Editor · Dec 3

Story about your misfortune, Dave Bruno, I have had my share as well. I am glad you defined in terms of the DMSO treatment. .It was wise. I am a retired Professional Fire Fighter, back yard machinist, welder, blacksmith, knife maker, jeweler and silversmith , as you may imagine, my opportunities for whatever bumps in or the high jinks, or the high jinks, or the high jinks you can remember the exact number, with remarkable success. I wanted to mention though, (as you seem prone to injury) ...if that I've used fresh aloe vera leaves, sliced open to get that gel, and also have used bulbash (sahab) 'mucilaginous gel' to treat burns with great success when DMSO was not available, as where one is the bush. I think that both together would be very effective. Take care...(I mean ID, All the best, David.

LIKE (1) · REPLY (1) · SHARE

Dave Bruno · Dec 11

Thanks David, "as you seem prone to injury" is so true but that happens in pursuit of the many things my curiosity leads me. Overall it's thinking I'm ahead of the game on the risk to reward ratio, or at least not medical damage that a few aspirin or paleo wonder't fix. Like yourself, all the bumps and bruises have taught me how to be a better old vet. Now if I can just dodge the medical and be warlock attempts to protect us, I'll be good.

LIKE (1) · REPLY (1) · SHARE

Unapologetically Me · Just Another Canadian Dissident · Dec 11 · *Edited*

Well DONE!

And many thanks for posting this anecdotal evidence from a real guy, doing real things and then using DMSO to effectively mitigate the problem

🤘🤘🤘

LIKE (1) · REPLY (1) · SHARE

Dave Bruno · Dec 11

Thanks!

LIKE (1) · REPLY · SHARE

James · Dec 11

Here's a book that continues to help me, has changed the way I think water, that's revolutionary in what it says about the healing power of water, and which I find hard to put down, maybe you can't stop that start reading from some random page: "Your body's Many Cries for Water" by F. Batmanghelidj, M.D. http://www.watercure.com/

LIKE (1) · REPLY (1) · SHARE

Silvana De Angelis · Dec 2

Dear Doctor, I recently discovered you on X, I am very glad I did.

I am a desperate Mother of a 34 y/o male who was just recently diagnosed with ALS, after being vaccinated in several vaccines with the C-19 vax, he was a very healthy and athletic man before, I am personally convinced that the cause of this terrible disease is because of the vaccine and I am very worried that he could have been affected by the spike protein. I am no doctor, of course I could be dead wrong, He is now in care of the LM Medical Center, I understand that they do their best based on what in traditional medicine is allowing, but I am afraid that it won't help much more than to maintain and extend the best possible quality of life that they can do.

With this, writing I am reaching out to you with the plead for help and guidance with resources as necessary for this case.

Thank you for what you do.

Silvana.

LIKE (1) · REPLY (1)

S Allosenburg-Jones · Dec 10

Liquid

Regular Or DMSO

LIKE (1) · REPLY (1)

Silvana De Angelis · Dec 10

Any idea of where I can get it?

LIKE (1) · REPLY (1)

JC · Dec 10

Thanks too the rub.

LIKE · REPLY

Randy · Dec 10

Here's a QI that moved to me... Is there a medical device that a doctor could use to measure Zeta Potential? Go to the a charge, and the nurse takes the vitals: height, weight, temp, BP, pulse, pO2, and Zeta. Better yet, maybe this could be a consumer product or incorporated into the next Gen of fitness trackers: pulse, resting heart rate, sleep velocity, fitness climbed, sleep cycle, and Zeta tracking.

Zeta Potential is a fairly brilliant range (same as an EKG), so it would seem easy enough to design a professional device for a doctor to measure it. In fact, designing a stand-alone consumer device like the KardiaMobile (https://www.amazon.com/alpha-omega/dp/B07RQ9N5DG) wouldn't seem too difficult, and using the electrodes on the back of a fitness watch for constant monitoring would be ideal. Just a thought.

LIKE (1) · REPLY · SHARE

Kathy · Dec 9

"AND, thank you for this continued information on movement of water in the body. It is fascinating to realize the implications of pumping "outside of the heart", and zeta potential. I could go on to come home after working in the hospital, and take home health. I am an occupational therapist and not my husband that many of my patients, who were very reluctant to move out of bed or off of their recliner, appeared to be "invigorating" before my eyes. From my observations of patients that recovered, and those that didn't, movement was the key. Not running a marathon, but movement. Regular walking (as you also observed) but also activity around the house. Anything but just sitting. I keep telling my husband, "we just have to keep moving." You are proving my simplistic observations. And now I am feeling even more confident that getting up off my chair every couple of hours and walking around my backyard for 10 minutes may be even more beneficial than one time 30 minutes of aerobic exercise.

You are doing an amazing service for so many people with these writings. I have no idea how you do everything you do, you are an inspiration. Although I think we readers are important, please take care of yourself! :)

LIKE (1) · REPLY · SHARE

David Roy · The Heathen Scientist · Dec 9

I often reflect the paradox of how we can develop beautiful holistic explanations yet default to reductionist approaches when convenient.

The concept of perception aligns naturally with the understanding of crystalline water, while standing in opposition to germ theory. We must choose our paradigm thoughtfully and maintain abuckiveness, as alternating between these viewpoints only creates confusion and empiricism the very (nefarious) ends some we seek to challenge.

In my view, what we really observe is the profound power of muscle tissue. Modern science has yet to fully grasp the complexity of human muscle. The reductionist paradigm oversimplifies it as a mere functional unit, when in reality, it is a multidimensional system that defies simple categorization.

As Nobel Laureate Albert Szent-Gyorgyi, former head of the Institute for Muscle Research, eloquently stated:

"A muscle is one of these everyday things which seem simple unless looked at closely. The closer the look, the more complex muscle and its function become. There is no other tissue whose functions involve such sweeping changes in chemistry, physical state, energy and dimensions. In their contractions and relaxations, muscles represent the very pulse of life in man and animal. As we learn more, our knowledge leads to better understanding. With muscles, things go in the opposite direction."

While conventional science focuses on the mechanical aspects of muscle, or specific molecules in muscle function, I propose these structures serve a deeper purpose. They create a realm like structure through the rotation of their dark domains, which in turn forms water's liquid-crystalline. This particularly significant considering that water comprises approximately 60% of muscle mass.

This system extends beyond individual muscles to connect with the heart, kidneys, and lungs. Traditional

Expand full comment

LIKE (1) · REPLY · SHARE

FLBAR · Dr. Sinclair's Report · Dec 9

Have you ever heard of the PhenyleRespiratoryMechanism????

No, of course not !!! (MD AND ULTRA) (MD clase boy) (MD serial killers)

Try the Doctors of Osteopathy in the Central Field. The cranium pulsates 8-12cl/min and causes the CSF to push and the gut of bodily fluids (in with O2, out with CO2).

It is known in Osteopathy. It is tactably and structurally dominant to all of your categories listed.

You ought to study it and then you will truly become a mileseven doctor, because the Primary Respiratory Mechanism was discovered at the turn of the century 1899-1900 by a mileseven doctor in one of the first decades of osteopathic medicine teaching. How does[2] get from capillary release to the inside of the cells??? You will be surprised and then you will become !

Southwestern Doctor. The PRM is Mother Nature's DMSO.

LIKE (1) · REPLY · SHARE

Heidi Kreisig MD · Dec 9

There's so much for the ZhengPlback study! The documentation of continuing circulation after cardiac arrest has HUGE implications for people becoming organ donors after 2-5 minutes of cardiac arrest, which is the current standard for "circulatory death" organ harvesting. It might explain why this young woman declared "dead" after 5 minutes of pulselessness woke up on the operating table during the removal her kidneys. https://pubmed.ncbi.nlm.nih.gov/30473521/

These people are not dead, but are being euthanized for their organs. Everyone should refuse to participate in this unethical system. Remove your donor status from your driver's license and carry a refusal to donate letter with you. RespectYourHumanity.com has a link to a downloadable wallet card at the bottom of the homepage.

LIKE (1) · REPLY · SHARE

A Midwestern Doctor · Dec 9

I am actually working on an article about this right now. Thank you so much for sending me that study!

LIKE (1) · REPLY · SHARE

Heidi Kreisig MD · Dec 9

Great! Here's a recent article I wrote about donation after circulatory death https://www.respectyourhumanity.com/position-i-be-foaled-organ-harvesting-after-circulatory-death-kills-living-donors

LIKE (1) · REPLY · SHARE

Sylvester · Dec 9

I am a student and can merely guess additions to an area you were modest about complete knowledge. Fluid dynamic of directional flow creates a vacuum effect, also assisting at capillary to vein transition???

Water passing shower curtain, lifts curtain. Cracked window pulls cigarette smoke from moving car.

My theory supplement.

The body harnesses another law of physics

Vein flow pulls (vacuums) at red blood cell transition point. Using vacuum and heart function on both sides of vein to capillary transition, uses less muscle energy, lesion efficiency

LIKE (1) · REPLY · SHARE

Stuart Hutt · Stuart Hutt · Dec 9

Great work, Dr Gerald Pollack book The Fourth Phase of Water (there are pdf formatted) delves into why the heart is not a pump. We are piezoelectric beings as demonstrated by Antonio Bolognesi, Gunther Enderlein and Gaston Neveanes. I am not sure of the spike protein since the Covid virus has not been isolated except in computer models.

LIKE (1) · REPLY (1) · SHARE

Tony Pecora · Tony's Newsletter · Dec 9

A must read is that ingenious work of Bechamp, "The Blood and Its Third Element"

LIKE (1) · REPLY · SHARE

Sheila · Dec 9

From the Yellow Emperor's classic of Internal Medicine "The triple burner is the controller of the entire circulation of body fluid."

LIKE (1) · REPLY · SHARE

Rosie Langridge · Dec 12 · *Edited*

Enormously grateful to you, A Midwestern Doctor. Heartfelt thank you for such interesting and enlightening articles. I love workings things out from first principles so your approach deeply appeals to me. Thank you so much.

Now I hope you don't mind – in fact I'm hoping that you will like this very much. My non-technical friends have been struggling with the concept of zeta potential. So I made a summary of this particular paper, drawing on some of the others (plus my background in physics and chemistry) to explain. If anyone reads this and spots an error I'd be very grateful to know, as follows:

Clean unpolarized flows of fluids within the body has a strong emphasis within Chinese Traditional Medicine. Diagnostic blood stasis, blood stagnation, and general loss of free underlie illness, both mental and physical. Restoring flow (most simply through movement but there are many more strategies) is seen as the key to restoring health. A Midwestern Doctor thoroughly agrees!

In another paper, A Midwestern Doctor discussed the history of studies into water, which is an extraordinary substance with astonishing properties, all necessary for life to exist.

Water can exist in various "structured" forms. What this means is that instead of the molecules being jumbled up all in random orientations, the molecules begin to align. We can imagine this to be which is jumbled up when we wake in the morning, but becomes structured (aligned) from brushing it. An energy input is needed to structure, but that has a net energy gain. Structured water has far better stability over time - it does not immediately and spontaneously fall apart. Therefore it acts as a store of energy, just as structure does. (Because the energy that's input, is used in structure, gets released.)

In particular water can form a gel-like semi-solid state by pushing out some of the H+ hydrogen ions. Various researchers have called this form of water "interfacial", "the 4th phase", "EZ water", or "hydrogel" is

Expand full comment

LIKE (1) · REPLY · SHARE

Roosevelt · Dec 12

You state that the rebounder isn't enough to move the lymph. What else were you referring to? I am over-older citizens jumping in the big modern life rucksack! I have rebounders for my autistic grandson. Your thoughts please. And thank you for your wisdom. We desperately need it.

LIKE (1) · REPLY · SHARE

Mark Bakkenhaven · Mark's Substack · Dec 12

Excellent presentation on the importance of fluid flow in the body. Slowly, we are going to the roots of how life occurs, works. Sometime fighting diseases and restoring good health would be possible from clinical approaches based on these fundamentals. Reading the Forgotten Side of Medicine from MWD, I would say stimulating, a psychological boost to good health.

LIKE (1) · REPLY · SHARE

Ken Hutchins · Unpaidlea Do Matter by Kenn Hu... · Dec 11

You mentioned "weight lifting." I assume that you meant "weight training." Doctors commonly confuse these terms.

"Weight lifting is a very dangerous and violent sport that almost all people should avoid. It is not performed for the purpose of building strength, but for the purpose of demonstrating strength.

"Weight training" (although I prefer other terms) is a process for building strength with no intent to demonstrate strength. This is healthful rule of the two conflicting concepts that spun off from the same tool, the barbell.

LIKE (1) · REPLY · SHARE

JC · Dec 11 · *Edited*

Lordy, I've read all of these articles (some multiple times), and my brain still swirls to try and ground these concepts into something I remotely understand...not your fault - keep trying. Something is getting in, I'm just not sure what it is!

LIKE (1) · REPLY (1)

Rosie Langridge · Dec 12 · *Edited*

I just posted a kind of summary for my non-technical friends. Let me know if you like it. It's at the top of the comments.

LIKE (1) · REPLY · SHARE

JC · Dec 12

TY. Will give it a go.

I keep thinking if I read and re-read, even if only understand 5-10%, I'm still getting better. Exactly the kind I need. Maybe take a few years to get to 100%!

LIKE (1) · REPLY

Ken Hutchins · Unpaidlea Do Matter by Kenn Hu... · Dec 11

You mention "... zero gravity..." There is no such thing.

There is the special case of "weightlessness." And this can be caused by gravitational free-fall. But note that "weightlessness" is CAUSED by gravity in this particularly case.

There is also the theoretical "zero-net gravity" where various gravitational fields cancel each other.

LIKE (1) · REPLY · SHARE

CARA JONES · Dec 10

Thank you for all the information you people share here!

They use DMSO on horses long ago, not sure about now.

LIKE (1) · REPLY (1) · SHARE

JC · Dec 10

still.

LIKE (1) · REPLY · SHARE

Nina Nitsu · Dec 10

I might be way off base but I have an idea that liquid crystalline water is what makes up the aurora borealis.

LIKE (1) · REPLY · SHARE

Nina Nitsu · Dec 10

Another wonderful article...I love learning new things...It keeps me young. Thank you AMD

LIKE (1) · REPLY · SHARE

Randy · Dec 10

"I believe one reason neural therapy (injecting an anesthetic like lidocaine into an overactive nerve or scar to reset the inappropriate autonomic response) is able to create profound resolutions of autonomic dysfunction, pain and trauma is because it breaks apart aggregations of liquid crystalline water and allow microcirculatory pathways to become unblocked and restore the body." — AMD

My wife has had several hydrocortisone injections into her shoulder over the years, usually spaced 3-4 years apart. It was always worsening, so it must be a new problem or soft tissue injury. We both understand that using steroids is a double-edged sword — great for immediate relief, damaging to tissues long-term. That last time it kept flaring up, I tried injecting 1 ml. of a 2% DMSO solution (75% sterile water for injection, 23 gp needle) into the trigger point. She became nauseous and almost passed out from the pain. (She's not allergic to it, as she can tolerate 75% gel topically.) A later occurrence to me that the "cortisone shots" she'd received probably included 1% or 2% lidocaine. After reading your comment, I'm wondering if the lidocaine did as much to stop the pain as the cortisone.

The 25% DMSO injection slowly resolved her pain over two weeks, but should it recur, would you recommend adding lidocaine to the mix?

LIKE (1) · REPLY · SHARE

Selma Terrazas · Dec 9

This article has truly knocked me out!

Because of the issues going on, in the Middle East I was distracted and read your article this morning. I think CARE, JUNO was right about synchronicities. I have just an MEA water system installed in the main water pipe to have energized water for the plants and us, just on Sunday.

You totally touched on with Zeta Potential as I was regularly earthing to harvest electrons from the earth with little information before reading your article. Then came DMSO and now CRYSTALLINE WATER and it's effect on our health.

Another problem gift to all your followers including me, I honestly CAN NOT thank you enough!

LIKE (1) · REPLY · SHARE

Alanna Doyle · Alanna Doyle · Dec 9

What a fun post! Life would not be possible with out the harmonic utilization of dichotomies. Like Salt. Two unstable elements stabilized in a harmonic union, to make electricity and electro-magnetics possible. Two of the communication modes the Heart takes dominion over the mind with. Being much stronger from the heart than the mind. The other dominants of the heart over mind being chemical and hydraulic (liquid crystals and all). Then there is the sympathetic. Of course our nervous system was made use for control. Procreation being a harmonic union between male/female. And so on.

Reliably repeatable harmonics are the hard scientific proof of God. With out them, language and music would just decay into random Ambient Obliterom. Of course our nervous system being 70+ VOD in all its harmonics is easily harmonized in polarity listening and singing spiritual music. Much like polarizing lens cut out the glare to clarify vision. Reliably repeatable harmonics on songs like the Matrix aren't just a scientifically proving God exists. They also remove all the chaotic glare in our minds. To allow the Divine Joy to radiate through out the body and normalize functions. And in the more peaceful deep sleep, to repair cells.

Pray it Forward. 🙏🙏🙏

LIKE (1) · REPLY · SHARE

Andrew Scott · Dec 9

Do you have any thoughts about muscle cramps?

I am prone to these, and it has always amazed me that a muscle can cramp so strongly as to bruise itself.

LIKE (1) · REPLY · SHARE

Michelle Valente · Dec 10

Try magnesium. https://a.co/d/4c7yRbe. Good for muscle cramps.

LIKE (1) · REPLY · SHARE

Nina Nitsu · Dec 10

Especially magnesium oil

LIKE (1) · REPLY · SHARE

Truthseeker · Dec 9 · *Edited*

Andrew,

I have treated many over the years for muscle cramping. You may not believe how simple it is. Certain toxins in the body will cause varying degrees of cramping in muscles, and inflammation in joints.

I myself was susceptible to them.

I use Some's 67 detoxifiant (purified liquid bentonite).

Take 2 Tbsp. in a glass of water at onset of cramping. It only takes a few minutes to begin getting relief. I then test for allergic reactions (going to the cramping 30% of the time) to see if that is the cause. Give it a try....no side effects, totally natural, and under $25 for a quart-sized bottle.

It's the best detox I have found, and is like liquid gold to my clients and my family.

LIKE (1) · REPLY · SHARE

Andrew Scott · Dec 9

I will certainly try that! - thank you!

LIKE (1) · REPLY · SHARE

Temporarily Healthy · Dec 9

Thanks for the seed of a thought re a muscle bruising itself. I'm figuring out my own case of thyroid autoimmunity, with a main symptom of leg cramps and transient muscle pain/fatigue, with the sense that there is "blood stagnation" or "sludging" problem - which, of course, can be a hemostasis, then, , here!

This might be off the wall, but if you haven't looked at your thyroid, you might consider it. Self-spy if necessary! Docs are willfully orthodox in their assumptions of what thyroid issues look like and they won't approve full panels without a "good" reason and obvious thyroid symptoms. Search the medical literature for "thyroid" and "myopathy/muscle/cramp" etc. If this seems like a useful direction

In my case, my hormone levels are "normal," but antibodies are present, suggesting to me that the antibodies are attacking the hormones that tell my muscles how to access and convert energy, causing muscle firing to go haywire, a kind of a Parkinson's disease or neuromuscular disease at the muscle level.

I'm still in the experimental phase, but I supplement potassium and magnesium, and have added nattokinase and nicotinic acid (flushing niacin) to support bloodflow/endothelial/vascular health (not medical advice, etc etc). Not allowing my legs to get overstressed (I remendous help to supposedly from my acupuncturist), I've reduced the incidence of cramps/month, though the sense of "stagnation" sometimes persists.

I hope this offers you something constructive.

LIKE (1) · REPLY · SHARE

Andrew Scott Dec 9

Thank you TR I will have a look at that.

LIKE (1) REPLY SHARE

Ash 1952 Ash 1952 Dec 9

I believe those are due to lack of vitamins and minerals.

LIKE REPLY SHARE

GingerRRT The Lost Lessons Dec 9

Off Topic

DNA

Gariaevs' research finds that DNA is something of a liquid crystal, emanating wave quantum energy with far greater information out to the universe, and received from the universe... https://youtu.be/4iNP-cljvUo?si=C2AVJbFh19-uAtuB. Wave DNA is an Electromagnetic & an acoustic hologram. DNA can be coded by words or language. https://youtu.be/VgdyXh4m9Mc?feature=shared

Our personal blueprint information is non-local and stored in the quantum field linked to our DNA. This information can be accessed and retrieved using special laser equipment. Once collected, it is converted and then contained within a Matrix sound file. http://www.fractal.org/Life-Science-Technology/Peter-Gariaev.htm By listening to our personal Matrix sound file made using a childhood photo, our current DNA expression aligns with the information linked to using the Matrix, and our body starts to express a more youthful and healthy state. This allows our body to bring our past health into the present. https://www.wavegenetics.co.uk

This new model of genetic creation establishes the primacy of energetic, as opposed to biochemical, activity in directing cellular metabolism and replication--a notion that, when finally accepted by the mainstream, will radically transform genetic science. Gariaev sees DNA as LWG (linguistic wave genetics), where all the information about a person and any bio-system, including the genetic coding, is included in the so-called "Bohm universal hologram" associated with waves. Here chromosomes are created as part of a holographic continuum, just as a barcode that can be read by a laser is created for an object. This could also be used for the reading and input of additional wave codes into the human body and other biosystems.

Expand full comment

LIKE (1) REPLY SHARE

Nick Dec 9

Grounding is interesting, invigorating blood cells by recharging them. Does anyone know if time of grounding vs. blood cell vitalization has been studied? ... are the benefits linear, or does the "recharging" happen real fast?

i.e. does 30 minutes of grounding result in 90% benefit, and 3 hours 95%?

https://pubmed.ncbi.nlm.nih.gov/?term=grounding

LIKE (1) REPLY SHARE

Dan Gilfry Dan Gilfry Dec 9

Plumbing?

LIKE (1) REPLY (1) SHARE

JC JC Dec 11

what, like right angle bends in plumbing = against natural flow of water, *forcing* it into unnatural shapes?

LIKE REPLY (1) SHARE

Dan Gilfry Dan Gilfry Dec 11

Rusty pipes!

LIKE REPLY SHARE

Pierre Saine Dec 8

Do you know the work of Dr Jean-Claude Guimberteau?

https://www.endovivo.com/dr-guimberteau/?lang=en#

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Dec 10

Author

It's discussed in one of articles I linked to here.

LIKE REPLY SHARE

Jackeroo Dec 8

FYI: For a deep dive on water structure and water science look here

https://water.lsbu.ac.uk/water/water_structure_science.html

LIKE (1) REPLY (1) SHARE

Webe1 Webe1 Dec 8

Site doesn't work.

LIKE REPLY (1) SHARE

Jackeroo Dec 8

Yeah - I was having issues reaching it again - not secure is what my browser says. Look up "Martin Chaplin" & "coherent domains" and you might reach it.

LIKE REPLY SHARE

Thumbnail Green Oxymoron's Substack Dec 8

Fossil fuels

LIKE (1) REPLY (1) SHARE

J. Harris Dec 9

Like Water White explained in Breaking Bad...the most important element...Carbon. We are carbon!

LIKE (1) REPLY SHARE

Connie Cook 5d

Thank you!

LIKE REPLY SHARE

Réka Réka 5d

How can I print out the article? Thanks

LIKED (1) REPLY SHARE

Réka Réka 5d

How can I print this article? Thanks

LIKED (1) REPLY SHARE

Dave Hopkins 7d

Gerald Pollack has posted this article on his Facebook page. I've been thinking about this connection with Pollack's work ever since I began reading your Substack, so I was delighted to see this posting. A few thoughts though:

1. The flow of protenated water is critical for virtually all movement in the physical world (wind, e.g.) and in our bodies. But you need to start with bulk water. Otherwise it is all negatively charged water with no protons. So no movement. We also need this separation of charge in our mitochondria, to create ATP with its intense negative charge by the steady outflow of protrons.

2. As a result, is it wise to deliberately and artificially create negative charge in the body via Zeta Aid for example? Just a thought. You mentioned in this post that drinking alkaline water is not helpful. Wouldn't the same apply to Zeta Aid, for similar reasons?

3. Gerald Pollack says in an interview somewhere (sorry, I don't have a source) that the body expels positive charge with the out-breath, especially in sighs, and in urine, feces, sweat, even tears. This is a fascinating analogue to the cell's expelling positive charge.

4. Pollack also says somewhere that the cold water deep in the earth that we draw our well water from is naturally structured and that processing water (especially in reverse osmosis filters or treatment plants) destroys this structure. Am talking here not about contaminated water but pure well water or spring water from a deep aquifer. Yes, there will be calcium and magnesium and other positively charged minerals, but here too surely there is a place for such positively charged minerals, especially calcium and magnesium! I know you talk about adding magnesium back as supplements, but my point is that we need positive charge (only not of course pathogenic cations like Lyme bacteria or spike proteins or metals).

Just a few thoughts.

LIKED (1) REPLY SHARE

A Consultant Anaesthetist 7d

Water in the collagen channels is probably in quantum entanglement. It means that it resonates on a specific frequency and this magnetic field is live only when the electromagnetic field generated by the microtubules is also kept alive by functioning mitochondria. This is called Aetheric body by Rudolf Steiner and meridians by the Chinese. When the body is dead, there are no mitochondrial activity and the system electromagnetic field is also inactive hence the meridian ia undetactable.

LIKED (1) REPLY SHARE

iya 8d

"The only other diagram Pollack considers briefly for structured water is the diagram of his mentorGilbert Ling. This is the stacked dipole model. He ends up dismissing it for only one reason: 'The exclusion zone bears net electrical charge. Dipoles remain neutral; they cannot build up to yield extensive zones with net charge. [p. 51]'

Using the current naïve model of dipoles, that is true. But with dipoles caused by charge channeling, it is not true. When I say the current model is naïve, I mean it is just an egg-shaped model of the molecule with one end labeled plus and one end labeled minus. In that case, you seem to have an equal separation of equal charge, which would sum to neutral. But since we now know the dipoles aren't created that way, we can go into the structure and see how charge channeling causes the dipoles and the alignment. Since we are dealing with a charge stream, the minus is now assigned to where the charge goes into the nucleus, and the plus to where it comes out. If we align these poles like plugs and sockets, we can track the motion of charge through the substance. Although our substance may be less charged than other substances that conduct better, it doesn't have zero charge. It is never neutral. It is only more or less charged, depending on how well (and how linearly) it channels. Any substance that is channeling in one direction more than others will not be measured as neutral, no matter where in the substance you measure. Since in the experiments of Pollack the charge is moving out from the surface into the bulk water, he should never expect to measure neutrality in the zone in between, no matter what model he chooses. So the problem is not really with Ling's dipole model, it is with Pollack's expectation that this model implies neutrality. It doesn't. If we fill the dipole model in with a bit more structural detail (as I did in the previous paper), we find that it doesn't contradict Pollack's experiments at all."

https://milesmathis.com/poll2.pdf

First paper: https://milesmathis.com/poll.pdf

If you are friends with Pollack, maybe you could point him to those papers for his consideration. Mathis is a supporter, but also expands on the ideas.

Pressure flow hypothesis is wrong paper: https://milesmathis.com/xylem.pdf

LIKE REPLY SHARE

A Consultant Anaesthetist 8d

It is possible that elastic recoil itself may not be a passive spontaneous property of the system but active sign of returning magnetism from Aether (dark matter). I have seen evidence that neither the heart myocardial elastic recoil during diastole nor the musle recoil during contraction is basically energy coming in from the Aether in response to a water phase transition induced by calcium ions in the skeletal musle.

LIKED (1) REPLY SHARE

coords1306 Down From Up Dec 12

this flow of water trick based on infrared energy or what have you sounds like it would allow for some fun perpetual motion machine type creations Which brings up something I'd like to see more of in the MFM....some basic experiments readers can do with their kids the demo some of this stuff. well cited articles are great but it be awesome to see some of this in action. I'd do it myself but I'm not actually a man of action. :)

LIKE REPLY SHARE

Robin Dec 12

This is an annoying and nitpicky comment so, please forgive me. I just wanted to mention that insects are animals. Was <bugging> me ;)

LIKE REPLY SHARE

Jason Dec 12

Hi Dr. Thanks again for another great article. As a vax injured family, we have been grounding and rebounding to help with zeta potential. We are also doing near infrared sauna therapy (and as much natural sunshine as we can) as well as eating an animal based diet high and supplementing with butter oil and quality fish oil...and cutting out on modern toxins as much as possible. And started DMSO (which healed a serious burn in a week!).

I came across the work of Dr Bryan Ardis and his research into snake venom as the primary toxin in COVID and the vaccine. And how nicotine outcompetes the snake venom and the spike protein in binding with certain receptors, which can help prevent and help resolve COVID infections / long COVID / vaccine injury. With nicotine being improperly demonized by modern medicine for the other additives and toxins within cigarettes.

Would you consider looking at nicotine and the forgotte benefits and more broadly effective treatments to vaccine injury?

LIKE REPLY SHARE

michael janket michael janket Dec 12

Beautiful job! 'splains some very interesting stuff. Thanks so much

LIKE REPLY SHARE

MarvinBoggs Dec 10

Slightly off-topic but sincere question: I've heard - and read - thousands of comments that refer to "inflammation" as a systemic health problem.

Aside from the obvious external manifestations of inflammation, why - and how - is it a systemic, internal threat?

LIKE REPLY SHARE

weedom1 weedom Dec 10

I think the trampoline paragraph which mentions the 90 yo is perhaps a merging of 2 different ideas with a missing connection, which is confusing my little brain. The bottom half mentions a physiological system lacking a heart which doesn't apply to the 90 yo getting benefit from the trampoline, (and it might have floated up from the discussion of simpler systems further down in the article).

LIKE REPLY (1) SHARE

Vivian J Jacobson Vivian J Jacobson Dec 12

Recall that there are different fluid systems: lymphatic system, glymphatic system, etc. in addition to circulatory system of the blood.

Here's how I rewrote it.

Use a large trampoline (not a rebounder).

The large trampoline is utilized

since the transient zero gravity point the large trampoline creates at the top of a jump

appears to effectively mobilize the fluid within the body,

which I suspect is due to many of them being low pressure systems

(as they [lymphatic system etc] lack a heart to create a pumping pressure within them) and hence are much more sensitive to external influences.

LIKE REPLY (1) SHARE

weedom1 weedom Dec 13

Now it's connected in my brain. Thank you.

Problem was all the comparative anatomy I studied taking me off into separate physiological systems (organisms) lacking a heart. Also I think of the lymphatic system as still under the influence of the heart due to nearby arteries and that subclavian dumping station, and more particularly of all the muscle movement around the lymphatic vessels which pumps fluid upward. Of course when we sit on our butts too much, we can certainly see results of the stasis. :-D.

The glymphatic system would mainly have arteries pulsing to push the fluids around up in the brain, which means that these super low blood pressure goals for the elderly, and all these beta blockers are probably helping people lose their brain function sooner. I'd guess the brain is getting the most relative influence from the trampoline usage, (and I certainly felt immediate changes in my head using the device, but this idea will surely freek out all those doctors who caution about the accident risk).

LIKE (1) REPLY SHARE

Rosemary B Rosemary's Substack Dec 10

As always, your writings are incredible and explanations are deep, I understand all of it. Thank you very much

LIKE REPLY SHARE

Obcwcvh Obcwcvh's Substack Dec 9

Do you think water's liquid crystalline phase may play a key role in what Robert Monroe was able to experience?

Due to the unique quantum properties that crystals and quasicrystals have, I've pondered the possible connection.

LIKE REPLY SHARE

BertPE BertPE's Newsletter Dec 9

My NMD has been extolling the virtues of the 4th phase of water for some time.

Two questions: 1) Is this the same as Liquid Crystal Water (H302)? And, 2) Are "rebounders" not recommended if there is no room for a full-size trampoline?

LIKED (1) REPLY SHARE

Dave Dave Dec 9

Finding a way to purchase the QELBY powder, the one that promotes EZ formation for plant growth, is a lot more difficult than I expected.

LIKE REPLY SHARE

Johan Michaels Dec 9

Hi I subscribed and paid but can't seem to dm you.

LIKED (1) REPLY SHARE

Ash 1952 Ash 1952 Dec 9

Wow !! What an excellent article. There is lots to digest and understand especially if you aren't familiar with medical , physiological understanding.

I will read this article multiple times to grasp the information given in it 🙏🙏

LIKE REPLY SHARE

Suzy Dec 9

I correclate this movement of fluids with the medical device I use daily...BEMER. Have you heard of it? Could you DM me please. I'd love to hear your thoughts. Please and thank you for all you offer to us!!! God Bless

LIKE REPLY (1) SHARE

A Midwestern Doctor Dec 10

Author

PEMF devices have too many risks so we don't use them.

LIKED (1) REPLY (1) SHARE

Mary Dec 10

thank you for letting us know.

LIKED (1) REPLY SHARE

LTW Lead The Way Dec 9

Glymphatic system is also driven by osmolarity.

https://open.substack.com/pub/leadtheway/p/glymphatic-system

LIKED (1) REPLY SHARE

treebear Dec 8

Nice.

LIKED (1) REPLY SHARE

Timothy Winey Timothy's Newsletter Dec 8

https://timothywiney.substack.com/p/chia-seeds-tap-water-red-food-coloring

LIKE REPLY SHARE

Scott Lawton Open Source Intelligence Dec 8

Do you consider infrared saunas superior to traditional heat source ones?

LIKE REPLY (1) SHARE

Jason Dec 12

Near infrared from heat lamps are better than far infrared saunas. And infrared saunas are more effective than traditional saunas.

LIKE REPLY SHARE

SaHiB SaHiB Dec 8

You forgot the ™ on Vannevar Bush' "science". H_3O is imaginary; that's hydronium - H_3O^+, unless you want a radical. $H_{1.5}O_2$ (H_3O_4); what, hydronium and ozone? Hydronium superoxide H_3O_3) doesn't exist physiologically except to a very minor extent in leukocytes. H_3O_2, hydrated hydroxide, would bear a negative charge. Charges must be balanced.

LIKED (1) REPLY (1) SHARE

A Midwestern Doctor Dec 10

Author

Thanks that was a typo I fixed.

LIKED (1) REPLY SHARE

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