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**DMSO and MSM**

**Just a Small Booklet**

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This small booklet will give you a short overview for using DMSO, however you would do well to invest in a book which has much more detail and research in it – one such book I suggest is, “Healing With DMSO,” by Amandha Vollmer. It is well worth the minimal cost.

DMSO (dimethyl sulfoxide) is basically a sulfur amalgam that is naturally present in our body and is also present in soil. In addition, DMSO is a derivative of the process involved in making wood pulp. When present in our body, this sulfur compound is a powerful forager of harmful free radicals - the volatile molecules that are accountable for most of the damage caused to the cells in the body.

People who advocate the therapeutic use of dimethyl sulfoxide (DMSO) claim that this compound has the ability to ease pain as well as inflammation due to arthritis. They further assert that this sulfur compound is also useful for treating different conditions that lead to inflammation.  
  
To move on, MSM or methylsulfonylmethane is a product of metabolic action of DMSO (dimethyl sulfoxide) that naturally occurs in our blood and is also a constituent of metabolic enzymes, nails and hair. MSM is present in foods containing sulfur, for instance broccoli, meat and milk. In the form of a dietary supplement, methylsulfonylmethane is available in capsule form. Similar to DMSO (dimethyl sulfoxide), MSM (methylsulfonylmethane) is believed to alleviate pain caused by arthritis, but devoid of the potent smell of sulfur.

It may be noted that MSM is a permitted veterinary medication and is generally made and used in cream form for treating injuries to muscles in horses.  
  
It may be noted that all foods that contain high amounts of sulfur, for instance, milk, garlic, broccoli, onions, meat and eggs, contain some amount of DMSO as well as MSM.

**Dimethyl sulfoxide is marketed in the form of an industrial solvent, which is not meant for use by humans. Do not mistake this product as safe for human consumption or topical application!**

On the other hand, MSM is sold in the form of a dietary supplement and is available at any health food store. DMSO (dimethyl sulfoxide) is available in liquid form and may be massaged on the skin to alleviate the pain and inflammation caused by arthritis. When purchasing DMSO make sure to get a wholesome grade that does not contain any contaminant – i.e. food-grade.  
  
It is unfortunate that thus far scientists in the United States have not yet undertaken safety studies to demonstrate that even the pharmaceutical quality dimethyl sulfoxide (DMSO) is harmless for prolonged use when it is massaged onto the skin.

DMSO possesses a potent sulfur smell, which has been expressed as having a smell similar to garlic, fish, oysters and rotten eggs. DMSO can often be found in the saliva and sweat, resulting in foul body smell and awful breath. In addition, dimethyl sulfoxide may also lead to irritation of the skin at places where it is applied.  
  
It is interesting to learn that dimethyl sulfoxide (DMSO) and MSM (methylsulfonylmethane) use began with an auto mishap. A retired Portland, Oregon, mechanic, Bill Rich, had a terrible traffic mishap in 1970, where he sustained grave burn injuries on his body. Following the accident, Bill spent almost six months in treatment where he received skin grafting as well as healing.  
  
Bill continued to endure intense ankle and knee pain for more than a decade following the traffic accident. At times, the pain was so intense in his ankles and knees that Bill would just about double up crying. At this point, he met a veterinarian who told Bill about a supplement that was given to horses during races with a view to easing their pain. The supplement or chemical compound was actually MSM. Surprisingly, much of Bill's pain disappeared just after using the MSM supplement for three days.

While the story regarding Bill's revival appears to be too incredible to be true, there are numerous other individuals who depend on MSM for its healing properties, especially muscle and joint pains.

Also, this compound is believed to be effective for treating allergies, inflammation, and constipation.

While there have only been a small number of scientific researches with MSM, scientists have undertaken extensive research on one of its chemical cousins - DMSO. Many people are now familiar with the compound called dimethyl sulfoxide (DMSO), which has been in view of the public for more than two decades and it its effectiveness has already been confirmed by several thousand studies. Ever since, dimethyl sulfoxide has been effectively used to cure pain as well as support healing in several thousand people.  
  
It may be noted that dimethyl sulfoxide **(DMSO) possesses highly fast absorption attributes**. In 1961 it was found that it may possibly be utilized to facilitate the effective transportation of different medications into the body. However, more researches have demonstrated that DMSO has several useful attributes. The Food and Drug Administration (FDA) of the United States has also approved the use of this compound for specific conditions.  
  
The most stirring feature regarding methylsulfonymethane (MSM) appears to be that breaking down DMSO (dimethyl sulfoxide) in our body results in the production of MSM. A number of scientists believe that MSM is the real compound that is useful following ingestion or absorption of DMSO.  
  
MSM comprises approximately 34% sulfur and may possibly work by contributing this mineral to an assortment of biological functions inside our body. Even though sulfur is necessary for robust health, the FDA is yet to acknowledge MSM to be an essential element for our body, quite ironic sulfur is among the substances that are present in most abundance in the human body. In addition, it is also among the least studied elements concerning the health of humans.

A majority of the scientists agree that MSM works to provide the body with the requisite quantities of sulfur in the appropriate varieties. **It may be highlighted here that sulfur is indispensible to several human body parts, such as the skin, collagen, nails as well as proteins present inside the body. If there is a deficiency of sulfur in our body, it will restrict the functioning of the number of body processes.**  
  
Although, DMSO (dimethyl sulfoxide) was initially developed in the 1800s, this compound was used rarely until the 1940s, when it turned out to be very popular in the form of an industrial solvent.

In the 1960s, DMSO was utilized to prepare a veterinary liniment, in addition to a well accepted panacea.

Currently, the use of this compound in humans is only limited to treating intestinal cystitis, also known as infection of the bladder, according to a method approved by the FDA. In present times, DMSO is also present in anti-freeze and paint thinner and is not marketed in any preparation that is stated appropriate and safe for use by humans, barring by prescription as mentioned above. In fact, currently DMSO is only sold in the form meant for industrial use and, hence, it is contaminated.

Interesting, is it not, that the FDA finds it non-harmful when treating bladder infections, yet deems it harmful for anything else. In 2020, much due to the Covid scare and false information spread to foment fear, people became aware of the use of both ivermectin and DMSO for health benefits.

DMSO and MSM both have similar impact. However, MSM has one major advantage over DMSO - it does not create a potent sulfur essence that may result in foul breath. ☺  
  
MSM offers several **health benefits** you will want to be aware of; they are discussed in brief below.  
  
Similar to DMSO, in its oral form, MSM may assist in providing **relief from inflammation** plus **pain in the muscles and joints**. Several components of the joints comprise collagen and glucosamine and these two substances depend on sulfur to a great extent.

One of the several patents of MSM speaks of an 81-year-old woman enduring **arthritis** who began taking it and in only a few weeks' time she experienced almost complete respite from joint pain.

Findings of several studies on animals show that DMSO as well as MSM have yielded the same results. Both these compounds have been found to be effectual in **curing musculoskeletal pain, inflammation, osteoarthritis, rheumatoid arthritis, tendonitis and gout**.  
  
**Scleroderma** is a health condition that causes the finger tips to distend as well as becoming stiff. Generally, this is a chronic ailment that may result in the disfigurement or blemishing of the skin, joints, in addition to a number of internal organs. When such scarring occurs in the esophagus, it becomes somewhat difficult to swallow anything. Since **MSM is effective in treating scleroderma**, by helping to normalize collagen formation.  
  
It has been discovered that MSM helps to alleviate several symptoms of **allergies**. It is believed that MSM obstructs the histamine receptors that have the ability to set off allergic symptoms.

In addition, it has also been found that MSM is useful in the treatment of the **symptoms of lupus**, which is basically an autoimmune disorder that may be believed to be a form of ‘self-allergy.’  
  
Besides the health conditions mentioned above, it has been found that MSM is also useful for diminishing **stomach acid** as well as **hypersensitivity or allergic reaction to a number of medications**.

This compound also able to facilitate the retardation of the smooth vascular muscle tissue, which is related to the perils of developing **heart ailments**.

It is also believed that MSM possesses **anti-cancer attributes**.

Topically:   
Since DMSO is soaked up by the skin without much difficulty, it may be massaged onto the skin to alleviate **muscle pain** as well as pain caused by **arthritis**.

Ingested:

On the other hand, MSM can be orally in the form of a dietary supplement. Advocators of the use of this compound assert that it is effectual for treating an assortment of diseases, including **muscle pain, headaches, carpal tunnel syndrome and fibromyalgia**.   
  
MSM possesses a number of specific attributes. This compound moves across the cellular membranes, including the skin as well as within our body. It also helps in vasodilatation or widening of the blood vessels and **augments blood circulation**.

MSM is also known to be a **cholinesterase inhibitor**. It may be noted that cholinesterase is actually an enzyme which prevents the excessive transit of nerve signals from one nerve to a new one.

It has also been found that MSM provides rapid relief from **constipation** related to aging, by impeding cholinesterase's actions. It facilitates in reinstating the usual bowel activities - a process known as peristalsis.  
  
When MSM is taken orally, it works to unwind the muscles and relieve **cramps** or muscle contractions.   
  
It has also been found that MSM works in collagen to **diminish scar tissue**. This is called cross linking, where new fundamental proteins are interwoven into the prevailing vigorous tissue at places where there have been surgical **incisions** or sites where distressing damage has been done to the body.  
  
MSM possesses **anti-parasitic** attributes, especially for the protozoan parasite called **giardia** that is responsible for diarrhea.   
  
MSM does not act as rapidly in relieving pain; this is primarily owing to the fact that it is neither a medication nor a sedative, however it does not cause adverse side effects as medications often do. On the contrary, MSM is a dietary supplement, which will also provide you with **additional energy** and overall makes you feel healthier just with some days of using this beneficial compound.  
  
Side effects and cautions:  
  
People who use DMSO (dimethyl sulfoxide) or plan to use it ought to be aware of the potential side effects caused by it. For instance, it has been found that the side effects of using DMSO externally may include redness of the skin and warmth, which may well be acute. In addition, though one may be using this compound topically, he or she may experience an unclean taste in their mouth and the smell or their body odour may be akin to that of oysters or garlic. These side effects are much preferred over the many side effects of most medications – just peruse the sheet that all pharmacists are required to supply along with all medications they fill – eye opening.   
  
It may be noted that several studies have been conducted with MSM to determine the animal toxicity of this compound and they have all confirmed that the use of this compound on animals is safe. Even when taken in large amounts or excessive doses, **MSM is not a toxic compound**.

Nevertheless, MSM **may result in mild blood thinning** or anti-coagulant actions and, hence, it ought not to be taken in conjugation with over-the-counter anti-coagulant drugs, such as high dosages of vitamin E, aspirin and the herb ginkgo biloba, as well as prescription anti-coagulant drugs, for instance Coumadin, or any other medications or dietary supplements that lessen the possibilities of forming blood clots.

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How to Take DMSO **Orally for Arthritis**  
  
DMSO (dimethyl sulfoxide) is a powerful solvent that is also **able to penetrate through all tissues except for nails, hair and tooth enamel**. Some believe that it can be used to help treat arthritis. The Dimethyl Sulfoxide Information Center states that DMSO can potentially help reduce inflammation and cellular damage and be used to relieve the symptoms of arthritis. DMSO has not been approved for use by the Food and Drug Administration, as its effectiveness and safety have not been proven.  
  
Step 1  
  
Procure **medicinal/pharmaceutical-grade DMSO**.  
  
Step 2  
  
Consume 1 to 2 tsp. of DMSO each day. This is the dosage recommended by HyperMed Australia.  
  
Step 3  
  
Mix the DMSO with tomato or grape juice or some other strong-tasting beverage. DMSO has a pungent taste, so mixing it with strong flavors can help mask its taste. DMSO can cause you to develop a taste of garlic in your mouth, and the scent of garlic may emanate from your skin after using the compound. Be aware of this and don’t submit negative or one-star reviews due to garlic smell (that’s just unnecessary)!

REFERENCES   
• Dimethyl Sulfoxide Information Center: DMSO Uses   
• NWHealthSolutions: DMSO Arthritis   
https://www.livestrong.com/article/371937-how-to-take-dmso-orally-for-arthritis/

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Loose powder doesn't usually have fillers, but research this yourself before buying. The ones that have fillers are usually in capsules or tablets.

BE AWARE that the NOW brand has fillers. Their products are not medicinal – this applies to their essential oils as well. They are cheaper for a reason, since you will not get the same results in medicinal use as a better quality brand. (For essential oils I use Aura Cacia, since they are medicinal quality and they don’t cost outrageously like many of the other good quality brands).

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Can you take DMSO orally?

Yes but do your homework first. DMSO is something to learn about before taking. Here's one protocol to consider:

Drinking DMSO – Over the years, many people have advised not to orally consume DMSO as it may be dangerous and hazardous to your health. For those who may have an intolerance or are allergic to sulphur, this may be true, therefore you should check with a medical professional first before following this protocol.

At LifeRegeneration we have only used it in topical solutions and application. Not brave enough to use it orally yet! ☺  
  
 Here, however is one oral protocol – When orally consuming the DMSO, one should always go through a loading phase, reason being is that not everybody is the same and some people may be more sensitive to the DMSO than others, the level of sensitivity is also dependent on the amount of toxins the individual may have in their body.

**The loading phase is as follows**:

* **First week -** take the DMSO once a day, at 1 teaspoon with at least 200 ml of distilled water (steam distilled!).
* **Second week** - take twice a day, once in the morning and once in the evening, 1 teaspoon with 200 ml of steam distilled water.
* **Third week -** increase to 1 tablespoon in the morning and 1 teaspoon in the evening.
* **Fourth week** - 1 tablespoon in the morning and 1 tablespoon in the evening.
* Every dose must be taken with at least 200 ml of steam distilled water. Check your bottles and make sure they say “steam distilled,” since some water sold in the stores will say, “distilled,” but they distilled by another process or not distilled at all, which will make a big difference.

**Side Effects:**

* The very first side effect is the smell and taste of the DMSO, others may smell the DMSO on you and this smell may vary from person to person. This is the only negative side effect I have found.
* For those who are more sensitive to the DMSO, the effects of your healing crisis may be more intense.
* The positive benefits have definitely out weighed the negative, these being:
* increased focus
* better memory
* increased energy levels
* increased rate of healing
* positive mood enhancement
* better sense of spirituality
* dreams have been more vivid and remembering them
* The most important benefit that I have experienced is a stronger immune system.

**Please bare in mind** that when orally consuming DMSO, one must ensure that they **take a probiotic supplement**, because good or bad bacteria cannot survive or thrive in DMSO and will be flushed out of your system. Therefore the good bacteria that exists in your gut will need to be replenished.

APPENDIX:

An e-mail received from Amandha Vollmer in 2023:

Healing With DMSO by Amandha Vollmer

The following is a testimony by another, not LifeRegeneration, which we found valuable in helping to change people’s mind set, so they can then take advantage of the benefits of this amazing natural remedy.

We purchased this book back in the summer of 2020. Sadly, it found a space on my bookshelf and collected dust because I did not take the time to read this.  
  
Now, this review is being written by Me, not \*we\* because I lost my wonderful life companion to an aggressive cancer brought on by a medication she was given to treat atrial fibrillation.  
  
Nearly 8 months since her death, I am reading about the wonderful things that DMSO can do.  
  
Unable to sleep last night, I pulled out this book and began reading about the many things it can be used for. I was blown over by the fact that it protects against ionic radiation. Being somewhat of a science geek, I did not want to take this author’s word for it, so I researched the topic today.  
  
I am not saying that had I read this book and implemented its uses my beloved companion would not have died. But, nevertheless, I’m sorry I did not apply it having had the time to do so.  
  
We live in a world where we are bombarded from every imaginable source possible; ionic radiation, chemicals in our soil, pollutants in our air… as my loved one would have said, “and the beat goes on.“  
  
We DON’T need to live with paranoia, but we DO need to be educated as to what is impacting our lives. We can be proactive in protecting ourselves with all the knowledge that is out there in books like these and on the Internet. There are so many published studies on the benefits of things like DMSO, Curcumin, Resveratrol…  
  
It’s sad that the very things that are used diagnostically to confirm a medical diagnosis can also cause extensive damage, i.e. CT scans, x-rays, etc.  
  
Next time I have to undergo anything like a CT scan, or even fly on a plane (where you are also exposed to high amounts of radiation, not to mention at the airport going through TSA), I shall be taking DMSO as a protectant to minimize some of that damage.  
  
It’s easy to think that “damage“ is not really happening because we can’t see it, feel it, smell it, taste it, or hear it. But, make no mistake about it, we are constantly exposed to things that impact our health.  
  
This book provides a great start to investigating and implementing the many uses of DMSO.  
  
I do not know if what I am about to share will make it out there but, should anyone want to write me and ask me anything regarding what I have shared here, I am on yahoo dot com, under name of touchingsoles. I so believe in sharing what we know with others so that we can spare them some of the pain and experiences some of us have had to go through and, therefore, maybe also feel that our loved ones did not die in vain.

Notes:

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*DMSO:* DMSO and MSM

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