

## DMSO & MSM

### Description

#### DMSO (topical)

DMSO is a very strong topical anti-inflammatory which will also carry other anti-inflammatories like alpha lipoic acid that is mixed with it into the body. The DMSO store has pharma grade DMSO that won't smell like garlic after use & a 70% DMSO 30% Aloe vera mix (prevents drying) for when not using DMSO as a carrier for another medicine. When using as a carrier 90% appears to be the top concentration to mix with the medicine (higher has less absorption).

DMSO appears to be very effective used intravenously or topically for rheumatoid arthritis, scleroderma, head injury, stroke, sprains, strains, any swelling, strokes, & antibiotic resistant bacterial infection.

<https://www.dmsso.org/articles/information/muir.htm>

#### Methylsulfonylmethane (MSM)

MSM is a major anti-inflammatory/painkiller that is found in many foods that also helps hair & nails. Once in the body DMSO works

the same as MSM. DMSO converts to MSM in the body. Most users take 2-8g per day.

MSM appears to improve reduce allergy symptoms, constipation, dementia symptoms in people with Alzheimerâ€™s, muscle spasms, scar tissue (topically), giardia infections, and autoimmune diseases like rheumatoid arthritis/lupus/scleroderma.

When taken with organic frozen or freshly ground flaxseeds MSM appears to reduce cancer significantly.

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The Miracle of MSM by Jacob, Lawrence, & Zucker

Randomised, Double-Blind, Parallel, Placebo-Controlled Study of Oral Glucosamine, Methylsulfonylmethane and their Combination in Osteoarthritis

Dr P. R. Usha, M. U. R. Naidu

Clinical Drug Investigation

June 2004, Volume 24, Issue 6, pp 353-363

Efficacy of methylsulfonylmethane (MSM) in osteoarthritis pain of the knee: a pilot clinical trial 1 2

L.S. Kim, L.J. Axelrod, P. Howard, N. Buratovich, R.F. Waters

Osteoarthritis and Cartilage

Volume 14, Issue 3, March 2006, Pages 286â€“294

doi:10.1016/j.joca.2005.10.003

Efficacy of methylsulfonylmethane supplementation on osteoarthritis of the knee: a randomized controlled study

Eytan M Debbi, Gabriel Agar, Gil Fichman, Yaron Bar Ziv, Rami Kardosh, Nahum Halperin, Avi Elbaz, Yiftah Beer, Ronen Debi

BMC Complementary and Alternative Medicine 2011, 11:50

doi:10.1186/1472-6882-11-50

<http://altmedicine.about.com/cs/herbsvitaminsad/a/MSM.htm>

### Category

1. Uncategorized

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