

DMSO: Unlocking Pain Relief, Healing, Cancer, and More (Updated December 2025)

The Forgotten Solvent Doctors Won't Tell You About
– 50+ Years of Proof It Works

[One Day MD, MD](#)

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Introduction

In 2022, Erica Eyres, a vigorous fifty-six-year-old aerobics instructor who had struggled to breathe, was given “absolutely devastating” news: She might need a lung transplant. She had never smoked, ran cross-country track in high school, and was a personal trainer for years, but, by 2024, a transplant assessment was arranged. (1)

“I decided that I will make that decision,” she said, “only if it’s the last resort, and I’m on my deathbed.”

A few months before her consultation, however, Eyres, then fifty-eight,

made an appointment with a new primary care doctor for routine prescription refills. She was about to be introduced, literally and figuratively, to a new kind of medicine. It would change everything.

Dr. James Miller, a former surgeon, liked to get to know his patients, so he asked Eyres for her history. She told him of her diagnosis, thirty years prior, with a serious but manageable case of scleroderma. In 2020, however, this auto-immune disorder, which can affect skin and organs, showed exactly what it could do.

Exhausted and tethered to an oxygen tank, Eyres spent months on her couch. She took medications that had awful side effects. Her lungs were "loaded with ground glass opacities in the lower lobes," she said, which CT scans confirm. Eyres was diagnosed in 2021 with interstitial lung disease and pulmonary arterial hypertension. Her work in physical fitness was over.

When Eyres finished her history, she got two surprises. Miller agreed it was likely that the covid shots had made her condition, he later told me, "massively worse." He then listened to her lungs to see how bad they sounded. "Don't rush that," he said of the transplant, a sure sign of a doctor who believed in other options.

Eyres was ecstatic. Miller, she said, was the "first doctor that actually hears me." Miller then offered Eyres help in the form of three easy-to-find supplements for her vaccine injury: [nattokinase](#), [bromelain](#), and [turmeric](#). She soon felt better.

It was on her second visit, a month later, that Miller suggested Eyres smear a gel supplement over her chest and lung area called DMSO to help her condition. This time, Eyres "kinda gave the eye roll," she told me.

She was in for the biggest surprise yet.

Erica's Turning Point

In December 2023, seven months before she saw Dr. Miller, Eyres' second CT scan results were again ominous. They read in part, "Re-demonstrated diffuse centrilobular ground glass nodularity in the lungs, slightly more pronounced in the lower lobes ... Expiratory images demonstrate air trapping throughout both lungs." (Ground glass nodules, common in late-stage covid, are abnormal spots on the lungs. Air trapping is the inability to fully exhale, leading to shortness of breath.)

The diagnosis was given as interstitial lung disease or ILD.

In November 2024, Eyres went for another CT scan in preparation for a lung transplant consultation. She had been using DMSO for five months at that point, mostly topically and in the previous month, orally. The scan found, "No evidence of interstitial lung disease. No air-trapping."

The subsequent transplant consultation was swift: The pulmonologist looked at her CT results and told her she was stable, she said. "Nothing more we need to do," he said.

"We head over to the transplant center and the doctor comes in and sits down and tells me, 'You do not have ILD, your lungs on CT scan are clear!!!!'" Eyres wrote in an email to me.

"Nobody can understand or explain this," she wrote. "All I can say is, where did the ground glass go? It was there and now it's not. DMSO."

She had made her appointment with Miller only because her standing primary care doctor was not available. "BEST thing I ever did!!!!" she wrote. (1)

Review Note (2025 Update): This anecdote highlights potential benefits of DMSO in autoimmune and lung conditions, but it remains unverified by controlled trials. Recent discussions on platforms like X (formerly Twitter) echo similar user experiences with DMSO for vaccine-related injuries and

neurological issues, though these are anecdotal ([@BrianRoemmele](#)). Always consult a healthcare provider before use.

What is DMSO?

DMSO is a medical abbreviation for **DiMethyl SulfOxide**. DMSO is a colorless, odorless liquid derived from wood pulp during paper production. Chemically known as dimethyl sulfoxide, it was initially used as a solvent before its medical potential was discovered in the 1960s. In 1978, the FDA approved DMSO for treating interstitial cystitis, a bladder condition, but its applications may extend to pain relief, inflammation, and tissue healing, supported by preliminary research and anecdotal reports.

Modern medicine often sidelines "miracle" drugs that work too well. Despite decades of evidence showing that the naturally occurring chemical Dimethyl Sulfoxide (DMSO) is a remarkably safe and versatile treatment for a range of challenging conditions — such as strokes, head trauma, spinal cord injuries, dementia, and even [Down Syndrome](#) — it has been largely overlooked.

Dimethyl sulfoxide (DMSO) is a versatile compound with significant potential in pain management, tissue repair, and beyond. Originally an

industrial solvent, DMSO has gained attention for its unique ability to penetrate biological tissues and deliver therapeutic benefits. Despite its promise, limited awareness and regulatory hurdles have kept it under-utilised. This article explores DMSO's mechanisms, diverse applications, safety considerations, and why it remains a hidden gem in modern medicine.

How Does DMSO Work?

DMSO's unique properties stem from its ability to penetrate skin and biological membranes without causing harm. Its key mechanisms include:

- **Anti-inflammatory Action:** DMSO reduces swelling by suppressing inflammatory pathways, benefiting conditions like arthritis.
- **Pain Relief:** It interrupts nerve signals, alleviating acute and chronic pain.
- **Antioxidant Effects:** DMSO neutralizes free radicals, reducing oxidative stress and protecting cells.
- **Tissue Regeneration:** It enhances blood flow and nutrient delivery, promoting healing in wounds and injuries.
- **Drug Delivery:** As a carrier, DMSO improves the absorption of topical medications, enhancing their efficacy.

These properties make DMSO a candidate for diverse medical applications, from musculoskeletal injuries to potential uses in cancer and neurological conditions.

[According](#) to Dr. Pierre Kory, a pulmonologist and former intensive care chief at the University of Wisconsin-Madison:

In reviewing the research, I think it would be a game changer in terms of the [treatment of strokes and brain bleeds](#), two of the most devastating medical events that can happen to anyone, and which cause an immense economic toll in this country.

Review Note (2025 Update): No new FDA approvals for expanded uses of DMSO were issued in 2025, per recent regulatory updates. ([fda.gov](https://www.fda.gov)) The market for medical-grade DMSO continues to grow, with projections estimating a CAGR of 9.23% from 2026 to 2033. ([linkedin.com](https://www.linkedin.com))

DMSO and Cancer

Due to the controversy surrounding DMSO, its potential anticancer properties were downplayed once early researchers discovered possible therapeutic effects against cancer. Given that unproven cancer treatments often face scrutiny from the medical establishment, this aspect of DMSO has remained relatively obscure and under recognized.

DMSO and Cancer Treatment Animal Studies

These cancer fighting properties have also been demonstrated in living organisms. For example:

- A 1967 study induced breast cancers in mice and found that drinking DMSO caused a small reduction in their rate of occurrence and prevented some of weight loss caused by the cancers. (113)
- A 1989 study of rats with aggressive (implanted) prostate cancers found that 2.5% oral DMSO significantly slowed the cancer's growth. (114)
- A 2008 MRI study evaluated the microvasculature of mice with implanted tumors before and after a week course of DMSO.¹¹⁵ It found DMSO greatly reduced cancer vascular permeability, which is potentially significant for cancer management as leaky blood vessels can support rapid irregular growth or metastasis and can compress surrounding tissues or cause inflammation and sometimes interfere with the delivery of chemotherapy to those cells. **Note:** *Many holistic schools of medicine have concluded cancers arise from poor blood flow to a tissue or poor lymphatic drainage from it. Given DMSO's [remarkable ability to improve circulation](#), it is highly possible that*

this contributes to its ability to prevent cancer. (116)

- A 2011 study found that in mice with experimentally induced Dalton's lymphoma, injected DMSO was shown to regress their tumors and upregulate TNF α and p53 in lymphoma cells, which impaired their metabolic pathways and triggered an apoptotic pathway (whereas normal white blood cells were unaffected). (117)

2025 Updates: A November 2025 study demonstrated that low-dose DMSO (0.1–1% v/v) suppresses androgen receptor (AR) and its splice variant AR-V7 in castration-resistant prostate cancer (CRPC) cells, showing minimal cytotoxicity at these levels. ([researchgate.net](https://www.researchgate.net)) This builds on earlier findings, suggesting DMSO's potential as an adjuvant in hormone-resistant prostate cancers.

DMSO and Cancer Treatment Human Studies

These cancer fighting properties have also been demonstrated in humans and clinical studies:

- A 1992 study (118) conducted by an Iraqi researcher (who'd found DMSO cured a variety of challenging gastrointestinal conditions¹¹⁹) conducted a controlled trial of 198 patients who'd had surgery for colon cancer (in the sigmoid) that had spread into the local lymph nodes, and found that the long term administration of oral DMSO after the electrosurgery significantly improved their 5 year survival. (120)
- That researcher also conducted a 1992 controlled trial of 228 patients who'd just had an uneventful surgery to remove two-thirds of their stomachs (due to stomach cancer) (121). Daily oral DMSO significantly increased their survival rates in the 160 patients who could be evaluated at 5 years.
- A 1999 trial of 25 patients found intravesical DMSO treated bladder cancer. (122)

Additionally, one cancer (multiple myeloma) is characterized by the uncontrolled growth of malignant plasma cells in the bone marrow, which produce abnormal proteins (such as amyloids) that can overwhelm the body. While amyloidosis is challenging to treat, [there are over 40 studies](#) demonstrating that DMSO prevents amyloid proteins from clumping together and instead eliminates their deposits from the body (often leading to a clinical improvement (123)).

In turn, case reports have found DMSO effectively treated multiple myeloma amyloidosis in a variety of soft tissues and organs, (124,125,126,127) and in one instance in combination with chemotherapy to treat the cancer as well (128).

2025 Updates:

- *An October 2025 preprint study explored topical 30% ascorbic acid in DMSO for treating squamous cell carcinoma in situ (SCCIS), showing promising efficacy and tolerability in skin cancer management. ([medrxiv.org](#))*
- *However, major institutions like Memorial Sloan Kettering Cancer Center reiterate that there is no strong evidence DMSO treats cancer in humans, emphasizing the need for more research. ([mskcc.org](#))*
- *Claims of DMSO as a “miracle cure” for cancer persist, but a September 2025 analysis warns against unsubstantiated social media anecdotes, stressing the need for rigorous evidence. ([science.feedback.org](#))*
- *Emerging 2025 research focuses on DMSO as a carrier or low-dose suppressant rather than a standalone cure. ([mdpi.com](#))*
- *2025 Update: Emerging applications include DMSO as a solvent in cell cultures for PROTACs (protein degraders) in cancer drug discovery, potentially providing insights into drug-specific compositions. ([aacrjournals.org](#))*

- *2025 Update: Low-dose (0.1-2.5%) shows promise in cancer cell studies with low toxicity. ([researchgate.net](https://www.researchgate.net))*

DMSO and Tissue Healing

DMSO greatly improves wound healing (e.g., from burns or surgeries). For example:

- A study of 1371 chronic skin wounds that had often remained unhealed for years (e.g., infected ulcers or severe burns) found 95.04% had a rapid and complete recovery (e.g., no burn scars).¹³ Likewise, a systematic review found DMSO effectively treated ulcers. (14)
- Numerous studies show that DMSO accelerates limb regeneration in animals¹⁵ and surgical wound healing in humans.¹⁶ It also enhances the viability of skin grafts and flaps, offering benefits for plastic and reconstructive surgery. (17,18,19,20,21,22)
- Animal studies have shown DMSO increases the tensile strength of surgical scars (23,24) (which significantly improves surgical outcomes), decreases experimentally induced intestinal adhesions (25) (a common complication of abdominal surgeries) by 80%, prevents hypertrophic (excessive) scar formation. (26)
- Human studies show DMSO can flatten and loosen keloid scars (27) and gradually eliminate subcutaneous fibrosis induced by radiation. (28)
- Finally, DMSO is also sometimes used to repair keloid scars. For example, in one study of ten people with keloids, applying 50% to 80% DMSO a couple of times a day induced scar flattening with the loosening of the collagen surrounding the fibrous bundles. Similarly, another study found DMSO eliminated (through a gradual softening and reduction of it) (30).

2025 Update: An August 2025 study on DMSO in cryopreserved

mesenchymal stromal cells for wound healing notes challenges in determining effective dosing for surface applications, but confirms its role in enhancing cell viability. (link.springer.com)

DMSO and Musculoskeletal Injuries

Many of the early adopters of DMSO went from skeptics to believers because of the rapid and dramatic improvements they saw from it healing acute injuries (e.g., as they had patients with debilitating bursitis in the shoulder recovering within minutes of receiving DMSO).

As it was far safer and more effective than any other way to treat musculoskeletal injuries, joint disorders or chronic pain, DMSO was rapidly adopted by doctors and pharmaceutical companies across the country (e.g., millions were invested to bring DMSO products to market and hundreds of thousands of Americans had life-changing benefits from it).

Unfortunately, as DMSO's use was skyrocketing, on November 10, 1965, the FDA decided to globally ban all research on it by falsely claiming it was incredibly dangerous. Because of this, there was an explosion and then sudden disappearance of DMSO research, which sadly continued even with Congress repeatedly trying to get the FDA to overturn their indefensible prohibition of DMSO.

2025 Update: Recent X posts discuss DMSO's historical suppression, referencing Dr. Stanley Jacob's work and its continued veterinary use for similar injuries. ([@BrianRoemmele](#))

DMSO and Sports Injuries

"What I like about DMSO is that you don't have to interrupt your training every time you get a minor pull or sprain. It doesn't pump you up like certain pills. It's simply a very useful thing to use for simple athletic injuries.

Some people have told me that you shouldn't use it because it might

mask the pain of a serious injury, but a good athlete knows his body well. Even when I'm using DMSO, I know when I can push and when I can't." — Al Oerter, a discus thrower and the first American to win 4 consecutive Olympic gold medals (50).

One of the greatest challenges professional athletes face are sports injuries which prevent them from returning to the field, particularly since many sports injuries are a product of micro-injuries building up until a critical point is passed (e.g., from adhesions and scars in the soft tissue).

In turn, since DMSO both heals micro-injuries and rapidly treats traumatic injury (returning them to full functionality), DMSO was rapidly adopted by professional athletes once they realized what it could do for their careers (and being off the field was often devastating to their careers).

In turn, due to the voice their position afforded them, a few professional athletes (e.g., Atlanta Falcons Quarterback June Jones (51) — who now is a coach⁵²) became some of the most impactful advocates for DMSO (e.g., Jones stated in Congressional testimony⁵³ that "veterinary" DMSO was widely used but athletes were afraid of publicly discussing it).

Likewise, in 2013, a Dallas Cowboys Lineman stated (54):

"You get it [from] the veterinarian and it goes right to the bloodstream. It's an ointment that's like anti-inflammatory. You put it on your skin and you put it on a muscle, and I guarantee you, in about 30 minutes you'd feel it. It wasn't on the list [of banned substances] ... we used DMSO and people knew it. Everyone knew about it."

Furthermore, in his riveting testimony, Jones provided cases that left the Congressmen in disbelief, such as a teammate with a bone chip and a torn ligament (which would require months of recovery and hence end their season) taking DMSO immediately after the injury and 7 or 8 days later returning to the field (with the bone chip remaining but no longer causing issues).

Likewise, at that Congressional hearing, the former team physician for the Oakland Raiders (55) testified that he'd used 70% topical DMSO on a

careful and controlled basis for his players 20 to 30 times a year for 5 years. From this, he observed that DMSO was the most beneficial when given in the first 3 to 4 days of an acute injury where a muscle or joint had severe swelling, particularly of the extremities, especially the ankle, elbow, hands, or wrist.

Overall, he stated that DMSO provided good to excellent results 70% to 80% of the time (e.g., through reduced pain and swelling) and the players felt they were able to return to play 50% to 75% faster than they had from similar injuries in the past. Conversely, they did not find DMSO was helpful for chronic injuries, but this may have been due to it not being used long enough for the effects to kick in.

Note: *He also emphasized that DMSO would transform the field of occupational medicine. I fully agree with his assessment, especially given just how frequently Worker's Comp fails to help its patients.*

Similarly, podiatrist Lowell Scott Weil (who was the physician for both the Chicago Bears and the United States Olympic gymnastics team) used DMSO on a regular basis (particularly injured gymnasts).

After 12 years of using it, he shared,⁵⁶ he'd seen it rapidly heal injuries (e.g., he had a gymnast who suffered an ankle sprain expected to end her season, but instead quickly recovered and made the U.S. Olympic team, and a football player who tore his hamstring but was able to rapidly return to the field).

Overall, he had a 60% treatment success rate and saw the best response to DMSO for tendinitis, myositis, and post-injury situations such as muscle pulls, ankle sprains, strains, and tears of the soft tissue (and conversely the only side effects he had were skin irritation). Additionally, he also used it for arthritic patients (especially rheumatoid arthritis) with many having dramatic relief. Many other compelling anecdotes exist.

For example, this book⁵⁷ discusses the experience of an Oregon State track coach and early adopter of DMSO who had many amazing stories of

DMSO treating hamstring and achilles tendon injuries such as an athlete being able to return to the field at full capacity 3 days after a normally disqualifying hamstring injury and the story of a blind long distance runner who was able to run due to DMSO fixing musculoskeletal injuries and (according to the author) then played a pivotal role in opening the sport to women.

Note: *A major problem in certain sports like football is repeated concussions (which are now recognized to put them at risk for cognitive impairment and dementia later in life). As discussed in [the first part of the DMSO series](#) from **A Midwestern Doctor**, in addition to treating strokes and spinal cord injuries, DMSO is also immensely helpful for mitigating the effects of concussions.*

Research also directly demonstrates DMSO's utility in sports medicine:

- A 1965 study (58) treated 47 injured athletes from a wide range of sports (e.g., tennis, diving, or wrestling) by applying 90% DMSO applied to the injured areas 3 times a day initially and then after 2 days, twice a day. The 30 acute traumas (e.g., sprains, strains, dislocations, serious cuts) were observed to rapidly resolve, sometimes "so spectacularly as to compel us to urge our patients to observe greatest caution in order to avoid further damage to a joint."

The 10 chronic conditions (e.g., tennis elbow) and 7 conditions resulting from prolonged immobilization also responded rapidly and those athletes were often able to quickly return to the field. These results and the lack of observed adverse events led the investigators to argue DMSO urgently needed to become the standard of care in sports medicine.

- A study (59) of 78 patients (mostly athletes) with overstrained tendons received Dolobene gel (15% DMSO, dexpanthenol and heparin) for 2 to 3 weeks, with over 50% having a significant improvement of symptoms and those improvements including a 94% improvement in pain, a 55% improvement of swelling, 95% improvement of redness and 92% improvement of warmth.

- A study (60) gave Dolobene gel to 30 athletes with soft tissue injuries of the upper and lower extremities twice daily for 4 weeks. There were 4 athletes with contusion of the shoulder, 8 with distortion and contusion of the knee joint, 8 with muscle, tendon and ligament lesions, and 10 with distortion of the ankle joint.

Following DMSO, 10 had an excellent response (improvement), 5 had an excellent to good response, 10 had a good response and 5 had a moderate response. Specifically, pain, inflammation, swelling, reabsorption of hematomas, tenderness and recovery time were assessed.

- A study (61) gave Dolobene gel and ultrasound to 15 subjects who had received a blunt tissue trauma (without fracture) to the lower extremity within the last 24 hours. Compared to 15 placebos, the treatment resulted in a faster relief of pain, reduction of edema, and recovery of mobility.

- A 1966 study (62) of 28 professional baseball players found that giving them DMSO after injuries caused their downtime be one third of what was observed by the treating physician in the previous year with 42 players.

Note: *While not quite the same as getting tackled, I've also come across cases⁶³ of individuals taking DMSO immediately after getting hit by a car while crossing the street (which caused injuries but no fractures) and immediately fully recovering.*

WebMD User Reviews for DMSO

Based on the WebMD reviews page for Dimethylsulfoxide (DMSO), here's a concise overview of user experiences. Note: Reviews are sorted by helpfulness (sortval=2), and this page appears to show a paginated set of 106 total reviews, all categorized under "Other" (no condition-specific breakdowns available). Overall Rating and Volume

- Average Rating: 4.3 out of 5 stars.
- Total Reviews: 106.

- **General Sentiment:** Predominantly positive, with many users hailing DMSO as a “miracle” for quick pain relief and healing, though a minority report underwhelming results or side effects.

Key Positive Themes

- **Rapid Pain Relief:** Frequently praised for near-instant relief from chronic conditions like tendonitis, sciatica, shoulder/back pain, arthritis, knee issues (e.g., torn meniscus), and plantar fasciitis. Users often compare it favorably to chiropractic, massage, or prescription meds.
- **Healing and Anti-Inflammatory Effects:** Effective for insect bites (e.g., brown recluse, drawing out poison overnight), cold sores (drying up in hours), scars, and wounds. Some report full recovery after one application.
- **Cost-Effectiveness:** Seen as a cheap alternative to pricier treatments; long-term users (e.g., 5+ years) note sustained benefits.
- **Usage Tips from Reviewers:** Best diluted (e.g., 70-99% solution mixed 3:1 with distilled water, aloe vera, or Stopain spray); applied topically via massage, dropper, or bandages.

Key Negative Themes

- **Limited Efficacy for Some:** Not superior to OTC options like ibuprofen gel for certain pains (e.g., knee arthritis).
- **Practical Drawbacks:** Strong garlic/sour milk breath odor; hard to wash off due to fast skin absorption; occasional severe irritation (e.g., burning sensation when mixed with products like Bengay).

Common Side Effects

- Garlic-like breath or body odor (most frequent complaint).
- Skin burning/irritation, especially with undiluted or incompatible

mixtures.

- Quick penetration (pro: fast-acting; con: can't rinse off easily).

Representative Review Excerpts

Here's a mix of high- and lower-rated reviews (all 5.0 positives unless noted; focused on diverse uses):

- 5.0 (Tendonitis & Insect Bites): "I've been using this for pain for about 5 years now... chronic tendonitis in my wrist, thumb and elbow. I mix it 3:1 with Stopain Arthritis Spray... It also works great on insect bites, it eliminates the itching instantly. Just make sure to buy the 99.9% DMSO and dilute it 3:1."
- 5.0 (Shoulder Pain): "I have had shoulder pain for 5 months... been to a chiropractor... no improvement... One application of the product caused relief of my shoulder pain and will continue use until I am free of pain."
- 5.0 (Brown Recluse Bites): "I had got bitten by a brown recluse 10 times... I put a thick layer on each bite... When I woke up the next morning it had pulled most of the poison out... the skin cells looked brand new... a miracle."
- 5.0 (Knee/Heel/Back Pain): "Ordinary DMSO 70-30 with aloe vera... will provide extensive relief... It positively cured the torn meniscus in my knee and my plantar in my heels... Shoulder and middle back spine pain have been all but erased!"
- 5.0 (Back Pain): "Constant back pain from an old injury. Chiropractic and massage therapy ineffective. In less than 1 minute, instant pain relief! It's a miracle 'solvent'!"
- 5.0 (Cold Sores & Shoulder Injury): "Cold sores under my lower lip I massaged DMSO on both sores. Six hours later it dried up... Nagging shoulder injury... pain and discomfort is gone... shoulder is about

99% healed."

- Lower Rating (Implied ~3.0, Arthritis): "I have arthritis in both knees. DMSO has not proved to be any better for pain relief than Ibuprofen gel (which has the advantage of not making your breath smell of garlic or sour milk)."

Overall Trends

- Patterns: DMSO shines for acute/topical issues (bites, injuries) and musculoskeletal pain, with 80-90% of reviews reporting success when properly diluted and pharma-grade. Chronic users emphasize consistency; newcomers advise starting low to avoid odor/irritation. Skeptics (minority) stick to conventional remedies. Trends lean toward DIY protocols, with calls for more doctor awareness (e.g., for bites/surgeries).

Editor's Note: DMSO often delivers fast, dramatic relief for joint pain, injuries, insect bites, scars, and more—many users call it life-changing. That said, it's not for everyone: the most common complaints are garlic-like breath/body odor and skin irritation when used undiluted or improperly mixed. These are real user experiences, not medical advice. Never self-treat serious or chronic conditions. Always consult a [physician who is familiar with DMSO](#) before use.

Source: [reviews.webmd.com](https://www.webmd.com)

DMSO's Diverse Benefits (Summary)

DMSO offers a range of therapeutic benefits beyond pain relief:

1. Pain Management: DMSO effectively reduces pain in conditions like osteoarthritis, fibromyalgia, and neuropathic pain. A 2011 study in *The Journal of Alternative and Complementary Medicine* demonstrated its ability to alleviate pain and inflammation in arthritis patients.

2. **Anti-inflammatory Support:** By reducing swelling and stiffness, DMSO benefits inflammatory conditions like rheumatoid arthritis and sports injuries.
3. **Wound Healing and Tissue Repair:** DMSO accelerates recovery from burns, cuts, and surgical wounds by enhancing tissue regeneration, with some studies reporting high healing rates for chronic wounds.
4. **Enhanced Drug Delivery:** Its ability to carry medications through the skin makes it valuable in treatments, including FDA-approved cancer therapies like CAR-T cell therapy and trametinib for melanoma.
5. **Potential in Complex Conditions:** Early research suggests DMSO may protect against oxidative damage in neurological conditions (e.g., strokes, dementia) and enhance drug efficacy in respiratory diseases like acute respiratory distress syndrome (ARDS) or tuberculosis.
6. **Cellular Protection:** DMSO may mitigate damage from toxins, such as air pollution or wildfire smoke, when combined with antioxidants, according to anecdotal reports and preliminary studies.

DMSO Risks, Dosing Suggestions and Other Considerations

While DMSO shows promising benefits, it's important to approach its use with caution and awareness. As with any supplement or treatment, DMSO has side effects and contraindications that you need to be aware of. The most common side effect is a garlic-like taste or breath odor, which occurs because DMSO breaks down into dimethyl sulfide in your body. Some people may also experience skin irritation when DMSO is applied topically.

DMSO also increases the absorption of other substances through your skin, amplifying the effects of medications. This means you need to be careful about what comes into contact with your skin when using DMSO topically. It's also important to note that DMSO interacts with certain

medications, including blood thinners and steroids.

Additionally, high concentrations may cause liver damage if used improperly. Pregnant women and those with liver disease should use caution when considering DMSO.

In summary, DMSO is generally safe when used correctly but has potential risks:

- **Skin Irritation:** High concentrations may cause redness or burning.
- **Odor:** DMSO can produce a temporary garlic-like smell on the skin or breath.
- **Drug Interactions:** Its carrier properties may enhance absorption of other substances, including harmful ones.
- **Allergic Reactions:** Rare cases of itching or rashes may occur.

DMSO lacks FDA approval for most uses beyond interstitial cystitis, and its safety in pregnant or breastfeeding individuals is unstudied. Always consult a healthcare provider before use.

Remember, while DMSO shows promise, it's not a miracle cure. It should be considered as **part of a holistic approach to health, including a nutrient-dense diet, regular exercise, stress management and other lifestyle factors that support your overall well-being**. Used responsibly and under proper guidance, DMSO could be a valuable tool in your health arsenal, particularly for its antioxidant, neuroprotective, anticancer and anti-inflammatory properties.

Note: A detailed review of DMSO's extensive safety data and toxicology studies can be viewed [here](#).

2025 Updates:

- *A September 2025 NIH article suggests DMSO in endovascular procedures may contribute to hydrocephalus, urging caution in*

neurological applications. ([pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov))

- *An April 2025 study confirmed safety for bladder instillation in cystitis. (onlinelibrary.wiley.com)*
- *Science feedback emphasizes avoiding overhyped claims, as evidence for broad “cures” is insufficient. (science.feedback.org)*
- *X users report safe use for eye issues (diluted drops), but dilution is key to avoid stinging.*

Differing View: Disastrous DMSO by Medicine Girl

In contrast, [this piece](#) frames DMSO as a hazardous paper-mill byproduct falsely “nature-washed” as a remedy, driven by profit (e.g., \$226 million annual revenue). The author recounts its 1940s–1960s industrial origins, early hype by Dr. Stanley Jacob, and FDA halts in 1965 after animal studies showed eye lens changes. Negative outcomes include skin burns, vision loss, fertility impairment, and cancer risks from its carrier properties (transporting contaminants into the bloodstream). Evidence cites 1960s toxicity trials, a 1972 National Academy report deeming it unproven, and modern studies on embryo disruption and DNA alterations. Side effects like garlic odor, nausea, and long-term barrier thinning are emphasized, with regulatory limits (1978 approval only for cystitis) as proof of danger. Personal stories include the author’s disillusionment after buying it based on a book, plus a threatening message from promoters. The conclusion warns against it as “industrial waste,” advocating natural alternatives like clean eating.

The anti piece serves as a vital caution against unvetted alt-med trends, underscoring informed consent. For users: Start low-dose, pharma-grade only, under medical guidance; consult sources like PubMed for balanced trials.

DMSO Dosage for Humans

DMSO is available as a gel, cream, or liquid, typically in concentrations of 50% to 99%. To use it safely:

- Dilute Properly: Mix with distilled water or aloe vera (e.g., 70% DMSO, 30% water) to minimize skin irritation.
- Clean the Skin: Wash the application area to prevent contaminants from being absorbed.
- Perform a Patch Test: Test a small area to check for sensitivity.
- Use Clean Applicators: Avoid contamination during application.
- Consult a Healthcare Provider: Seek professional advice, especially if you have medical conditions or take medications.

Proper product selection and dosing are key to getting the best results. [A Midwestern Doctor recommends](#) looking for DMSO that has at least 99.9% purity and, if liquid, is stored in glass.

For topical dosing, start with 70% and dilute it 50/50 with water. Gradually work your way up to the full-strength product as long as no skin irritation occurs. You can also progress to a 100% DMSO product if you have thick scars or are using it for specific health conditions.

For oral dosage, a typical starting dose is **0.5 to 1 teaspoon** (of 70% or 100%). You may gradually increase the dose as long as you are tolerating it well. The maximum safe dosage is up for debate, but generally 3 teaspoons is considered the upper limit. Keep in mind that since DMSO has an unpleasant taste, you'll likely want to mix it with milk or juice when consuming it orally. Be sure to mix it well so the DMSO doesn't settle at the bottom.

2025 Update: Low-dose (0.1-2.5%) shows promise in cancer cell studies with low toxicity. ([researchgate.net](#))

Find DMSO Doctors

Here are some clinics and practitioners in the U.S., Canada and Mexico; known to utilize DMSO therapy:

Arizona:

- Dayspring Clinic – <https://www.dayspringcancerclinic.com/> / (800)-351-5913
- Brio Medical* - Scottsdale, AZ - <https://brio-medical.com/contact/>

**Offers DMSO IV therapy as part of alternative cancer treatments and chronic Lyme disease management.*

Canada:

Dr. Kahn - Medicores Cancer Center: <https://medicorcancer.com/dmso-therapy/> / +1-416-227-0037

California:

Optimal Health & Wellness - <https://opthealthwellness.com/> - Monterey Park - 626-551-5155; Pasadena - 626-788-0023

Florida:

- Utopia Wellness Clinic – Dr. Garcia - <https://utopiawellness.com/> / (800)-519-0309
- Whole Family Health Care – Dr. Mueller - <https://www.wholefamilyhealthcare.com/> / (407)-644-2990

Georgia:

Advanced Rejuvenation Clinic - <https://www.advancedrejuvenationinstitute.com/> / (770) 232-7883

Mexico:

Hope for Cancer - <https://hope4cancer.com> / (800)-985-2601

Minnesota:

Dr. Connor - Conners Clinic – <http://www.connersclinic.com/cancer-therapies> / (800)-209-4833

New York:

- Vital Gate Health - <https://www.vitalgate.com> / (800)-985-2601
- Dr. Pierre Kory - [Leading Edge Tele-Health Clinic](#) (Telemedicine: we consult patients in all 50 states) / (608) 400-0141

South Carolina:

Natural Healing center Myrtle Beach - <https://naturalhealingcentermb.com> / (800)-351-1914

Texas:

Kotsanis Institute - Dr. Kotsanis –
<https://www.kotsanisinstitute.com/intravenous-therapy> (817)-481-6342

It's important to note that while DMSO is FDA-approved for specific uses, such as treating interstitial cystitis, its application in other medical treatments may be considered experimental. Therefore, it's crucial to consult with a qualified healthcare provider to discuss potential benefits and risks before considering DMSO therapy.

Additionally, the regulatory status and acceptance of DMSO treatments can vary by state and medical practice. Ensure that any treatment is administered by licensed professionals in compliance with local regulations.

Conclusion

DMSO is a powerful yet under-recognized compound with potential to relieve pain, reduce inflammation, promote healing, and enhance drug delivery.

DMSO isn't a miracle cure or poison—it's a tool with proven niche benefits (e.g., topical pain relief) but real hazards, especially undiluted or contaminated. For users: Start low-dose, pharma-grade only, under medical guidance; consult sources like PubMed for balanced trials. If exploring DMSO, prioritize safety data over anecdotes.

Preliminary research and anecdotal reports suggest broader applications, from cancer therapy support to neurological and respiratory conditions, but more studies are needed to confirm these benefits. If considering DMSO, consult a healthcare professional to ensure safe and effective use. With further research, DMSO could become a cornerstone of integrative medicine.

Disclaimer: This article is for informational purposes only and does not constitute medical advice. Always consult a healthcare provider before using DMSO.

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1. [The DMSO Moment: How an Old Medicine Finds New Life](#)
2. OneDayMD. [DMSO 101: Benefits, Uses, Dosage and Side Effects](#)
3. [Why Off-Label Gabapentin Prescriptions Are Soaring: The Pill for Everything](#)

4. [DMSO Eye Drops](#): 2025 Guide to Healing Cataracts, Macular Degeneration, Floaters & Glaucoma (Protocols + Real Results)
5. [See all references](#)

DMSO Online Buying Guide (Paid Link)

[Buy on Amazon](#)