

# DMSO LIQUID



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## WHAT IS DMSO

Dimethyl Sulfoxide is a sulfur compound with potent anti-inflammatory properties. It's been around since 1866 and has been used medicinally since the 1960's. It is often used as a natural pain reliever and as an agent to help wounds heal. DMSO has a high penetration depth through the skin and is useful for localized pain and deeper tissue pain. Due to its ability to absorb through the skin, it can be used as a transporter to take other substances into the body via the skin. It is a versatile therapy that has many uses.

## HOW DOES DMSO LIQUID WORK?

DMSO is able to penetrate through the skin and enter the surrounding tissues and bone. It is able to enter the bloodstream and travel around the body. This allows topical application to be effective for relieving local pain and pain that resides deeper in the body. It works through having a positive impact on c-nerve fibers which mediate pain and through restoring circulation.

## MAIN INDICATIONS:

- Soft tissue injuries
- Strains and sprains
- Pain management
- Alternative to NSAIDs
- Diabetic neuropathy
- Wound care
- Relieving musculoskeletal pain
- Scleroderma
- Acute bursitis
- Joint pain
- Tendonitis
- Complex regional pain syndrome
- Eczema/skin irritations
- Relief of minor burns (including sunburn)

## HOW TO USE:

When using DMSO, start with a small amount. The maximum recommended dose is 8-12ml applied 3x/day on the affected area. Since DMSO is a carrier molecule it can transport beneficial compounds and toxins into the body via circulation. It does not differentiate. Due to this it is important to apply DMSO with clean hands, on clean skin and if mixing DMSO with other therapeutic compounds that they are natural and safe. DMSO needs to enter the body slowly and controlled. Avoid application for 30 minutes out of the shower, or when coming in from intense heat as the pores are bigger and accelerate absorption. This can result in irritation and discomfort. DMSO is therapeutic and should not be used to prevent pain.

## CONSIDERATIONS:

Due to being a potent sulfur compound, DMSO can cause a strong garlic odor to emit, and sometimes this can be tasted through topical application. This is normal, and if it occurs adding chlorophyll to water will neutralize the taste and odor.



## DMSO IN TENDOPATHIES

### LEARN MORE

- Improvements in pain of the shoulder girdle, tennis elbow and rotator cuff
- 44% of patients were pain free at the end of the study
- Increased mobility of joints
- Reduced pain at day 3



## KNEE ARTHRITIS & DMSO

### LEARN MORE

- Reduced pain during everyday activities
- Reduced pain at rest
- Decreased intensity of loading pain
- Pressure pain subsided