



Brad Lemley's

Natural Health Solutions

The World's Fastest Painkiller

Pain is a signal your brain sends to let you know something may be wrong. It manifests in many ways, from a dull soreness to a sharp pang to a pulsing ache. Sometimes pain is merely uncomfortable. Other times, it can be debilitating.

There are two types of pain: acute and chronic. The distinction between the two determines how the pain is treated — if it's indeed treatable. To clarify:

Acute pain is provoked by a specific disease or injury, serves a useful biologic purpose, is associated with skeletal muscle spasm and sympathetic nervous system activation and is self-limited. Chronic pain, in contrast, may be considered a disease state. It is pain that outlasts the normal time of healing, if associated with a disease or injury. Chronic pain may arise from psychological states, serves no biologic purpose and has no recognizable endpoint.¹

The National Center for Health Statistics reports that 76.2 million people suffer from chronic pain in the U.S. alone. It affects more Americans than diabetes, heart disease and cancer combined.² Chronic pain severely impacts your quality of life. It can disrupt sleep, lower concentration, reduce energy levels, contribute to anxiety and depression and cut down on your ability to enjoy life.

When pain has such a significant impact on your quality of life, it's understandable that you might go to great lengths to manage it. But the overuse, misuse or abuse of painkillers can lead to a whole host of other issues. This is a problem of epidemic proportions in the United States, where we consume approximately 80% of the world's opioids.³

But what choice do you have? The FDA and Big Pharma would like you to believe there aren't any alternatives to prescription painkillers. After all, pharmaceuticals are a multibillion-dollar industry, forecast to reach \$400 billion in market value by 2020.⁴

The Dark Horse of Pain Relief

DMSO, or dimethyl sulfoxide, was discovered in the mid-1800s as a byproduct of the paper-making process.⁵ Fast-forward to the early 1960s when Dr. Stanley Jacob, at that time the head of the organ transplant program at Oregon Health Sciences University in Portland, discovered that this colorless liquid could penetrate living tissue without damaging it.

After that, Dr. Jacob devoted the rest of his career to championing DMSO's potential to alleviate a great number of medical conditions, including arthritis, fibromyalgia and scleroderma, among others.

Through his research, Dr. Jacob found that this liquid solvent has notable anti-inflammatory, antiviral, analgesic and antioxidant properties. In *DMSO: Nature's Healer*, by award-winning health science writer Dr. Morton Walker, Dr. Walker asserts that DMSO is such an effective and versatile compound it "has the largest potential number of uses ever documented for a single chemical."⁶

1. Grichnik, KP. "The difference between acute and chronic pain." Mt. Sinai Journal of Medicine. May 1991.

2. "Facts and Figures On Pain." American Academy of Pain Medicine.

3. Gusovsky, D. "Americans consume vast majority of the world's opioids." CNBC. 27 Apr 2016.

4. "Report: American spent 8.5 percent more on prescription drugs in 2015." Chicago Tribune. 14 Apr 2016.

5. Capriotti, K and J. "Dimethyl Sulfoxide: History, Chemistry, and Clinical Utility in Dermatology." The Journal of Clinical and Aesthetic Dermatology. Sept 2015.

6. Walker, Morton. "DMSO: Nature's Healer." Avery Publishing. 1993.

Regarding the healing potential of DMSO, Dr. Jacob echoes the notion of its versatility, “We’re not dealing with just another chemical, we’re dealing with what I always call a therapeutic principle. A given drug or medicine will treat a given disease or more, but a therapeutic principle is an entirely new concept in therapy.”⁷

Unfortunately, the use of DMSO in the medical community is historically fraught with controversy. This compound is so cheap and so effective, it renders other, more expensive therapies moot. The few patents on DMSO Dr. Jacob was able to secure expired in 1987.⁸ Without patent protection, pharmaceutical companies can’t profit from this product, which leaves little incentive to develop and market it for the good of the masses.

And what good it could do! Here are just a few examples of what this prodigious potion is capable:

- Opens blocked sinuses within minutes
- Dissolves existing scar tissue, and prevents it from forming
- Treats painful corns, calluses, ingrown toenails, bunions, hammertoes and heel spurs — it has also been shown to control gout pain
- Clears up gum disease and reduces tooth decay
- Decreases the incidence of heart attacks or angina pain
- Heals burns and relieves sprains, strains and arthritic joints
- Penetrates the blood-brain barrier to effectively deliver drugs
- Reduces the symptoms of herpes zoster (shingles)
- Turns cancerous cells back to normal.⁹

And the list goes on...

But how does it work? And how can you procure this amazing remedy for yourself? Read on to find out.

How It Works

To be clear, DMSO is not a cure for pain. Rather, it alleviates pain by inhibiting the transmission of pain messages. It’s also interesting to note that because it permeates the skin and enters the bloodstream, DMSO has systemic effects. So application on one area of the body might lead to a reduction in pain elsewhere.

Not only can DMSO itself penetrate and relieve pain, studies have shown it is capable of effectively transporting other types of medication. Researchers have found that DMSO can act as a delivery system for a wide variety of drugs including antibiotics, insulin, corticoids and cytostatics, among others — with minimal risk of infection occurring wherever the skin is penetrated.

“DMSO’s ability to pass through living tissue is related to its relatively polar nature, its capacity to accept hydrogen bonds and its relatively small and compact structure,” writes Dr. Harry Szmant, a chemistry professor at the University of Detroit.¹⁰ It can pass through cellular membranes, the endothelial coatings of arterial walls, the layers of protective tissue surrounding the brain (called meninges), healthy skin, mucous membranes and other tissues.¹¹

Additionally — this solvent’s pharmacological properties are seemingly endless! — DMSO inhibits bacteria growth, increases circulation by dilating small blood vessels, acts as solvent for collagen, promotes urine excretion and effectively carries local anesthetics into deeper layers of skin.¹²

But for all its uses, DMSO is extremely easy to administer. It typically comes in a liquid or a gel form and is applied to the surface of the skin. In a segment on *60 Minutes*, Dr. Jacob showed patient Sandy Sherrick just how to do it:

7. Kovach, S. “The Untapped Healing Potential of DMSO.” *Life Extension Magazine*. Jul 2007.

8. Kovach, S. “The Untapped Healing Potential of DMSO.” *Life Extension Magazine*. Jul 2007.

9. Walker, Morton. “DMSO: Nature’s Healer.” Avery Publishing. 1993

10. Walker, Morton. “DMSO: Nature’s Healer.” Avery Publishing. 1993.

11. Walker, Morton. “DMSO: Nature’s Healer.” Avery Publishing. 1993

12. Walker, Morton. “DMSO: Nature’s Healer.” Avery Publishing. 1993

Now, when you put it on, don't rub it too hard. You just have to apply it to the skin and it goes in. Let it dry over 20 minutes to a half hour. It won't be totally dry, but anything left you can just wipe off.

Within 15 minutes of application, you might notice a distinct garlic taste — a common, albeit quirky side effect — which demonstrates that DMSO is capable of permeating your skin almost instantly, with relief lasting up to six hours.¹³

But Is It Safe?

As with any drug or treatment, safety is just as important as efficacy. By the early 1990s, more than 3,000 scientific studies involving approximately 500,000 clinical patients had been carried out all over the world.¹⁴ Dr. Walker points out that “Scientists have studied DMSO with eight species of mammals, including humans, as well as some fish and birds, with almost universal agreement to its low toxicity. Short- and long-term administrations of the drug to many animals have shown they tolerate it well.”¹⁵

And despite the FDA's reticence to approve the medical use of DMSO, even J. Richard Crout, MD and former director of the FDA's Bureau of Drugs, said (in an interview on *Good Morning America*, no less), “It's really quite safe when put on the skin.”¹⁶

As with any topical use of a medication, the skin must be clean, dry and unbroken before application. Dr. Walker recommends keeping topical applications of DMSO below 70%. He suggests “a 70% concentration... mixed with water in volumes ranging from 8–12 mL, applied on and around the injury in a wide area at least three times daily.”¹⁷

With higher concentrations of DMSO, some people experience localized warmth, redness and itching. But there's an easy remedy for that. Walker writes:

[Aloe vera] is useful as a follow-up to any topical DMSO application — its use is recommended after each DMSO treatment, with or without skin irritation occurring. Aloe vera is a good preventative for such external irritation.¹⁸

By now you're probably wondering just how you can get your hands on this powerful salve. I assure you, it's probably easier than you think.

Relief Is Just a Click Away

As mentioned above, you can purchase DMSO as a liquid or a gel. The easiest place to find it? The internet! After a two-minute search, I was able to find **100mL of 70%-concentration, pharmaceutical-grade, fragrance-free, liquid DMSO** for less than the price of 3-D movie ticket.

As with any new medication, be sure to discuss adding DMSO to your treatment plan with your doctor. And of course, if you experience any serious irritation, discontinue using it immediately.

Break the cycle of chronic pain with this simple, effective yet inexpensive remedy. You have every right to live a pain-free life without the risks of long-term opiate drug use. Just imagine what a sweet, sweet relief that would be.

13. Muir, M. “DMSO: Many Uses, Much Controversy.” DMSO.org. Accessed 10 Aug 2015.

14. Walker, Morton. “DMSO: Nature's Healer.” Avery Publishing. 1993. Page 37.

15. Walker, Morton. “DMSO: Nature's Healer.” Avery Publishing. 1993. Page 74.

16. Walker, Morton. “DMSO: Nature's Healer.” Avery Publishing. 1993. Page 74.

17. Walker, Morton. “DMSO: Nature's Healer.” Avery Publishing. 1993. Page 44.

18. Walker, Morton. “DMSO: Nature's Healer.” Avery Publishing. 1993. Page 46.