

“It’s not an easy journey, to get to a place where you forgive people. But it is such a powerful place, because it frees you.”

- **Tyler Perry**

It seemed important to start the new year with what seems to be sound advice: forgiving those who have wronged you. The quote is accurate because forgiveness doesn’t always come easily. But the reality is, forgiveness is a gift you give yourself. It will help you stop carrying the burdensome weight of anger and hurt. It’s especially important to forgive people who will never ask you to do so. One of the biggest benefits of forgiveness is that it will allow you to free your heart and mind from needless emotional distractions so you can work on what really matters in your life. One of my goals for 2025 is to make a list of all the people who have somehow hurt me over the years and just forgive them. Some will certainly be easier than others, but not forgiving these people and holding onto it will only hurt me in the long run. Keep in mind that forgiving doesn’t necessarily mean forgetting. 2025 should be a year of new beginnings...in so many ways. A great new beginning for me will be letting go of any unforgiveness I have in my heart. It won’t change what has happened in the past, but it will certainly change the future in a positive way. Forgiveness isn’t a feeling. It’s a decision.

Yours in health,

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What is DMSO and is it for Me?



I first learned of DMSO about 20 years ago, when my dad started using it on a skin condition he had. But I forgot about it until I came across a small bottle in my bathroom drawer, which triggered me to remember some of its benefits, which then led me to order a book to learn more. Then, right after I finished reading my new book, a friend sent me an article about DMSO. He’d never heard of it and was surprised I had. That was definitely a sign to write about this topic.

What is DMSO? It’s short for dimethyl sulfoxide and it’s an extract from pine trees. It’s reportedly a wonderful healer for many different conditions. Interestingly, it was discovered almost 160 years ago, but it wasn’t until sometime in the 1950s, British scientists learned it had some interesting health-related uses. Because it’s a natural remedy, it’s of course been vilified by mainstream medicine. In fact, my least favorite government agency banned its use on November 25, 1965. Its justification was that it was incredibly dangerous. However, there is overwhelming evidence showing that DMSO is one of the safest substances around. DMSO’s medical use is STILL prohibited by that criminal organization, except for the treatment of interstitial cystitis (a very painful bladder issue) and for certain experimental applications. Hopefully, this will be another alternative treatment that Bobby Kennedy will tackle when he becomes Secretary of HHS. Since it’s natural, it can’t be patented, so of course there’s no money in it for Big Pharma. But I digress.

There are two grades of purity for DMSO: pharmaceutical and industrial. The industrial grade must come with a warning that it’s not intended for human use. The pharmaceutical grade, which has a 99.995% purity level, is the only one that should be used for humans and animals.

One of the great things about DMSO is that it has the unique ability to rapidly penetrate the skin and pass through the blood/brain barrier. You can apply it directly to any inflamed joint or injured area to start the healing process. An interesting note is that since it can penetrate the blood/brain barrier, it’s being researched as a way to stop/reverse Alzheimer’s Disease.

DMSO can be used internally, externally or intravenously. I’m going to provide you with a list of some of DMSO’s benefits, but providing all the specific dilutions and uses is outside the scope of this newsletter. I will tell you that concentrations range from 99.995% to 10% and the concentration you use is dependent on your needs, what you’re trying to heal and where you’re trying to heal it. However, I hope this information will pique your interest enough to do some additional research to learn these specifics.

Here is just a small sample of some of the long list of amazing benefits of DMSO:

- It's a powerful, natural anti-inflammatory without side effects. It works very much like an NSAID (non-steroidal anti-inflammatory drug) such as aspirin, but isn't harmful to the stomach. On that note, because it helps treat injuries, many sports teams keep it handy on the sidelines. It works by reducing inflammation and pain, increasing circulation and speeding the repair process. Pain and swelling can be lessened in a few hours after application of DMSO.
- It's a scavenger of free radicals, which is important for controlling inflammation. I've written many times about how inflammation is the cause of illness. DMSO binds to the free radicals and helps carry them out of your system.
- It's a vasodilator, which means it helps open up blood vessels, increasing blood flow. This seems to indicate it can be used as a preventative treatment for strokes. There are case studies out there verifying this.
- It's a wonderful transdermal agent, which means it helps push things into your skin. However, before using it on the skin, it's imperative to wash the area first. Otherwise, whatever is on your skin could be absorbed into your body, including sweat.
- It's an analgesic, which will help reduce nerve signals that bring about pain from an injury. It works fantastically in combination with CBD for helping pain. I actually did this on my knee and couldn't believe how quickly the pain went away.
- It's a heavy metal detoxifier, binding with any metals in your body and carrying them out.
- It's a muscle relaxant and helps with muscle repair.
- It protects against radiation damage. Taking DMSO internally or applying it externally before undergoing any procedure that involves radiation can help prevent DNA damage.
- It helps with wound healing. Using a colloidal silver spray to clean the wound first is good practice.
- It can help with ear issues such as pain, infections and tinnitus.
- It can help with sinus issues, including allergies and infections.
- It can help with hair growth by increasing circulation to the shaft of the hair. It can also help with hair thickness and luster. An added benefit is that because it's transdermal, DMSO applied to the scalp will travel to the tissues below. Many people report improved mood and better mental clarity after using it here.
- It's really good for the skin, helping with anti-aging, healing of scars, reducing wrinkles and blemishes. Be sure to do a patch test before applying to your face to determine how your skin will react to it. As stated above, make sure your skin is really clean before applying it.
- It helps heal cold sores. This is good news for me as I tend to get outbreaks when I'm under stress. When used at the first sign of a cold sore, it will get rid of it pretty quickly. Its use should be continued until the cold sore is gone.
- It helps speed the absorption of essential oils. Using DMSO in place of a carrier oil will result in the need to use less essential oil to do whatever job you want it to do. It has the unique ability to take essential oils deeper into the tissue, which can help with infections or other issues.

While the likelihood of DMSO causing harm is pretty small, especially since it's a natural substance, I would be remiss to not provide some words of wisdom with its use.

- Do not drink alcohol when using DMSO internally. We all know alcohol is toxic to the liver, which therefore counteracts the positive benefits of DMSO. There is still much to learn about its interaction with alcohol and until more is known, it's best to avoid drinking.
- The most common issue from external use is a temporary redness, itching, swelling or burning to the skin. To minimize this, simply reduce the percent (concentration) of DMSO you use.
- It can react with the dyes in tattoos, so it should not be applied to any area with a tattoo.
- It reacts with soft metals (like aluminum, copper, iron and tin), but not with stainless steel, gold or silver. Therefore, you need to make sure that non-gold or non-silver jewelry worn doesn't touch skin that has DMSO on it.
- Store it in glass not plastic as it can actually dissolve certain plastics.
- DMSO is light sensitive, so it's best to store it in a dark container and out of direct sunlight.
- If you decide to take DMSO internally and you're taking prescription medication, be sure to talk to a trusted doctor (who knows about and isn't adverse to DMSO) first. Since DMSO increases absorption, it can impact the absorption rate of some medications, which may not be desirable.

When trying DMSO, like with pretty much anything new, it's best to begin slowly. It's been around for a long time and over 100,000 articles have been written about it, with over 30,000 peer-reviewed studies on PubMed.gov. This makes it one of the most studied substances out there. But sadly, the FDA and Big Pharma don't want you to know about it or use it. Decades ago, 60 Minutes actually did an entire segment on how effective DMSO is, particularly in treating injuries and eliminating pain and how it was being kept for us. You can watch this fascinating clip here: [60 Minutes Segment](#)

I personally think everyone should have this wonderful liquid on hand. It's natural and affordable and one more tool to have in your natural healing toolbox. Have a wonderful month.