DMSO BLENDS FOR HOME USE

Antifungal Drops
100 mL glass dropper bottle
1 mL Lugol's iodine or povidone-iodine
44 mL 99.995 percent pharmaceutical-grade DMSO
55 mL distilled water

These drops will work wonders on toenail fungus and other fungal issues such as athlete's foot, jock itch, and candida blooms (for example, on areas of skin that touch, like under the breasts). They also work on fungal issues in animals, especially in dogs during humid weather or that are chronically wet from constant swimming or whose ears don't dry properly. To the clean dropper bottle, add the iodine, DMSO, and distilled water. Screw on the top and shake until mixed. Store at room temperature in a dark cupboard.

For nail fungus: Wash the skin and nails well with a nontoxic soap. Apply 1 to 2 antifungal drops (just enough to cover the nail on top and underneath) twice daily to the nail, under the nail plate, and on the surrounding skin. Up to six months may be needed for complete healing.

For athlete's foot: Soak the feet in a 50 percent solution of apple cider vinegar and water for five minutes, then dry well. Apply 1 to 2 antifungal drops (just enough to cover the nail on top and underneath) between the toes and on all affected areas of skin twice a day until resolved.

Eye Drops
30 mL glass dropper bottle
118 mL distilled water
¼ teaspoon pure, natural sea salt (noniodized)
6.25 mL 99.995 percent pharmaceutical-grade DMSO

The eye has a microbiome, or community of microorganisms, that acts as a natural immune system. [93]
When making these eye drops, use the sterile technique described below, to avoid bacterial contamination of the drops. We want to preserve the good bacteria in our eyes and avoid upsetting the microbiome balance by introducing new or foreign bacteria.

Disassemble all parts of the dropper bottle. Bring a pot of water to a boil and lower the bottle pieces gently into the water with tongs or a spoon. Let the pieces boil for five minutes, then remove them and place them on a clean towel or drying rack to air-dry. Reassemble the dry pieces with clean hands or wear clean gloves. Keep the lid capped while you make the solution to avoid air contamination.

In a pot, place the distilled water and natural sea salt, and heat gently until the salt has dissolved. Using a syringe, add the DMSO to the dropper bottle. Then add 23.75 mL of the saline solution you just made to the bottle, replace the cap, and shake. There will be leftover saline solution in the pot, which you can discard. The mixture

will become hot in the glass dropper bottle due to the exothermic (heat-producing) reaction of DMSO
with water. You have just made a 20 percent DMSO saline eye solution. (To make a 40 percent solution, simply double the dose of DMSO and subtract the amount from the saline content.) Label and date your bottle; you should make a new solution after six months.
To be as clean as possible when using the eye drops, please wash your hands with soap and hot water, and dry them with a clean towel before using the eye dropper. Make sure not to touch the eye area with the tip of the dropper as this will contaminate it. If you accidentally do this, be sure to wash the dropper in hot, soapy water and dry it with a clean paper towel or freshly washed towel.

Ear Drops
50 mL glass dropper bottle
5 mL 99.995 percent pharmaceutical-grade DMSO
45 mL 15 ppm colloidal silver
This ear drop formula makes a solution containing 10 percent DMSO with 90 percent colloidal silver solution. Add the DMSO and colloidal silver to
the clean glass dropper bottle. Cap and gently shake. Wait for the exothermic (heat-producing) reaction to complete before using. Apply 1 or 2
drops in each ear one to two times daily for a week. When symptoms disappear, continue treatment a few days longer to ensure that the problem
doesn't return. Make sure to label and date your bottle. You should make a new solution after six months.

Sinus Rinse
Neti pot or metered nasal tip applicator
8 ounces distilled water
¼ teaspoon neti salt or noniodized sea salt
11 mL 99.995 percent pharmaceutical-grade DMSO
½ teaspoon 15 ppm colloidal silver
½ teaspoon preservative-free aloe vera gel juice (optional)
For a sinus rinse to manage sinus infections, polyps, injuries, allergies, or general inflammation, a 5 to 10 percent DMSO solution is ideal. Do not
use this solution if the inside of your nose is raw or bleeding.
You can purchase a neti pot or use a glass to "sniff" in the water. Alternatively, you can purchase a product that has a metered nasal tip applicator
and make a solution in that bottle. Any of these items can be found easily online.
Use lukewarm distilled water when making this rinse to prevent bacterial contamination. If you only have access to tap water, boil the water for
three minutes first and allow it to cool until it is lukewarm. Add the neti salt or noniodized sea salt to the lukewarm water. Stir until fully dissolved.
Add the DMSO to the solution. Then add the colloidal silver using a plastic or wooden spoon (not metal). Stir gently. The mixture is now ready for
you to rinse both sinuses. If the rinse stings too much, add ½ teaspoon of preservative-free aloe vera gel juice to help to soothe the sinus tissues.

Wound Spray
100 mL glass spray bottle
50 mL 99.995 percent pharmaceutical-grade DMSO

50 mL distilled water or 15 ppm colloidal silver

I want to tell you the story of the time my daughter learned to ride her bicycle without training wheels. She is a very bold and confident child (very much like her mother) and sometimes can be overconfident. Before we had a chance to purchase knee and elbow pads, she wanted to ride down the lane with her friends. She slipped on a patch of sand and over she went, scraping her knee quite badly. It is a lesson I think we have all had at some point in our childhood.

At first, I didn't think to use DMSO on the wound. I just cleaned it, sprayed it with colloidal silver, and applied a homemade calendula salve.

However, the wound was taking a lot longer to heal than we wanted, and it was still causing her pain. I asked her if she would be okay if I sprayed a 50 percent DMSO solution on her open wound, even if it might sting. She agreed and we tried it. It turned out that the DMSO did not sting at all!

She found immediate relief from the spray and so we decided to apply it three times a day. The next day a proper scab had formed but she complained that it felt tight, so I moistened it with the calendula salve over the next two to three days. It healed very quickly, the new skin came in beautifully, and there was no scar.

I make this wound spray for my customers and it is well loved. Using a funnel, pour the DMSO and distilled water into the spray bottle. You can also choose to use 50 mL of 15 ppm colloidal silver in place of the water if you prefer. Store the spray in a cool, dry place and make a new batch after six months. You can use this formula on all kinds of wounds, but it is best to wait to use DMSO until the wound has stopped bleeding. Avoid using this on surgical wounds, as the sutures could be dissolved by the spray.

Mouthwash

3.5 mL 99.995 percent pharmaceutical-grade DMSO

3.5 mL 3 percent food-grade hydrogen peroxide

7 mL distilled water or distilled water mixed 50-50 with preservative-free aloe vera gel juice

Here's a mouthwash that you can use to treat symptoms of gum disease and tooth infections, although always see your dentist as soon as possible for serious dental issues. I personally advise my clients to find a biological, mercury-free, and mercury-safe dentist in their area. Combine the DMSO, hydrogen peroxide, and distilled water (or distilled water mixed with aloe vera gel juice). Swish for a few minutes and spit. Do this twice a day. Do not swallow this mixture.

When dealing with issues in your mouth, make sure you also work to fix the root cause, which is usually related to digestion and diet, especially vitamin and mineral deficiencies. I also suggest brushing with a remineralizing toothpaste. I make a product called Dubh Toothsoap, which contains all the necessary minerals. It can also be a good idea to add boron, magnesium, and vitamin K2 supplements to any bone- or tooth-healing regime.

Topical Vitamin and Mineral Blend

50 mL glass dropper bottle

1 mL magnesium oil

2 drops Lugol’s iodine or povidone-iodine
powder from ½ capsule vitamin C
powder from ½ capsule B-complex vitamin
40 mL 99.995 percent pharmaceutical-grade DMSO
10 mL preservative-free aloe vera gel juice

Place a funnel over the glass dropper bottle. Add the magnesium oil, iodine, C and B-complex vitamins, DMSO, and aloe vera gel juice. Shake well. Store in a cool, dark place and make a new mixture after six months. This blend is for topical use only. Apply 3 to 5 mL of solution on any area of the body you are trying to heal one or two times a day. Once you are comfortable using this blend, you can experiment with adding different
vitamins or minerals to new blends.