

# How I Fix Up Sore Joints

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Those of you who know me know that I enjoy pushing myself. For many years I was a very enthusiastic endurance athlete.

In the course of my rigorous training and competing, I sometimes had to deal with sore knees, sore ankles and the like. In most cases these were not ligament or cartilage tears, and I have never torn a tendon. I am fortunate in that my body awareness and general health are good enough to prevent those potentially very serious athletic injuries.

However, it was fairly common that I found myself with a sore knee just from hard use, often when I had a race coming up in just a few days. What to do? My intuition did not point me towards the usual over-the-counter pain medications, and taking stronger prescription pain medication was not compatible with my athletic ambitions.

Even in my early days as an athlete, on some level I understood that just suppressing the pain was not enough. I needed some way to address the cause of the pain. Everything I had learned about the Universe I lived in convinced me that it was always best to look for the cause and not just try to block the symptom.

Fortunately, my first coach was a man very knowledgeable in all aspects of training and competing, including dealing with common overuse injuries. In addition to coaching me to be the best cyclist I could be, he taught me how to maintain my body in a state of excellent health. I have used his teachings and techniques safely and effectively now for over 45 years.

Since the technique I am describing in this article is still not approved by the FDA, I will not recommend that you use it. Rather, I will simply tell you how I use it to heal joint injuries. You can draw your own conclusions.

And for those of you who wonder how effective this technique is, I'll just say this: I was very active as an endurance athlete for over 3 decades. My athletic career was almost 100% pain free. And I missed very few events due to injuries. If you check with other endurance athletes, you will find that this is unusual.

First, we need to understand that in most cases, where there is not significant structural damage to the joint, the pain is caused by inflammation and the irritation associated with the inflammation. The inflammation puts pressure on the local nerves, which causes the pain. By reducing the inflammation, the pressure on the nerves is eliminated. That in turn eliminates or dramatically reduces the pain.

Also, in many cases, the inflammation actually impedes the body's efforts to heal the joint injury. So reducing the inflammation not only deals with the pain but it also speeds the overall healing.

I treat the affected area, (the skin all around the area of the joint), with DMSO. I do this every other day until the injury is healed. I have found that joint injuries left on their own would typically take at least several weeks to heal. When properly treated with DMSO heal in just a few days. And while they are healing, the pain is either gone entirely or reduced to a level that is barely noticeable.

Please promise me one thing: If you plan to try this method for healing sore joints, please read this entire article through without skipping anything. That way you will have the information you need to use this method safely and effectively. Please do this even if you normally do not tend to read things through completely.

There is quite a bit of controversy surrounding the use of DMSO. Some ask if it is effective. Others ask if it is safe.

I am actually grateful for these concerns. They help us to focus on proper use of DMSO, which is important for both safety and efficacy. In all the years I have used DMSO, (more than 45 years, now), I have never had an adverse reaction, nor do I know of anyone else who has used it properly and who has had an adverse reaction.

Here is the protocol I follow:

1. I purchase only pharmaceutical grade, unscented DMSO. I use the 99.9% strength DMSO.
2. I wash the area I intend to treat with Castile Soap before treating it. I use Dr. Bronner's Unscented, Baby-Mild Castile Soap.
3. After washing the area with the Castile Soap and thoroughly rinsing it with water to remove any soap residue, I rinse the area one more time with distilled water. I allow it to air dry.
4. I paint on the DMSO with a glass rod that is like a swizzle stick. (I bought several inert glass stirring rods from a supplier of chemist's glassware. Some professional bar suppliers also have these for sale.)
5. I allow the area treated with the DMSO to air dry.
6. I avoid letting the area come in contact with anything that could be toxic for at least 4 hours.
7. If there is still swelling, inflammation or discomfort 2 days following my initial treatment with the DMSO, I treat the area again.

Important things to know about DMSO: DMSO, (chemical name: Dimethyl Sulfoxide; formula:  $\text{CH}_3\text{SO}$ ), is a naturally-occurring solvent. (Don't let the word solvent scare you – water is a solvent!) As a solvent, DMSO has some unusual properties: It very quickly penetrates the skin. It goes into the bloodstream and into any body tissue that is below the skin. In fact, it penetrates so well and so far that when I paint some on my knee, within a minute or so I can taste it on my tongue. It has a garlic-like taste.

DMSO not only penetrates the skin and goes into the farthest reaches of the body, but it also pulls in any substances it is in contact with, as well. So if I have some skin cream on my hand and I paint on some DMSO, it will pull in the skin cream, or at least some of the chemicals in the cream, with it. I do not want that to happen, so I follow the careful pre-treatment cleaning steps outlined above.

Once the DMSO has been painted onto the skin, it leaves the skin hyper-permeable for up to 4 hours. I am careful not to wear clothing that has synthetics or possibly toxic clothing dyes, over the area I treat.

What does DMSO do and how does it actually work? I am not positive that anyone knows for sure how it works. I have heard lots of theories about how it works and how its use results in such amazing healing.

Here is the latest and most creditable theory I have heard about how DMSO works to help heal the body: Its solvent properties allow it to get down into the smallest capillaries and lymph channels in the tissues. In damaged and/or inflamed tissues, these tend to get clogged up. Then the very cells and structures that need excellent circulation in order to heal cannot get the nutrients they need and cannot get rid of their waste products. As a result, the healing can be very slow and pain-causing inflammation can persist. When the DMSO is applied, it penetrates into these small vessels and unclogs them. This restores the circulation so the healing can proceed at maximum speed.

Some of the scientific research into DMSO and its effects also point to ways in which it improves the efficiency of biochemical reactions at the cellular level. This further reduces pain and accelerates healing of damaged tissue.

In addition to using DMSO to clear the micro-vessels in an injured area, it is also used to carry other healing medicines and substances deeply into an injured area. This often works far better than an injection, as it does not involve further tissue damage, and the desired substance disperses much more widely, evenly and extensively into the tissue that needs it.

Often medical professionals treat joint injuries with steroid injections. These injections into an injured joint can be quite painful. Further, steroid injections can make tendons more vulnerable to ruptures. DMSO treatment is a welcome way to avoid the pain and added risks. It's a lot less expensive, as well.

For years, when treating any of my more serious joint injuries, I would mix pure aspirin into the DMSO just before painting it onto the area I was treating. The DMSO would carry the aspirin directly into the injured joint, where it would help reduce the inflammation and so speed the healing.

I no longer use aspirin. I have found a much better way: I now mix pure MSM (methylsulfonylmethane ) crystals into the DMSO just before I paint it onto my skin. I use a small amount. Typically, I mix just a few grams of pure MSM crystals into a half teaspoon of DMSO. That seems to be all that is needed. The results are miraculous. A sore knee that might have taken days to heal with just the DMSO is now healed in a matter of hours.

You may ask: besides the cautions about toxins and using only pure, pharmaceutical grade DMSO, are there other things to look out for? Yes, there are several. While I have never encountered this, I have heard that there is a small percentage of the population that is allergic to DMSO. This seems to be a very rare occurrence.

To be on the safe side, if I were using it for the first time, I would paint a very small amount of DMSO onto an area on my forearm. (I would be sure to properly clean the intended test area first, using the skin cleansing procedure listed above.) Then I would wait a few hours to see if there are any negative symptoms or signs of an allergic reaction. I would not be concerned about mild skin irritation. That is often a normal side-effect of DMSO. Also, some itching within the first 30 minutes of application is not unusual. However, if I encountered more severe allergy signs, I would not use it.

There is one other rare but possible problem to look out for. DMSO seems to break free toxins that may have been trapped in various body tissues over a long period of time. It is a very effective whole body cleansing agent. This can lead to trouble if someone has a weak or diseased liver. Their liver simply may not be able to handle the larger than normal load of toxins it is tasked with eliminating.

Again, as a first-time user, painting a small amount of DMSO on my arm will help me to determine if my liver is healthy enough to safely handle the full DMSO treatment. If shortly after applying the small test patch, I find that I have pain in my liver area, that is a sign that I should not proceed. (At that point I would want to find out what is wrong with my liver and resolve the liver problems, first.)

As mentioned above, DMSO applied to the skin can cause some irritation. This is particularly true if I apply DMSO repeatedly to the same area. I deal with this simply by applying one of two skin soothing agents. My favorite skin soother is pure, liquid lanolin, which is readily available in most health food stores. It can also be found on-line. If that is not available, my fallback skin soother is pure organic aloe vera gel.

In either case, I wait at least 8 hours after applying DMSO before putting anything on my skin, even pure lanolin or aloe vera gel. I do not want those substances carried

through my skin and deep into my body. I want it so stay on the skin and do the work it is intended to do, which is to sooth the skin.

Since I never apply the DMSO more frequently than every other day, if there is skin irritation I can apply skin soothers on the in-between days. That way I do not run the risk of active DMSO pulling ingredients from the skin soothers into my body.

I do not use any of the commercial skin creams. They are classified as cosmetics, and as such there is no requirement that the manufacturer lists all of the ingredients. So there is no good way to know what is in them. And, the pure lanolin and pure aloe vera gel both work better than any cosmetics I know of, anyway. And they are both less expensive.

There is only one downside to lanolin. It is sticky so it is not very clothes-friendly. To me, that is a small price to pay for the overall relief and faster healing that this whole approach provides.

Here's something else to be aware of with DMSO: If you use the technique described in this article, you might find that any pain from the joint injury is reduced to such an extent that it may be easy to forget about the injury. It is important to keep the injury in mind and not resume "normal" activities too soon. Otherwise the injured joint may not have had adequate healing time to recover its full strength.

Please note that although the method described in this article can be safely and effectively used to speed healing and recovery following most joint repair surgery, it is not intended to take the place of such surgery. If you have major joint damage, such as a torn tendon, it may be that surgical repair is your best option.

Dr. Stanley Jacob is credited for discovering DMSO nearly 100 years ago. He is considered one of the world's foremost experts on DMSO. To learn more, you can visit his web site: [www.dmsso.org](http://www.dmsso.org).

I get my DMSO either from my local health food store, or sometimes from the local feed stores. (DMSO is often used to treat injured horses and other livestock, so high-quality DMSO is usually available in feed stores.)

Make sure that your DMSO is pure, unscented and not overly diluted.

If you combine organic sulfur in the form of MSM as described in this article, the quality of the MSM is crucial. I have found only a very few sources of MSM that are really effective. The organic sulfur MSM from "The Cellular Matrix Study" is the best that I have ever found. It is not sold directly over the Internet. However, you can call Patrick McGean, the director of "The Cellular Matrix Study" to order it. His number is: (801) 290-2013. He is located in Utah, U.S.A. So if you are calling from outside the U.S.A. you will need to use the country code. He can ship to most locations outside the continental U.S., although that will cost more.

Because The Cellular Matrix Study does not sell their MSM over the Internet, and there have been so many requests to buy it that way, I have set up a way for you to order it from the health optimizer web site. Here is the link:

<http://myhealthoptimizer.com/organic-sulfur-a-super-detox-and-metabolic-support-agent/>

An alternative source that is also good, but not as good is: Better Health Supplies – (352) 683-6432. Pricing is about the same from both sources. If you order from Better Health Supplies, be sure to ask for the free booklet on MSM. It is short, but informative and worthwhile.

I would beware of most other sources. Nearly all of the MSM I have tried or otherwise tested is worthless at best, and some may even be harmful. In order to be safe and effective, MSM must be very, very pure, (99.9% or better), and must be organic. Many sources meet those criteria. But the tricky part is that the crystalline structure of the MSM must be “large matrix” for the body to use it effectively. Most MSM sources fail to meet the structural requirements.

I do not use any of the MSM or DMSO creams or other fancy formulations. I have never found any that work well, and they are mostly over-priced and may even be dangerous to use.

Final thoughts on DMSO, safety and efficacy: Although the FDA has not seen fit to research or to promote research of DMSO, let alone evaluate the existing research and possibly approve it, DMSO enjoys very widespread use. It is routinely used in preference to steroid injections by the many of the world’s most highly paid athletes. It is considered by many top athletes as well as their trainers and their doctors to be far safer and more effective than just about anything else available.

I often mix things into my DMSO before applying it, such as MSM, and I don’t want to risk contaminating it. To prevent contamination I use a basic Petri dish for mixing and an inert glass rod to stir and apply my DMSO. Both are available from any supplier of glassware for chemistry – easy to find on-line. You can also find such basic chemistry glassware in many hobby stores, and even some pharmacies.

To preserve my DMSO, I store it at room temperature.

In this article there is not room to include answers to all of the questions I get about DMSO use. There are many other ways to use DMSO for various health problems. The list of topics and questions is long. However, I do want to address the most common question I hear:

Can I use DMSO for arthritis? The simple answer is yes, but with an important caveat. The DMSO will almost certainly provide some relief from the pain and it may even increase range of motion. Further, if the arthritis was caused by an impact, or other

one-time event, then the DMSO will almost certainly help the body to heal and may even get rid of the arthritis entirely.

However, in many cases arthritis is caused by a systemic problem, such as an on-going autoimmune condition. In such cases the root cause of the arthritis must be identified and eliminated in order to permanently be rid of the arthritis and its symptoms. Doing anything less than finding and correcting the cause will result in a temporary improvement, at best.

A core principle of good health is to always find the root cause of the problem. Resolve that problem to be permanently rid of the symptoms. Think of the symptoms as our body's way of warning us of the underlying problem. If we just deal with the symptom and not the cause, our body will send us stronger and stronger warnings until we pay attention to the underlying problem. This principle is central to my teaching and practice.

Common sense tells us to always find the root cause of any problem and to correct it. For example, if I find that a tire on my car is low I can put more air into the tire. That is treating the symptom. As long as there is not an ongoing leak, that will work. However, if there is an ongoing leak I need to find the leak and fix it or the low tire, (the symptom), will be back all too soon. This common sense principle applies to almost all areas of health. In fact, I would take it a step further and say that it applies to most areas of life.

Please feel free to send your questions or comments to: [jeff@myhealthoptimizer.com](mailto:jeff@myhealthoptimizer.com)

To your great health!

*Jeff Bell*

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