

DMSO

The Long Covid Killer



A miscellaneous list of things that have been shown to help dissolve β -Amyloid clots

- DMSO¹
- HSP 104²³
- Colloidal Silver⁴
- Colloidal Gold⁵
- Nattokinase⁶
- Green Tea⁷ (specifically EGCG)
- Turmeric⁸
- Resveratrol⁹

How **I** use DMSO:

- DMSO is a super-absorber. Make sure your skin is clean from head to toe before applying it topically!
- You'll have to figure out best dosage for yourself. I'd personally go with 1-week on, 1-week off, and try that to start. More is not always necessarily better.
- The main reported side effect of DMSO is a Herxheimer reaction. If that happens, it's a good thing – that indicates toxin clearance and bad cell dieoff. Consider lowering the dosage and spacing it out more.

Morning	<ul style="list-style-type: none">• 1 drops in plenty of water, as soon as I wake up• Wait 15-20 minutes before eating anything else (drinking water is fine)
Evening	<ul style="list-style-type: none">• Shower if need be• Apply adjunct (C. silver, gold, essential oil, etc.) to skin, dilute if necessary• Apply DMSO topically on top of adjunct• Begin infrared sauna within 5-10 minutes of DMSO application
GENERALLY	<ul style="list-style-type: none">• One week on, one week off – and I discontinue ingestion and only apply topically if I start to feel queasy.

¹ See "Oral dimethyl sulfoxide for systemic amyloid A amyloidosis complication in chronic inflammatory disease: a retrospective patient chart review," Amemori et al., 2006. I got this [stuff](#). **Note** that some recommend not using DMSO straight-up, except for Acute situations – consider reading "Healing With DMSO" by Amanda Vollmer if you'd like to dive deeper here (she has a recommended dilution chart – e.g. 40-80% dilution for topical, etc.)

² See "Potentiated Hsp104 variants antagonize diverse proteotoxic misfolding events," Shorter et al., 2015.

³ Derived from *Saccharomyces cerevisiae*, packaged as "Bakers Yeast" or "Brewers Yeast" – "Heat Shock Protein 104." I had to find gluten free stuff; I got [Bob's Red Mill Active Dry Yeast](#). I also got "[Mommy Knows Best](#)" inactive yeast powder, but strangely I haven't had an increase in my milk supply. Watch me go leave a scathing review.

⁴ See "Rapid Dissolution of Amyloid β Fibrils by Silver Nanoplates," Mani et al., 2019. Note that you'll want to find silver with a size somewhere between 10nm-25nm according to this study. Also, you'll notice that the study states that clots exposed to colloidal silver *and* infrared light (i.e. sauna) break up 27x faster. Good deal. I got [this stuff](#).

⁵ See "Inhibition of amyloid fibril growth and dissolution of amyloid fibrils by curcumin-gold nanoparticles," Jana et al., 2014.

⁶ See "Amyloid-Degrading Ability of Nattokinase from *Bacillus subtilis* Natto," Hsu et al., 2009.

⁷ See "Green tea epigallocatechin-3-gallate (EGCG) reduces beta-amyloid mediated cognitive impairment and modulates tau pathology in Alzheimer transgenic mice," Jun Tan et al., 2008.

⁸ See "Curcuminoids enhance amyloid-beta uptake by macrophages of Alzheimer's disease patients," Fiala et al., 2006.

⁹ See "Resveratrol promotes clearance of Alzheimer's disease amyloid-beta peptides," Marambaud et al., 2005.