

# How DMSO Treats 'Incurable' Autoimmune and Contractile Disorders

Analysis by [A Midwestern Doctor](#)

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## STORY AT-A-GLANCE

- › Broad healing potential – DMSO, a safe and highly effective treatment, has brought relief to countless people struggling with chronic pain, acute injuries, strokes, and conditions medicine often fails to address
- › Autoimmune support – Known for its potent anti-inflammatory properties, DMSO is particularly valuable for managing autoimmune conditions like asthma, lupus, multiple sclerosis, and interstitial cystitis
- › Protein support – Uniquely, DMSO helps stabilize and refold misfolded proteins, offering hope for genetic disorders and diseases with protein build-up (e.g., amyloidosis, Dupuytren's contracture, Peyronie's disease). It's even shown lifesaving benefits in challenging conditions like scleroderma
- › In the article, we'll dive how DMSO helps each of these conditions and the evidence behind these impressive benefits

Dimethyl sulfoxide (DMSO) is a simple and readily available naturally occurring chemical that rapidly enters the body through the skin and has a variety of remarkable therapeutic properties. When it was discovered, its proponents realized it represented a new therapeutic principle in medicine and once adopted, would completely change how medicine was practiced.

In turn, they conducted thousands of studies demonstrating DMSO's overwhelming safety and efficacy in hundreds of thousands of people, but unfortunately, the FDA

conducted a reprehensible campaign against DMSO<sup>1</sup> that eventually made it become a Forgotten Side of Medicine.

### Video Link

Over the last month, I've begun presenting that evidence. For example:

- I showed [here](#) how DMSO transforms the management of strokes, spinal cord injuries, mental disability and a variety of circulatory disorders (e.g., Raynaud's, Varicose Veins and Hemorrhoids).
- I showed [here](#) how DMSO treats chronic pain, arthritis, burns, wounds and traumatic injuries (e.g., sprains and sports injuries) here.
- I showed [here](#) how DMSO is one of the safest medical substances in existence.

In turn, colleagues such as Pierre Kory have begun using DMSO and reporting remarkable results. Likewise, I've received hundreds of extraordinary stories from readers who've gotten their lives back thanks to DMSO (which can be read [here](#)) and match exactly what the early pioneers of DMSO saw. Today, I will focus on some of the other critical uses for DMSO.

**Note:** While I have [my own preferred brands of DMSO](#), most formulations work. When purchasing DMSO, if getting the liquid form, it is important to make sure the DMSO is of high purity and stored in a glass container (the gel form also works and is easier to apply but is also more likely to be irritating and not always as potent).

*When applying DMSO topically, it is important to make sure you are not allergic to it (with a small skin test), that your skin is clean (so no chemical toxins are accidentally absorbed as well) and to only use the maximum concentration one's skin easily tolerates (which typically is 70% but can vary from 30% to 100%).*

## DMSO and Protein Disorders

DMSO offers a groundbreaking approach to treating complex illnesses by stabilizing misfolded proteins,<sup>2</sup> a key issue in many genetic disorders. Unlike pricey drugs that attempt to manage these disorders with limited success, DMSO's protein-folding support can treat a broad range of conditions, including cystic fibrosis,<sup>3</sup> amyloidosis<sup>4,5,6,7</sup> and even challenging neurological diseases.<sup>8,9,10</sup> DMSO's effect here is remarkably universal.

**Note:** *Improving the physiologic zeta potential* (an approach we typically use to treat circulatory disorders) can also stabilize protein folding (while worsening it causes aggregation and misfolding). Likewise, DMSO has been shown<sup>11</sup> to dissolve numerous enzymes without irreversibly inhibiting them, which authors felt suggested DMSO could compensate for genetically defective enzymes.<sup>12</sup>

Remarkably, DMSO has shown promise in treating prion diseases like Creutzfeldt-Jakob,<sup>13</sup> Alzheimer's,<sup>14</sup> and Parkinson's. Testimonials reveal DMSO's power, with reports of improved movement, energy, and coordination. For example, one reader using it for Parkinson's experienced reduced stiffness, faster movement, and improved motor skills.<sup>15</sup>

While I am very open-minded to unconventional medical ideas and knew DMSO could treat a variety of otherwise incurable neurological diseases (e.g., ALS), there was one thing I always had a bit of difficulty believing.

DMSO allegedly had been shown to cure Down Syndrome, demonstrated both in three clinical trials<sup>16,17,18</sup> and remarkable case reports<sup>19</sup> that were presented by multiple corroborating medical witnesses in Congressional testimony, along with numerous studies showing DMSO improved the cognition and behavior of developmentally delayed children.<sup>20,21,22,23</sup>

To explain this impossible benefit, I theorized it was likely due to DMSO's protein stabilizing benefits, as Down Syndrome is characterized by "the aberrant accumulation of unfolded/misfolded proteins resulting from over-burdened protein quality control systems."<sup>24</sup>

What I find particularly noteworthy about this is that the "untreatability" of genetic disorders (which typically result from a dysfunctional protein) has justified spending incredible amounts of money on both research and treatments for them (e.g., the industry is still in its early stages but 20.4 billion is already spent each year on gene therapies in the United States<sup>25</sup> – which in part explains why there was such a push to bring the unsafe mRNA platform onto the market and open up a massive new drug sector).

In contrast, DMSO is virtually free and has been shown to treat many of these disorders we still do not have a good option for.

## Collagen Disorders

Abnormal collagen buildup contributes to many diseases, including rheumatologic and degenerative aging conditions. DMSO, known for addressing protein buildup, also "softens" collagen, benefiting various collagen disorders. It helps by:

- Regulating MMP-9 activity to support orderly healing, reducing fibrotic diseases.<sup>26</sup>
- Reducing adhesions from surgery<sup>27</sup> and eliminating radiation-induced fibrosis.<sup>28</sup>
- Treating keloids<sup>29</sup> by loosening collagen bundles<sup>30</sup> to flatten scars.
- Strengthening incisions<sup>31</sup> and scars to prevent excessive scar formation<sup>32</sup> post-surgery.

**Note:** *Many other reports of DMSO benefitting collagen disorders (e.g., this symposium, which provided data on 9,521 patients with a variety of conditions such as Dupuytren's contractures<sup>33</sup>) also exist.*

DMSO has shown promising effects on collagen-related disorders like Dupuytren's and Peyronie's, both of which involve abnormal collagen buildup. Early studies, including one from 1965,<sup>34</sup> showed that DMSO improved range of motion in scleroderma and reduced plaque in Dupuytren's contracture.

## Dupuytren's Contracture

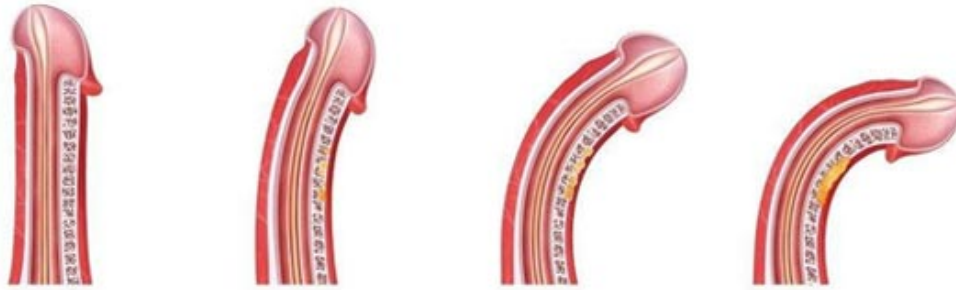


This condition involves thickened collagen in the palm, causing finger contractures. Standard treatments like collagen-digesting injections, needle aponeurotomy, or surgery can have complications and high recurrence rates.<sup>35</sup> Early reports noted that long-term DMSO use led to improvements, with 3 out of 3 patients responding positively in one study,<sup>36</sup> and partial or complete remissions in others.<sup>37</sup>

However, effectiveness seems higher when DMSO is used early, at higher concentrations, and over a prolonged period.

## Peyronie's Disease

#### PLAQUE FORMATION STAGES



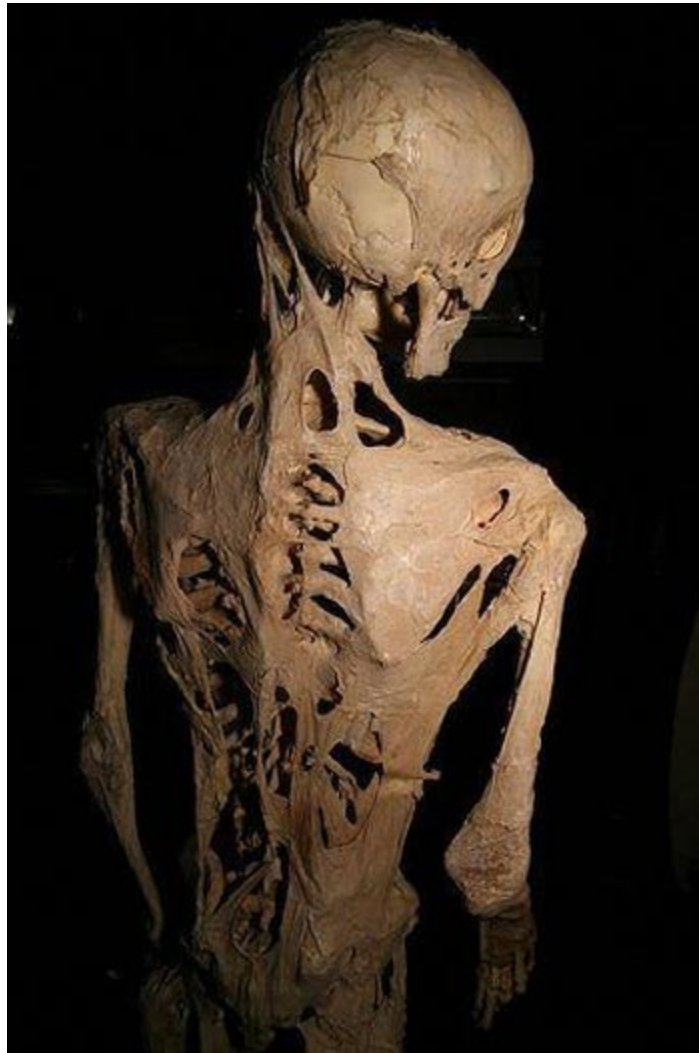
Peyronie's causes painful scarring and curvature of the penis, and while treatments exist, they often don't fully resolve the issue. DMSO, especially when applied early, has been reported to reduce plaque size and pain. Notably, Dr. Stanley Jacob in Portland saw relief in about half of his patients.<sup>38</sup> Research from the Cleveland Urologists found that 6 of 13 men saw enough improvement to resume normal intercourse,<sup>39</sup> with some experiencing reduced plaques or even complete resolution.

**Note:** *While DMSO does not have a 100% cure rate for Dupuytren's or Peyronie's, it often works and unlike the other options is devoid of side effects. Because DMSO works best when used early and can be applied discreetly at home, it offers a powerful and accessible option for those dealing with these conditions – especially Peyronie's disease.*

## Rheumatoid Arthritis Contractures

DMSO has also proven useful for flexion contractures from rheumatoid arthritis, where it increased joint flexibility by 20 to 30 degrees without relapse after a follow-up.<sup>40</sup>

## Fibrodysplasia Ossificans Progressiva (FOP)



FOP, a rare genetic disorder causing muscles and ligaments to progressively turn into bone, is usually considered terminal and incurable. Yet, patients in studies have improved from DMSO (e.g., one regained some shoulder and hand movement and saw smaller calcified lumps).<sup>41</sup>

## **Scleroderma**

"During the eight months I have been testing DMS:

- I have been able to walk and drive a car (I had been consigned to a wheelchair by doctors at the University of Michigan Medical Center)
- My terrible swallowing problem due to a calcified esophagus has improved, although I still eat baby food meats

- I still have nine fingers left, free so far from amputation

I'm fighting for a change in drug evaluation to give thousands of other people a future of some promise."<sup>42</sup>

Scleroderma is a devastating disease characterized by hardening and thickening of the skin, starting with blood vessels and potentially spreading to muscles, joints, and internal organs, where it often becomes fatal.<sup>43</sup> Despite years of research, options remain limited, with poor survival rates and frequent complications like ulcers, impaired mobility, and loss of fingers or toes due to poor circulation.<sup>44</sup>

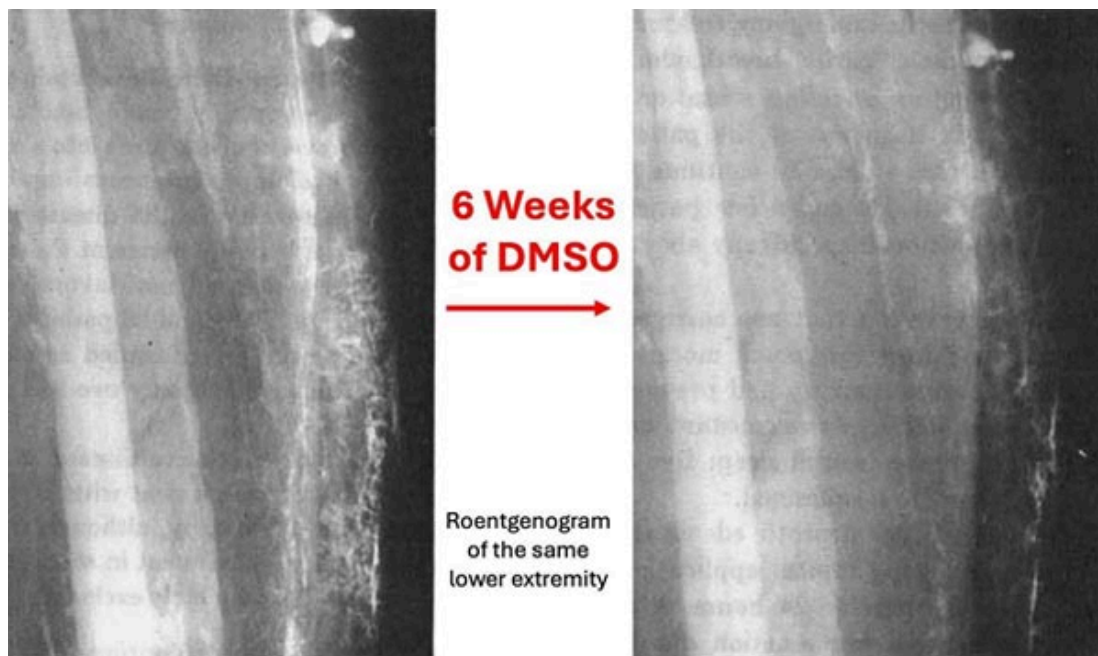
Early research found DMSO to be remarkably helpful for scleroderma, often prompting patient protests against the FDA's refusal to approve it.<sup>45</sup> Studies showed DMSO's effectiveness in healing ulcers, softening hardened skin, improving circulation, and even reducing collagen buildup.

In a landmark study of 42 scleroderma patients,<sup>46</sup> 62% experienced notable improvements, with a few even achieving remission. Many patients had to continue DMSO use to maintain benefits, but the results were life-changing.

**Note:** *This study was initially inspired by the recognition that **DMSO is very effective at treating pain**, and scleroderma is often quite painful.*

In a later study at the Cleveland Clinic, DMSO increased joint flexibility, restored skin suppleness, and improved grip strength.<sup>47</sup> Russian researchers also observed rapid improvements in over 90% of scleroderma patients, with many experiencing no relapses up to five years later.<sup>48</sup>





Testimonials from patients, including a passionate plea before Congress, highlighted DMSO's potential as a safe and impactful treatment – though it's still rare for modern rheumatologists to know much about it.<sup>49</sup> Additionally, numerous rheumatologists surveyed by Congress found it effective for scleroderma.<sup>50</sup>

## Other Autoimmune Conditions

In the first two parts of this series<sup>51,52</sup> I provided extensive research demonstrating DMSO's ability to prevent or resolve experimentally induced inflammation (or tissue necrosis) and research mapping out DMSO's specific anti-inflammatory properties (e.g., it inhibits numerous inflammatory cytokines), and a wealth of data showing it was an effective treatment for rheumatoid arthritis.

DMSO in turn, is well recognized for its anti-inflammatory actions, and some of my colleagues have used it for this purpose for years. Likewise, many authors have discussed its use in a variety of autoimmune disorders (e.g., this author discussed how DMSO can often be quite helpful for idiopathic thrombocytopenic purpura<sup>53</sup>). In the section below, I will discuss its use in a few key autoimmune conditions.

### 1. Interstitial cystitis (IC)

- **Overview** – IC, also known as painful bladder syndrome, can drastically affect quality of life, leading to frequent and urgent urination – sometimes up to 50 times a day – often accompanied by pelvic pain, bladder inflammation, and even blood in the urine.
- **DMSO treatment** – Administered as RIMSO-50, DMSO has FDA approval specifically for IC. It works by alleviating pain<sup>54</sup> and reducing inflammation<sup>55</sup> in the bladder wall, promoting relaxation of bladder muscles<sup>56</sup> and preventing scar tissue formation.<sup>57</sup>
- **Results** – Clinical reports show that many patients experience substantial relief, with response rates varying between studies but often demonstrating a significant reduction in symptoms such as pain and urgency.<sup>58,59,60,61,62</sup>

## 2. Lupus

- **Overview** – Lupus is a complex autoimmune disease that can cause widespread inflammation and damage to various body systems. Patients often struggle with chronic symptoms and find traditional treatments inadequate.
- **DMSO applications** – Reports suggest that DMSO may effectively alleviate symptoms in lupus patients, even those unresponsive to steroids. Notably, some cases have shown DMSO leading to remission of lupus-related interstitial cystitis,<sup>63</sup> demonstrating its multifaceted benefits.
- **Potential impact** – As a potential alternative or adjunct therapy,<sup>64</sup> DMSO offers hope for those seeking better management of their lupus symptoms.

## 3. Asthma

- **Overview** – Asthma is characterized by inflammation and narrowing of the airways, leading to difficulty breathing. Traditional treatments often rely on bronchodilators and corticosteroids.

- **DMSO benefits** – Research indicates that DMSO may reduce the severity of asthma symptoms, particularly when used in conjunction with other therapies. Some studies report<sup>65</sup> that DMSO can decrease the frequency and dosage of asthma medications required, with some patients even eliminating the need for medications altogether.
- **Impact** – This could significantly enhance the quality of life for asthma sufferers, providing them with more control over their condition.

#### 4. Multiple sclerosis (MS)

- **Overview** – MS is a chronic disease affecting the central nervous system, leading to a range of neurological symptoms that can vary greatly between individuals and often cannot be fully managed with conventional care.
- **DMSO benefits** – A Russian study of 34 MS patients found DMSO provided significant benefit to them.<sup>66</sup>
- **DMSO case studies** – Anecdotal evidence reveals that some MS patients have experienced remarkable improvements following DMSO treatment.<sup>67</sup>

***Note:** There was also a reported case<sup>68</sup> of Stanley Jacob treating a patient with ALS which resulted in "some instant, overnight and slightly delayed wonders of therapy," and this user reported<sup>69</sup> she saw it visibly improve the condition. In our own experience **IV DMSO** is one of the only things which can treat ALS (typically it halts the progression of the disease).*

#### 5. Uveitis

- **Overview** – Uveitis is an inflammation of the middle layer of the eye, which can cause pain, light sensitivity, and vision changes.
- **DMSO research** – Studies conducted on dogs with uveitis have shown that DMSO effectively reduces both inflammation and intraocular pressure.<sup>70</sup>

- **Human application potential** – This promising research suggests that DMSO could be explored as a treatment option for humans suffering from similar inflammatory eye conditions, particularly since DMSO treats many other ocular disorders.

## 6. Inflammatory bowel diseases (IBD)

- **Overview** – Conditions like gastritis, ulcerative colitis and Crohn's disease lead to chronic inflammation of the digestive tract, resulting in symptoms like abdominal pain, diarrhea, and fatigue.
- **Efficacy of DMSO** – Research highlights DMSO's potential to reduce relapse rates and inflammatory markers when added to standard therapies for ulcerative colitis.<sup>71</sup>
- **Clinical significance** – By enhancing the effectiveness of existing treatments, DMSO may provide a pathway to better management of IBD<sup>72</sup> and improved patient outcomes. Many of my colleagues find DMSO is exceptionally helpful for IBD.

## 7. Myasthenia gravis (MG)

- **Overview** – MG is an autoimmune disorder that affects communication between nerves and muscles, leading to weakness and fatigue.
- **DMSO mechanism** – Animal studies indicate that DMSO can reduce levels of acetylcholine receptor antibodies,<sup>73</sup> which play a crucial role in the disease's pathology.
- **Future directions** – While human studies are lacking, this research opens the door for potential therapeutic strategies involving DMSO in managing MG.

*Note: DMSO has also been shown to suppress thyroid autoantibodies<sup>74</sup> (a common cause of hypothyroidism).*

**8. Sjogren's syndrome** – Sjogren's syndrome (autoimmunity of the parotid gland) results in a loss of saliva and the mouth becoming very dry. Since it is a very difficult condition to treat, this table within a larger study<sup>75</sup> caught my eye:

TABLE 5  
EFFICACY OF DMSO APPLICATIONS ON PAROTID GLANDS IN PATIENTS  
WITH SjöGREN'S SYNDROME

10 applications Mode of Treatment	Total Number of Patients	Improvement			Without Effect N (%)
		Significant N (%)	Moderate N (%)	Slight N (%)	
DMSO Only	41	21 (51)	14 (34)	5 (12)	1 (2.5)
DMSO + ascorbic acid	10	6 (60)	3 (30)	2 (20)	
DMSO + heparin	10	5 (50)	2 (20)	2 (20)	1 (10)
DMSO + hydrocortisone	4	2 (50)	2 (50)		
Overall	65	34	20	9	2

30% DMSO, 5 ml of 5% ascorbic acid, 125 IU heparin, 125 mg hydrocortisone

## Conclusion

At the time these discoveries were made more than fifty years ago, they were revolutionary, many still are (e.g., conventional medicine still cannot treat many of the conditions described here and clinically, DMSO remains one of the most anti-inflammatory agents available to us).

**As a result, many physicians and desperate patients from around the country fought to make DMSO be legalized**, but outside of its narrow indication for interstitial cystitis, the FDA refused to relent<sup>76</sup> – even after many congressional representatives and senators spent decades trying to force the FDA to.

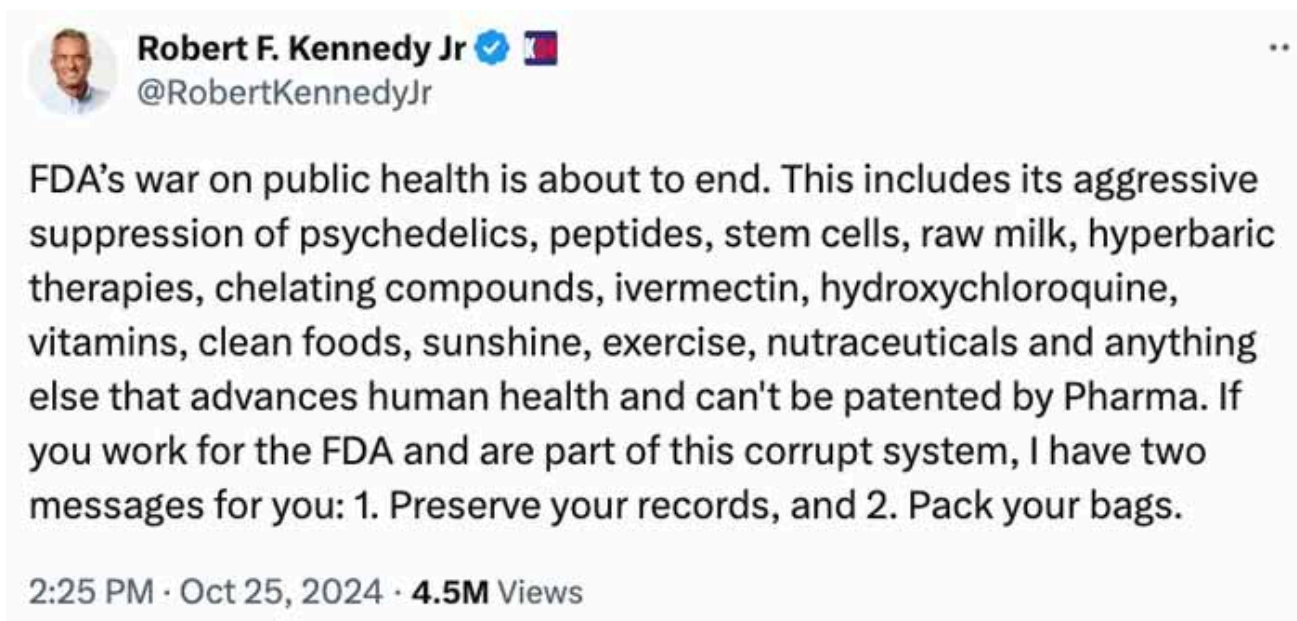
Rather, it was only after the public became so disgusted with the FDA conducting police style raids against natural medicine and Congress passed the 1994 DSHEA Act<sup>77</sup> which prohibited the FDA from regulating naturally occurring supplements that things changed (as DMSO occurs in nature).

Sadly, by the time this happened, the damage was done and very few remembered the incredible potential DMSO had to transform the entire practice of medicine – despite the

fact hundreds of thousands of Americans were using DMSO in the not too distant past.

Worse still, these monopolistic tactics never stopped, and so many remarkable therapies which could have helped all of humanity have been erased by the medical industry (e.g., consider how hard the FDA fought to bury hydroxychloroquine and ivermectin during COVID-19 so the unconscionable mRNA vaccines would face no competition).

Fortunately (due to the rapid diffusion of information facilitated by social media), these tactics have provoked such a strong backlash that an extraordinary, a once-in-a-lifetime opportunity has been created, and next week we will at last have a chance to fix this dysfunctional paradigm:



In turn, I feel incredibly blessed to live in an era where The Forgotten Sides of Medicine can at last be rediscovered and to have been given the opportunity by the natural health community to help make that happen. For decades I never imagined what we are seeing now could ever be possible.

**Author's note:** This is an abridged version of [a longer article](#) that goes into greater detail on the points mentioned here, examines the unusual mechanisms that allow DMSO to treat so many different inflammatory conditions, and provides guidance for personal DMSO use (e.g., dosing, therapeutic precautions and where to obtain it).

*That article and its additional references can be read [here](#) (along with [a companion article](#) discussing DMSO's life-changing utility for a variety of musculoskeletal injuries and chronic pain conditions).*

## **A Note from Dr. Mercola About the Author**

A Midwestern Doctor (AMD) is a board-certified physician from the Midwest and a longtime reader of Mercola.com. I appreciate AMD's exceptional insight on a wide range of topics and am grateful to share it. I also respect AMD's desire to remain anonymous since AMD is still on the front lines treating patients. To find more of AMD's work, be sure to check out [The Forgotten Side of Medicine](#) on Substack.

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