

DMSO and Eye Health



This little booklet "**DMSO** and Eye Health "***** was created for you, my family of blood and family of heart, to avoid some unfortunate mistakes...
and make it easier for you to use this magnificent remedy that is **DMSO**.

***This** Little Booklet was created from excerpts of several books, written by doctors or groups of doctors (five of which are in the **DMSO for All Channel** library **on Telegram**), from a long search in the great library that is the Internet, from clinical trials, from feedback, from my reflections, from my deductions as well as from my personal practice. This Little Booklet, has not been written in any way to incite or influence you to use **DMSO** locally... But just to inform you how to use it, safely if you have already made this choice!

For the record, remember that I am neither a doctor, nor an ophthalmologist, nor a pharmacologist, nor a chemist, nor am I a member of the medical profession. I am only here to tell you about my experience and my practice.

With all my tenderness, fifo

Contents

Introduction P2
Contents..... P3
Warning P4
What you need to know P5-6
Compatibility test with **DMSO** P7
Precautions for use..... P8-9
List of eye problems treatable with **DMSO**..... P10
Frequency and duration of eye drop applications P11-12
Absolute Cleanliness/Hygiene Rules..... P13
Table of % and Dilution of sea water..... P14
Useful material for the dilution of hypertonic sea water..... P15
Dosage for making Isotonic Marine Plasma P16
Which container for your eye drops?..... P17
Useful material for the dilution of **DMSO** P18
Application of Ophthalmic Drops P19-21
Adverse and Desirable Effects..... P22
DMSO and **CDS** in Ophthalmic Drops P23
Examples of eye drop creation P24-26
Testimonials..... P27
Visual Rehabilitation P28
Information and Acknowledgements..... P29



WARNING

As a reminder: as I am neither an ophthalmologist nor an ophthalmologist, I would like to remind you that if you take note of the different protocols and information published in this Little Booklet "DMSO and Eye Health", and if you decide to manufacture and apply these eye drops in your eyes, or those of your loved ones, you do so of your own free will, and under your sole responsibility



THE EYE



What you need to know...

DMSO has long been considered one of the safest products ever used in medicine. There have been no documented cases of death or serious injury from the use of **DMSO**, even though millions of people have used it in the United States and other countries around the world.

Despite the record of extreme safety, clinical testing of **DMSO was** stopped in the United States on November 11, 1965 by the FDA. Dogs, rabbits and pigs given massive doses of **DMSO** developed changes in the lens of their eyes. Daily administration of **DMSO for** 6 months in amounts ten times the maximum doses indicated for humans caused minor changes in the animals' lenses sufficient to induce mild myopia. These changes were reversible and the lens became normal when the treatment was stopped. It should be noted that this problem has never occurred in monkeys or, even better, in humans.

What you need to know... 2/2



It was because of this biased study that **DMSO** gained its reputation for extreme toxicity. This continued until the Vacaville toxicology studies, which in turn proved the extreme safety of **DMSO**.

DMSO, administered at 3 to 30 times the usual human treatment dose, appeared to be a relatively safe drug, and in particular, no changes in the lens of the eye that had been observed in some animal species were detected in any subject after extensive ophthalmological examinations, after a 3-month follow-up. This absence of ocular changes after prolonged high administration of **DMSO** has since been fully confirmed by other studies.

"DMSO has since been shown to be not only, non-toxic to human eyes, but it is used directly in the eye, to reverse conditions that might otherwise lead to blindness." Archie Scott

DMSO COMPATIBILITY TEST

BEFORE TAKING ANY **DMSO**

Perform a tolerance test

This is done by applying a **70% DMSO** solution to clean skin, in the inner fold of the elbow. To do this, we use a bamboo cotton swab.





This area is observed for a minimum of 24 Hours

In case of persistent allergic reactions, e.g. almost immediate formation of pimples, papules, pustules or blisters, or if the redness clearly exceeds the application area, if pain occurs in the liver area or other unpleasant phenomena, **it is advisable not to use DMSO!**

PRECAUTIONS FOR USE 1/2



DMSO 99.9%, should never be used pure in the eyes.

It must always be diluted with either Physiological Serum or Isotonic Marine Plasma (**especially not Hypertonic**), or with other products, which are currently being tested. **see Table page 14**

Regardless of the eye condition you suffer from, your eye drops should never exceed a dilution of **50% DMSO**!

It seems that the use of DMSO eye drops is not recommended for people who have undergone cataract, myopia, presbyopia, astigmatism or hyperopia surgery using the LASIK technique.

PRECAUTIONS FOR USE 2/2



CAUTION to people who wear an ocular implant, also called an intraocular lens or Intac. Indeed, these lenses are made of plexiglass, silicone, acrylic or hydrogel, and these materials may be damaged by DMSO.

As **DMSO** is a transdermal solvent, it is recommended that people who have permanent or semi-permanent make-up, eyelash extensions, eyelash tinting, "heavy eyelid" piercings, or "eyeball tattoos" **refrain from using DMSO eye drops**, whatever the dilution.

The application of eye drops should always be done on perfectly cleansed eyes and with natural products.



List of eye problems treatable with DMSO



Many eye problems are successfully treated with **DMSO**. It is sometimes taken orally only, and/or by eye drops.

Here is a non-exhaustive list of eye diseases

Macular degeneration (AMD), retinitis pigmentosa, glaucoma, cataract, myopia, presbyopia, ocular lesions, myodesopia (floaters), diffuse discoloration of the sclera (sclera), infectious keratitis, conjunctivitis, stye (cyst/chalazion/compass), blepharitis (inflammation of the eyelid), purulent ophthalmia, xanthelasma (fatty nodules), dry eye, ophthalmic migraine, ophthalmic shingles, allergic rhinitis, asthenopia (visual fatigue).

FREQUENCY AND DURATION OF APPLICATIONS OF DMSO EYE DROPS 1/2



START WITH A DILUTION OF 10, 15, 20 OR 25% **DMSO** Ph. Eur. then increase as tolerated until a dilution of **MAXIMUM 40-50% of DMSO FOR OPHTALIMIC DROPS**, this dilution does not present any risk for the adult eyes.

On certain pathologies, and with certain dilutions, it seems that one can make three to four applications of **DMSO** Ph. Eur. eye drops per day, having taken care to carefully study the state of the eyes, before proceeding to a third and new application.

For chronic pathologies, it is recommended to continue the applications several weeks after the last symptoms have stopped.

THE DOSAGE DEPENDS ON THE SYMPTOMS AND TOLERANCE OF EACH INDIVIDUAL.

FREQUENCY AND DURATION OF APPLICATIONS OF EYE DROPS WITH DMSO 2/2







LENGTH OF TREATMENT

For each year of illness, it takes three to four weeks of treatment to achieve recovery...

"The duration of the DMSO treatment is over, only when the desired result is achieved!" Samy Djaba



Absolute cleanliness





Hygiene rules

A healthy eye is home to a balanced microbiome, in which "good bacteria" keep "bad bacteria" in check. And since the eye is exposed to the outside world, it is particularly vulnerable to contamination by microorganisms. In fact, our eye has its own ocular microbiota that maintains the perfect bacterial balance of our eyes. It is up to us to do everything we can to preserve this subtle stability.

This is why, when we prepare our eye drops, we must set up the most sterile work area possible. All of our glass containers must be sterilized for several minutes in boiling water to avoid any bacterial contamination. Our hands and all the material that will be handled must be disinfected beforehand!

CONSERVATION:

If it has not been contaminated, your DMSO/Isotonic Seawater mixture will remain active until your bottle is finished.



Table of % DMSO, and seawater dilution for the formulation of your eye drops



DMSO (%)		DMSO (ml)	+	Eau hypertonique (Océan Atlantique)		Ou	Eau hypertonique (Mer Méditerranée)		=	Total (ml)
				Eau Atlantique (ml)	Mont Roucous (ml)		Eau Méditerranée (ml)	Mont Roucous (ml)		
5	>	0,5	+	3,17	6,33	Ou	2,38	7,12	=	10
10		1		3,00	6,00		2,25	6,75		10
15		1,5		2,83	5,67		2,13	6,37		10
20		2		2,67	5,33		2,00	6,00		10
25		2,5		2,50	5,00		1,88	5,62		10
30		3		2,33	4,67		1,75	5,25		10
35		3,5		2,17	4,33		1,63	4 87		10
40		4		2,00	4,00		1,50	4,50		10
45		4,5		1,83	3,67		1,38	4,12		10
50		5		1,67	3,33		1,25	3,75		10

Useful material for the dilution of sea water Hypertonic of 33 to 39% in Isotonic Marine Plasma 1/2



+



+



+



Marine Plasma Hypertonic from 33 to 39%.

Natural water the least mineralized

Syringe of from 30 to 60 ml (Without needle)

Glass beaker or containing in glass



Never use Hypertonic Solution 30/39% to manufacture of your drops and never use distilled water, as it alters the properties of the sea water.



Here is the dosage to make Isotonic Marine Plasma:
2/2

For Atlantic seawater: 1/3 Hypertonic seawater for 2/3 natural water as little mineralized as possible.

For Mediterranean Sea water: 1/4 Hypertonic seawater for 3/4 natural water as little mineralized as possible.

For France and Belgium, here are the natural waters with the lowest mineral content*.

- n° 1 Lauretana
- n° 2 **Lifjalla** de Icelande
- n° 3 Mont Roucous
- n° 4 Mount Calm
- n° 5 Spa
- n° 6 Queen's dew
- n° 7 Auvergne water source Grand Barbier

***This** list is extracted from the **INFO Plasma MARIN** site

Never use distilled water, as it alters the properties of the sea water

Saline or isotonic sea water?

Much better results have been seen with isotonic seawater

Which container for your eye drops?

I advise you, for your first preparation of eye drops, to start with a 10 ml bottle maximum, which you are not obliged to fill. Indeed, as soon as your eyes will be used to this dilution, you will probably want to increase your dilution of **DMSO**...



An amber glass dropper bottle (**DMSO** hates light...) with a glass pipette, whose nipple is imperatively made of silicone. Silicone is a material that is not destroyed by **DMSO**. See the sites, below:

At Bouteilles-et-Bocaux, only the "brown medicine" range is adapted to DMSO: https://www.bouteilles-et-bocaux.com

At Odilsas, there are no single sales: https://odil-shop.fr

Your preparation should not be stored in the refrigerator.

Useful material for the dilution of **DMSO**



99.99%
Ph.Eur. grade
DMSO

+



Syringe
from 30 to 60ml

+



Glass beaker

+



Amber glass bottle
from 30 to 60ml
with silicon/glass
medical grade cap

See shopping sites p 17



APPLICATION OF THE DROPS OPHTHALMIC 1/3



The application of your eye drops must always be done on perfectly clean and make-up-free eyes, with natural products.







Tilt your head back slightly, and apply one drop of your **DMSO** eye drop solution to the inner corner of each eye. Let the drop roll into the eye. Move your eyes up and down, from right to left, so the liquid goes into the eye cavity and you feel a tingling sensation. These tingles will be more or less intense, depending on your sensitivity, but also on your dilution of **DMSO**.



It is not possible to open the eyelids, for 20 to 30 seconds.



APPLICATION OF THE DROPS OPHTHALMIC 2/3



Your eyes will water. Have a tissue ready to wipe the inside corner of your eye. A few minutes later, your eyelids will itch, just for a few moments. This is all part of the normal process.



In case of accidental contact of your pipette with your eyelashes, your eye, your finger, etc., your dropper is contaminated. Wash your glass pipette immediately with soap and warm water. Rinse thoroughly, and dry your pipette with a tissue. If not, throw away your entire preparation, and make a new solution according to good hygiene rules.

APPLICATION OF DROPS OPHTHALMIC 3/3



Let's recap. Your eyes will sting, burn, run, and then a few minutes later your upper and lower eyelids will itch. The duration of this discomfort is relatively short. It takes less than a minute before all these reactions subside and everything returns to normal.



Adverse and desirable effects

The whites of your eyes may turn red (the sclera), but this symptom is not accompanied by pain and will quickly disappear. During the first days of application, this manifestation may seem frightening. But with the passing of the applications, the sclera (white of the eye) of your eyes will get used to it and this symptom will fade little by little.

Some people, like me, will experience photophobia for a few weeks, i.e. an increased sensitivity to light, such as glare. The first reflex is to lower the brightness of all devices (cell phone, tablet, computer screen), because it is impossible to look at a bright screen. This sensitivity does not play on natural light, just on artificial light. To protect our eyes, we are obliged either to look away or to close our eyes. It is not painful; it is just very uncomfortable. This symptom does not last in time either.

Some others have occasional dryness of the skin, of the lower and upper eyelids. Just apply a light layer of dry oil (sesame oil, apricot oil, etc.) with a cotton swab and everything will be fine.

Others will see slightly blurred; this phenomenon persists only a few days.

After each application, once the tingling and watering has passed, the side effect felt is very pleasant, like a relaxation, a relieving and relaxing effect of the eye.

We all experience a subjective improvement in our vision. In my case, this improvement translates into a better ability to move around at night and an improvement in my visual acuity. I have a finer perception of contrasts and colors, while my presbyopia has not yet changed!

DMSO and CDS in eye drops

Here is protocol **O**, eye drops from Dr. Andréas Kalcker. With all due respect, I don't use it, as I suffer from "acute laziness". Indeed, his solution can only be kept for three days. So I found a way to get around it... I have two dropper bottles, one with my **CDS** dilution (to be kept in a cool place), the other with my **DMSO** dilution (to be kept in a dark place). I just need to put a drop of each product a few minutes apart.



Protocol O: as in Opthalmology, or eyes, ears and nose

Protocol O consists of the preparation and administering of eye, ear, and nose drops with the following procedure:

Mix the following in a small glass bottle with a polyethylene dropper (PE polyethylene is more durable than rubber):

- 50 ml physiological saline solution
- 5 ml of CDS
- 3 ml of DMSO 70%

Store the eye drops in a cool place away from the light to conserve 100% efficacy for up to about three days. After this time, they degrade rapidly, so you should prepare a new mix. Since the liquid is a disinfectant, there's no risk of infection, but its efficacy decreases after a few days.

Eyes

Apply five drops of the solution every 2 hours to the affected eye.



Example of eye drop creation 1/3

PRESBYTIE

I don't have any ocular pathology, I just have old eye disease... so presbyopia, a natural process linked to the aging of the eye!

My dropper bottle is 10 ml, I want a **50% DMSO** dilution. So I first took the hypertonic seawater at 34% to which I added natural water with very little mineralization.



5ml of DMSO 99,9% Ph.Eur.
1,66 ml of Hypertonic Sea Water at 34% 3,34 ml of Mont Roucous natural water

= 10 ml of eye drops with 50% DMSO

Never start your first bottle of eye drops at such a high dilution of DMSO. Start with 10, 15 or 20% DMSO. As you become more tolerant, you can then increase your dilution of DMSO.

Example of creation of eye drops 2/3

ANGLE-CLOSURE GLAUCOMA

Glaucoma is a chronic disease of the eye due to damage to the optic nerve. It is favored by an increase in the internal pressure of the eye.

Her dropper bottle is 30 ml, she wants a **15% DMSO** dilution. She therefore first took the 34% hypertonic seawater to which she added very little mineralized natural water.



4.5 ml of 99.99% DMSO Ph.Eur.

+ 8.5 ml of 34% hypertonic sea water

+ 17 ml of natural water Mont Roucous

= 30 ml of eye drops with 15% DMSO

This person continues to apply his various allopathic eye drops.

Example of creation of eye drops 3/3

MYOPIA

Myopia is not a disease, but a vision defect that is characterized by a loss of visual sharpness as the distance between the eye and the object increases.

Her dropper bottle is 30 ml, she wants a **40% DMSO** dilution. She therefore first took hypertonic seawater at 34% to which she added natural water with very little mineralization.



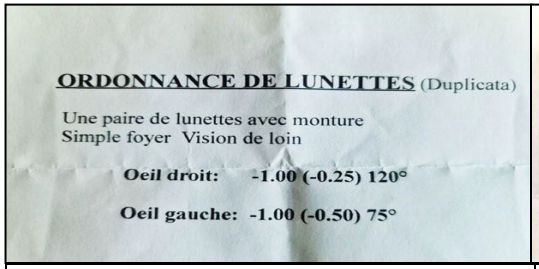
12 ml of 99.99% DMSO Ph.Eur.
+ 6 ml of 34% hypertonic sea water
+ 12 ml of natural water Mont Roucous

= 30 ml of eye drops with 40% DMSO

Never start your first bottle of eye drops at such a high dilution of DMSO. Start with 10, 15 or 20% DMSO. As you become more tolerant, you can then increase your dilution of DMSO.

TESTIMONIALS

* **DMSO** 30% eye drops have been used successfully several times for headaches.
* **DMSO** 45% eye drops has been used with some relief on herpes zoster.
* With **INTERNAL INTAKE** of 70% **DMSO**, for a completely different reason, the person had the pleasant surprise of seeing the floating bodies disappear -also called "myodesopia", they appear in the form of mobile black dots, of variable number, which are superimposed on the observed image and move in the field of vision.
* **DMSO** 40% eye drops reduced a friend's myopia in four weeks, prescriptions below.



ORDONNANCE DE LUNETTES (Duplicata)

Une paire de lunettes avec monture
Simple foyer Vision de loin

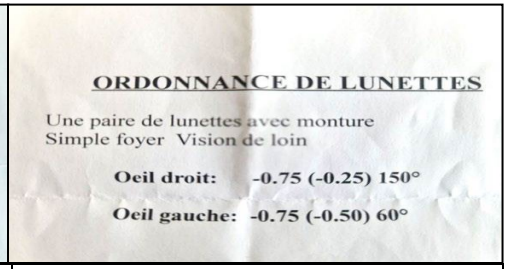
Oeil droit: -1.00 (-0.25) 120°

Oeil gauche: -1.00 (-0.50) 75°

ORDER OF EYEGLASSES

One pair of glasses with frame
Single focus distance vision

Right eye: -1.00 (-0.25) 120°
Left eye: -1.00 (-0.50) 75°



ORDONNANCE DE LUNETTES

Une paire de lunettes avec monture
Simple foyer Vision de loin

Oeil droit: -0.75 (-0.25) 150°

Oeil gauche: -0.75 (-0.50) 60°

ORDER OF EYEGLASSES

One pair of glasses with frame
Single focus distance vision

Right eye: -0.75 (-0.25) 150°
Left eye: -0.75 (-0.50) 60°

Visual rehabilitation 2/2





Eyeglasses with grids

Also called "optical grids" or eye goggles.

For many of us, these glasses are an effective and real alternative to corrective lenses. They allow us to train our eyes. We can wear them while reading, in front of the computer, watching television. **Never drive with these glasses...**

The manufacturer recommends round holes for nearsighted people and square holes for farsighted people, but this can vary from person to person...

Many people who have regularly practiced wearing grating glasses have reported a marked improvement in their vision.



fifo

This Little Booklet "DMSO and Eye Health" and its contents, is for informational purposes only.

The Telegram channel https://t.me/DMSO_pour_TOUS , Cassou Net, its administrator and fifo, author of this Little Booklet, and owner of this channel, cannot in any way be held responsible for the external use or internal intake of the remedy called DMSO.

Thanks to Charly Mini and Doudou

Translated from French by Xiaomods

Version 1/ October 28, 2022 **fifo**