

Magnesium oil & DMSO

Forum: [Iodine Supplementation Support by VWT Team](#)

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HealthEnthusiast

Another way to get magnesium is through the skin using "Magnesium oil". Magnesium oil is usually expensive but swansonvitamins.com has one (from the Zechstein Sea) for a very reasonable price. Applying it can sometimes be "itchy", so I usually apply it to my feet and knees and don't experience any itchy sensation. For even better penetration into the skin, you can also use DMSO with the magnesium oil (I usually apply DMSO right after the magnesium oil). When using DMSO, the skin has to first be cleaned because whatever is on the skin surface (lotions,

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chemicals, etc.) will be carried by the DMSO deep into the skin and bloodstream.

DMSO is a powerful healer by itself, but with magnesium oil it's even more powerful. I can usually taste the DMSO in less than a minute after applying it to my feet. I use 99.9% pure DMSO, but some users (link below) recommend 70% which is gentler.

<http://www.health-science-spirit.com/MagOil.htm>

...Instead of using it concentrated or hot, magnesium absorption through the skin can be greatly increased by mixing it with DMSO, an organic solvent with antioxidant properties. You may mix equal parts of magnesium oil and concentrated or 70% DMSO and apply it over problem areas. For treating larger skin areas you may also use both in a much more diluted form. For additional skin improvement possibly add some glycerine and/or sodium ascorbate.

Do not use industrial grade DMSO but rather pharmaceutical grade or for use as laboratory reagent. Glass bottles are preferable, but HDPE (#2) containers are generally considered to be safe as they do not leach bisphenol A or other monomers. Even analytic grade DMSO is stored and supplied in HDPE drums, and DMSO stored in HDPE is also safe for work with cell cultures. DMSO sold in glass bottles has previously been stored in HDPE drums. Therefore I do not see a problem using DMSO in HDPE bottles.

It is also good to use a weak solution of magnesium oil as a back rub and all over the body to relax tense muscles anywhere, and even to rejuvenate ageing skin. For sensitive skin always use it in diluted form. If rubbed onto the skin in concentrated form, as over arthritic joints, use some cotton cover to protect your clothing.

For general relaxation as well as for back pain and

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arthritic or muscle pain and stiffness you may also add some magnesium oil or magnesium chloride flakes to a hot bath; especially relaxing is a hot foot bath before bedtime. You may make the foot bath rather concentrated and re-heat the solution for subsequent use.

For more information on magnesium chloride see [Magnesium Chloride for Health & Rejuvenation](#). An excellent book on the external use of magnesium oil is [Transdermal Magnesium Therapy](#) by Mark Sircus...

... or ...

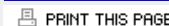


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