The Year In Review and the Incredible...

A MIDWESTERN DOCTOR FEB 11 595 469 52

A Midwestern Doctor

Substack Critical Care

I write The Forgotten Side of Medicine where I expose pharmaceutical corruption and remarkable therapies lost to time for the health of humanity.

Subscribed Message

The Forgotten Side of Medicine
By A Midwestern Doctor

The Forgotten Side of Medicine exposes pharmaceutical corruption and remarkable therapies lost to time for the health of humanity.

Stacy Mathson, Matthew Cowell, and Super Spreader subscribe.

Top first

...was an executive order prepared for once RFK was confirmed. ...ch, in my eyes, do indicate things are going to change. I would

...actions/2025/02/establishing-the-presidents-make-america-healthy-again-commission/

LIKED (34) REPLY (4) SHARE

Laura Kasner Clotabinpills Feb 14
Liked by A Midwestern Doctor

I'm praying this effort will include no longer allowing pharmaceutical companies to advertise on TV.

If this stopped, might it be possible that the "hoax" would actually report the "news" instead of lies?

LIKED (23) REPLY (1) SHARE

Dave Dave Feb 14

Considering Sorus was receiving USAID money to bribe US groups with we may find out that pharma was likewise getting US tax money to advertise to US citizens. Hopefully that all stops.

LIKED (8) REPLY SHARE

Miss Rodeo Miss Rodeo Feb 13
Liked by A Midwestern Doctor

My favorite part:

restore the integrity of science, including by eliminating undue industry influence, releasing findings and underlying data to the maximum extent permitted under applicable law, and increasing methodological rigor

LIKE (22) REPLY SHARE

Alison Feb 13
Liked by A Midwestern Doctor

Thank you so VERY much for all the work you do. I subscribe from Australia and your work gives inspiration and hope to so many. I have already reposted this to friends and colleagues in New Zealand. About 28 years ago, I found a GP who THOUGHT about patient symptoms and prescribed detoxifying protocols for my children's autism. We have stuck with it and I completely credit our unwerthing so much and doing even more to spread the word about life-saving, life-enhancing, common sense measures for the health of human beings. I look forward to reading your substacks and spreading your message.

LIKE (16) REPLY (2)

A Midwestern Doctor Feb 14
Author

Thank you.

LIKE (3) REPLY

JC JC Feb 14

Alison, what is your nearest capital city? I'm a Queenslander, and - while I said on the survey that Midwestern Doc's directory would be nice (I'm from USA Wisconsin) - I don't think it will apply to us Aussies. I've used William Walsh's BioBalance directory with some success (and some failures, and some just meh) and our good docs always end up on the wrong side of AHPRA (says something, doesn't it, that the good ones get prosecuted & persecuted?) & deregistered?

Anyhow, always looking for good recommendations around Brisby. I've got a GP out on "the peninsula" but she needs a tight leash, always falls back on the algorithm. She's jumping & willing to learn & proud of her "natural" attitude - but - offered me Ozempic for a relative (I'm not Type 2 Cassy/Cathy Mears book on my lap!). So - I've tightened her reins.

Anything you think to share would be great. I'm always hearing great practitioners in Sydney and Melbourne. I chose the cow-town for it's lovely climate and laid-back attitude - but - we're lacking in those "great practitioners."

LIKE (2) REPLY (1)

Alison Feb 15

Sugar Brisbane. Yes, we have used W Walsh outreach services (Mary Megson, Bill Walsh, J Bowman, Albert Mensah) when they came to the E Coast per Covid. Unfortunately, the few GPs who were of most service to my offspring have both retired, one only relatively recently. Another passed away recently (incredibly sad). I'm willing to have a chat. My number is 04 109 439 89 if you could text first and we could meet for a chat. I work from to Wednesday, reside northside Brisbane. We have had people at the forefront of this work in Australia and with links into America and W Walsh, so lots happening in the past 40 years and more. You wouldn't happen to go to Northey St markets? Sunday mornings? I don't use a smart phone, so won't be replying extra-promptly.

LIKE REPLY SHARE

Sherri Sherri's Newsletter Feb 18

Thank you for all that you have done, all that you've shared with us, and your continued research and updates. I believe the majority of us respect your decisions as without you, we would not be so far ahead and getting the help that we need. OMSO appears to be helping More for all global Long-Haul symptoms that I have thank you.

LIKE REPLY SHARE

KW Feb 13
Liked by A Midwestern Doctor

One more thing I would love to have help on is how to know which supplements to take and where to buy them.

LIKE (47) REPLY (8) SHARE

BethanyAnne BethanyAnne Feb 13

From experience, I can definitely tell you one thing - at least as far as DHEA and Melatonin are concerned - I strongly suggest not buying your grocery store generics. Sometimes you get what you pay for. I got both of them in prescription form from a compounding pharmacy, and the difference is night and day. I don't think there were any active ingredients in the grocery store generics at all.

This may also be the case for Vitamin D supplements. There is zero reason, at 15k IU a day, that my number was only 37 on a 30-100 unless the generic D I was taking was crap. Currently, I'm buying Thorne brand, which was recommended by my new GP. She recommends Thorne and Xymogen. They aren't cheap, but in my opinion, they're not taking crappy supplements anymore. I'll find out at my next blood draw whether the D is worth the money.

LIKE (34) REPLY (3)

Jewel Jewel Feb 13

I take a good D3 and K combo

LIKE (6) REPLY

Leslie Leslie Feb 13

Did they recommend magnesium along with the D? You sometimes need it for absorption.

LIKE (3) REPLY (2)

Darlene Lessing Feb 13

Magnesium is needed to activate Vitamin D. One can have a high D but if magnesium deficient will not be able to activate it.

LIKE (3) REPLY (1)

Carol Feb 14

IMHO - I think it would be extremely valuable to address quality supplements and all the above kinds of issues. Also I think your suggestion to tell us what companies you use is great. But it needs to be consistently updated. I was an acupuncturist and recommended and sold many supplements. What I noticed through the years is that small reliable supplement companies are bought out by pharmaceutical companies that are only interested in their bottom line. For example, Pure Encapsulations, a very popular brand was bought out by Nestles of all people. I never bought from them again.

LIKE REPLY

BethanyAnne BethanyAnne Feb 14

I take Mg regularly anyway. She didn't have to say anything.

LIKE REPLY

Penny Carter Penny Carter Feb 14

Have you tried the active form Calcifediol?

LIKE REPLY

Mauser Mauser Feb 13

I have been a member of Life Extension for decades. What impressed me is, when I first followed them, they made stark cartilage available based on the book, Sharks Don't Cancer. But they followed up with their customers asking what results they had. Based on that they advised not to take it for cancer, though some had said it helped their arthritis and wanted to keep it available. Eventually LE stopped carrying it.

Around the 1990's as I recall, there were a lot of news stories on supplements that didn't contain what they purported to. The news organizations were using LE's testing facility for making the reports. LE got so many requests they stopped because they needed to focus on testing the supplements they carry. The articles and protocols they post are periodically reviewed to see if they are accurate, are a wealth of information and are free to read.

While you might not want to purchase from them, and while a supplement that works for some may not work for another, LE is honest and reputable. What you get from them will contain what the bottle says.

Another source is customer reviews. I discovered, for example, on Amazon that lactoferrin helps with dry eyes from a review and found it worked for me. Reviews on Bulk Supplements is another place where they are helpful and the company is trustworthy. LE, because the FDA went after it for offering CoQ10, confiscating many of their products even when they were backed up by science, and constantly suing them back then, is rather ginger about reviews, so I may check them, but what their reviews can say are highly restricted. Drugs.com also gives some known reactions to drugs and supplements.

In truth, any supplement you take may or may not work for you even if it works for most everyone else or is proven in studies. The best you can do is research it including any interactions with medications or other supplements you take. Any one person who may be knowledgeable about supplements is still not going to know if it will be right for you. As with any supplement or medication, it is something of trial and error.

LIKE (22) REPLY (2)

A Midwestern Doctor Feb 14
Author

LE is one of my favorite companies.

LIKE (5) REPLY

Ben and Sylvia Chen Ben's Substack Feb 14

We, too, have been customers of LE for many years and value their website highly for researching health issues.

LIKE (2) REPLY

nofar Feb 14

I recommend visiting Mercola.com/store (shipping from Chicago). I have bought many-many of his products over the last 15 years. He continually adds "Sponsorship capsule" vitamin-nutrients designed to not get destroyed in the stomach, but to break open in the small intestine where they absorb into the blood stream. He also provides a lot of information about the why's. And He is the only doctor I know of safe most of his "pill products" in durable dark amber glass jars that keeps light off the pills; and he has a glued paper covering (not foil or plastic) under the plastic cap-lid to keep plastic debris out of the jar. And the jars to store dried garden seeds, are in garage-sale-ready-prices for $1-each. His products are more expensive than grocery stores, but the safety container is important to me. My health improved greatly since taking his products. I never got Mercola's good results from grocery store nor Pharmacy shelves. I also order from Advanced Biohutritionals (California) connected with Dr. Shaklee/Hager and his team doctors. These are the most expensive. What I don't like about them is that they ship everything in white plastic containers. But everything I get from them works for me. I also buy from Wellness Resources (Hings Mercola doesn't sell, like R-alpha lipoic acid pills that end my occasional night-time foot or leg cramps within 15 minutes. They also reduced my wife's osteoporosis pain by 50% in less than 30 minutes, first time ever across her 54 years with rheumatoid pain following rheumatic fever at her age of 11. My wife only bought from grocery shelves until I introduced her to quality products; and now she is more than happy to "pay more" because what she gets works! Wellness Resources (Mineralpolis) is the best expensive among the 3 companies I mention.

LIKE (3) REPLY (1)

Andi Feb 14

I also buy from Mercola. He makes a good Vitamin D3&K2. My number did not go up much until I added the K2. I also use some of Suzy Cohen's products; also in amber glass bottles.

LIKE (1) REPLY SHARE

Chd_Mainer ChDMain in Maine's Substack Feb 13

Based on the number of people, the annual sales, and the potential harms involved this is likely #1 on the list of most important issues.

LIKE (34) REPLY SHARE

MS Feb 13

Same. My number one next topic I'd love the good doctor to write about.

LIKE (2) REPLY (1)

Kika Kika Feb 13

This author gives some very interesting research on supplements and vitamins, how they are made and what is actually in them. Now that I know more about this subject I will never take another vitamin or supplement pill without a lot of research.

https://chemtrails.substack.com/p/what-how-vitamins-are-made-trust-me?utm_source=subscription-search

and this too:

https://chemtrails.substack.com/p/vitamin-sensitive-daily-intake-levels?utm_source=subscription-search

LIKE (2) REPLY SHARE

Valerie Buehler Feb 14

Would love specifics on supplements, as much as possible.

LIKE REPLY SHARE

HL Feb 13
Liked by A Midwestern Doctor

Regarding a referral system, I've been without primary care since 2021, when my former, expensive concierge physician, expressed his rare, naked disgust for me, essentially blaming the pandemic on me since I was unvaccinated (despite never to my knowledge having Covid). I've been managing on my own with lots of internet searches and reading blogs like this. After that experience I am done with pharma docs. Would be very interested in a network of free-thinking providers with real analytical skills.

LIKE (39) REPLY (3) SHARE

Fred Jewett Fred Jewett Feb 13 *Edited*

You dodged a bullet by being unvaxed. I was at club event 2 years ago and got talking to a fellow member. He moaned that he had gotten 3 sex shots and had had Covid 3 times. I replied "I am unvaxed and have never had Covid".

Then there is my GP who used to be great but at my last checkup she refused my request for an antibody test script and instead offered me a pneumonia shot, a shingles shot, a flu shot and a Covid shot (all at once). My answer was "no, no and NO!"

I wish you success in finding a great doctor. I think your efforts might be easier once Trump and RFK dig into the medical boards if they can correct the attitude there.

LIKE (34) REPLY (1) SHARE

Mary Ann Rollins, RN Steeped Stories Feb 13

For $69 you can order your own COVID-19 antibody test from LabCorp, among many other tests. I don't know if insurance covers self ordered tests. LabCorp would know.

LIKE (4) REPLY (2) SHARE

Fred Jewett Fred Jewett Feb 13

Thanks. It wasn't that important to me 2 years ago as I wanted to see if I have been exposed to Covid or vaccine shedding. I have been on Dr McCullough's protocol for spike detox as a precaution for 6 months as I was out and about all during Covid.

I should have looked into it more at the time. I could have gone across the border to Michigan and gotten it done once the borders reopened.

LIKE (1) REPLY

BEFlanel25 BEFlanel25 Feb 14

Direct.labcorp.com/BetterOnDain take - same deal - but they different place to have the blood drawn I recall - for pretty much all blood tests and panels - no script.

LIKE

Mauser Mauser Feb 13 *Edited*

https://www.labcorp.com/patients/labs-appointments/labcorp-services/labcorp-ordered

Life Extension also has a list of various tests as provides them as well.

It used to be that 5 states, including mine, did not permit a person from ordering blood tests. It may have changed as the lab corp site says they can be ordered in all 50 states. I know my pc (gave up years ago ordering tests after the restriction went up.

LIKE REPLY SHARE

CMCM Feb 16 *Edited*

I've never been vaxed, nor has anyone in my immediate family. To my knowledge I've never had covid, and actually, since early 2020 I've not been sick at all other than couple of minor cold type things. In mid January I had an old something or other that was mainly a post nasal drip type thing but no runny nose like I'd had with a prior cold a couple of years ago. I felt lethargic for about a week, no appetite, and didn't eat much or do much. SO...about a week ago I was at my yearly exam and when my doctor was writing up the usual routine blood tests I asked for a second antibody test (just for the heck of it. To my shock, it came back with a positive reading of 14.9, supposedly high. To be negative this test apparently needed to be under 0.8.

I'm not sure what to make of this. I did some searching, and in several instances I read that a common cold (similar coronavirus family) might show up and be interpreted as a covid antibody. I can't find anything definitive, though. But I'm thinking my recent cold could have triggered this result. Of course, I'll was basically some odd kind of cold. Perhaps if any of us get a cold and later get the C19 antibody test, it would be positive due to the cold antibodies.

So I've been unable to find out whether the C19 antibody test also shows up positive to the common cold coronavirus, and would there be any way to distinguish between the two. It all feels like it's somewhat vague like the PCR tests actually were.

LIKE REPLY SHARE

Flatulus Maximus Feb 17

Given how many false positives were baked in to skew the number of cases, why worry at all if you're OK now? I'm unvaxed for COVID, and I have COPD. A home test showed positive in Dec. 2022, for what I believe might have been the Omicron variant. It was no worse than a cold, and I seemed to get over it quickly. It must have messed up my immune system pretty seriously, because about 3 weeks later I caught a chest cold which became bronchitis, then pneumonia. I thought I was curtains for about a week. I finally got to my MD for some steroids. Once recovered I started seeing a pulmonologist, and got some good meds to deal with the COPD. I did get the pneumonia vaccine after that experience, though!

LIKE REPLY SHARE

Mauser Mauser Feb 18

From Brave AI: COVID Antibody Test Results

Yes, the COVID-19 antibody test can show a positive result even if you have never been exposed to or contracted COVID-19, as it can also detect antibodies from a common cold caused by other coronaviruses. This is because there are seven different coronaviruses known to cause respiratory illness in humans, and four of them cause symptoms associated with the common cold. These tests may not always distinguish between antibodies from different types of coronaviruses.

However, it's important to note that the number of confirmed COVID-19 cases in the U.S. is primarily based on highly specific molecular testing for SARS-CoV-2, rather than on antibody testing, which is more prone to false positives.

LIKE REPLY SHARE

CMCM Feb 18

Thanks.

LIKE REPLY SHARE

Thanks, Mouzer!

LIKE (1) REPLY (1) SHARE

Mouzer Mouzer Feb 17 *Edited*

You are welcome. After getting covid, I had Ivermectin and felt better, but it caused post viral resurgence of Epstein Barr (mono) I had in college. I was exhausted all the time. My research shows there are 5 or so viruses, like chicken pox that gives shingles, that stay in the body, kept at bay by the immune system. I found that monolaurin, an OTC extract from coconut, helps the immune system fight these off and related viruses by destroying or weakening their protective lipid coating. Sadly, monolaurin might help chickens recover from bird flu, but no, they are being destroyed. I am looking at chlorine dioxide as another way to eradicate them, but haven't taken it internally yet. So far, monolaurin has done wonders for me. https://www.monolaurinandmore.com/articles/monolaurin-rna-enveloped-viruses

LIKE REPLY SHARE

BethanyAnne BethanyAnne Feb 13

Geebus...I'd say it's time to go hunt up a new GP. My pharmacist keeps asking me about those shots too. I have to fight myself to keep from saying something rude.

LIKE (4) REPLY (2) SHARE

Fred Jewett Fred Jewett Feb 13

Yea, I know what you mean. We were in the pharmacy 2 weeks ago and were talking to the manager about effects of taking my wife off of Crestor (she has been off of it anyhow for 6 months but we left it on the script in case she ended up needing it for some reason). We were warming them up to her dropping the Crestor from the script. She called over the pharmacist who quickly suggested an alternative medication that he could put my wife on and he would gladly call the doctor to talk to him. Instead my wife cut the crestor from the prescription list this week without substitution when we went to see her GP. One down, 4 to go.

LIKE (3) REPLY (1) SHARE

BethanyAnne BethanyAnne Feb 13

Try powdered Amla (Indian Gooseberry). My triglycerides/cholesterol were insanely high, and using that it took about a month to get them down. Works with no side effects. Tastes like crap though, but I've had worse. You can buy it online, but cheaper at an Indian food store. 1 tsp a day.

LIKE (3) REPLY (1) SHARE

Fred Jewett Fred Jewett Feb 13

Thanks for the tip. I put it my medical reference library in case we need it.

Her recent bloodwork showed LDL and Triglycerides were only 2% and 5% high based on current pharma recommendations so no need to do anything at the moment. I use a lot of supplements myself and appreciates tips on new options.

LIKE (1) REPLY SHARE

BEFisher525 BEFisher525 Feb 15

Go ahead - say it!

LIKE REPLY SHARE

JC JC Feb 15

My osteopath (Australian, so manipulation only, no prescribing here) said this: "I haven't heard anyone who regretted NOT getting the COVID shot."

LIKE (2) REPLY SHARE

Bobby Lime Feb 13

It would be interesting to have occasional articles which would be very short, not because we don't like the doctor who writes these but because each would serve essentially to list the rules required for people who would like to tell their personal medical horror stories, then, GO!!

LIKE (3) REPLY (1) SHARE

A Midwestern Doctor Feb 14

Author

I do write the abridged ones.

LIKE (1) REPLY SHARE

Flatulus Maximus Feb 17

That's a shame that COVID wrecked that relationship! Depending on where you live, I know it can be tough finding a primary care who is accepting new patients. We were living in MA about 10 years ago, and my PC was all discombobulated over "having to fire a patient." It was almost impossible to find MDs accepting patients, so I could always get a chuckle out of him if I joked that I was afraid of "getting fired." There are plenty of cookie cutter MDs here in KY. The problem is finding one open to alternatives. I'm still careful about what I talk to mine about. I like him a lot, but I'm uncertain how he'll react if I told him I was using DMSO, Ivermectin, and chlorine dioxide!

LIKE REPLY SHARE

Jason Feb 13

Liked by A Midwestern Doctor

Most interesting topics on your list for me:

- nnEMF (Becker/Marino's work?)

- Dangerous alternative medical procedures

- Luc Montagnier's research (water memory?)

- Acupuncture channels (also a Becker topic)

- Unknown pharmaceuticals

- Healing waters

One topic that wasn't on your list but would be very interesting is your experience with homeopathy and your thoughts on its effectiveness, mechanism, and current state of practice.

Off topic, but my wife cut her finger badly in the kitchen a week ago, so much that we thought she might need stitches. We applied 50% DMSO daily and it is now almost completely healed. We noticed especially miraculous results in the 2-4 day range, where the cut even visibly healed over the course of a single day. Your series on DMSO was life-changing type stuff.

Thanks for everything you do.

LIKE (30) REPLY SHARE

Cushman Feb 13

Liked by A Midwestern Doctor

You and your like minded colleagues should not have to operate in secret. Kennedy has said he wants the DOJ to investigate medical boards and the collusion between the pharmaceutical industry and the medical boards that are de-licensing physicians who actually try to heal patients and try to treat them. We need this to happen.

LIKE (30) REPLY (1) SHARE

Jerry Feb 13

I would love to see doctors such as yourself, working with the new President's MAHA Commission. There is an obvious, huge need for expertise and honesty, which doesn't seem to be all that easy to find among most of the working professionals.

LIKE (13) REPLY SHARE

Patricia Beaupre Patricia Beaupre Feb 13 *Edited*

Liked by A Midwestern Doctor

I am 84 this month and have not seen a doctor since my last child was born 42 years ago. The medical mafia killed two people I loved, my mother and husband, and as a result I lost all trust in doctors and medicine. I have learned to be my own doctor by doing tons of research and following Dr. Mercola, Dr. Sircus, Dr. Shallenberger and a handful of other holistic and integrative physicians and now you. So far I have done alright as I take no meds and am healthy and happy, but it would be nice to have you or a doctor like you as a backup. My plan is to live to at least 100 and have fun every day!

I would love to hear what you think about supplements as there seems to be a lot of controversy regarding them recently. Also pets and vaccinations... vets are almost worse than doctors. I have lost too many pets to cancer and suspect the rabies vaccine which is mandated every 3 years by law where I live. I just adopted a new puppy that had puppy shots at the rescue but I will not give her any more vaccines. What will they do... throw me in jail? I also would like your thoughts on end of life care as I help my brother with his wife who has end stage dementia and it is a sad situation.

Thank you so much for all you do to educate us. I think education is the key... we are all ultimately responsible for our own health. The "powers that be" have made It difficult to find the correct information we need to stay healthy but because of you and other fine doctors that is now changing. Keep on doing what you are doing... it is vital that the true information gets out! Many thanks and blessings.

LIKE (27) REPLY (6) SHARE

A Midwestern Doctor Feb 13

Author

Thank you

LIKE (5) REPLY SHARE

Sherry Feb 14

Patricia, I know exactly what you're referring to. The medical mafia killed my mom as well.

I had breast cancer in 2007. Everyone in my family was in a panic. First and foremost, I went to my church and had hands laid on me. Then I prayed for guidance. After working at a health food store the last few years I knew NEVER to go the traditional route. My husband pushed me into at least getting a mastectomy. Whatever! I never wanted droopy boobs as I aged anyway. LOL. After that I went to Oasis of Hope Hospital in Tijuana. They did laetrile, high dose intravenous vitamin C, ozone blood irrigation. I never felt so good!

Eight years later I developed colon cancer. The tumor was so big that I was bleeding out.

I had to have surgery. After that, my surgeon wanted me to have the radiation & chemo. NO! Not going to happen. She told me there's nothing more she could do and discarded me as her patient. Like I cared.

So I started doing what I could myself. I purchased a frequency generator with a M.O.P.A. amplifier & spent time on that. Took a lot of herbs. Got a PEMF mat. Juicing (I stopped after a few months.)

I will say this. I have always been very sensitive to things. Even certain essential oils. When we moved from Tx to S. Florida, I was surrounded by farms that were constantly spraying pesticides. Our back yard actually connected to the farm. I felt like I was inundated with poison all the time. We've moved a few miles away since then but now they constantly spray the skies here. Like 4 out of 7 days a week. How on earth do you win this war?

I have never gone to another Dr. since my surgery in 2015. Nor do I even have a Dr.

I don't take prescription medications either.

When my time is done here, the Lord will take me home.

LIKE (12) REPLY SHARE

IdahoScot Feb 13

Liked by A Midwestern Doctor

I've talked with my horse trainer, who doesn't like vaccines either, and to us it looks like the only vaccines that you need for horses and dogs are tetanus for horses and rabies for outside dogs. Horses are always hurting themselves,

you don't always see it right away, and they're sensitive to tetanus. Outside dogs similar, but with rabies. I can't remember what shots our first set of dogs got, but fewer than now, and they lived 13 and 15 years - remarkable for >85 lb dogs. The dogs since have not lived as long, getting cancer. And we always have mutts.

And for Pete's sake, never take your dog to a dog park! So full of disease.

LIKE (4) REPLY (4) SHARE

Sconnie Sconnie's Substack Feb 14

Before you give your pets tetanus or rabies shots, see if you can find a vet who will test them for titers. It's not terribly expensive, and in our dog's case, it has shown for the past five years that he has sufficient antibody titers in his blood to be sufficiently immune to rabies to not get the shot.

LIKE (5) REPLY (1) SHARE

Patricia Beaupre Patricia Beaupre Feb 15

My last dog had titers for everything except rabies and they always showed sufficient immunity so he never had to have any more. The problem is the vets where I live won't do titers for rabies because the rabies vaccine is mandated by law even if the titers are good. Makes no sense but it's "the law". So my new puppy will not get any rabies vaccinations because I'm pretty sure the repeated rabies vaccinations, when they weren't needed, caused the cancer that resulted in the premature death of my last dog.

LIKE (2) REPLY SHARE

BEFisher525 BEFisher525 Feb 15

Boehringer Ingelheim Animal Health makes a thimerosal-free version of the IMRAB 3 rabies vaccine for animals. This vaccine is called IMRAB 3 TF. Not recombinant

LIKE (2) REPLY SHARE

SP2022 Feb 14

You can give homeopathic Ledum and Hypericum for Tetanus. Worth researching.

LIKE (2) REPLY SHARE

Flatulus Maximus Feb 17

My parents raised AKC-registered German shorthairs when I was growing up, and I remember distemper being a big concern, too. I'm pretty sure they vaccinated for that. I got a male puppy for a graduation present. He weighed about 70 lbs. in his prime, and lived to 16. Best friend I've ever had!

LIKE REPLY SHARE

Reader East of Albuquerque Reader East of Albuquerque Feb 14

Patricia Beaupre— I find your comment very inspiring!

LIKE (3) REPLY (1) SHARE

Patricia Beaupre Patricia Beaupre Feb 14

Thank you!

LIKE (2) REPLY SHARE

JC JC Feb 15

There is no rabies shot here in Australia (no rabies here), and yet our pets still suffer from the vaccines. My boy-cat has dysplasia of the hips - when vet palpated, there's no problem in the joint - it's neurological. He's neurodiverse in other ways, too - like an autistic cat.

When I look back over the course of pets - the stomach cancer (cat lived to 10), and maybe the one with the "mood disorder" had been poisoned too.

I'm just suggesting that it may not be the rabies shot - but all the shots, given in a huge bolus, once a year.

Struggling to find a holistic vet - I thought I'd found one 40 mins away, but she retired....

LIKE (2) REPLY (1) SHARE

Valda Redfern Feb 16

We'd also like to find a holistic vet here in the UK. Our cats had their kitten vaccinations at eight weeks, before we adopted them in 2017, and I think a couple more sets in 2018 and 2019, but none since then: the Covid debacle made us look into the risks of all vaccines, and we decided never to let them get another. Actually, we don't take them to the vet at all any more, because we wonder if the stress to them isn't worse than the benefit of being examined, and we don't want to have to resist the pressure from conventional vets to get boosters. We just make sure they eat very high quality food (frozen packs of lightly cooked meat for cats).

LIKE (1) REPLY SHARE

JC JC Feb 15

One cannot adopt a cat here unless they are shot & de-sexed. It's criminal to me to desex a kitten at 8 weeks, but that's the state of things here in Australia, where cats are the "enemy."

LIKE (1) REPLY SHARE

Fred Fred Feb 13

Liked by A Midwestern Doctor

Trump 1.0 signed a law ending the gag orders on Pharmacists that prevented them from sharing money-saving information. https://dailycaller.com/2018/10/10/trump-patients-right-know-drug- prices/

He also signed an executive order that forces all healthcare providers to disclose the cost of their services so that Americans can comparison shop and know how much less providers charge insurance companies. https://www.cnbc.com/2019/06/24/trump-to-issue-executive-order- increasing-transparency-in-health-prices.html

How about an EO requiring pediatric offices to report their pharmaceutical "bonuses" for the number and percentage of patients "fully vaccinated."

LIKE (18) REPLY SHARE

LR LR Feb 13

Liked by A Midwestern Doctor

Thank you for all of your work and your passion for empowering people with the knowledge to take our health into our own hands.

Along those same lines, as far as the referrals question, I personally offer group programs online where my students have access to a huge amount of education in addition to protocols they can personalize for themselves to treat root causes and group coaching where they pre submit questions that I or one of my practitioners answer during live or pre-recorded QA sessions.

This includes education about root causes of health issues, supplements (specific, trusted brands), therapies like chlorine dioxide, DMSO, hydrogen peroxide, ozone, methylene blue, red light therapy, energy healing modalities, food choices, and more.

I also have a program for peri menopausal, menopausal and post menopausal women teaching how to use bio identical hormone replacement including trusted brands for this.

The main focus is empowering students to take charge of their own health and wellness through knowledge of the "Why", the "When" (because for example, starting out with heavy metal detox before opening drainage pathways will cause more harm than help), and the "How" of regaining health.

There is a supportive community as well, where students can ask questions and I or one of my trained practitioners or even students who have been in the programs and seen progress can answer.

There are certainly those who need 1:1 sessions, but there are a large number of people who go through the programs step-by-step and the supporting ongoing membership without 1:1 guidance and make huge strides and often full recoveries from chronic illness.

The result of this approach is that we can reach a large number of people, it costs less for them than it would to go to a doctor not covered by insurance, and they gain the confidence to navigate their health

Expand full comment

LIKE (15) REPLY (1) SHARE

TinaJo Feb 14

If allowed by the posting rules, could you let us know how to find your program? Thank you. It is intriguing.

LIKE (3) REPLY (1) SHARE

LR LR Feb 16

Hi TinaJo You can check out my profile, I hope that's okay with our esteemed author. I want to make sure to be respectful.

LIKE REPLY SHARE

Jane Feb 13

Liked by A Midwestern Doctor

Dear Doctor. Please dig or sit in your garden and go on hikes without feeling any guilt. Guilt is for those who have done wrong not right. Your humanity and wisdom touches me deeply. Thank you from Jane in the UK

LIKE (14) REPLY SHARE

EGP Feb 13

Liked by A Midwestern Doctor

Thank you so much for your work, it has been a light in the darkness most of us did not even know we were living in.

I personally would have the most interest in these topics you listed, and others:

* Heavy metal detoxification protocols

* Pregnancy/Childbirth/breastfeeding

* Supplements

* EMFs

* Pharmaceuticals you do use

* Parasites (...cancer?)

* Frequency therapies

* Always love a good Vaccine disaster re-education

* Longevity protocols

LIKE (12) REPLY SHARE

Stan Feb 13

Liked by A Midwestern Doctor

- Cancer.

- Chlorine dioxide.

- Cancer.

- Supplements.

- Did I mention cancer?

Thank you!

LIKE (11) REPLY SHARE

SpiritWalker Feb 13

Liked by A Midwestern Doctor

I have been following for a couple of years and am amazed at the volume of valuable material you generate. As a fellow physician, I literally share your insights with colleagues who are likely to adopt a more wholesome approach and might not have the helpful exposure you generously provide. The feedback is universally positive. Your writing has made an impact that continues to spread inspiration, information and hope!

You might be encouraged to watch "The Cash Practice Solution" podcast, which promotes a loving approach to practicing medicine free of the constraints of third-party payment. We have built a practice culture focused on the patient story. We've created an innovative tech platform that expedite "interviews" each patient to present their story to doctors in a functional medicine context. It reflects the 30+ years of practical success running a "cash practice," and our mantra, "The Freedom to Choose is The Power to Heal."

LIKE (38) REPLY

Dave Bross Feb 13
Liked by A Midwestern Doctor

As per your request as to which things I'm most interested in:

-Everything you need to know about, EDTA, Chlorine Dioxide, Hydrogen Peroxide and Medical Ozone (with ozone being next in that cue)

-Common mistakes made in integrative medicine.

-Dangerous alternative medical approaches I often see harm people (along with ones I feel are a scam and don't help people).

-More reforms that I believe could improve the practice (and cost) of medicine in the United States.

-Pets and vaccination.

-What actually happened with the in the 2014 African Ebola epidemic.

-Complications of anesthesia.

-Common complications of surgery and ways to avoid them.

-The major issues with commonly prescribed pharmaceuticals (e.g., finasteride, steroids, antipsychotics, fluoroquinolones, gadolinium contrast, and accutane) and safe alternatives to them.

-Hormones (e.g., estrogen, progesterone, thyroid, testosterone).

-A few of the remarkable energy medicine devices that have faded into obscurity.

-Helpful things that can be done for someone at the end of life (I view mishandling this to be one of the greatest shortcomings of the existing medical system).

-Conditions where conventional medicine excels for treating the problem and it is essential to receive that care.

-Traditional American methods of healing that largely disappeared when the medical system was forced to follow the Allopathic model.

A comment on healing waters...I live in the middle of the worlds largest natural spring system in north Florida. It's not for nothing that Ponce De Leon thought he discovered the fountain of youth by swimming in these. You always feel awesome after a dip in one. These springs were the original big motivator for my moving here many years ago.

LIKE (38) REPLY (7) SHARE

Margo Feb 13
Liked by A Midwestern Doctor

Which one is your favorite? I live in Central Florida on the west coast & have thought about trying some of them. Could it be the cool temps of the springs?

LIKE (3) REPLY (2) SHARE

A Midwestern Doctor Feb 13
Author

I would love to know too!

LIKE (2) REPLY (1) SHARE

Dave Bross Feb 13
Author

My personal favorite is the Ichetucknee spring. I'm also quite fond of all the springs on the Santa Fe river because I lived out there in High Springs in the 1970s and would go swimming in the Rum Island spring before going to work in the summer. You can do a nice slow drift down the Santa Fe in a canoe/kayak/homemade raft/whatever and visit a number of the springs in a day trip, or shorter. There are rental places nearby for canoes/kayaks and shuttle service back. As far as when to go on the Santa Fe, you want to pick a time when the river hasn't been high recently because that muddies up the spring pools temporarily. Those springs blow out millions of gallons of water daily so they clean up pretty quickly. The Ichetucknee is always clear because it's so big it makes its own river. As far as the fountain of youth effect, my best guess is ions, much like waterfalls. Particularly given the volume of water being moved. Water temps in all the springs are around 70 all year. Here's a site with some pics: https://www.90degreesoutcomfortable.com/ichetucknee-the-santa-fe-springs-in-florida-springs - The rum 138 folks are really nice. Drop me a line at swdesci at hotmail dot com if anyone wants more info on the area.

LIKE (1) REPLY (2) SHARE

JC JC Feb 16
Ions and minerals.

LIKE (1) REPLY (1) SHARE

Dave Bross Feb 17
Author

Good point on the minerals. A lot of critical minerals are completely absent in FL but some calcium, magnesium, phosphorous and sulfur are there in the water. Calcium in particular. The link below is from 1928 but not a lot has changed besides increased mineral from agriculture.

https://books.google.com/ngrams/graph?content=calcium%2C+magnesium%2C+phosphorus%2C+sulfur%2C+iron%2C+copper%2C+manganese%2C+iodine%2C+fluorine%2C+aluminum%2C+silicon%2C+boron%2C+barium%2C+strontium%2C+lithium%2C+rubidium%2C+cesium%2C+bromine%2C+chlorine%2C+potassium%2C+sodium%2C+nitrogen%2C+carbon%2C+hydrogen%2C+oxygen%2C+phosphorus%2C+sulfur%2C+chlorine%2C+iodine%2C+bromine%2C+fluorine%2C+boron%2C+silicon%2C+aluminum%2C+iron%2C+manganese%2C+copper%2C+zinc%2C+cobalt%2C+nickel%2C+chromium%2C+vanadium%2C+molybdenum%2C+tungsten%2C+tin%2C+lead%2C+mercury%2C+cadmium%2C+arsenic%2C+antimony%2C+selenium%2C+tellurium%2C+bismuth%2C+gold%2C+platinum%2C+palladium%2C+iridium%2C+osmium%2C+rhodium%2C+ruthenium%2C+silver

Like you, I want to reduce. My first step is - I compound my own vitamins to get the balance between the various Bs & the right amounts of things. I may be able to eliminate some of those supplements by going to a "whole foods" vitamin which will supply natural minerals & nutrients.

Reluctant to let go of my mag & fish oil, though!

LIKE (1) REPLY SHARE

Sheryl Feb 14
Liked by A Midwestern Doctor

Our healthcare system has a long history of convincing people that they should just do what they are told, disempowering them, decreasing their confidence in their own knowledge about themselves and discouraging them from asking questions. I understand why they want an expert to tell them who to trust. And yet that is a solution that will have limited reach. I guess I am looking for a societal, cultural shift. Maybe too lofty of a goal! I am a healthcare provider who spends a fair bit of time talking to people about how to find and use their health care resources, how to find their "team" and a community of support. I do appreciate how difficult it is for them to navigate the system.

LIKE (6) REPLY SHARE

Kim Meisinger Kim Meisinger Feb 13
Liked by A Midwestern Doctor

Energy medicine gets forgotten...and is the basis of life. Please write more about this. A healthy energy field means fewer illnesses and is primary in preventative health efforts.

LIKE (6) REPLY SHARE

Kira Feb 13
Liked by A Midwestern Doctor

I would like to know more about:

-pets and vaccinations

-cancer treatments

-chronic insomnia (not on your list)

LIKE (6) REPLY (2) SHARE

A Midwestern Doctor Feb 13
Author

https://www.midwesterndoctor.com/p/why-isnt-there-a-cure-for-insomnia

https://www.midwesterndoctor.com/p/sleeping-aids-and-electromagnetic

LIKE (3) REPLY SHARE

BethanyAnne BethanyAnne Feb 13

I don't know if this will help, but I'm also a chronic insomniac. Or was. I had to give up drinking alcohol, and get a good quality melatonin CR (SR). Most of the stuff on the shelves is crap. Also, get your hormones checked, preferably by someone who does BHRT (Bio-identical hormone replacement therapy). Lithium orotate or aspartate also helped me a LOT, and it doesn't take much, 5-10mg does me just fine. I was able to finally get off an Ambien scrip I had been on for 20 yrs.

LIKE (4) REPLY SHARE

Margo Feb 13
Liked by A Midwestern Doctor

I am most grateful that I came across your X account and Substack! I probably self medicate way too much. But I cannot find an alternative doctor, not even the one I am currently seeing, help me find my root cause for my rheumatoid arthritis. So it leads me down lots of rabbit holes. I would love to read your thoughts on some of the common mistakes made by integrative medicine and the scams. Traditional methods of healing that have long been forgotten and acupressure. The list you provided is all of interest! I look forward to them all. When I first started reading your articles, I thought this must be Pierre Kory but then put it all together and realized I was wrong, LOL! Today was a day to rejoice with the confirmation of RFK Jr! Thank you AMD for all you have done to get us here and for the future to come. One day I hope to be writing in the comment section how I achieved remission. I have learned a lot and look forward to what is to come.

LIKE (6) REPLY (3) SHARE

A Midwestern Doctor Feb 13
Author

A lot of colleagues have reached out to me and said their patient told them they were certain they were AMD.

LIKE (6) REPLY (1) SHARE

Dennis Schnabel Feb 16

My wife insists our new doctor is AMD. As much as I would love to be so, I tell her it is highly unlikely.

LIKE REPLY SHARE

SpiritWalker Feb 14

Hey Margo- check out the "Brown Protocol" which I've seen work in a few rheumatoid patients. Roadback.org if you haven't already tried this approach - I usually start patients on IV antibiotics (if you're sensitive to antibiotics you may be having Herxheimer reaction and not true allergy) check it out!

LIKE (1) REPLY (1) SHARE

Margo Feb 14

I did it many years ago. I was basically treating myself with doxycycline. My rheumatologist gave me the prescription but that was it. Never tried the IV though. I am fairly controlled but have trouble walking 18 holes of golf and long hikes.

LIKE REPLY (1) SHARE

SpiritWalker Feb 14

Minocin 100 BID for a month or so and switch up dosing to "trivk" the reproductive rhythm of joint bugs. God bless!

LIKE REPLY SHARE

BEFisher525 BEFisher525 Feb 15

There's an X account! =:-)))

LIKE REPLY SHARE

Dave Dave Feb 13
Liked by A Midwestern Doctor

"•A few of the remarkable energy medicine devices that have faded into obscurity."

I like this one. The lost super technology is always fun to read about, they inspire copycats and, as you noted once, the only places that talk about them otherwise are in Russian or Chinese.

LIKE (6) REPLY SHARE

KW Feb 13
Liked by A Midwestern Doctor

Hormones is a topic I need help with: menopause! My drs will not prescribe any estrogen because my cholesterol is high. I'm trying to get it down but it's always been high,my entire adult life at many different weights. Do not want to take statins which dr says is okay because all other blood work is normal. Also I do get acupuncture, would love to know more about how it works.

LIKE (6) REPLY (1) SHARE

BethanyAnne BethanyAnne Feb 13

Do a search in your area for a practitioner who does BHRT. I use powdered amla (Indian gooseberry) to get my blood lipids down. No side effects other than taste.

LIKE (1) REPLY SHARE

István István's Newsletter Feb 13 *Edited*
Liked by A Midwestern Doctor

Dear Doc! I really appreciate your work. The monthly subscription fee is the minimum your work deserves. I get a lot of immediately useful information from your writings (DMSO, etc.). Thank God you exist, publish and help people! I am writing all this to you as a Hungarian, because although Hungary is far from the USA, the changes taking place there (MAHA movement, Kennedy Jr.'s future work) will surely reach my small country and the health of the people living in it will be strengthened by these changes. I remain a loyal follower here on substack and X. Know that you are one of the most influential doctor on my life.

LIKE (5) REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

I am really hopeful what RFK does will ripple out to other countries too.

LIKE (3) REPLY (1) SHARE

JC JC Feb 16

Well, to start, he'd like to life the USA to a standard of food cleanliness which is at least equivalent to EU. USA has lots of food adulterants which are unacceptable in the EU.

Even Australia is tighter than the USA, but has gotten worse since I've moved here. When I moved here, apples were still food. This has stopped with "improvements to supply chain." (e.g., handling & processing)

LIKE REPLY SHARE

Ariel Feb 13
Liked by A Midwestern Doctor

Thank you once again for everything you do. My first picks for topics from your list, while I am interested in all of them, would be:

-The importance of fevers

-My perspectives on supplements (e.g., how they help, how they harm, how they are best used, my favorite supplements and my favorite brands).

-The adverse health effects of EMFs and ways they can be mitigated.

-Willhelm Reich and Orgone energy.

-The many benefits of healing waters (e.g., hot springs).

LIKE (5) REPLY SHARE

Dianna A Dianna A Feb 13
Liked by A Midwestern Doctor

Red light therapy, chlorine dioxide and pet vaccines would be most interesting to me. Thank you for all the great information on DMSO this past year.

LIKE (5) REPLY SHARE

K. Feb 13
Liked by A Midwestern Doctor

I would like to suggest as a topic for future articles hormonal and menstrual issues, fibroids and specifically fibroid embolization, perimenopause and menopause. I believe millions of women suffer the consequences of unhealthy food, water and improper treatment (unnecessary hysterectomies come to mind), and helping them to get this very delicate system in balance would be a Godsend. As I write this I realize I can think of no woman I know who does not have reproductive issues. A referral system would be wonderful!

LIKE (5) REPLY (2) SHARE

A Midwestern Doctor Feb 13
Author

A lot of that is hormonal/under the estrogen/progesterone topic.

LIKE (3) REPLY SHARE

BethanyAnne BethanyAnne Feb 13

You might check out Dr David Brownstein. There's a good video that touches on iodine and fibroids. It was a life changer for me.

https://www.youtube.com/watch?v=Oix26uuBfZg&t=5s

LIKE (1) REPLY (1) SHARE

K. Feb 13

Thank you!

LIKE (1) REPLY SHARE

Rebecca Gardner Feb 13
Liked by A Midwestern Doctor

I would be most interested in you writing about:

•Pets and vaccination

•Your favorite supplements

•Your favorite (fairly unknown) pharmaceuticals

And yes, we are living in AMAZING times.

Thank you so much for your work!

LIKE (5) REPLY SHARE

erin erin Feb 13
Liked by A Midwestern Doctor

Here are my most desirable topics from your suggested list, Doc:

•Zeta potential, calcifications and non-surgical treatments for bone spurs (assuming such things like Heberden's nodes are included).

•The importance of fevers.

•A few of the remarkable energy medicine devices that have faded into obscurity.

•Traditional American methods of healing that largely disappeared when the medical system was forced to follow the Allopathic model.

•Medical epistemology. (because more and more I think this is at the root of the failures and over-slow pace of self correction of conventional medicine as described by Wootton in Bad Medicine)

Great stuff!

LIKE (5) REPLY SHARE

Stephen Feher Stephen Feher Feb 13

I greatly appreciate your work and wonder at your capacity to do it. I have taken to heart your recommendations on DMSO and take it daily, as well as apply it topically. The topical application really seems to have helped with BPH, and I have a history of various forms of skin cancer, including melanoma, and have a couple of places I think are going in that direction, so apply DMSO topically, the gel, once or twice daily. It's a work in progress and I'll see how it goes. I am near the end of my life, at 80, and though very active, eat a very healthy diet, exercise daily, have heart issues that I'm sure are the result of not having eaten healthily earlier in my life. I have had difficulty trying to find an interventional cardiologist who might deal with rhythm issues. So a referral base would be very helpful. I fired one such cardiologist who told me I was crazy not to be admitted to hospital when I had a minor heart event last Spring. As a retired psychologist I found it quite insulting for him to say what he did and sent him a long letter explaining my position. As you might guess, there was no response. I don't want to go on too long, but want to express my thanks to you for all you do.

LIKE (9) REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

Thank you. A lot of times with arrythmias if you treat zeta potential it will fix them.

LIKE (2) REPLY (1) SHARE

Stephen Feher Stephen Feher Feb 14

Thank you. I will look at your writings on zeta potential and see what I can do to treat that possible issue. Much appreciated.

LIKE (1) REPLY SHARE

Judith Feb 14
Liked by A Midwestern Doctor

Topics I am most interested in are:

End of life care

Medical conditions that the traditional medical system treats successfully and that one should seek care for

More about DMSO, chlorine dioxide, blood irradiation and protocols and dosing

Use of antibiotics in older patients (I was fortunate enough to be treated by Dr. Dietrich Klinghardt in the 1990's and I remember him saying that when you're young antibiotics are the enemy but they become friends for older patients). In particular, I would like to hear your thoughts about doxycycline.

I'm also very interested in some kind of system to find good doctors like you in my area.

LIKE (4) REPLY (1) SHARE

J. Harris J. Harris 6d

Judith, I agree! End of life care is a very important topic that is rarely talk about in a "good" way. I don't want to go out in a black plastic bag. I'd rather be wrapped in burlap or cotton with flowers and herbs on top. I saw a documentary a few years ago (sorry I can't remember the name) that followed two different routes with cancer treatments. One ended with bag the other was beautiful burlap. It was eye opening! I want to plan a good exit strategy!!

LIKE REPLY SHARE

Jackie Rosenbecker Feb 14
Liked by A Midwestern Doctor

First time commenting. I have been following you since the beginning and felt you were a lifeline during the covid madness. I'm writing to say of the topics you list for next year, supplements (good and bad) would be most helpful. I feel i take a lot and I'm learning some of what I take (like nonetheless vitamin B) may not be good. I'd love to hear your suggestions. I'm reading and of Alzheimers, Cancer Care, Good Energy, Stop The Thyroid Madness etc and if you took everything suggested it feels unnatural. Would love your advice.

Second I'm trying to be proactive about my health with2 sisters now diagnosed with breast cancer (both took all the mrna shots and boosters) in a family eith no prior breast cancer. I have had a visit at the Leading Edge Clinic to assess my thyroid (never been on a T3 med or offered it, never had reverse T3 assessed although hypothyroidism for 30 years). I highly recommend this clinic. Also being treated for spike mitigation (took J&J). Function Health offering assessment of biomarkers of health has been educational as well.

Thank you for all you do! You have opened my eyes to so much and got those critical thinking engines firing for me. But don't ever feel guilty hiking lol. Take care.

LIKE (4) REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

"You have opened my eyes to so much and got those critical thinking engines firing for me."

That was the goal!

LIKE (3) REPLY SHARE

Mary Ann Rollano, RN Steeped Stories Feb 13
Liked by A Midwestern Doctor

Thank you for this newsletter. Everyone should learn about their health and you are doing a tremendous service in that regard. I think it was Hippocrates who said, The greatest medicine of all is to teach people how not to need it.

I believe the world will be better off when every life is recognized as a sacred soul with a beating heart. It is unfathomable to me that we so readily sacrifice it for profit. I now have hope that we can aim to that higher standard with RFK Jr.

All of your topics are interesting but for me personally, I am very interested in learning more about energy healing, since our essence is energy. These are the topics you listed that are of particular interest:

•A few of the remarkable energy medicine devices that have faded into obscurity.

•The physical basis for the acupuncture channels.

•Supplements (& herbals)

•Much more relating to cancer (ivermectin & fenbendazole as treatment and prevention)

•Your favorite pharmaceuticals

Thank you again!

LIKE (4) REPLY SHARE

tjwillis@sti.net Feb 13
Liked by A Midwestern Doctor

I have a tremendous appreciation for your work! I look forward to every newsletter!

I am most interested in bio identical hormone replacement therapy and which supplements you think are most beneficial.

LIKE (4) REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

Thank you

LIKE (1) REPLY SHARE

Sally Feb 13
Liked by A Midwestern Doctor

My votes are for:

PCOS

Thyroid

Lyme Disease

Sleep/insomnia

Supplements including probiotic use and effectiveness (spore based?)

EMF mitigation

Ozone treatments/benefits

Thank you! I am really really loving this Substack! Did I say thank you already? 😂😊

LIKE (4) REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

Thank you! :)

LIKE (1) REPLY SHARE

Mike Binda Feb 13

Liked by A Midwestern Doctor

The Presidents latest release is wildest dreams come true. Thank for sharing that. As to what I would like to see an article on is the good, the bad and the ugly about supplements. Particularly presented in a way that makes "thinking with them" feasible. Balancing what is in food against what is no longer available in food (due to poor agricultural practices) and knowing how much of what to take to maintain what ever it is that makes for a proper "balance" between all of the vitamins and minerals and amino acids and OMG.

LIKE (4) REPLY SHARE

Valerie Rodriguez Feb 13
Liked by A Midwestern Doctor

I read the Executive Order! Hallelujah! All of the issues they are focusing on are long overdue. I am so grateful that RFK, Jr is confirmed!

But one person, one agency cannot do it well without the support of people who have known of the issues and truly want direction and guidance to remedy the issues, along with accountability for those forces whose only goal is to continue to poison us and our children through agricultural, environmental and pharmaceutical malpractice for the sole purpose of corporate greed. So, here is my question- how can I help?

I am not a medical professional, but I have followed the studies and experienced first hand children with autism, ADHD - that I believe were caused by vaccines, parents with chronic illnesses, friends who believed the Covid-19 vaccine would save them, who have died of Pulmonary embolism, or suffered strokes, heart damage, and fighting for their cancers. And I am convinced that many treatments for cancer and other chronic diseases are not designed to cure these diseases, but to prolong suffering and increase the need for continued exposure to more and more medications. I believe that there are doctors and nurses that truly want to care for and heal people, but the educational process they are required to go through at great personal expense, are geared towards medication intervention and not health improvement. Much of what they are taught is how to sell the lies they have been brainwashed to believe. The problems are multi-faceted and deeply complicated. Praying for truth to be revealed and good people (like YOU!) to come forward to implement good solutions.

LIKE (4) REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

MAHA is gradually putting things in place so that those who want to help can.

LIKE (1) REPLY SHARE

Chris.45 Feb 13
Liked by A Midwestern Doctor

"perspectives on supplements (e.g., how they help, how they harm, how they are best used, my favorite supplements and my favorite brands).

"The major issues with commonly prescribed pharmaceuticals (e.g., finasteride).

"Dealing with Atrial Fib and Atrial Flutter.

Thanks, AMD, for all you do!

LIKE (4) REPLY (1) SHARE

Darlene Lessing Feb 14
I would like something about a fib and flutter also, on causes. I have a severe gut issue that I KNOW is causing my flutter and a fib. I cannot metabolize sulphur at all and I have a bad sulphur deficiency. Thanks to a commenter on here she recommended The Devil in The Garlic book. Dr Nigh explained so much, but he is in Oregon and I'm in Indiana. Here to wait 10.5 months to see a doc. I'm so desperate none here recognize SIBO OR SULPHUR issues. I almost died right at Christmas. I told my Cardio DR my gut was related and he responded that he wasn't smart enough to figure it out! So now I'm on Tikosyn and Xarelto and I want off but can't till my gut is healed. Thankful for what help DR Nigh has in his book.

LIKE (3) REPLY (5)

J Harris J Harris 1st
I too follow Dr. Nigh's work along with Stephanie Senff, PhD. I too had a sulfur issue. Soaking in high sulfur natural hot springs helped me increase my sulphate and greatly helped my gut issues! Before then I couldn't eat onions, garlic, etc. without issues.

LIKE REPLY (3)

Darlene Lessing 6d
Thanks for your comment. I'd love to meet some ppl that have this issue! We only have a large shower and no bathtub so only have a tub to soak up epsom salts through hard to get my sulfate. Where do you find high sulphur natural Springs? I can't eat beef, garlic ,onions, broccoli and cauliflower but there are many other things. My sulphate is extremely low and causing problems. No med person to help. All I can do is be faithful and implement the info I have.

LIKE (1) REPLY (1)

J Harris J Harris 6d
Darlene, I am fortunate to live only 90 minutes from White Sulphur Springs, Montana. It's the best place to soak as they do not treat their water. It is truly healing water! I love the sulfur smell!!

LIKE REPLY (1)

Darlene Lessing 5d
That is awesomely close. Blessings on you.

LIKE (1) REPLY

Steve50 Feb 13
Liked by A Midwestern Doctor

Congratulations, AMWD!. You have had a big part in this revolution, and I thank you.

My priorities from your list:

The article on DMSO and how it can help with cancer. (I Everything you need to know about, EDTA, Chlorine Dioxide, Hydrogen Peroxide and Medical Ozone (with ozone being next in that cue). ([People need more help for at home cancer (medication might be good to look at.)) ([Dangerous alternative medical approaches I often see harm people along with ones I feel are a scam and don't help people.) ([More reforms that I believe could improve the practice (and cost) of medicine in the United States. ([Directly supports MAHA)) ([Pets and vaccination. ([Lists of people don't know what to do for the pets they love, especially in relation to the rabies vaccine and local laws.)) ([Complications of anesthesia. ([A currently unaddressed area that is very important.)) ([Common complications of surgery and ways to avoid them. ([Helpful things that can be done for someone at the end of life (I view mainstreaming this to be one of the greatest shortcomings in our healthcare medical system). ([I'm currently taking care of my 100yo mother and wanting good, ethical guidance.)) ([Conditions where conventional medicine excels for treating the problem and it is essential to receive that care. ([We need to have how the spectrum of medical care "should" be arranged.)

That should keep you busy for a couple weeks, AMWD!

LIKE (4) REPLY

Deborah Butler Reality 101 Newsletter Feb 13
Liked by A Midwestern Doctor

I sympathize with those of you that are experiencing health issues, and do not feel comfortable enough (or would "trusting" be more applicable), to become a "patient" (look up the definition of patient) of an allopathic doctor? I am there, and have been, in that exact position for nearly four years. If you live in the Minnesota vicinity, or if I did, I would be comfortable seeing Dr Scott Jensen

https://www.instagram.com/reel/DY3Yp4_N4BX/?igsh=ZTM1Ym5oZ3emd62J

Hope somebody finds this information helpful

LIKE (4) REPLY (3)

Kevin Purtell Feb 13
Amazing, and I love how this EO insulates RFK Jr so agencies cannot single him out for attack. The Overton Window has experienced a seismic shift!

LIKE (2) REPLY

MaNoSue Feb 13
Loved that "if it isn't broke, don't fix it's. That's what we've always done with our animals and ourselves, and so far, it's working.

LIKE (3) REPLY

Fred Feb 13
It is, thanks, and a database of like minded physicians would be very useful!

LIKE (1) REPLY (1)

Deborah Butler Reality 101 Newsletter Feb 13
Dr. Jensen can for governor in Minnesota against Tim Walz

LIKE (1) REPLY (1)

Bobby Line Feb 13
And Walz won, which says a lot about a majority of Minnesota voters.

LIKE (3) REPLY

Dawn Feb 15
Liked by A Midwestern Doctor

I am most interested in the dangerous alternative therapies (especially with so many "health influencers" nowadays, your favorite supplements and companies, and pets and vaccinations.

LIKE (3) REPLY

Carol Feb 14
Liked by A Midwestern Doctor

I love all the topics you will post on. An additional one that I think would be valuable is to educate everyone on herbal medicine. It goes along with the philosophy of empowering people to be their own doctor. Anyone can learn to grow and process their own herbs. It also is the safest medicine if you have adequate knowledge since it's impossible to adulterate herbs which is not the case with supplements or other pharmaceuticals.

LIKE (3) REPLY (1)

A Midwestern Doctor Feb 15
Author

The herbal one is much lower in the cue because a lot of other people have already written about it and there is so much to do justice to that it would take me months to put it together.

LIKE (2) REPLY (1)

Carol Feb 17
That makes perfect sense. So rather than you actually doing the reporting it would be helpful to at least recommend your readers to explore herbal medicine for themselves for its safety and self-empowerment.

LIKE REPLY

Alok Adak Feb 14
Liked by A Midwestern Doctor

Interested in all of but would very much like info on supplements. Having to be my own Doctor as it is I've found many supplements deemed to be helpful for something to the point I take many, many supplements (and no drugs). Info out there is lacking in whether to take a supplement to prevent a condition/illness (essentially, forbear), to only treat an active condition/illness (then stop), etc.

Cancer and parasites, parasites and cancer. And good herbals/supplements to help prevent and treat both. Is cancer truly genetic - "it runs in the family" - or is it sex, diets, water, chemtrails, EMF etc. also run through families. I imagine parasites can be added to that list.

Finally, not listed here but an active question in my mind for you of late is "sensitives". You've written in many essays brief notes about people who are particularly sensitive to drug/use side effects and EMF/environmental pollution etc., and that they're typically immunocompromised, have EDS, etc. (my recollection).

That's my (adult now) daughter. Was injured POTS (Ivabradt), brain injured (they treated her POTS migraine with high doses of SSRI's which caused frontal cortex damage per MRI), EDS, PCOS, GERD, etc. Things just pile on. We now avoid vax and drugs like the plague. Trust in Allopath: pretty much zero.

If you can expound upon "sensitives" that would be great. Causes (vax, genetics?), ways to prevent/treat, etc.

Sincerely, thank you for all your work.

LIKE (3) REPLY

Tina Feb 13
Liked by A Midwestern Doctor

The subjects of most interest to me are

Supplements

Essential aspects of conventional medicine

End of life care

Also, anything I can do at home for myself, e.g. home medical devices, self monitoring, alternative therapies.

I live in what is known as a medical desert here in France, where it can take months or years to find any practitioner to take a new patient. I have found your information on DMSO absolutely invaluable, as have several of my close friends. It's just so very sad we didn't have this knowledge years ago.

LIKE (3) REPLY (1)

A Midwestern Doctor Feb 14
Author

Everything has a time when it's ready to emerge

LIKE (3) REPLY

sue sue Feb 13
Liked by A Midwestern Doctor

In order of preference, I would like to read:-

1) Wilhelm Reich and Orgone Energy;

2) Traditional American methods of healing that largely disappeared when the medical system was forced to follow the Allopathic Model; and

3) A few of the remarkable energy medicine devices that have faded into obscurity.

Please consider yourself absolved for taking time out x

LIKE (3) REPLY

Robert Auld AuldWriter Feb 13
Liked by A Midwestern Doctor

Please consider writing about:

- supplements, your favorites, what works, what does not

- cancer treatments.

Thank you for all you do.

LIKE (3) REPLY

Judy Z Feb 13
Liked by A Midwestern Doctor

My want list to see soon: perspectives on supplements like others have said; dangerous alternative medical approaches and common mistakes in integrative medicine - two similar areas. EDTA, energy medicine devices, importance of fevers and more on cancer. Very interested in chlorine dioxide and am starting to use it in people and animals but Dr. Kory is covering some of it plus what others have written so has been enough to get me started. Just started trying equal mixture of 30% DMSO with 0.1% dioxodex as eye drops for cats with herpes conjuctivitis. It is a common cat problem. Will report on it when I have some data.

LIKE (3) REPLY (1)

JC JC Feb 17
I got good results treating the symptoms with coconut oil.

Drops the vet gave me took 5 days to clear.

Coconut oil was overnight (but the condition kept returning).

LIKE REPLY

MaNoSue Feb 13
Liked by A Midwestern Doctor

My vote for top topic is "Conditions where conventional medicine excels for treating the problem". I'm so skeptical of The System that I deal with things myself, but some idea of when that's not a good idea would be helpful.

LIKE (3) REPLY

Mary Stanton Feb 13
Liked by A Midwestern Doctor

Wow ! Yes exciting times for sure but the DS will try to put up as many obstacles as possible. At least we have a chance to go in the right direction now . The list of potential topics is like a giant gift bag. My personal faves would be: Integrative medicine, what to look for in a practice and scams to be wary of.2) Data potentials and calcifications. 3) Supplements (EMFs Thank you for all your fantastic work and hope to find a new primary care MD or DO as mine retired. (he was my dr for 20 plus years and never pushed a vax or pharma$$ product) Maybe the Independent Medical Alliance will have a referral directory Fortunately I do have a great supplementist (another topic to cover) Many thanks for the amazing work you do!!!!! Love the DMSO info :))))

LIKE (3) REPLY (1)

A Midwestern Doctor Feb 13
Author

Thank you too! :)

LIKE (3) REPLY

Fain Zimmerman Kain's Substack Feb 13
Liked by A Midwestern Doctor

I'm looking forward very much to all your future articles! You're at the top of my "To Be Read First" list!

Thank you so much!

LIKE (3) REPLY (1)

A Midwestern Doctor Feb 14
Author

Thank you too

LIKE REPLY

Henry Lewis Feb 13
Liked by A Midwestern Doctor

Non-surgical treatment of bone spurs! Thanks.

LIKE (3) REPLY

Peter Nevada Peter Nevada Feb 13

Great post! I hope lot of your wonderful minds - you have helped me heal - and recharge- Thank You-

LIKE (3) REPLY

RedLatterMen Feb 16
Liked by A Midwestern Doctor

I so appreciate this Substack. I have learned so much from you. I'd love for you to cover women's health & hormones replacement therapy.

LIKE (3) REPLY

Anna Hopkins Feb 16
Liked by A Midwestern Doctor

Interested in pets and vaccinations, especially for elderly pets.

LIKE (3) REPLY

Cushman Feb 15
Liked by A Midwestern Doctor

Good news. https://corpdosedirectustomedia.com/news/health-freedom/2025/02/15/rfk-jr-doi-will-launch-civic-investigation-into-collusion-between-medical-boards-journals-big-pharma/

LIKE (3) REPLY

GG Feb 15
Liked by A Midwestern Doctor

For me, I would love for you to filter out the scams. It's overwhelming, what works, what doesn't. As for pets and vaccinations maybe take that one off your list as Will Falconer, DVM, has done a wonderful job of that both in his Substack and his Vital Animals website. Thanks for what you are sharing, it's wonderful!

LIKE (3) REPLY

Dustin Feb 15
Liked by A Midwestern Doctor

I personally would find it helpful if additional info could be provided about how to properly search for high quality doctors/medical professionals. You mentioned ACAM but a more in-depth article on this topic would be great.

This is one area where even if I was a billionaire, I'm still not exactly sure how I would find the "best" healthcare. When I moved to a different part of the US and needed to find a new primary care physician, I just started searching for providers who were not affiliated with any hospitals and then started looking at reviews. I believe I found a pretty good doctor but additional resources about how to find high quality healthcare would be much appreciated.

LIKE (3) REPLY

Carola Maf Feb 15
Liked by A Midwestern Doctor

The topics you mentioned are all fantastic!

I would ask that you publish one about supplements soon. So many people are taking them, using their best judgement. Your experience and perspective on supplements would be most valuable.

LIKE (3) REPLY

Nadene Johnson Feb 15
Liked by A Midwestern Doctor

I am a naturopathic doctor, and love your columns, it's very helpful to me. I live and work in a state that doesn't license my profession. Being a part of a referral base would be helpful to me, as being a unlicensed practitioner makes it harder to make a living. I love what I do, though. It makes my heart happy to see

© 2025 A Midwestern Doctor, All rights reserved.
Unsubscribe from this newsletter
Manage your subscription
Powered by Substack

people flourish and get better, in all ways.

LIKE (2) REPLY SHARE

St. Mudphud St. Mudphud Feb 14

Liked by A Midwestern Doctor

Thanks for all you do!

On topics I would want to see:

1) I think it's critical for readers to know when conventional medicine is appropriate/ life-saving. I think the temptation is to fall into a "black pill" mindset of eschewing all conventional medicine.

2) I'm fascinated to hear about the energy medicine devices. I've personally gone down a rabbit hole with Voll's electroacupuncture and its connection with homeopathy and muscle testing.

3) As an early career practitioner, would love to hear your thoughts on supplements, how to help someone who's dying and helping bone spurs.

But all of the topics will be excellent! Looking forward to them!

LIKE (2) REPLY SHARE

Ang Feb 14

Liked by A Midwestern Doctor

Hi A Midwestern Doctor, based on your list, I wanted to let you know the topics that I'm most strongly interested in:

-Dangerous alternative medical approaches I often see harm people (along with ones I feel are a scam and don't help people).

-The importance of fevers.

-Complications of anesthesia.

-The physical basis for the acupuncture channels.

-Common complications of surgery and ways to avoid them.

-The major issues with commonly prescribed pharmaceuticals (e.g., finasteride, steroids, antipsychotics, fluoroquinolones, gadolinium contrast, and accutane) and safe alternatives to them.

-The adverse health effects of EMFs and ways they can be mitigated.

-Much more relating to cancer.

•A few of the remarkable energy medicine devices that have faded into obscurity.

-Helpful things that can be done for someone at the end of life (I view mishandling this to be one of the greatest shortcomings of the existing medical system).

-Conditions where conventional medicine excels for treating the problem and it is essential to receive that care.

-Traditional American methods of healing that largely disappeared when the medical system was forced to follow the Allopathic model.

LIKE (2) REPLY SHARE

B Lohre Feb 14

Liked by A Midwestern Doctor

My top three topics choices are:

1) The adverse effects of EMF's (because the topic needs exposure)

2) Your perspective on supplements

3) Conditions where conventional medicine excel

Thanks and congratulations on helping to get RFK nominated.

LIKE (2) REPLY SHARE

Nathan Feb 14

Liked by A Midwestern Doctor

Sounds like a huge effort to set up a referral system for medical professionals as it is, and as a craniosacral therapist, I would truly value a referral system that includes healthcare practitioners in general --everything from energy work to physical therapy. When I'm looking for a therapist for myself I seek out those with common understanding.

Also as a CST, I can clearly feel the effects of anesthesia in the body for a month afterwards, so I'd be real curious to know more about that from your perspective.

Chlorine dioxide also has my vote for being covered soon. I'm currently trying it out and am having some positive effects and some negative effects. For example, it eliminated a kidney stone I didn't know I had, but it also makes my falx membrane feel rubbery and seems to restrict venous flow through there a little in the hours that I'm taking it. It also made a rash temporarily better and then worse. However, overall I feel positive about it and I would love to read your thoughts on it. The information out there is good, but you have a way with these things that's very clear and helpful.

LIKE (2) REPLY SHARE

Darren Dines Feb 14

Liked by A Midwestern Doctor

I would like to see articles about how I can take care of myself and loved ones through my own actions like your favorite supplements

, natural remedies and the big things to avoid in currently being used in medicine. You are loved AMD.

LIKE (2) REPLY SHARE

Angie Lemmons Feb 14

Liked by A Midwestern Doctor

It will be a long time before there are enough integrative/natural health doctors to go around, so my priorities would be for you to prioritize articles that can help people heal themselves. For example:

•Everything you need to know about, EDTA, Chlorine Dioxide, Hydrogen Peroxide and Medical Ozone (with ozone being next in that cue) .

•My perspectives on supplements (e.g., how they help, how they harm, how they are best used, my favorite supplements and my favorite brands).

•Traditional American methods of healing that largely disappeared when the medical system was forced to follow the Allopathic model.

Thanks for all you do!

LIKE (2) REPLY SHARE

Sam Tull Feb 14

Liked by A Midwestern Doctor

Would like more on metabolic disease. With the ability to track glucose with CGM is a1c or time in range (70 - 180) more important. Also very interested in pets & vaccines.

LIKE (2) REPLY SHARE

Antonia Shusta Feb 14

Liked by A Midwestern Doctor

Would love to know which preventive screenings currently recommended you think are appropriate- and timing for them.

LIKE (2) REPLY SHARE

Caterina Feb 14

Liked by A Midwestern Doctor

I really like the way you deal with the issues, and I follow you with interest and admiration.

Yesterday I read in Ana Mihalcea's Light Medicine: "If we conceive a future and dream that it is real, everything we dream will become reality. Such is the quantum physical law of observation."

We are doing this: There is a vibration that crosses seas and mountains, and yes, everything goes very fast.

I have highlighted these topics of interest to me:

•Everything you need to know about, EDTA, Chlorine Dioxide, Hydrogen Peroxide and Medical Ozone (with ozone being next in that cue) .

•Complications of anesthesia.

·The ion effect and zeta potential.

·My favorite (and fairly unknown) pharmaceuticals that I use in practice.

•Common mistakes made in integrative medicine.

•Willhelm Reich and Orgone energy.

•The many benefits of healing waters (e.g., hot springs).

•Medical epistemology.

I have chosen Complications of anesthesia because two years ago I lost a very healthy 56-year-old brother who was operated on twice in a short time (vasectomy and reversal), and shortly after he developed a glioblastoma 4 in the corpus callosum. For some reason I related it to the heavy metals that the anesthesia could contain.

LIKE (2) REPLY SHARE

Naila Feb 13

Liked by A Midwestern Doctor

Am definitely interested in your pregnancy series being due in May.

I told my midwives I didn't want to use the Doppler and though happy with my wishes there seemed to be concern about how to monitor me during birth... there must be other options that existed before technology?!!

LIKE (2) REPLY (1) SHARE

JC JC Feb 17

Like TOUCHING people?

LIKE REPLY SHARE

David Kukkee David Kukkee Feb 13

Liked by A Midwestern Doctor

Perhaps the most important step in MAHA is turning OFF the tax payer's money being laundered through pharma's to the corrupt elected officials and bureaucracy. Two recent examples, Warren and Saunders. Pharma is killing the economy and the people of America and really, the world. I propose the scrutiny of the funding of pharma be enacted...immediately, thoroughly, and independently. Prosecute the creators of fake science reports with zeal, and jail for life, those promoting the creation of chimeric diseases, starting with Bill Gates, Peter Hotez, Daschak and Baric...and then proceed to including ALL OF THEIR INVESTORS, initiating RICO claw backs on any profit made investing or trading in pharma. Shut down permanently the producers and manufacturers responsible for the sickening practice of adding the addictive corn syrup to everything. Shut down the WHO, WEF, U.N. USAID, NIH, NIAID, and totally rework the FDA, CDC, and HHS. Jail the folks running them just on principle alone. I want to see the top level of drug pushers (e.g. Fentanyl) subjected to the death penalty...ASAP.

LIKE (2) REPLY SHARE

Tracie Garrett Tracie Garrett Feb 13

Liked by A Midwestern Doctor

Thank you for sharing your knowledge with all who want to learn!

Topics of interest-

-Perspectives on Supplements...

-Cancer Prevention and Treatment

-EDTA, Chlorine Dioxide, Hydrogen Peroxide, Medical Ozone

-Heavy Metal Detox and Detox in general

-Helpful Things That Can Be Done At The End Of Life

-Adverse Effects of EMFs

-The Ion Effect and Zeta Potential

-Common Complications of Surgery and Ways To Avoid Them

-Dangerous Alternative Medical Approaches

-Conditions Where Conventional Medicine Excels

LIKE (2) REPLY SHARE

OneDayAtATime Feb 13

Liked by A Midwestern Doctor

What a day! I wasn't sure RFK would be advanced after his initial hearings and I feel deeply grateful he's been confirmed.

AMD, thanks for all you are doing. All of the topics you have listed sound really interesting. My preferred topics among them are:

-Everything you need to know about, EDTA, Chlorine Dioxide, Hydrogen Peroxide and Medical Ozone

-Pets and vaccinations

- Dangerous alternative medical approaches I often see harm people (along with ones I feel are a scam and don't help people).

- A few of the remarkable energy medicine devices that have faded into obscurity.

- Helpful things that can be done for someone at the end of life (I view mishandling this to be one of the greatest shortcomings of the existing medical system).

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Feb 13

Author

That was why we needed to flip the narrative to the Democrats all being paid off!

LIKE (5) REPLY (1) SHARE

Reader East of Albuquerque Reader East of Albuquerque Feb 14

Touché

LIKE REPLY SHARE

Dave Rawlence Feb 13

Liked by A Midwestern Doctor

My votes for your topics:

-Treatments and prevention of arthritis and explanation for the various forms of inflammation in the joints (not in your list, but in my joints now)

-Pets and vaccination

-The implications of Luc Montagier's research on digital biology

-The physical basis for the acupuncture channels

-The adverse health effects of EMFs and ways they can be mitigated

-Willhelm Reich and Orgone energy

-Conditions where conventional medicine excels for treating the problem and it is essential to receive that care

-Common mistakes made in integrative medicine

-Dangerous alternative medical approaches I often see harm people (along with ones I feel are a scam and don't help people)

-My perspectives on supplements (e.g., how they help, how they harm, how they are best used, my favorite supplements and my favorite brands).

LIKE (2) REPLY SHARE

Fred Jewett Fred Jewett Feb 13

Perhaps you could choose to spend some time with a medical school revamping their curriculum to produce the best doctors. This would be possible if RFK can correct the current corrosive teaching programs influenced by big pharma and for profit medical companies.

LIKE (6) REPLY (2) SHARE

A Midwestern Doctor Feb 13

Author

Great suggestion, but a lot of other things have to change first.

LIKE (5) REPLY SHARE

erin erin Feb 13

I would like to see more emphasis to educate us patients. Those of us who want to up our game.

LIKE (4) REPLY SHARE

RN truth Feb 13

Liked by A Midwestern Doctor

So many great topics!! It's hard to choose but Luc Montagier, Ebola ,red light therapy but any would be worthy.

Thank you.

LIKE (2) REPLY SHARE

News Do Feb 18

Liked by A Midwestern Doctor

Thanks for all you do, doc!

My most wished for from your list: “My favorite (and fairly unknown) pharmaceuticals that I use in practice.”

Thanks again!

LIKE (1) REPLY SHARE

Mislinick Feb 17

Liked by A Midwestern Doctor

Good day AMD,

From the topics you suggested, I would most like to hear about:

>Everything you need to know about, EDTA, Chlorine Dioxide, Hydrogen Peroxide and Medical Ozone (with ozone being next in that cue) .

>The major issues with commonly prescribed pharmaceuticals (e.g., finasteride, steroids, antipsychotics, fluoroquinolones, gadolinium contrast, and accutane) and safe alternatives to them.

>My perspectives on supplements (e.g., how they help, how they harm, how they are best used, my favorite supplements and my favorite brands).

Thank you for your unbelievable efforts with this substack

LIKE (1) REPLY SHARE

Smitty Feb 17

Liked by A Midwestern Doctor

Thank you MWD for all you do! I know it is not easy researching and then formulating everything in a format we can understand!

Regarding the future topics you listed, I would love to see your thoughts on hormones, especially thyroid ones and then levothyroxine for hypothyroidism.

LIKE (1) REPLY SHARE

Barbara Lekowicz Barbara's Newsletter Feb 16

Liked by A Midwestern Doctor

Your post has become such an important part of my “medical” reading!! I've learned so much (DMSO in particular) and am anxious to discover your supplement recommendations. Thank you !

LIKE (1) REPLY SHARE

Heilike Yid Heilike Yid Feb 16

Liked by A Midwestern Doctor

Will you be continuing your series on light? The one where you discussed Ott and his discoveries.

Also some other topics you can consider:

Fenbenzadole and cancer treatment

Treatment for chronic nasal polyps

Treatments for flat feet and other foot problems

Ailments that are related to the mouth and teeth and ways to fix without invasive procedures.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Feb 16

Author

I think I covered the main things on that one besides red light therapy.

LIKE REPLY SHARE

James Pyke Feb 16

Liked by A Midwestern Doctor

Would like to share my support for learning more about Chlorine dioxide and Hydrogen peroxide; uses and dosage, theapuedic effects etc.

LIKE (1) REPLY SHARE

Ruth Watton Feb 16

Liked by A Midwestern Doctor

Here are my interests in order of priority:

1. •My perspectives on supplements (e.g., how they help, how they harm, how they are best used, my favorite supplements and my favorite brands).

2. •My favorite (and fairly unknown) pharmaceuticals that I use in practice.

3. •Helpful things that can be done for someone at the end of life (I view mishandling this to be one of the greatest shortcomings of the existing medical system).

4. •Conditions where conventional medicine excels for treating the problem and it is essential to receive that care.

BTW, all your suggested topics are interesting & useful. Thank you for your research. I try to stay out of the medical orbit at all cost.

LIKE (1) REPLY SHARE

Jeanne S Jeanne S Feb 16

Liked by A Midwestern Doctor

HI! Please write about hormones. Thank you !!

LIKE (1) REPLY SHARE

fuzzi Feb 16

Liked by A Midwestern Doctor

1. Supplements

2. Pet vaccines

LIKE (1) REPLY SHARE

Marlene Mc Marlene Mc Feb 16

Liked by A Midwestern Doctor

Thank you Dr. Your big heart shines through your articles.

Would like help with Mold as I did Real Time test and have 4 out of 5.

Heavy metals detox, EDTA, ozone

Also, your favorite supplements and pharmaceuticals.

Longevity suggestions.

Keep up your valuable work! Thank you!!

LIKE (1) · REPLY (1)

A Midwestern Doctor · Feb 16
Author
Ketoacidosis

Ketoacidosis

Ketoacidosis

https://www.amazon.com/dp/0399166092?psc=1&ref=ppx_yo2ovx_dt_b_fed_asin_title

That book explains why general mainstream screenings are more likely to cause harm than to help.

LIKE (3) · REPLY (2) · SHARE

Anna Mullrow · Feb 10
Definitely a book I will check out myself now that I've been diagnosed with BC. It's difficult to find places that will offer an ultrasound without the requirement of a mammogram first. I've read that those places put up to 42 pounds of pressure on the breasts so it seems the risk up rupturing a tumor would be very high. Thanks for the suggestion for a good book to read about all the risks involved.

LIKE · REPLY · SHARE

Jenn · Feb 14
Perfect, I will check out that link, thank you so much!

LIKE · REPLY · SHARE

Agnes Gelder · Feb 14
Liked by A Midwestern Doctor
I would be interested in the topic of hormones.

LIKE (1) · REPLY · SHARE

Reader East of Albuquerque · Reader East of Albuquerque · Feb 14 · Edited
Liked by A Midwestern Doctor
Thank you, AMD; your work is a great blessing.

LIKE (1) · REPLY · SHARE

walton ferris · walton's Substack · Feb 13
Liked by A Midwestern Doctor
Another topic: Fred Klenner's finding that 10 grams/day of vitamin C was remarkably good for pregnancy.

LIKE (1) · REPLY · SHARE

Angela Lace · Angela Lace · Feb 13
Your DMSO series has been a true blessing and healing modality for my husband and myself and some of our friends and I cannot thank you enough for the time and effort you put into your reports.
By the way, for your report on chelation and breastfeeding, if you need to interview a mama who has given birth 11 times and nursed all of her babies, then you are welcome to reach out to me. I have also been very blessed to successfully keep them healthy without doctor visits. It's been my passion to read about and practice (as a Mommy Diagnostician) holistic healing for over 30 years.

LIKE (3) · REPLY (1) · SHARE

A Midwestern Doctor · Feb 13
Author
Thank you very much!

LIKE (1) · REPLY · SHARE

April Rudolph Van Loan · Feb 13
Liked by A Midwestern Doctor
End of life issues/pharma that you uses/supplements/when to use allopathic

LIKE (1) · REPLY · SHARE

Michele Cordoba · Feb 13 · Edited
Liked by A Midwestern Doctor
Read the executive order. Thank you for sharing. Great post and wonderful day with RFK Jr being confirmed. I am hopeful that the changes needed in our country to improve America's health may finally be within reach.
All of your article ideas are of interest. I am especially interested in your views on supplements, harmful alternative medicine, details of ozone treatments and the others mentioned, polio's history, safe alternatives to steroids and other common drugs, and end of life improvements. Thank you for your excellent in depth articles.

LIKE (1) · REPLY · SHARE

Steve · Feb 13
I would like to see some good work done on the Lyme disease epidemic and how chronic Lyme sufferers like me could actually receive help and finally overcome this debilitating disease.

LIKE (4) · REPLY (1) · SHARE

A Midwestern Doctor · Feb 13
Author
I have not written about it because it's complicated and treatment protocols highly vary person to person (e.g., depending on what coinfections you have), but generally I find using UVB (or sometimes UVB+ozone) and sea salt (in a dark sea salt detox pit) can be very helpful.

LIKE (2) · REPLY (3) · SHARE

Tricia · Feb 14
Thank you for this comment. We will try this.

LIKE · REPLY · SHARE

Mimi Albery · Mimi Albery · Feb 13
I am very much interested in this topic:

- Traditional American methods of healing that largely disappeared when the medical system was forced to follow the Allopathic model.

By this I assume you're referring to physicians such as the Eclectics, Physiomedicalists, (J.M. Thurston), herbalists such as Maude Grieve, William LeGalisse, Michael Moore and others mentioned in herbalist Matthew Wood's books "The Practice of Traditional Western Herbalism" and "The Book of Herbal Wisdom." Are you considering homeopathy (Hahnemann), Ayurveda, Traditional Chinese Medicine, naturopathic doctors and clinical herbalists?

There are naturopathic colleges such as Bastyr University and Maryland University of Integrative Health. The American Association of Naturopathic Physicians has a searchable directory: https://naturopathic.org/search/custom.asp?id=5613

One of my biggest frustrations during the pandemic years was that none of the dissenting doctors were talking about natural medicine. Those therapies were only being used with great success within the herbalist community. The resurgence of American herbalism is huge, definitely not fringe. The American Herbalist Guild has a membership list: https://americanherbalistsguild.com/member-profile/

There are so many prominent teachers with dozens of books published and conference lectures, David Winston, Matthew Wood, Phyllis Light, Ralph Popham, Jim McDonald, Rosale de Lafaret, to name only a few; many have active clinical practices.

LIKE (4) · REPLY (1) · SHARE

A Midwestern Doctor · Feb 13
Author
That's some (but not all of them)

LIKE (2) · REPLY · SHARE

Randall Rippa M.D. · Feb 13
That's a great survey, Doc. Your work list of wonderful potential projects made me tired just reading it.
I was reminded of my shock at discovering that the FDA does not test new drugs against the current ones to determine which works better.
As I recall, the FDA just requires testing new drugs against a placebo to see if they work at all.
As a physician, I always wanted to know. I hope Kennedy will implement that kind of head to head testing. Would be very valuable.

LIKE (4) · REPLY (2) · SHARE

A Midwestern Doctor · Feb 13
Author
On one level, I feel very strongly that efficacy needs to be assessed against the existing standard whenever safety needs to be against placebo, but more than that, I believe that the FDA should not have jurisdiction over efficacy because it's so easy for them to distort what is and is not effective.

LIKE (3) · REPLY · SHARE

Angelina · Angelina · Feb 13
Not exactly. Many oncology trials test the new drug against the existing SOC therapies serving as control cohort. It would be unethical to treat a control cohort with placebo. Many new oncology drugs are tested when the trial participants already had multiple SOC cancer therapies, to see if the new drug provides benefits to even so exposed to multiple lines prior treatments.

LIKE (1) · REPLY · SHARE

Fred · Feb 13
Actually, non-inferiority studies are widely done. That how they get approval for the "new and improved" treatment for UTIs.

LIKE · REPLY · SHARE

Peace · Feb 14
Dental Anesthesia is a topic of great concern and interest. What are the least harmful options for topical anesthesia and "sleepy time" anesthesia?

LIKE (2) · REPLY (1) · SHARE

A Midwestern Doctor · Feb 14
Author
The local anesthetics (ie lidocaine) are fine. Dentists commonly use nitrous oxide which is the least problematic gas anesthetic.

LIKE (3) · REPLY (2) · SHARE

JC · Feb 17
There's a thing here (Australia) called the "green whistle" for anxious patients. The paramedics use it too. Methoxyflurane
Dentists here don't like using gas. Aussies are tough. Last time I asked for gas, he turned it on a squeak, and I couldn't even tell it was on. (and he had to order it in a week in advance)

LIKE · REPLY · SHARE

Peace · Feb 18
Thank you! I have possible dental work in my future, so that is helpful!

LIKE · REPLY · SHARE

Sheryl · Feb 13
To explain my rationale for my response to your survey. Rather than giving a referral system - teach a man to fish, so to speak. Educate people so they can be better informed and assertive consumers of healthcare. Teach them how to identify and use the system for what it is good at, how to not use it unnecessarily and how to refuse what isn't good for them. Teach them how things work - in their bodies, in food, in medications, etc., so that they can ask good questions, understand info they are given and make informed decisions. A referral system that includes enough providers in enough locations would be a massive and possibly impossible undertaking. So teach people how to find their own resources.

LIKE (2) · REPLY (1) · SHARE

A Midwestern Doctor · Feb 13
Author
I did that but a lot of people said they just wanted referrals.

LIKE (1) · REPLY · SHARE

Keep T Faith · Feb 13
What a time to be alive! An historic day. Thank you for your incredibly valuable writings. Pure gold! Thanks to you, DMSO helped resolve my surgical scar tissue! I have saved all the links for all your DMSO articles (nine of them, by my count). But I can't figure out how to search for key words for a particular Substack author. THUS, did you enter the article you alluded to — the one where you were going to outline the more specific suggested doses (or at least dosing ranges and possible regimens) for various healing treatments and/or body parts with DMSO...?

LIKE (1) · REPLY (2) · SHARE

A Midwestern Doctor · Feb 13
Author
Thank you.
1) do a site specific google search (include site:drjoeweinkocher.com in the search query).
2) it's in the various DMSO articles.

LIKE (1) · REPLY (1) · SHARE

Keep T Faith · Feb 13
Thank you!

LIKE (1) · REPLY · SHARE

Keep T Faith · Feb 13
I found the place where you state that there are still four DMSO articles to be written. :) If there's a chance that the "What-amount-to-use-and-which-form" article could be split - that is - published as Part I and Part II - then we could know sooner how to use DMSO for the ailments you've covered so far. Just an idea.

LIKE (2) · REPLY (1) · SHARE

Anna Mullrow · Feb 13
Looking forward to more articles on DMSO myself as it really seems to be helping my husbands cervical spine after just a few weeks of use. I'm one who interested in how to use/dose for the dogs as I recall AMD stating he always has DMSO with him while traveling to use if necessary for himself and pets (I believe I read that in one article). We travel quite a bit in our RV so our dogs are always with us so plugging in some info on how to use it with pets would be great. Thank you AMD for all you are doing!

LIKE · REPLY (1) · SHARE

Denise · Feb 17
We've been putting one or two drippers full (15 to 18 tsp) in a cup of milk for two 30-40 pound dogs to share. Generally every day. They lap it up with gusto. And they get another bit of milk as a palate cleanser.
It took about two weeks for the dog with old injuries to resume initiating play like she's two years old.

LIKE · REPLY · SHARE

Liberty Liz · Liberty Liz · Feb 13 · Edited
Sincerely hoping that "remarkable energy devices" would include (and expand upon): "frequency healing" (ie RNs) and securing reputable "devices" for this purpose, providing comprehensive understanding beyond simple "earthing." As we find ourselves being harvested as "batteries" for the demons-that-ought-not-be's nefarious purposes and exposed to 5.0 and other harmful zoning radiation and frequencies, thorough understand of mitigating the assaults against us as "electrical beings", using tried and true "frequency healing" from a bygone era, would be deeply appreciated. Words fall short of expressing the gratitude for your dedication and unparalleled insights.

LIKE (3) · REPLY (1) · SHARE

A Midwestern Doctor · Feb 13
Author
That is one of them.

LIKE (2) · REPLY (1) · SHARE

Ang · Feb 14
I would love to learn more about energy medicine. Even energy healing options that don't require devices.

LIKE · REPLY · SHARE

Daniel Knapp · Train Wreck · Feb 13
We're hearing more and more about psychedelics from movers like Casey Means. Would love to here from you on this sometime. I'm curiously skeptical when I keep hearing the same thing from everyone promoting them. "The experience is life-changing," and "You'll never be the same."

LIKE (3) · REPLY (2) · SHARE

A Midwestern Doctor · Feb 13
Author
Oh I completely forget to put that in. That is in the cue too.

LIKE (1) · REPLY (3) · SHARE

ann · ann · Feb 13
...queue...
Your devoted schoolmarm :-)

LIKE (4) · REPLY (1) · SHARE

Angela Lace · Angela Lace · Feb 13
Haha! I'd say grammar nazi, but the nazi word is so overused these days. :-)

LIKE (2) · REPLY · SHARE

A Midwestern Doctor · Feb 14
Author
I am planning to write about that one too.

LIKE · REPLY · SHARE

Margo · Feb 13
I micro dose but can't say I have experienced anything special. Maybe I haven't come across the right psychedelic. I have heard the same and one of the alternative "doctor" in the practice I go to has commented it is life changing but it needs a shaman to guide you and naturally a lot more plan just micro dosing!

LIKE · REPLY (1) · SHARE

Bobby Lime · Feb 13
And for those of us who are Christians the mere mention of a shaman makes it a non - starter.
My guess is that most subscribers have heard of ketamine and what appear to be its remarkable effects in treating hardcore clinical depression. Prominent hypothesis about how it works, and how psychedelics like psilocybin and LSD seem often to work in treating such depression, is that it stimulates the factor in the brain which makes neuroplasticity possible. I find this downright fascinating.
I am not a clinical depressive, but a childhood moderate traumatic brain injury survivor. For several years I've been interested in trying ketamine, and the reason is obvious, but I wouldn't go near a psychedelic, and have not been able to discover whether ketamine is one.

LIKE (2) · REPLY (1) · SHARE

ann · ann · Feb 13
I follow the stack of a young woman who experiments. She recently had a very bad (personal) trip combining mushrooms and ketamine. She thinks it was the ketamine that was the culprit.
You don't need a shaman, btw, there is a network of guides (described by Michael Pollan in his How to Change your Mind). Just people with lots of experience who will keep you safe and help you debief afterwards.

LIKE (1) · REPLY · SHARE

Michelle Derby · Michelle Derby · Feb 13
Hi! Forever grateful...
I'd like more information on supplements, conventional medicine appropriate for what conditions, DMSO, hormones, EMFs, pets - I have four dogs and five cats, zeta potential, etc. Anything we can do to help ourselves would be wonderful. The more lies told and obscured truth is the better.
On another note, I've been using DMSO on my legs, feet and back for a few months now. I'm the one that had the 2.2 hemoglobin level. It's been nothing short of a miracle. I've dramatically decreased my use of NSAIDs for pain!
With that said, I still elevate daily and am working on better movement in my legs because of the eight blood clots. When I get up from an elevated position, the veins dramatically bulge out in my hands, feet (top, sides, and heels), and sometimes shins. It appears to get worse when I'm experiencing bloating or inflammation (still figuring out what causes that, but it happens).
Is this okay, will it resolve as I keep working on it or should I take myself back to the hospital? Does it indicate something dangerous I should have checked out? I am on no prescription medication, I quit Eliquis after one month. I have a vena cava filter in place.
I've tried research on circulation but it's difficult for me to follow. Any references of high school reading I can understand would be appreciated. My heart rate is typically around 102 and my blood oxygen fluctuates from 96 - 99. Also what information is helpful. I apologize in advance if this question is inappropriate, I still don't have insurance and don't trust many people.
Thank you for all you do! Love and hugs from the Derby Family.

LIKE (2) · REPLY (1) · SHARE

A Midwestern Doctor · Feb 14
Author
If you go anticoagulated like that, you are taking a real risk, and from where I am I can't tell you how much of one it is.
DMSO typically will eventually get rid of the clots. Nejnirod AFD and fixing zeta potential can also help (so I would do those too).

LIKE · REPLY (1) · SHARE

Michelle Derby · Michelle Derby · Feb 15
Thank you.
I have been off Eliquis since August 16, 2024.
I will begin DMSO orally and research and do the other recommendations. Thank you.

LIKE · REPLY · SHARE

Matt Cook · Daily Medical Discoveries · Feb 13
Great survey. I have coached over 20,000 men and I think the ability to help people avoid the need for

doctors, and navigate the medical landscape, has proved invaluable for so many men who I coach.

I think most people are not going to be able to see a doctor who is any good, so they need to come armed with research, and work on options that can make medical care a lot less important and much less damaging.

Small amounts of thyroid lower cholesterol and make statins unnecessary.

Cancer can often be reversed with simple high dose THC suppositories.

PEMF devices can fix painful joints without drugs.

Chlorine Dioxide properly used can help prevent infections and cure them.

Type 2 diabetes can be often solved using supplements that inhibit excess lipolysis

There are so many protocols that I've worked with people on, not to replace their doctor, as I'm not a doctor and I don't give medical advice, but to help people avoid the need for medical procedures.

LIKE (3) REPLY (2) SHARE

A Midwestern Doctor Feb 14
Author

Thank you

LIKE REPLY SHARE

Liberty Liz Liberty Liz Feb 13

Lowering cholesterol is unnecessary. Let's start with busting THAT myth... and stop promoting inaccurate info on "cholesterol" as "lowering it" induces cancer, interferes with the production of all hormones, etc as well as disrupts it's intended function.

LIKE (3) REPLY (1) SHARE

Matt Cook Daily Medical Discoveries Feb 15

True true. But in the real world if you go to your doctor and you have cholesterol of 320, you will face a lot of insistence that you go on statins. It's hard for most people to resist this.

And there is something that high cholesterols you.

It tells you that your metabolic rate is too low.

Once you begin taking a thyroid product including T3 and T4, cholesterol normalizes. Your body can transform cholesterol into downstream steroid hormones. This is very helpful to health span.

LIKE REPLY SHARE

Pam McDermott Pam's Substack Feb 13

I cried today when I saw that RFK Jr. had been confirmed. What an amazing time to be alive. It has been a miraculous year. Thank you for your work; I cannot express enough gratitude for what you are contributing....miraculous as well.

All of my friends are using DMSO now.✅

My otherwise very healthy husband husband who is 61 was diagnosed a few years ago with IGA nephropathy, an autoimmune disorder. Even though we've been at a functional medicine doctor for two years, his kidneys have continued to decrease in function. He could be looking at a kidney transplant, but we are hopeful for healing.

Is anyone aware of any successful treatments?

LIKE (3) REPLY (4) SHARE

A Midwestern Doctor Feb 14
Author

DMSO, UVBI, fix blood flow to kidneys (ie. through zeta potential)

LIKE REPLY (1) SHARE

Pam McDermott Pam's Substack Feb 14

Thank you! 🙏🏼

LIKE REPLY SHARE

JC Feb 13

I like to browse the earthclinic website where people share alternative things they've tried.

LIKE (2) REPLY SHARE

Penny Carrier Penny Carrier Feb 15

You could also try rubbing the Kidney Neuro Lymphatic drainage point every day for 30-60 seconds. They are located 1" up from the navel and 1" apart

LIKE (1) REPLY (1) SHARE

Pam McDermott Pam's Substack Feb 15

Thank you!

LIKE REPLY SHARE

TinaJo Feb 14

A friend's kidney numbers were very low. The Master Herbalists in the area designed an herbal tea for him. It took many months but his bloodwork showed considerable improvement. Perhaps you can find someone in your area.

LIKE (1) REPLY (1) SHARE

Pam McDermott Pam's Substack Feb 14

Thank you!

LIKE REPLY SHARE

TerryS TerryS Feb 14

Given how difficult it would be to help the many, many people who could benefit from your wisdom, even with a referral network, how about developing an AI service that could draw upon the wisdom that is available? People could ask questions about alternative therapies, essential vitamins/minerals and lifestyle choices that could optimize health.

I have learned so much from your posts and they have informed many of my choices these last couple of years to my benefit. However, as you point out, you have given so much and are on the edge of what you can realistically do. I would totally support belonging to a service that I could ask questions of and make me responsible for how I would implement any answers that I get back. Thank you for what you have done for the world.

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

I do not want to be involved in developing an AI service. Lots of other people will do it anyways, and every AI system I've used is not able to get to the depth of issues; it just does superficial assessments that often miss a lot of what actually needs to be known.

LIKE (3) REPLY (1) SHARE

TerryS TerryS Feb 14

Thanks for your reply.

LIKE REPLY SHARE

Brenda Ranck Feb 13

Growing up, my mom was in the medical industry-40+yrs as a nurse anesthetist. I ALWAYS trusted her judgment about my health- what doctors to go to, regarding my health.

I am a 60 yr old, and am relatively healthy. I have always been active, eat well, and have great Filipino genes!

I am unvaccinated for COVID, with no regrets. I got COVID in 2021 and was hospitalized for 7 days. I survived, and am so grateful. Gotta say, thought I might die. No shit. Closest to death I have ever felt.

Since then, I have educated myself and read almost everything about Covid.

After I got over the virus, I have been gradually changing all of my doctors that lean towards a more holistic approach to health. And, I feel AMAZING!! I have introduced more supplements, and altered my diet.

I have gotten to the point where I am distrustful of doctors.

I am at an age where the pneumonia vaccine, and the shingles vaccine are due. What are your thoughts on these vaccines? I'm petrified to get ANY vaccines, at this point. Are they really necessary?? My gut tells me 'no'.

LIKE (2) REPLY (2) SHARE

A Midwestern Doctor Feb 14
Author

Shingles: has a better risk/benefit ratio than most vaccines but still causes issues. I think it's better to just directly treat shingles.

Pneumonia: overall, I feel risks outweigh benefits for normal people, but this one is one of the more complicated vaccines to discuss.

LIKE REPLY SHARE

BethanyAnne BethanyAnne Feb 13

After Covid, I won't even get the tetanus jab, that's how distrustful I am. I just don't trust any of them at this point. I'm mid-60's.

LIKE (4) REPLY SHARE

PRice PRice Feb 13

I'd like to read a piece about preclinical symptoms that people can reverse by their own actions. Maybe it's too large a topic? If so, narrow it down to neurodegenerative disease(s)?

I read science topics 3-5 hours a day. I'd like to think that I'll avoid getting a disease that I could take care of with preventative actions.

For example, I got serious about treating my gut health better about five years ago after reading about prodromal Parkinson's symptoms. Couldn't imagine the disappointment of a person who gets Parkinson's finding out they can't do anything curative now, but could have 10-20 years earlier.

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

I've focused on the zeta potential facet because I feel it' the most direct answer to that besides standard things like diet and exercise.

LIKE (1) REPLY SHARE

Mark Brody Mark's Newsletter Feb 13

The field of nutrition is rife with conflicting advice, ranging from the carnivore diet to the vegan diet and every permutation conceivable in between. I'd appreciate hearing your views on nutrition and how you counsel your own patients.

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

https://www.midwesterndoctor.com/p/thoughts-on-diet-food-cravings-and

LIKE REPLY SHARE

Fred Fred Feb 13 *Edited*

How about an HHS bulletin revealing that we have a higher infant mortality rate than 19 other wealthy countries. In January 2018, media outlets reported the embarrassing news that children born in the United States are 76% more likely to die before their first birthday than infants born in 19 other wealthy countries.

When the same authors also conducted a cross-national study to compare vaccine schedules and infant mortality rates across 34 countries, they reported "a high statistically significant correlation between increasing number of vaccine doses and increasing infant mortality rates."

https://www.usnews.com/news/best-countries/articles/2018-01-11/us-has-highest-child-mortality-rate-of-20-rich-countries

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

Read Trump's EO I pinned.

LIKE REPLY SHARE

Christy Trust Jesus Substack Feb 16

I love how you give copious evidence that treatments work or don't work including how they work and what situations they are best for. One problem I have is that some of the articles are very long and implementation information is scattered throughout. It takes a lot of time going back through the article to find the key points, links to products, dosages, conditions, etc. It would be very helpful if you would add a couple of key points as bullet points at the beginning or end of the article, so we can more easily implement your recommendations.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Feb 18
Author

As long as the articles are, normally to address all those points they'd need to be 2x as long, and one of the ways I cut the space is by putting things in throughout it. That said, I do later write abridged ones that reference them and normally all the treatment information is at the end.

LIKE (2) REPLY SHARE

John Feb 16

I have been very impressed with the articles on DMSO, which product I have purchased and am using and have also given some to some friends. One of these friends has some blockage in her carotid artery and is therefore afraid to use the DMSO in case it causes a stroke by breaking up the blockage in her neck. She is on the usual treatment, blood thinners, statins etc.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Feb 16
Author

I do not believe that is an issue, but she could start with EDTA chelation and neprinol AFD for that.

LIKE REPLY SHARE

AlienResident AlienResident Feb 15

Have been experimenting with DMSO at varying concentrations - currently 2 of us have been trying a 90% mix (with aloe) for the last few days and it has been interesting that neither of us have yet to experience any reaction like garlic smell or redness at site of application etc.

For a 90% concentration (e.g. 1ml of aloe to 9ml DMSO) there is a distinct exothermic reaction and we have not used it until after that has gone off.

Having tried 90% strength (on chest) with no noticeable side effects I am now considering applying 100% DMSO and three thoughts and a question come to mind:

Thoughts

1. DMSO and water mix = an exothermic reaction occurs.

2. There does not seem to be any further exothermic reaction when the mix is subsequently put on the body.

3. 100% DMSO is going to create an exothermic reaction once it finds some moisture on/in the body hence the noticeable effects I've read of people using undiluted pure DMSO direct.

Question

IIRC you mentioned in one article about using 100% DMSO on yourself and also about using 100% on carotid arteries to mitigate stroke effects - Is it possible that the application of 100% DMSO to the skin and the exothermic reaction that follows plays a part in the overall effects?

Put another way; a comment on one of the posts mentioned that using a diluted DMSO on skin tags did not show any effect but using 100% did show a visible reduction after a short time - is the mechanism of DMSO effects understood and is it possible that applying 100% concentration with its associated exothermic reaction at site of application has a different, or increased effects, as opposed to using diluted DMSO where no exothermic reaction occurs?

Thank you.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Feb 15
Author

1) Exothermic is normal. It's just the dissolution and changes in hydrogen bonding, there's no actual chemical change and it's not too hot.

2) I think the exothermic reaction is incidental and not important.

LIKE (2) REPLY SHARE

Akak Adak Feb 15

Subject on my mind this morning is salt. Vilified by allopathy. Yet the body needs it for many critical functions. And related, the Angela Stanton Migraine Protocol. Angela PhD, is a "migrainer" and has her own migraine clinic. She has a website but apparently only conducts most communications with people through facebook page (which I don't have). Many interviews on youtube though, just search for Angela Stanton Migraine Protocol and you'll find them.

I write the below for readers benefit. For AMD, have you knowledge in this area and can you do a future article? So many suffer from migraines and if they could alleviate a migraine by drinking some salt water wouldn't that be something?

My laymen understanding of what she teaches is, essentially, all migraines are an electrolyte imbalance, primarily sodium, potassium, magnesium.. She says if you have a migraine to do a sodium challenge; put a pinch of salt under your tongue, and if in a few minutes the migraine lessens, you need more salt (drink water with 1/4-1/2 teaspoon salt in it). If the salt under the tongue does not lessen the migraine, you need potassium (take supplement or eat something high in potassium).

Here's what I can say about it; it works for my adult daughter and I. Migraines and most "regular" headaches too. I rarely have migraines, but my daughter has them frequently (Vax injury). If she keeps her daily salt intake up she doesn't get them but if she doesn't, they will come. When she feels one coming on she drinks salt water and poof no more migraine. And we try to keep her up on mag and potassium daily.

I try to spread the word on this because it works for us. But many people (I believe) are resistant to trying, because they're Doctor says they need triptans (and not inexpensive salt which no one profits from). I think this salt thing is one of those "long lost medical miracles". At least, it works for us.

Thanks again for all your work

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Feb 15
Author

Writing about salt is one the topics I want to cover. Cutting salt causes way more harm than eating it. I think a lot of the issues attributed to it are the aluminum desiccants in it.

I spent a while researching the whole Stanton protocol and I think her approach is basically just aimed at treating zeta potential to increase blood flow to the brain, but my opinion is that it's more efficient to do it with potassium salts than her approach.

LIKE REPLY (2) SHARE

Akak Adak Feb 15

One time my daughter had a migraine (before knowing about salt) but she had an eye exam scheduled. Went to it suffering, Doc put dilation drops in her eyes and migraine disappeared in seconds. Never been able to figure out why.

LIKE REPLY SHARE

Akak Adak Feb 15

Thank you so much!

LIKE REPLY SHARE

Jane Says Jane Says Feb 15

My rising high school senior is required to get a meningococcal vaccine before she starts school next August. She had the first one sometime during middle school and we didn't notice any issues, she has had all the recommended vaccines up to now, except HPV (whew! glad we skipped that one). Now that I have become suspicious of what the CDC is telling me, (otherwise known as radicalized by Substack) I am questioning this meningococcal one. I haven't found much chatter about risks/benefits like I've seen with HPV and covid shots. Maybe there is a previous post addressing this that I haven't seen? I am delighted that RFKjr was confirmed, I hope he and his team can shed light on so many of these issues. I fully support a database of independent thinking doctors, I'm in the southeast USA.

LIKE (1) REPLY (2) SHARE

A Midwestern Doctor Feb 15
Author

I wrote about it here:

https://www.midwesterndoctor.com/p/determining-the-risks-and-benefits

That vaccine frequently cause issues for people.

LIKE (1) REPLY SHARE

J. Harris J. Harris 6d

Jane, your concern makes me think of the LeRoy High School girls' incident. Just watched a documentary on this issue with 18 girls and one boy in 2011-2012. I immediately thought vaccine induced! Interesting, how that was not brought up as a potential trigger. I've pleaded with my now young adult children to not get any more vaxx and to not vaxx their kids. I wish I knew then what I know now!!

LIKE (1) REPLY SHARE

SP2022 Feb 14

EMF! We had to install a wifi camera to monitor my elderly horse. The wifi repeater will only work on the outside wall of our son's room. Best way to protect him while sleeping? (Turning off wifi not an option).

LIKE (1) REPLY (2) SHARE

Adam Hanke Feb 14

Liked by A Midwestern Doctor

Topics : emfs do devices like blue shield work? Grounding is it worth it? What about dirty electricity?

Supplements, things to avoid.

What blood tests are most important for most people and how often?

Chlorine dioxide, hydrogen peroxide. I've heard of different energy devices but would like to learn more. From my recollection they all have been made illegal to possess.

Question regarding the endolight watch device if you're aware of it, would it work similar to noninvasive ubvi? Thank you for your work, appreciate the insight, aptitude for wide range of topics.

LIKE (2) REPLY SHARE

A Midwestern Doctor Feb 15

Author

Put a thick led plate between it and where your son sleeps.

LIKE REPLY SHARE

Nicky Gardner Feb 14

I am in Canada and so am unlikely to benefit from any list of practitioners that is exclusively American. Any possibility you know of a list of holistic practitioners in Canada? Our system is so closed and regulated it's very difficult to find a skilled non-allopath. In the alternative I would vote for information on traditional healing methods lost to Allopathy.

Thanks

Nicky Gardner, monthly subscriber

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Feb 15
Author

I am not familiar with Canada's practicioners

LIKE REPLY SHARE

Mina Cate Feb 14

Top picks:

•Dangerous alternative medical approaches

• cancer.

Perspectives on supplements

Favorite pharmaceuticals

•Conditions where conventional medicine excels for treating the problem and it is essential to receive that care

**

Thank you for what you do. I appreciate your clarity, depth, and excellent sources. Thirteen years ago I developed a cascade of chronic issues that left me wondering how I was even alive. I was told it was, of course, "all in my head." I was left to figure out healing by myself, which, somehow, I did, mostly through energetic and spiritual means. The most important physical intervention was moving deep into the woods. After a few years in the woods, I could work part time, do a recreational activity, and my brain sort of worked most of the time - which was a miraculous recovery. Your information about zeta potential, liquid crystalline water, and mitotic radiation helped me understand what and why what I did worked.

But most of all, after thirteen years, I finally understand that my issue is a vaccine injury (after tracking the timeline). My doctor at the time *diagnosed* me with a vaccine injury and wrote me a medical exemption, but she told me my chronic symptoms were psychosomatic and I didn't know until your writing what the injuries could look like. My relief in just having this knowledge is shockingly deep - thank you.

I used to have the kind of mind that once skated through an Ivy League degree. Thanks to your writings on

Expand full comment

LIKE (1) REPLY (2) SHARE

A Midwestern Doctor Feb 15
Author

One of the things that's really sad about these medical injuries is that they tend to disproportionately affect the people with the highest functioning minds who have the ability to make a deep difference in the world.

LIKE (2) REPLY (1) SHARE

Mina Cate Feb 17

I never realized that. Your comment just unlocked grief I thought I had already processed; thank you. As a kid I was always told I had one of those minds and to lose that ... it's a lot. Now that I have part of the spark back, I do hope to be able to use it for something beyond myself. My 13 year detour did bring me different kinds of awareness that I don't think I would trade (jury is still out).

LIKE REPLY SHARE

Mina Cate Feb 14
Liked by A Midwestern Doctor

Not sure how to edit my comment, but I would love to see an article specifically on covid vax/spike injury treatment (can't find one in the index). Also, "mitogenic" radiation not "mitotic" haha.

LIKE (1) REPLY SHARE

Natalie F Feb 14

What would a home kit for stroke prevention (to adminster after stroke) look like?

LIKE (1) REPLY SHARE

Ang Feb 14

Hi A Midwestern Doctor, thank you so much for all of your amazing, insightful, and helpful posts. I'm especially excited for the pregnancy-related posts! I have a few questions for you:

1. Do you have any thoughts about whether nervous system exercises are effective? Like vagal toning, and brain retraining visualizations? If we do exercises that relax us, will that help us with our overall health?

2. Do you have any thoughts about whether circadian health practices are effective and important too?

3. Is nn-EMF dangerous? What can we do to reduce EMF's detrimental health effects if we can't move, but we live in an apartment in a high EMF area?

4. What can we do to stay healthy if we have to fly on airplanes regularly? I regularly have to fly back and forth between the east and west coasts of the USA.

LIKE (1) REPLY (2) SHARE

A Midwestern Doctor Feb 14
Author

I think breathing does more than the rest.

I think they are helpful, but main thing is just to have regular sleep times, good sleep, and to not get to bed too late.

You can get a good quality EMF bed canopy (ie. one made with swiss shield naturell) or paint your apartment in EMF shielding paint (ie. yshield).

That's hard because a lot of is the circadian strain. I'd try taking davinci liposomal melatonin each time you shifted your circadian rhythm to get to sleep.

LIKE REPLY SHARE

OneDayAtATime Feb 14

Here's a source for Swiss Shield EMF products including canopies. I got a throw blanket instead of a canopy because it's much less expensive and still provides some shielding.

LIKE REPLY SHARE

Fred Fred Feb 13 *Edited*

What cancer protocol do you recommend? FLCCC:s, Joe Tippen's, Dr Makis? Your own? I guess it is in the pipeline. I'm asking for a friend who just got diagnosed with prostate cancer that already spread. (non vaxed, due to shedding)?

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

https://www.midwesterndoctor.com/p/integrative-approaches-for-cancer

LIKE (1) REPLY SHARE

cfmb23 Feb 13

Might someone be able to recommend a dentist in the St. Louis metro area? Someone who is honest with good technical skills and who doesn't insist on subjecting the patient to X-rays if the patient doesn't want them.

LIKE (1) REPLY SHARE

IdahoScot Feb 13

Totally different topic: I now know 2 people that have died in the last year of 'unknown'. Both probably vaxxed, but not sure. Doctors couldn't or wouldn't give any idea Why. One was still teaching at a university, so can't just chalk it up to old age.

I've never heard of this before now. Has anyone else?

LIKE (1) REPLY (2) SHARE

A Midwestern Doctor Feb 13
Author

https://www.amazon.com/Cause-Epidemic-Sudden-Childrens-Defense/dp/1648210732

LIKE (1) REPLY SHARE

Reader East of Albuquerque Reader East of Albuquerque Feb 14 *Edited*

Hello IdahoScot— sounds to me from your comment that you're new here.

Ah, the "died suddenlys." Most are probably jab injuries, but doctors and so many others don't have the incentives, nor the intellectual and psychological wherewithal, to acknowledge that. Personally I have a number of friends and acquaintances, previously healthy, who died suddenly in 2021-2023 of stroke or heart attack or very aggressive cancers, and also of "freak accidents," so called, where they "hit their head when they fell." I don't believe that, but it seems their families do. They're all jabbed and boosted up to the wazoo, great believers in "science" and "vaccines."

Well, the "science" was crap riddled with fraud, and the "vaccines" are not what people have always understood as vaccines, but injections of repurposed gene therapy not made to good manufacturing standards, and they are neither safe nor effective. That's not conspiracy theory, that's documented fact.

I've been aware that these dangerous jabs were misrepresented to the public since the beginning, I tried to warn people, they just got angry and called me a conspiracy theorist. It has been dreadful to watch this tragedy unfold, though I am heartened that more people seem to be waking up to the reality of it.

LIKE (3) REPLY SHARE

JS Feb 13

Maybe create a poll with the topics you mentioned to help you prioritize them?

LIKE (1) REPLY (2) SHARE

A Midwestern Doctor Feb 14
Author

Also the polls only allow very short answers to be written in which is why the wording in the polls here is a bit awkward.

LIKE REPLY SHARE

A Midwestern Doctor Feb 14
Author

Too many topics for a poll.

LIKE REPLY SHARE

erin erin Feb 13

I'll mention something I could really use (speaking of better systems). There is no place to go, now that egroups/yahoogroups are defunct, to look for and join a support group that is genuinely run by patients. When we had yahoogroups you could just go there and see if such a group had been started, and if not, you could start one with the expenditure of a few minutes, it was so easy.

I have heard it said that it was facebook that lured people away. But the one (very lively) group I participated in, petered out when they moved to facebook. And I have spent lots and lots of time looking for support groups for various issues, they are scattered all over the place, and when I find something that looks promising, it turns out to be astroturf. Many many groups that are started by patients or caregivers get taken over. They put the initial organizers on fat salaries and subvert it all into a fundraising and PR arm of some Big Pharma group. And patients wanting to talk about alternatives are marginalized or outright silenced.

I really like the way simple BB software works for this purpose. There could be a template to make it easy, as long as there is a hub that people know to go to.

As for a directory, I don't foresee any innovative docs in my area in my lifetime, and it's not appealing to travel for it. So that is unlikely to be helpful in my case, though I imagine it would be very helpful to people in large cities, or for folks willing to travel for consultations.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

That's a great point. I used to use the Facebook groups a lot but stopped during COVID.

LIKE (3) REPLY (1) SHARE

Linda Feb 14

I participated in a Nutritional Balancing Facebook support group from 2012 to 2015 . It closed after several successful alternative physicians had been "suicided" and it was discovered that Facebook was not a "safe" environment.

LIKE REPLY SHARE

robin hanna Feb 13

Bird flu?????

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

If it ramps up I might write something, but it normally ends up being a non-issue

LIKE (3) REPLY SHARE

Brenda VanWeezel Feb 13

There is so much I want to say, that I don't know where to begin.

First of all, I'm rejoicing that RFK is now Sec. Of HHS. I grew up with my moms stories of Camelot, where she was when JFK abd RFK senior were shot. I never thought I would see the day when RFK Jr would be with the Republicans! I seriously considered voting for him as an independent, but I disagreed with him profoundly on some issues. I got Trump and RFK Jr, the best of both worlds.

Now that I've said that, I really want to encourage you to build a referral network and I'd be willing to help for a very minimal cost. I'll explain why, but my story is a bit long.

At 18 months of age, I began having seizures for no explainable reason. My mom told me when I began investigating vaccines that when she learned about the effects of the DTaP vaccine, and considered the timing, that she believes that is what caused it but it was many years later and we have no proof. They tried many meds on me. I've now been on Primidone since I was 5 years old and after becoming an RN in the past year and learning about its effects in the body, I doubt I'll ever be able to come off it. I've been in it for going on 50 years.

I've always struggled with social cues and balance as well as depression. In LPN school, I learned that depression was common with barbiturates, which Primidone is!

I survived a horribly abusive (mental & psychological) marriage. I've been told I have an autoimmune disease and my primary wants me to see a rheumatologist. I absolutely do not want to. I've seen the meds and side effects. No thanks.

I'm also on Coumadin bc I had a DVT. They've told me I'll be on this for life.

In addition, I weigh 300 pounds. I want to regain my health and with my nursing degree, help people like myself. I'm working on nothing but whole, real foods right now and am tracking my food. Hopefully this

Expand full comment

LIKE (1) REPLY (2) SHARE

A Midwestern Doctor Feb 13
Author

Thank you. Have you tried zeta aid or any of the other zeta potential protocols?

LIKE REPLY (1) SHARE

Brenda VanWeezel Feb 13

I haven't read those articles yet. They came out before I joined your substack. They will now go to the top of my list. Do I need to worry about the zeta aid or protocols interfering with my primidone for epilepsy? And how do I know when it is safe to come off the Coumadin?

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

Should not be an issue with Coumadin. As far as withdrawing it, I can't really tell you from a distance.

LIKE REPLY SHARE

Fred Jewett Fred Jewett Feb 13

My wife is also heavy and 15 years ago I paid for an online medical review for her and the doctors comment burned into my memory. "Do whatever it takes to lose the weight". She did not do so for 7 years then went on diet food and lost 100 lbs. When my stepson died she gained it all back and in 2020 she had the first of 3 surgeries for arthritis caused by grinding out her joints (left knee and 2 ankles plus her right knee will need replacement soon). Please look into your joints to see if you need to take drastic action to save your mobility. My wife now hobbles around and has unrelenting pain, a far cry from her days of walking 7 kilometers a day.

LIKE (2) REPLY (1) SHARE

Fred Jewett Fred Jewett Feb 13

PS My wife had her back X-rayed in January and the report says two lower back discs are thinned to the point of being pre arthritic. The future is not looking good.

LIKE REPLY SHARE

ro Feb 13

where is the LLM trained on all the medical literature? when can i get access to it?

when that happens i will be willing to believe things can change.

would also like an "N of 1" website to collect people's personal health experiences and have an AI chat to explore it.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

I don't know if it exists yet. I also am doubtful it would be able to solve a significant number of issues.

LIKE REPLY (1) SHARE

ro Feb 13

i agree it won't solve issues but i learn a lot of biology from copilot - which i consider to be a survival skill to spot the lies. still i see too much consensus narrative being parroted. i want a cleaner / less biased information source.

i think the LLM would show pharmaceuticals are no better than placebo.

LIKE REPLY SHARE

Beth Anderson Feb 13

Thank you for all of your articles. They are so interesting and educational. I appreciate all the work you do. Can you please post about alternatives to Accutane that work? My kids have tried so many things, but they don't seem to clear up their acne. Thanks in advance!

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

•Change diet

•Topical hypochlorus acid

•Topical DMSO (lower concentration, especially to heal scars)

•Topical flagyl.

LIKE REPLY SHARE

Cami Cami's Newsletter 2d

Do you have any resources on making a mouthrinse with DMSO? I did a 50% dilution based on your previous article and wow was it strong (but tooth pain gone). Is it possible to add clove oil or something to it or would that cause issues?

LIKE REPLY SHARE

sue 2d

Does oral DMSO need to be done on an empty stomach?

LIKE REPLY SHARE

cat cat 4d

Contrast, bone spurs, pregnancy, accutane, supplements, integrative mistakes, please!

LIKE REPLY SHARE

Nicole McGadden 5d *Edited*

Not sure if this is where to ask, but my mum had a stroke 2.5 years ago and she would like to try DMSO. Where do we start for her to try this? Should she apply it topically or take it internally and how much should she apply/take? She is sensitive to medication and is on Amlodipine (with bad side effects so that's our next project after DMSO). Are there interactions with medication and DMSO?

LIKE REPLY SHARE

J. Harris J. Harris 6d

End of Life Care/options article, please!❤️🙏

LIKE REPLY SHARE

semira Feb 21

Dear AMD, you said this is the only way to contact you regarding subscriptions. My trial is going to end on February 22. Unfortunately, I cannot continue after the first month as I do not have a job. Please cancel my subscription on March 22, 2025. My email address is: tier1t2024@gmail.com. Thank you for all the work you do.

LIKE REPLY SHARE

Kelly Deschamps Feb 20

DMSO for cancer

I've got mastectomy in two weeks, a month to heal and then 6 weeks of radiation) I've read your dmso series but was hoping you could advise how to use dmso to prepare for these SOC interventions and limit their side effects. I'm a patient at Leading Edge Clinic, participating in their cancer study and using repurposed meds partially because of the interview you published with Kory My post adjuvant scans all could not find the original cancer (tumors, skin and lymph...very aggressive kind) Whoop whoop! So thank you very much from my heart and the hearts of my 5 kids and loving husband.

From what I could gather it's start small on skin 1° square and expand slowly. What about when there is an open wound/scar? Wait until scabs have closed to resume? Radiation says nothing on skin before being zapped, but maybe apply it afterwards? Crafty? I'll ask LEC too.

Thank you!

Gerald Sutherland Feb 20

I just had this thought the other day, I know humans unlike other animals do not keep vitamin C in their systems, so I wondered if gut bacteria could help. Here's Grok's response to my question:

Informative but a little disappointing, maybe more research is needed.

Are there any probiotic strains shown to increase or prolong vitamin C in the bloodstream?

There's no direct, definitive evidence from large-scale human studies specifically showing that probiotic strains increase or prolong vitamin C levels in the bloodstream. However, there's some indirect evidence: emerging research that suggests certain probiotics might influence vitamin C metabolism or bioavailability through their effects on gut health and nutrient absorption. Let's break it down:

What We Know:

Gut Microbiota and Nutrient Absorption

The gut microbiome plays a role in nutrient metabolism, including the absorption of vitamins like vitamin C (ascorbic acid). Probiotics, by influencing gut flora, could theoretically enhance the efficiency of vitamin C uptake in the intestines. Strains like Lactobacillus and Bifidobacterium are known to improve gut barrier function and nutrient absorption, but specific data tying them to vitamin C is limited.

Vitamin C Stability and Microbial Activity

Some bacteria can produce or protect antioxidants like vitamin C in the gut environment. For example, certain Lactobacillus species (e.g., Lactobacillus plantarum) have antioxidant properties and can reduce oxidative stress, potentially sparing vitamin C from degradation. A 2019 study in Frontiers in Microbiology showed that L. plantarum can synthesize compounds that mimic or complement vitamin C's antioxidant effects, but it didn't directly measure bioavailability.

Expand full comment

LIKE · REPLY · SHARE

Janet Feb 20

What do you think can be done for the thousands of healthcare workers across the country who were fired for not taking the COVID shot, even with a religious exemption? I lost my career and first amendment right in September 2020 working while working in a cardiac cath lab in NY. Thousands of healthcare employees have still not been compensated for our losses almost 4 years later. I know President Trump has signed an executive order for military services to be reinstated and receive retro pay which is great but I'm wondering if something like this can be applied to healthcare workers across the country.

LIKE · REPLY · SHARE

Terry5 Terry5 · Feb 19

I would not argue that all women are candidates for HRT but I believe that there are a considerable number of women that would greatly benefit from this treatment. As you have pointed out, the "time size fits all" mind set is frequently not the best approach. As I am sure you know, there are a number of factors that have to be kept in mind (which hormones, dosage, how the hormones are given, and whether or not hormones have been continually given) when assessing the risk/benefit profile of HRT.

A large scale study based on the records of 10 million senior Medicare women in 2024 found that HRT was associated with significant risk reductions in mortality, breast cancer, lung cancer, colorectal cancer, congestive heart failure, venous thromboembolism, acute myocardial infarction and dementia. This study was supported by "The Menopause Society" or Dr. Cindy.

I appreciate that you understand that women "feel better on estrogen." But let's make that a little more concrete. It's nice to be able to regulate the temperature of your body and not have hot flashes for years and years. It's also been acknowledged that HRT can help women maintain bone density and body weight. None of those considerations are minor and should go into the risk/benefit calculation.

LIKE · REPLY · SHARE

Bill Harrison Feb 19

Bill Harrison · Feb 19

I enjoyed your interview with Dr. Cindy Kiefer and Dr. Pierre Kory.

LIKE · REPLY · SHARE

DEB Feb 19

The topics would all interest me... a few top picks:

EMFs

Energy medical devices

Lost traditional American healing methods

Pet vaccines

Reforms for improving medicine and costs

Supplements

Dangerous alternative medical approaches

LIKE · REPLY · SHARE

Mike Kwatch Hill News, Observations and Life... · Feb 19

Is it possible to upload a before and after photo to this Open Thread?

My friend, George (70 year old obese male with a disabling spinal injury, limited mobility and slow metabolism) was diagnosed with Stage 4 Metastatic Colon Cancer with mets in August. He had a surgical procedure to cut out the bump on the outside of his right calf and a tiny bit more near the lymph node close to his right hip. After 2 months, when the standard, "compression socks and elevate the legs procedure" wasn't working, we began treating the surgical wound with a once daily application of DMSO 70/30 gel in the last week of October. (Also weekly acupuncture treatment from a highly experienced Traditional Chinese Medicine doctor for 5 or 6 weeks, before Christmas.) The 3.5 inch long bloody gash is now a narrow, half inch wedge-shaped crack that no longer requires a bandage. His last scan showed a very slight swelling of the lymph node but nothing abnormal given the wound healing going on in that leg. He's scheduled for radiation oncology in 2 weeks and has started drinking a diluted, daily 3/4 tablespoon of DMSO ---> to help mitigate the inflammation and immunosuppressive effects of the toxic radiation.

I asked the question, "If he was Stage 4 in August, but the surgical wound and lymph node now appear nearly normal, what's his current status or Stage?" But didn't get a clear answer. Merkel cell carcinoma is a, "very aggressive" cancer so the radiation therapy is a given, something George wants to receive. But any suggestions on how best to continue with DMSO in parallel treatment?

LIKE · REPLY · SHARE

A Midwestern Doctor Feb 19

Author

I don't believe there is, but you could post it on your own substack and link to it in a comment.

I would continue using it as you are. If you want a more advanced consultation, you should reach out to Pierre Kory.

LIKE (2) · REPLY · SHARE

EVAN CUNNINGHAM EVAN's Substack · Feb 19

Does methylene blue help metabolic syndrome? What are other holistic treatments for metabolic syndrome?

LIKE · REPLY (1) · SHARE

A Midwestern Doctor Feb 19

Author

I am going to cover that in a future article. The short answer is that I am of the intermittent fasting school, along with cleaning up your diet and exercise and good sleep, but this is not one that I've found a magic bullet for (although a lot of things can help).

LIKE (3) · REPLY (1) · SHARE

J. Harris J. Harris · Feb

What about dry fasting? I listened to Bret and Heather Weinstein talk about their experience. I'm looking into it to help with chronic issues that intermittent fasting, clean diet, good sleep, sunlight and exercise hasn't been able to "fix".

LIKE · REPLY · SHARE

Bee2 The View from the Bridge - by B... · Feb 17

Great list of future topics.

My favourites are

CLoZ at all

Dangerous alts

Importance of fevers

Acupuncture channels

Major issues with pharma and safe alternatives

Supplements what works what doesn't and favourite brands

EMF

More on cancer

Favourite pharma that you use

End of life care

Traditional healing methods

And as you have got RFK through the hearings can you come over to the UK and sort out our NHS please?

Your work is hugely appreciated. Thank you very much indeed

LIKE · REPLY (1)

A Midwestern Doctor Feb 18

Author

Thank you. Everything I know about the NHS is basically just that it's incredibly overloaded so a lot of people go to the private system for care instead. My hope is that economic pressures will force the medical systems around the world to start using integrative therapies which could save them a lot of money.

LIKE (1) · REPLY

Vermont Farm Wife Vermont Farm Wife · Feb 17

This is surely a niche question, but maybe you (or a reader) has some information re: vaccination for Marek's.

We raise pastured poultry (chicken and geese; chickens are layers, not meat birds, geese are pasture security) and when we get new chicks, they're always vaccinated for Marek's. I am aware of the limitations of the vaccine and its effect on the development of the disease into an always-deadly ailment. What I do not know is if the vax in its current form transfers to eggs. Anyone have any thoughts?

LIKE (3) · REPLY (3)

A Midwestern Doctor Feb 18

Author

I do not know about this one.

LIKE · REPLY (1)

Vermont Farm Wife Vermont Farm Wife · Feb 19

We eat tons of our eggs, of course, and it doesn't seem to be affecting us. At least we haven't noticed anything yet.

I know that a bird flu vax is in the works. I won't vax our birds as we've had no issues thus far. If it should become mandatory, we will start allowing some of the girls to go broody and raise our own chicks from hatch.

LIKE · REPLY

Terry5 Terry5 · Feb 17

I am glad to see "hormones" on your list. It appears to me that main stream medicine REALLY discourages women from taking hormone replacement therapy (HRT) after menopause because of the erroneous way that the Women's Health Initiative study in the early 2000's was interpreted. I think that HRT not only helps the health of (most) women in their later years but greatly improves their quality of life.

LIKE · REPLY (1)

A Midwestern Doctor Feb 18

Author

Our experience has been that (topical) progesterone is safe and fixes a lot of hormone related issues, testosterone (in low doses) is sometimes helpful if needed, but taking estrogen is very risky as we have seen a lot of people develop cancers from it (including cases where it was clear and unequivocal it was the estrogen), and conversely, we find treating cancer often requires dropping estrogen and raising progesterone.

Also I'm very familiar with that study, and our basis for being worried about the cancer risk has nothing to do with the study. It's simply been that we've seen estrogen replacement therapy cause issues a lot.

I also understand women often feel much better on estrogen, but the cancer risk is a very real thing you have to take into consideration.

LIKE (3) · REPLY

Dana Leigh Lyons Sober Soulful · Feb 18

I realize I'm a bit late adding my wish-list item here, but I would love to hear about how to help restore taste and smell after COVID and/or the vaccines.

I did not get the vaccine, but I'm so torn up seeing my family's health decline after getting it - and after continuing to get boosted.

One of my younger sisters is vaccinated and boosted, and she has not had a sense of taste for years (which she attributes to COVID hell), not the vaccines; the loss began after a nurse practitioner prescribed antibiotics for a "sinus infection"). She's tried various modalities, but nothing has helped her regain her sense of taste. This has been, and still is, traumatic for her.

Have you had any success restoring the sense of taste and smell, even after years without it? Or do you know of anyone who's had success in this area?

Thank you, from my heart, for your work and voice in the world.

LIKE · REPLY (1)

A Midwestern Doctor Feb 18

Author

1) DMSO in nose has worked for some people.

2) Exosome nasal sprays have helped for some people.

The other approaches I've seen work require very specialized practitioners that are nearly impossible to find.

LIKE (2) · REPLY (1)

Dana Leigh Lyons Sober Soulful · Feb 18

Thank you so much for sharing.

LIKE · REPLY

GingerRRT The Last Lessons · Feb 16

Off topic

Chia seeds

https://www.nytimes.com/wirecutter/reviews/chia/?GMR=1&sid=B2RHdbqq7RbZuGqyAuJ1w

LIKE · REPLY

Isaiah Antares The Dragon Behind the Crown · Feb 16

I'm one of those who has asked, "Where do I find a doctor like you?" You never answered; I didn't blame you. I figured it was self-protection.

(Aside: I'm a serious nerd. I would be happy to help with your database project. I ain't working right now, so I got plenty of free time.)

DMSO has been great for the wife and I. Never heard of it before TFSOM. One question: are there caveats to DMSO use if one is an alcoholic or a smoker? Asking for a friend. My mum Swim.

All that said, keep hiking and gardening. We need you healthy, calm, and serene.

LIKE · REPLY

A Midwestern Doctor Feb 16

Author

To the best of my knowledge no, except you don't want to accidently put a lot of nicotine into your system by mixing it with DMSO

LIKE (1) · REPLY (1)

Isaiah Antares The Dragon Behind the Crown · Feb 16 · *Edited*

Yeah, I heard that part you wrote about the heavy smoker with nicotine stains on his fingers. Good to know.

LIKE · REPLY

BSFisher525 BSFisher525 · Feb 16

I hope it is not too late to comment.

About the list of topics:

Women's ("O/W") issues - when is hysterectomy really OK (vs) sales pitch; hormones - even "bio-identical" (fr. of course), at. There is precious no one to trust - if you have pain and some bleeding - or anything - there is of course a "protocol" they are better to after. If there is an emergent situation, even worse. And are the "robots" surgeries as safe and reliable as they portray (very emphatically I might add).

I love your info on Zeta potential. It is the saving for sure and shockingly relevant to so many areas of medicine. But -

What's a person to do who has tried the Zeta aid (according to careful accuracy of preparation) and finds that nausea persists with every sip???? I can find that nowhere.

THANK YOU for your life-changing work and your total dedication to the health of us Humans here on the precious green ball. Please take good care of you.

LIKE · REPLY

A Midwestern Doctor Feb 16

Author

Need to use a much lower dose. If that doesn't work, do the other zeta potential approaches.

LIKE (2) · REPLY

Donna Meuse Feb 15

Doctor, I just learned that Dennis Prager suffered a C3-C4 spinal cord injury from a fall in November. He is a much-loved speaker and educator, and I immediately thought how DMSO could really help him. Is it possible for you or one of your colleagues to reach out to him and offer your insight and recommendation?

Thank you,

Donna

LIKE · REPLY (1)

A Midwestern Doctor Feb 16

Author

Other people asked me about this and I believe reached out to him. He never reached out.

LIKE (1) · REPLY (1)

Donna Meuse Feb 17

Author

Thank you for responding to me so quickly, and I'm sorry to hear that Dennis didn't reach out to you. I hope this information becomes mainstream, and DMSO is recognized very soon.

LIKE · REPLY

steven warren Drillsen's Musings · Feb 15

how do I connect the best way to be part of your physician program

LIKE · REPLY (1)

A Midwestern Doctor Feb 16

Author

I will put out a call when it looks feasible to do

LIKE · REPLY

Diana Feb 15

This is a very important subject of Doctor referrals, BUT this is also an invitation to the many charlatans.. My family has suffered the trauma of being treated by a Dr. who claimed he knew it all. A Very sad story. But we do need guidance.

Thank you so much MWD for thinking of all good.

LIKE · REPLY (1)

A Midwestern Doctor Feb 15

Author

That's why I'd need to hire someone to sort through a lot of patient experiences

LIKE · REPLY (1)

Diana Feb 15

And I would be happy to give you my family Experience . For the good of all good people to help someone else is a blessing.

LIKE REPLY SHARE

VictorDianne Watson VictorDianne Watson Feb 15

I have read the document establishing the MAHA Commission and feel it is very inclusive. This is a great move toward identifying what needs to be done to clean up much of what is wrong regarding the health of our nation. My suggestion for you would be to address some of the points that come out of the meetings of the commission. I know you have addressed much of what is covered in the document, but bringing it home to your readers as the commission does its work would make it so relevant. My hope is that there will be much transparency as the commission moves forward so that information is available. Thank you for always being there to keep us informed, AMD. I trust your judgement and value your input into the national discussion as we make our way through the hurdles to better health and healthcare.

Ps. Another topic could be health insurance and how it has impacted healthcare.

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 15
Author

That is one of my goals!

LIKE (2) REPLY SHARE

Jade Dixon Feb 14

Second most interesting subject for me is end of life care.

Most interesting I didn't see mentioned, and maybe it falls under another topic, but I'd like to know about preventing, treating, or at least reducing the risk of appendicitis. I had always heard that problem was just bad luck, but I've also heard that maybe the problem is on the increase because our diets are too clean and we need more fermented foods. I'm already drinking 20 oz of homemade kefir a day plus a cup of homemade saurkraut every week, trying to figure out what other fermented foods to add, assuming it's worth the time and effort.

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 15
Author

I have seen DMSO, UVBI and homeopathics treat appendicitis cases.

LIKE (2) REPLY SHARE

SP2022 Feb 14

Im also interested in your thoughts on the Endolight watch.

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 15
Author

I have never heard of that one.

LIKE REPLY SHARE

Lo_retta Feb 14 *Edited*

I'm a whole day and 290 posts late!

DMSO: Any chance it can be used to prevent recurring UTI's? Would that be oral to get it to the bladder?

{I think I searched all your articles on DMSO and I didn't find anything that specific, but it makes sense.}

I've had UTI's since elementary school. Frequency has been as bad as 3-4 per year. For some years they dropped off. I'm 51 now, and I've had 1 for the past 3 years...and the last year I had 2 only 4 months apart.

I'm currently taking Uqora, which is $$$!

But I'll do anything to avoid antibiotics.

There are disabling UTIs...such that I can't leave the house once they're underway, and they get underway in less than 12 hours.

I thought about it because I did purchase 100% DMSO to have if I ever need it. Then I promptly forgot I had it. I twinged by (i think) SI, and going sitting <--> standing made me cringe in pain every time. 3 days later, I come across the bottle I bought a while ago, and I just put 100% straight on the area and within minutes, it's gone.

!!!

So now I know I could have probably cut it with water, and will try that in the future.

But it made me think of remedy / preventative for UTI's.

I'd greatly appreciate it! I hope to live for decades more, but not with yearly/regular UTI's!

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 15
Author

Yes, but it depends on what the UTIs are being caused by. For that use you'd take it orally.

LIKE REPLY (1) SHARE

Lo_retta Feb 17

Thank you. They never tell me what the critter(s) are from the lab results.

However, even if they give me a different anti-biotic if it's an emergency call (i.e...I can't get a sample to them because I am traveling), inevitably that anti-biotic doesn't work. The one that consistently works is (common name) Bactrim. I remember that name from when I was a kid.

Label is Sulfamethoxazole-tmp ds

I've no doubt that doesn't say what is causing them.

{hyper vigilant about toiletry cleanliness and voiding after sex}

LIKE REPLY SHARE

Nathan Feb 14

A question regarding DMSO: Are migraine-like headaches a side effect that you've heard of? I've experimented with it enough at this point that I can say with certainty that it causes migraines for me. There is a linear relationship between the dose and the pain. At 1mL per day, I detect almost nothing; at 5mL per day I detect moderate symptoms; at 20mL per day I'm laid out in bed unable to function. It always starts in my frontal sinus and spreads throughout my head. The migraine consistently comes on after ~18 hours of drinking DMSO.

I have a mild, chronic mucosal inflammation in my frontal and ethmoid sinuses, and minimal inflammation in my maxillae and sphenoid sinuses. Perhaps that's part of it. Perhaps the supplements I'm taking are part of it. But whatever interaction may be at play, it's bad enough that my use of DMSO needs to be less than 2mL per day (at which dose I experience only minimal positive effects). Although the positive effects that I do feel at higher doses include faster healing, well being, reduced anxiety, reduced inflammation etc. which is truly wonderful.

I'm partly sharing because I don't know of anybody else who has reported this side effect, so thought it would be interesting to you; and partly because I would love to hear any thoughts or solutions you may have, either here or in an upcoming article.

Regardless, I'm very much looking forward to the next articles in the series.

Also energy medicine devices! I up vote that topic as well :)

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 15
Author

Yes I have. It means you are sensitive and need a lower DMSO dose.

LIKE REPLY SHARE

cstal222 Feb 14

Future Topics: you could allow each subscriber to vote for the three most important/urgent to that person. Could help prioritize...

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 15
Author

That doesn't work with the way polls here are designed.

LIKE REPLY SHARE

Anne Marie Pardue Feb 14

My husband has cognitive issues related to his neurological condition which is AMN, adrenomyeloneuropathy. I'm wondering if there are any forgotten medicines that can help him beyond palliative care. He is 74 years old.

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 15
Author

IV DMSO, maybe UVBI or exosomes.

LIKE REPLY SHARE

Natalie F Feb 14

What would a home stroke emergency kit look like? In the DMSO articles where people applied DMSO topically to head and neck area of a stroke victim, what percentage was used? 90%?

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

You use as high as can be tolerated, which is a bit of a judgement call (ie. rash is not a big deal if it stops a stroke). In those cases I've used anywhere from 70-100%.

DMSO is also often injected in intragluteally for a home stroke rescue, but I didn't list that one because it requires more supplies.

LIKE (1) REPLY (1) SHARE

Mina Cate Feb 14

For those of us that already have those supplies and training ... can you share the dosing? Is a normal syringe and needle sufficient for that specific use or do you need special material for the DMSO?

LIKE REPLY SHARE

Ang Feb 14

Another interesting topic is how to write vaccine exemption requests. For example, sometimes jobs or other things require vaccines. I would love to learn more about how to write arguments for religious or health-based exemption requests. For example, if we're against fetal cell research, I would love to learn specifically which vaccines we can get exemptions from on that basis, and which vaccines we would still need to get.

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

There are resources for that, but generally, the religious ones have a much better chance than medical ones.

LIKE REPLY SHARE

Ang Feb 14

Also, related to referrals, I was wondering if you have any suggestions for those of us who need to use our health insurance. I cannot afford to see providers who don't take insurance.

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

Honestly, good quality holistic insurance taking doctors are quite hard to find to the point I don't feel it would ever be feasible for me to create a directory like that.

LIKE REPLY SHARE

Elaine Feb 14

I wrote a comment asking for an article on why Neurologists are so useless when it comes to treating cognitive decline. In it I gave a list of what the Neurologist has done and a list of what we have done and a big thank you for all the information we got from your articles that is helping. Unfortunately it got posted under the September 15 article DMSO Could save Millions rather than here. I don't know how to retrieve it to repost here but I think it may be helpful for those fighting the same issue we are.

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

Neurologists are good at diagnosing issues but not at treating them.

LIKE (1) REPLY (2) SHARE

Elaine Feb 20

Therefore not only I they a totally useless profession but they are harmful as they give people the impression the only cause is genetics and there is nothing that can be done. I know of this from personal experience, watching family members and friends deteriorate while the medical community offers no help.

My husband started showing mental decline. Here's what the Neurologist did an CT scan, an MRI, a MoCA test and a blood test to check for plaque.

This is what we have done:

Found he was being treated with Lupron that totally depleted his testosterone

Tested his micro biome found issues

Did a NutraEvalu test found he wasn't absorbing B12 among other nutritional needs

Increased his Vitamin D3

Started brain supplements

Started UBI with ozone

Started using DMSO

Had a biological dentist check his teeth, found he had severely infected root canals

Started an exercise program, including Tia Chi and outdoor walking

Started using reverse osmosis water

Made an already healthy diet(I have a degree in nutrition) healthier

Expand full comment

LIKE REPLY SHARE

pimaCanyon pimaCanyon Feb 14

would that be the bane on all western medical specialists?

LIKE REPLY SHARE

Scott Quigley Feb 14

AMD, your list of future topics is outstanding. My preferences would be:

1. More about Cancer

2. Dangerous Alternative medical approaches

3. Chlorine Dioxide

4. Remarkable energy devices that are forgotten

5. Supplements

A question for you: what is your best advice for waking up people in the medical field. The minister in our church is a PA and very conventional. I have been working on him by sending him your articles amoung other materials. I might try to get him to read Dissolving Illusions book, just finished my second reading of that book, one of the best overviews out there on vaccines and infectious disease.

Continued thanks for all you do!

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

Thank you!

LIKE REPLY SHARE

Elisa Feb 14

Hi. I would love an article on different diets, Keto, Carnivore, Vegan -- how much is hype and what benefits (if any) are real. Thanks for everything you do....your articles have definitely improved my life. Thanks, Elisa

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

https://www.midwesterndoctor.com/p/thoughts-on-diet-food-cravings-and

LIKE REPLY (1) SHARE

Elisa Feb 15

Thank you

LIKE (1) REPLY SHARE

shasta Feb 14

You should write a book. I find very useful the format of the book by Mendelsohn. You search for the ailment and the books explains different option to solve it.

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

The basic issue is that if I write a book, because of my time constraints I'd have to stop publishing here for a while.

LIKE REPLY (1) SHARE

shasta Feb 14

Yes. You are in a difficult position. But a position you enjoy. But at some point... a book would be immense help. If I have some ailment now, I surf your web looking for info. Mendelsohn's approach is fantastic. What a book! I take it with on holidays. Thanks and congratulations for your work.

LIKE REPLY SHARE

Suzanne Morris Suzanne's Substack Feb 13

I am deeply interested in your articles on DMSO and have read most of them. I'm finding it difficult to find and integrate a basic way of deciding how to bring DMSO into my body (i.e. topical application vs. oral ingestion). I hope you plan to do a full article giving basic guidelines all in one place so that decisions are easier. I appreciate that neither the mode of administration nor the amount is the same for everyone. . . but there are strategies and protocols that can help someone develop a personal plan. Please include things like what you mean by something that is a specific percentage dilution. . . or dilutions in grams (for those of us who think in ounces!!). Thank you for all you are contributing.

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

Local issues topical, systemic oral. If sensitive, topical is normally fine for systemic.

LIKE REPLY (1) SHARE

Suzanne Morris Suzanne's Substack Feb 14

I understand this general principle. I'm unclear about the amounts of medical grade liquid DMSO that I've purchased to mix with water. I understand to start slowly and gradually increase. How do I decide how many ounces of DMSO to start with when I take it orally? However, does it make a difference if I mix a specific amount with 2 oz of water versus 4 oz or 8 oz?

LIKE REPLY SHARE

sadie sadie Feb 13

Well, considering who is in the Pandemic office, can you talk about what to do for bird flu? Apparently Parker is the same guy who's been running the bird flu stuff so far, a veterinarian who doesn't understand PCR testing.

Also, I'd be interested in the energy healing medicine/devices.

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

Unless it is very different from other flus, I treat flu the same way I treat other viruses (ie. nasal disinectants, ozone or uvbi if it gets severe). You can also do a lot of the other standard things ahead of time (ie. vitamin D).

LIKE REPLY SHARE

DayDawnBreaking DayDawnBreaking Feb 13 *Edited*

I was given thyroid medication to help me lose weight. Which I have. Originally my doctor said I wouldn't need it forever. Then that doctor moved away. My current doctor says my levels are a little low so I should stay on it. I've been a nurse for 30 years—retired now. It seems like everyone is on it. Is there anyway to get off safely? Is this something that is just prescribed for almost everyone? Once on does your thyroid quit working? Are there things we can do to get off it and/or supplements that help. I'm frustrated with this and would love some feedback. Especially if this is as big of a problem as it seems like it could be. I also want you to know I love your articles. You one of the few I'm happy to pay for a subscription. Thank you!

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

You could try taking more iodine (lugols or nascent) and see if that compensates for lowering the thyroid dose. Beyond that, it's very much a case to case thing where I'd have to work with the patient.

LIKE (2) REPLY (1) SHARE

DayDawnBreaking DayDawnBreaking Feb 13

Thank you

LIKE (1) REPLY SHARE

Mimike Feb 13

Am ever so grateful to you, AMD, for your dedication to help us. I would like to have DMSO dosages/how to

Am ever so grateful to you, AMD, for your dedication to help us. I would like to have DMSO dosages/how to use to be included in the articles you write/have written about. Thanks again!

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

That's in the doses at the last part of them.

LIKE REPLY (1) SHARE

Mimike Feb 22
Thank you, AMD!!

LIKE REPLY SHARE

Johanna Donovan Johanna's Substack Feb 13
Thank you AMD. It is such a comfort to know that you are a possible hope in the wings.

Supplements and common mistakes made in integrative medicine would be my preferences.

I would like to write more personally but don't know how to change my name to provide privacy.

Is there somewhere I can go to do that? I just want to say also that the monthly notice of

payment you provide is greatly appreciated.

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

Leave a comment and then delete it, I'll see it in my email.

LIKE REPLY (1) SHARE

Johanna Donovan Johanna's Substack Feb 14
I tried doing that and it wouldn't delete so I "collapsed" and that seemed to take care of it but...

LIKE REPLY SHARE

Lynette Coates Feb 13
Hello Dr. I would like to know if there are safe alternatives to using Warfarin as I have been told that because of a Protein S deficiency and Lupus anticoagulant, I will be on this drug for life. Thank you for all that you do and may God bless you!

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 14
Author

That's complex enough that I couldn't answer it without working directly with you (which I can't). All the anticoagulants have issues, but I think the newer ones (ie. Xaralto) are less problematic than warfarin.

LIKE (1) REPLY (1) SHARE

Lynette Coates Feb 14
Thank you for your reply! I appreciate it!

LIKE REPLY SHARE

Dave Campbell Feb 13
Would you consider writing something on Lyme disease, and the effective treatments that exist in the alternative medicine world

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

Yes but that one is really complicated and many people *are* already discussing it.

LIKE REPLY SHARE

John TONNEMACHER Feb 13
Is there any issue with using some amount of DMSO for daily gum therapy, as a preventative tool?

LIKE REPLY (1) SHARE

A Midwestern Doctor Feb 13
Author

I do not believe so (ie. some people brush with DMSO)

LIKE REPLY SHARE

Angelina Angelina Feb 13
I donated to RFK Jr., when he ran for president, and I do like him. But I feel very uneasy that he was unable to state clearly that he won't take any proceeds from the lawsuits against the big pharma, while being in office and 4 years after. RFK Jr bankrolls the lawsuits against pharma, including against Pfizer for >$1 billion, and don't get me wrong, Pfizer deserves hanging for exposing healthy people to gene therapy (mRNA), but I don't want to replace the rule of the "big pharma" with rule of "the big law," and the "10% for the big guy," regardless of the guy's origin!

LIKE REPLY (2) SHARE

A Midwestern Doctor Feb 14
Author

I think that whole thing was done to pressure RFK into not doing anything to clean up vaccine safety.

LIKE REPLY SHARE

Fred Fred Feb 13 *Edited*
Angelina, I only heard "while in office." He initially declined committing to the 4 years after. Did they later force him to agree? I couldn't stand to watch m all of the "hearings."

LIKE (1) REPLY (1) SHARE

Angelina Angelina Feb 13
He was asked during hearing about "in the office and 4 years after." I don't know what was the final resolution to the below, if you go to min 1:36 and on. I hate Warren but I was very uneasy about RFK Jr was evasive on it. I don't see it any other way. His The Children's Defense Fund pays for defense but takes contingency fees, and he does referrals to other lawyers, and gets in %, etc. I don't see why he couldn't be clear on "in office and 4 years after" he won't take money from lawsuits, which he can sway directly/indirectly given the influence.

https://www.youtube.com/watch?v=dqhPTcQVf4g

LIKE REPLY (1) SHARE

Robert Auld AuldWorks Feb 13
It seemed to me that Warren was trying to corner RFKjr into committing to never suing Pharmaceutical companies, while trying to smear him by implying that he was into making money off such lawsuits. Given the way she was shouting at him and trying to trip him up, I think anyone would have looked "evasive" in that situation. I was totally disgusted with Warren's behavior. She obviously has been bought by the Pharma interests.

LIKE REPLY (1) SHARE

Angelina Angelina Feb 13 *Edited*
I was disgusted with Warren's behavior too, but I still wanted RFK Jr to be direct in his answer to her question. I don't really see how getting the fees/kickbacks in lieu of 10% from $1.3 billion lawsuit AGAINST the Pharma (he could influence due to his post) is different from getting the kickbacks from the Pharma? A kickbac, by any other name...

LIKE REPLY (1) SHARE

Robert Auld AuldWorks Feb 13
If RFKjr does work as a lawyer, he is entitled to get paid for it. Getting a fee for doing work is not a kickback. For that matter, a lawyer who works for Pfizer and gets paid for it is not receiving a kickback. The latter, as I understand it, is undisclosed payment from monies that a client has won in a successful suit--in addition to a regular fee, the lawyer takes a percentage of the award under the table, so to speak. Such arrangements may be illegal.

LIKE REPLY (1) SHARE

Angelina Angelina Feb 13 *Edited*
When someone peddles influence (as a government official, it could be direct or indirect) on the lawsuits outcome, and get financial reward - 10% contingency/referral fees of such lawsuits, including a lawsuit against Pfizer $1.3 billion (and he pays legal costs to run this lawsuit), it's a clear conflict of interest.

I can't have financial stakes in projects I'm hired to oversee, it could sway my objectivity given the monetary award expected. Even if it's not the case, it can still be perceived as such, and it would be enough to dispute the results) RFK Jr must NOT take any money from the lawsuits against pharma during

The Forgotten Side of Medicine 78 Upgrade to founding

LIKE REPLY SHARE

Comment deleted Feb 18 *Edited*
Comment deleted

A Midwestern Doctor Feb 18
Author

That link is correct.

LIKE REPLY (1) SHARE

Keep T. Faith Feb 18
Thanks!

LIKE REPLY SHARE

© 2025 A Midwestern Doctor · Privacy · Terms · Collection notice

Start Writing Get the app

Substack is the home for great culture