

# MMS User's Guide

## ----- General protocols : SUMMARY -----

- 1. Remember that the MMS is always mixed with the activator - which is in the separate bottle.**
- 2. Repeated small doses are more effective than large morning and evening doses.**
- 3. Put as much MMS into the body as you can without causing an increase in sickness, nausea, or diarrhea.**
- 4. Decrease the number of drops as needed if diarrhea or nausea occur. But don't stop taking the MMS.**
- 5. Avoid all forms of Vitamin C for two hours before and after taking MMS.**
- 6. Thoughtfully maintain a nutrition program adequate to maintain your immune system.**

## ----- General protocols : DETAIL -----

- 1. Remember that the MMS is always mixed with the activator - which is in the separate bottle.**

The ratio of MMS to Activator is 1:1 - or (important!) 1:5 if the MMS is sourced from another supplier. It's ready for use when the color turns to yellow/amber. With the 1:1 mixture this is after about a minute (a little longer is fine). With the 1:5 mixture, you need to wait about 3-4 minutes (again, a little longer is fine).

Always use the MMS quite soon after activating. It'll stay activated for a little while, but do remember that you can't store it for hours or days in its activated state.

## **2. Repeated small doses are more effective than large morning and evening doses.**

It has been demonstrated that small doses administered often, up to once each hour, are more effective than large doses administered once or twice a day. This is basically because it doesn't matter if it's a large amount or small amount: it still deteriorates into mostly just table salt in an hour or two.

If you're taking larger MMS doses only in the morning and evening, MMS will still cleanse the body of microbes and most pathogens. However smaller-but-continuous circulation of  $\text{ClO}_2$  [chlorine dioxide] prevents regrouping and reproduction of pathogens, especially viruses.

## **3. Put as much MMS into the body as you can without causing an increase in sickness, nausea, or diarrhea.**

Always start out with a one drop dose at first, and then increase the drops every time you feel you can. Stop the treatment when you are well.

Alternatively, if you are just trying to "clean yourself out", then try taking 15 drops three times a day. If you can take 15 drops three times a day for a week without nausea or diarrhea or other negative effects, then most likely the majority of the infections and pathogens and parasites are gone.

After you are "cleaned out", an optional maintenance dose is 6 drops twice a week. Older people, or those with metabolisms requiring more support, might benefit from a maintenance dose of 6 drops daily.

## **4. Decrease the number of drops as needed if diarrhea or nausea occur. But don't stop taking the MMS.**

Nausea and diarrhea are both good signs that MMS is working. Diarrhea lasting for an hour or two is a very good sign, but if this continues for several days it can cause more harm than good. So always decrease the drops when these temporary barriers arise - they are temporary in most cases.

## **5. Avoid all forms of Vitamin C for two hours before and after taking MMS.**

This is a temporary requirement, necessary during the significant weeks of your increasing the level of drops where you can be considered to be "cleaned out." If you're taking Vitamin C capsules marked as the "12 hour" (continuous release) type, you will have to discontinue their use.

## **6. Thoughtfully maintain a nutrition program adequate to maintain your immune system.**

MMS eliminates unwanted pathogens and parasites from your body with great efficiency, but it provides no nutritional minerals or vitamins. Maintain an intake of friendly micro-organisms (acidophilus, and other flora). MMS itself does not kill friendly intestinal micro-organisms, but forceful diarrhea can sometimes reduce their numbers. Similarly, maintain the intake of minerals - especially calcium and magnesium.

Nutritional intake is critical to the immune system. Daily sunshine on the skin will maintain your vitamin D3 - or, if you rarely see the sun, you must maintain "D" with supplements, essential for maintaining the immune system. While MMS is the most potent germicidal agent on the planet, only your own immune system produces healing and maintenance of health.

### **----- HOW TO TAKE MMS -----**

#### **1. Drink it.**

Swallow activated MMS with any amount of water or juice flavoring added. This is the most common method.

Always mix both components with the same number of drops (1:1 mix) - unless you are using another, weaker activator, from another supplier (or a natural activator like lemon juice), which requires a 1:5 ratio.

Once mixed, wait till it is yellow/amber in color. Adding water and some juice (to improve taste) to the mix after the one-or-two minute wait enables you to drink the mixture. Once adding water, the reaction stops. The amount of water matters very little, as the MMS will still do the same cleansing within your body.

After drinking the mix with the water added, the ClO<sub>2</sub> [chlorine dioxide] gas will circulate in the body for less than two hours, as described above. (Some amounts of ClO<sub>2</sub> are generated as a secondary reaction after the water is added, due to the HCl [hydrochloric] acid in your stomach.)

You could repeat any MMS dose every two hours (or less) without harm, provided you observe the temporary barriers created by diarrhea or nausea.

**-- Dose for adults:**

Always start with 1 or 2 drops. To activate MMS, add the activator in a ratio of 1:1 (or 1:5 if you are using another supplier) into a dry glass and wait until the color is yellow/amber. Then add water (and some juice if you want to improve the taste), and swallow.

Repeat this procedure each time gradually increasing the number of drops. Listen to your body and use your personal intuition: increase the dose if you feel fine, and decrease it if you feel nausea.

Increase the dose slowly on a day-by-day basis to a maximum quantity of 45-50 drops per day. Do this SLOWLY - because raising the dose too quickly may cause nausea.

Note: If you notice diarrhea, or even vomiting, this is not necessarily a bad sign. You're killing pathogens faster than your liver can process them for elimination. So just slow down the killing process: the body is simply getting rid of poisons and cleaning itself out. You're likely to feel much better afterwards.

Do not take any medicine to stop the diarrhea. It should not last. But DO stop the treatment (or lower the dose) if diarrhea is prolonged over a period of many days.

After 14 days of treatment for infectious diseases you may rest for two days taking some Acetylcysteine to re-establish glutathione (1200-1500 mg). This can be purchased at pharmacies.

**-- Dose for children:**

For children, the protocol is essentially the same. One should usually start at half of one drop. Make a one-drop mixture, and then pour out half of the drink before giving it to the child. Then increase this from 1 to 2 to 3 drops as above, but do not go beyond 3 drops for each 25 lbs (11 kg) of body weight. With a baby, start with half a drop every 3 or 4 hours and stop when the baby is well.

If the baby or child becomes nauseous, wait an extra hour or two before giving another dose - and also give a smaller dose. Give these smaller doses until the baby or child can tolerate more, but do not stop giving doses until they are well. Children who are sick with the flu or other viral diseases should have half a drop every hour and a half during most of the day.

## **2. Spray activated MMS anywhere on your skin.**

MMS has been reported to be effective against localized skin sores or diseases: psoriasis, acne, wounds, burns, herpes, insect bites, eczema, skin cancer, and more...

The mixture must have a small amount of water added to make the liquid ready for spraying. It does not bleach hair, and does not harm the skin. If you have open sores or cuts, it may cause a sensation of light burning but it promotes very rapid germ-free healing of wounds.

### **-- Dose:**

Use 8-10 activated drops of MMS in a regular cup. Wait 1 minute until it changes to yellow/amber and then add some water. Apply to the affected areas, wait 1-2 minutes and then rinse with water.

## **3. Use MMS in a hot bath.**

Our skin is a completely permeable organ which has the capacity to act as a membrane, allowing exchange by osmosis between the inside and outside of our body. A hot bath with activated MMS in the water exposes the entire skin surface to  $\text{ClO}_2$ .

Add hot water continually while sitting in the bath for 20 to 30 minutes. The pores of the skin open, and the  $\text{ClO}_2$  is absorbed through the skin and into the muscle tissue. Since blood is always present in muscles, the  $\text{ClO}_2$  merges into the blood plasma providing greater concentration of detoxifying action against parasites, yeast, fungus and other pathogens.

### **-- Dose:**

1. Rinse the bathtub. Do not put any soap or other chemicals in the water.
2. Activate 30 drops of MMS by mixing in a glass. Wait until the color is yellow/amber.
3. Fill the tub about 20-30 cm (8-12 inches) with hot water. Don't put any soap or other chemicals in the water
4. Add activated MMS to the water. Note that the water does not reduce the amount of  $\text{ClO}_2$  gas being released.

5. Soak your entire body in the bath, including your head and scalp. If some water accidentally enters your eyes, they will not be harmed as this dose of highly diluted MMS will not cause any harm; nevertheless, it's best not to do this deliberately. Open sores usually heal more quickly from the disinfectant action of MMS.

6. Add more hot water. The heat expands your skin pores and the MMS will penetrate into the body. From the third bath, you should notice a significant improvement. This method sometimes works very effectively indeed.

#### **4. To knock out Viruses.**

For viral infections such as flu.

##### **-- Dose:**

Take 2-6 drops every 1-3 hours, up to 6 times a day (depending on the severity of the case and the resistance of each person). Begin with 2 drops, and increase the dose carefully depending on body tolerance. The maximum dose is 45-50 drops per day.

#### **5. For Oral Disease.**

For oral disease (stomatitis, gingivitis, dental abscesses, ulcers, peritonitis, mouth infections).

##### **-- Dose:**

Use 5 drops of activated MMS in a small glass. Wait 1 minute until it changes to yellow/amber and then add some water. Then brush the teeth with the solution. After brushing, it's important to rinse your mouth with water.

#### **5. For Ear Infections.**

##### **-- Dose:**

Use 2-3 drops of activated MMS in a very small glass (20 cl or 6-8 oz), wait until it changes to yellow/amber, and then add warm water. Fill a dropper and drop it gradually into the ear.

## 6. For Body Odor.

MMS is a magnificent deodorant, as it eliminates the cause of strong body odor by attacking and destroying its root cause: bacteria and fungi. MMS is very effective against underarm odor, foot odor, etc.

It's important to use safe methods such as MMS in our personal care and remember the potentially carcinogenic effects of commercial deodorants and antiperspirants that have been reported to be a factor in many cases of breast cancer.

### **-- Dose:**

Once a day or every two days depending on each individual. Use 3-5 drops of activated MMS in a small glass, wait until the color changes to yellow/amber, and then add some water. Apply to the affected areas, wait 1-2 minutes (this can be done with a cotton swab or an aerosol spray) and then rinse with water or take a shower.

## 7. Briefly breathe the ClO<sub>2</sub> gas into the nose, head, and sinuses.

This method is effective in situations where there are germs or pathogens in your sinuses, vocal chords, or ears.

### **-- Dose:**

Sitting with your mouth or nose over a cup of activated 2 drop mixture (definitely no more than 4 drops), and with no water added, inhale the distinctive-smelling ClO<sub>2</sub> gas into your nostrils or mouth.

**\* NOTE: Do not breathe the ClO<sub>2</sub> gas into the lungs too deeply or for too long because of the possibility of unexpected depletion of oxygen.**

If it seems too strong, move the cup further away, or prepare a weaker mixture. This has proven effective in killing germs in the sinuses that are often the cause of post-nasal drip.

**\* NOTE: If you have any history of asthma, use low doses and stop immediately if you have any sensation of an asthma attack.**

Remember, it is the  $\text{ClO}_2$  - the gas that you can smell - that is the germicidal agent. Germs live and thrive in mucus and phlegm.  $\text{ClO}_2$  gas can kill them, and prevent further production of mucus.

DO NOT EXCEED the 4 drop maximum mixture, and take frequent breaks by breathing normal air to assure replenishment of oxygen to the lungs. You can always mix a second dose later if you want more exposure. Heed these cautions. Remember that you are responsible for using this strategy correctly, so avoid prolonged deep breathing of the  $\text{ClO}_2$  and always alternate it with deep breathing of normal air.

### **8. Use MMS in an Enema.**

MMS retention enemas are effective in cleansing the colon walls, and can help in cases of hemorrhoids, rectal fissures, vaginal candidiasis, and so on.

Enemas cause the  $\text{ClO}_2$  to be absorbed and mixed with the plasma of the blood - the blood liquid. MMS benefits are more available to more parts of the body more quickly when the  $\text{ClO}_2$  is carried in the plasma.

#### **-- Dose:**

Use 3-5 activated drops of MMS in a regular cup, wait 1 minute until it changes to yellow/amber, and then add warm water. Fill an irrigator with one or two liters and introduce into the rectum (or vagina), retain water for about two minutes, and then evacuate.

### **9. For Cancers and Tumors.**

#### **-- Dose:**

Day 1: 2 activated drops every hour, 6 or 7 times a day.

Day 2: 3 activated drops every hour, 6 or 7 times a day.

Day 3: 4 activated drops every hour, 6 or 7 times a day.

Day 4: 5 activated drops every hour, 6 or 7 times a day.

Day 5: 6 activated drops every hour, 6 or 7 times a day.

Day 6: 7 activated drops every hour, 6 or 7 times a day.

Then for the next five 5 weeks, 7 drops every 1 hour 6 or 7 times a day (maximum 50 drops per day).

## **10. For HIV / Hepatitis C.**

Treating HIV / AIDS / Hepatitis C is a longer term project, and must take into account the drop in CD4 and viral load increases. In 5-6 months they usually revert to normal again. Test results have been 80% positive in the long term.

### **-- Dose:**

From 2 to 5 activated drops every two hours, for one week (depending on severity).

For six months 30-45 drops (activated) per day - spread in the most appropriate and accessible way to each person.

## **11. In Emergency.**

In cases of severe pain, fast rising infection, or sudden unknown illness, this protocol is for a quick urgently-needed result - especially if there are specific acute conditions.

### **-- Dose:**

Use 6 drops of activated MMS, and after 2 hours, another 6 drops. Then take 3 drops every 2 hours. Soon there should be a clear improvement. The last dose before bed may be higher depending on the event and tolerance. Keep taking the dose to end the disease or infection.

## **12. DMSO can sometimes be added to MMS in special or life-threatening situations.**

In special cases, DMSO [dimethyl sulfoxide] acts as a "carrier" which helps the  $\text{ClO}_2$  quickly and effectively get to where it is urgently needed.

Always test yourself first with a small DMSO spot on your arm. People who have a damaged or weakened liver should reduce the use of DMSO if any ache or pain is felt in the liver area. Put 5 drops of DMSO on your arm and rub it in. Wait for several hours. If there is no liver pain, you are probably safe in using DMSO.

**-- Dose:**

One tablespoon of DMSO with two or more tablespoons of water can be taken internally by drinking it once or twice a day while fighting a severe disease. Normally use juice and dilute the DMSO much more.

**\* NOTE: a 50-50 dilution will burn most people's throats. It's best to dilute DMSO with at least 2 parts water or juice to 1 part DMSO.**