

MMS Instructions and Info

General Directions

(Print them out and refer to them often)

CAUTION:

In it's concentrated form this product is corrosive and acidic. Therefore treat it with care and always wipe any spillage and then dilute with plenty of water before wiping again.

The following directions are based on using a 28% sodium chlorite solution (MMS) in conjunction with an *activator*, i.e. 50% citric acid solution.

Important: Always start taking this product slowly and build up. Take 1 hour after eating food (when the stomach has emptyed).

Begin with 1 drop of sodium chlorite to 1 drop of 50% citric acid (activator) in an empty glass (at low drop quantities at few drops of water will help to mix). Swirl to mix. Let sit for 30 seconds to 1 minute. Then add water and drink within 1 hour. The more water you used the less horrible the taste. Use at least a glass.

Increase the dose each day at the same 1:1 ratio (e.g. 2:2, or 3:3 -->) until you reach the maximum daily dose of 12:12 (up to 15:15 in severe cases) or you feel that your immune system is strong. You can build a second and third dose one drop at a time. Keep going until you have cleared the condition. Take 1 hour after eating evening meal if taking one dose. Do not take before food on an empty stomach especially first thing in the morning.

Then drop back to 4:4 drops a day for maintenance.

Note: Anytime you have a sign of nausea or diarrhea, reduce the next or subsequent applications. Some people find it hard to take large doses all at once, so you can split the dose. Say you find it hard to take more than 5 drops at a time. When you try to take 6 drops you get sick or diarrhea. In this case take 3 drops and repeat again in one hour. You can do this split process for all doses. Some people just can't stand the taste and above 6 drops is just to strong.

This table shows you how to increase the dose by one drop a day if you are doing 3 doses a day.

	1hr after	1hr	1hr	Total
--	-----------	-----	-----	-------

	Breakfast	after lunch	after dinner	drops per day
Day 1	0	0	1	1
Day 2	0	1	1	2
Day 3	1	1	1	3
Day 4	1	1	2	4
Day 5	1	2	2	5
Day 6	2	2	2	6
Day 7	2	2	3	7
Day 8	2	3	3	8
Day 9	3	3	3	9
Day 10	3	3	4	10
Day 11	3	4	4	11

Day 12	4	4	4	12
Day 13	4	4	5	13
Day 14	4	5	5	14
Day 15	5	5	5	15
Day 16	5	5	6	16
Day 17	5	6	6	17
Day 18	6	6	6	18
Day 19	6	6	7	19
Day 20	6	7	7	20
Day 21	7	7	7	21
Day 22	7	7	8	22
Day 23	7	8	8	23
Day	8	8	8	24

24				
Day 25	8	8	9	25
Day 26	8	9	9	26
Day 27	9	9	9	27
Day 28	9	9	10	28
Day 29	9	10	10	29
Day 30	10	10	10	30
Day 31	10	10	11	31
Day 32	10	11	11	32
Day 33	11	11	11	33
Day 34	11	11	12	34
Day 35	11	12	12	35
Day 36	12	12	12	36

“	12	12	12	36
Day 42	12	12	12	36

Highly recommended: Order the book, *Breakthrough: The Miracle Mineral Supplement of the 21st Century*. Part 1 of this book is available as a free downloadable e-book on Jim Humble's website at <http://www.miraclemineal.org/> and Part 2 for \$9.95 from his website.

If you find you have a problem taking the doses you can supplement the water with some fruit juice. However, be aware that added Vitamin C will neutralize the effect of the sodium chlorite.

Recommended Juices: Apple, Pineapple, Cranberry or Grape juice can be used in place of water as long as there is **no added vitamin C** in them.

For Children: Start with 1/2:1/2 drops a day and work up to 2:2 drops a day

Keep MMS in the dark bottles and out of sunlight to prevent it becoming inactive.

For more information listen or download the Jim Humble Interview

Here is a rave for your information

<http://www.world-harmony.com/Data/Jim-Humble-Interview.mp3>

**The New MMS Protocol 1000 March 2012
(Take for 3 weeks for initial detoxification of the body).**

Enjoy this new way of taking MMS that tastes better and is more subtle to stomach. It works because we are buffering the pH to 5.2 to reduce acidity.

Recipe: (SHELF LIFE OF THIS IS 30 DAYS but best to mix every morning)

Use a **one quart or one liter** container with lid & markings on the side as needed (keep refrigerated and out of sunlight). You can also use 4 oz or 120 ml measuring cup to pour into at each use. Add:

◆ **24 drops MMS (28%)**

◆ **24 drops citric acid (50%) or 120 drops lemon juice or 10 % citric acid**

◆ mix by swirling (activate) exactly 20 seconds or (3 minutes with lemon or 10 %

citric)

◆ add one quart or one liter distilled water(pH 5 to 6) mix (do not add alkaline water)

◆ add 1/8 US teaspoon (0.6ml) baking soda (Bicarbonate of soda) to mix then stir

well (use aluminum free)

Metric equivalents of this recipe:

◆ 4 oz (120 ml) = 3 drops activated MMS (same as protocol 1000)

◆ 2 oz (60 ml) = 1.5 drops MMS

◆ 1 oz (30 ml) = 0.75 drops MMS

To Start: Take 2 oz. (60 ml) four times day and work up to higher amounts and frequency as needed. Taking 4 oz. (120 ml) hourly for 8 hours is equal to 3 drops hourly of MMS, the same as protocol 1000. Always stop short of diarrhea, nausea, vomiting or unwanted effect.

To Start if child or sensitive adult: Children or adults very sensitive can start at 1oz (30 ml) 4 times daily and work up slowly if needed. Always stop short of diarrhea, nausea, vomiting or unwanted effect.

Monitor and adjust as needed:

◆ Stay at each amount for 2 to 3 days before increasing so that if unwanted symptoms arise you can go back to a safe known level.

◆ Always stop short of diarrhea, nausea, vomiting or unwanted symptoms.

◆ If you need to reduce your amount, then you can take smaller amount more often or the same amount less often.

◆ We are finding that a low steady amount is all some people need. Some conditions may need an initial higher amount and then a lower amount for continual use.

◆ ALWAYS DRINK 8 GLASSES OF GOOD WATER DAILY FOR HYDRATION & DETOX

If taste is still undesirable then add one drop peppermint oil to each 4 oz at the time of usage. It is much better to mix up the whole quart than to try and mix individual uses. The optimal pH is 5.2 but the range of 5.0-5.5 should be acceptable.

Recipe changes: If you change the recipe amount of 24 drops of MMS, then you will need to adjust the amount of baking soda as needed to bring the pH to 5.2 or into the range of 5 to 5.5 pH. If you need to take an amount that is larger than 3 drops of MMS, then you can simply drink a larger amount of the recipe mix. Eight ounces (240 ml) would equal a 6 drop dose of MMS.

These statements not intended to diagnose, treat, cure or prevent any disease and have not been evaluated by the FDA. Consult physician prior to use.

MMS BASIC DETOX PROTOCOL

(Dr. Ron's pH adjusted MMS1)

(Dr. Ron can be contacted at www.h2oairwateramericas.com)

NOTE: This activated bottle of MMS will last up to 30 days in the frig. We found that as long as you activate MMS and does not come into contact with a pathogen the chlorine dioxide is not released.

We just finished taking this new recipe for 3 weeks continuously. (3-12) It was much easier to take - no taste and very few side effects.

PROTOCOL 2000 is for cancer and other life threatening diseases. It basically is taking as many drops of **activated** MMS each hour as a person can take without becoming any sicker, or feeling worse, or developing diarrhea. It must be done for 10 hours a day, for 3 weeks or until well. It is best to start off with only one drop an hour and quickly build up to as many drops as you can take, again let me say without without feeling worse. Remember all drops must be activated as given below. Please take this to heart, do not make yourself sicker than you already are. Take as many drops as you can, but easy dose it. Making yourself sicker uses up energy and makes the recovery go slower.

The way you accomplish activation can be done in 4 different ways, any one of these methods of activation is acceptable: First, add your number of MMS drops to a clean dry glass, then activate as follows:

(1) (preferred method) add 1 drop of 50% citric acid for each drop of MMS that is in your glass, swirl or shake to mix, wait 20 seconds, add 1/2 to 1 glass of water or juice and drink.

(2) add 5 drops of 10% citric acid for each drop of MMS in the glass, and then shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.

(3) add 5 drops of vinegar for each drop of MMS in the glass, shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.

(4) add 5 drops of full strength lemon juice for each drop of MMS in the glass, shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.

Do not use orange juice. Do not use juices with added vitamin C or ascorbic acid added. Do not use concentrated juices that must have water added to them. Do not use nectars, that is juices made from grinding the pulp of fruits. Fresh juices are best.

But if you don't want to make up a single dose each hour, you can make 10 doses in the morning, and keep the solution in a closed container all day.

Just follow the above instructions multiplying all the figures by 10 and then put that liquid in a closed container. Take 1/10th of it each hour. Don't worry the MMS will last hours longer than is needed so long as you keep the lid on tight.

Now, these are the important instructions you must be sure to follow: You must not make yourself sicker than you already are: Do not cause yourself a lot of nausea, or pain, or diarrhea. When you notice any of these symptoms coming on take less MMS. Try not to stop taking MMS, just take less. Go from 2 drops an hour of activated MMS to one drop an hour. Or if you are already take only one drop an hour, then take 1/2 drop and hour, or even 1/4 drop an hour. Do not cause yourself diarrhea if you can avoid it by taking less MMS. **Pain, diarrhea, nausea and other discomforts cause loss of energy, which in turn causes slower healing and slower recovery.** On the other hand try to increase the amount of drops you are taking until you are taking as many drops an hour as you can without feeling worse, but do not go over 12 drops an hour.

MMS De-Mystified

For the past couple of weeks I've been learning about, and experiencing something wonderful; that has implications for every one of us. It is a procedure that involves *precipitating* a chemical solvent, [chlorine dioxide](#), in quantities small enough to be safely ingested, and large enough to kill pathogens that are presently living in our body, robbing it of energy, and poisoning it with waste material, and making it more vulnerable to disease. If this is not your situation, it is certainly the situation of someone you know and love.

The product is called, "MMS," which stands for *miracle mineral supplement*. Caution flags rise immediately when the term "miracle" is used to describe anything that amazes us, or when we don't understand how it does what it does. In this case, it is indeed amazing. However, an explanation of why MMS is so effective as a pathogen destroyer is possible. It's not the MMS that destroys pathogens; the chlorine dioxide

does that. But when you understand the chemistry, you'll see that it's not a miracle... it just seems like one.

Humble Origins

The MMS protocol was developed by Jim Humble, a gold miner and metallurgist, on an expedition into the jungles of Central America, looking for gold. It was a response to a need to help a member of his expedition who came down with malaria, more than two days away, through heavy jungle, from the next mine. After many years of experience, Humble always carried stabilized oxygen with him on such expeditions, to make local water potable. Facing the possibility of a quick loss of life, he gave it to the stricken man. To everyone's amazement, he was well within a few hours. That sure seemed like a miracle, but Humble wanted to better understand what had just happened.

Over the course of several years, Jim Humble figured out that what made stabilized oxygen so effective in some malaria cases, was not the oxygen at all, but the trace amounts of chlorine dioxide. Further research led him to come up with a way to produce hundreds, if not thousands more units of chlorine dioxide than what is found in stabilized oxygen. This is through using a higher concentrate of sodium chlorite (28% vs. 3% for stabilized oxygen), in conjunction with the activator. The proof of the efficacy of this simple protocol was in successfully helping over 75,000 people in several African nations – including Uganda and Malawi – rid themselves, primarily of malaria, but also hepatitis, cancer, and AIDS.

Jim Humble chronicled his experiences in two downloadable ebooks that are available at his web site: www.miraclemineal.org. The book is titled, *Breakthrough: The Miracle Mineral Supplement of the 21st Century*. Part one, which is a free download, tells how it began. Part two, which costs \$9.95, continues the story, discusses the chemistry involved, and gives clear instructions on how to prepare MMS yourself. (A hard copy edition is also available.) This is important, because once you understand the chemistry, and the absolute absence of downside effects, outside of feeling nauseous and “expelling” when toxins and pathogens are dislodged, it becomes an option that anyone who may be on toxin overload *must* try out for one's self.

Anyone can be on toxin overload. Some are but won't admit it. Others would prefer to think they're not. If your health is not *perfect*... you're habitually low on energy, have trouble keeping your weight down, or blood pressure in the normal range, or constantly dealing with inflammation or pain, then there's likely a toxin, heavy metal, virus, bacteria, or parasite issue in play. Traditional medicine will typically respond by loading you up with additional pollutants, many of which indiscriminately kill healthy tissue while going after “the bad guys.” Not so with chlorine dioxide. It only acts on harmful presences. Miracle or not, the effects are wonderful. I'd vote for Wonderful Mineral Supplement in a heartbeat!

Over the next few pages, I'm going to describe the MMS protocol. When followed, it will produce and distribute chlorine dioxide to your red blood cells, which is the most effective and intelligent pathogen killer known to Nature.

But first, a little background on the chemistry.

Chlorine dioxide and chlorine are not the same. *Chlorine* is a chemical element. In *ion* form, chlorine is part of common salt and other compounds, and necessary to most forms of life, including human. A powerful oxidizing agent, it is the most abundant dissolved ion in ocean water, and readily combines with nearly every other element, including sodium to form salt crystals, and magnesium, as magnesium chloride.

Chlorine dioxide is a *chemical compound* that consists of one chlorine ion bound to two ions of oxygen.

Oxidizing agents are chemical compounds that readily accept electrons from “electron donors.” They gain electrons via chemical reaction. This is important because relative to chlorine dioxide, *all* pathogens are electron donors.

Chlorine dioxide is extremely volatile. You might call it “hot tempered,” but in a very beneficial way. This volatility is a key factor in chlorine dioxide’s effectiveness as a pathogen destroyer.

The compound is literally explosive; so explosive, it’s not safe to transport in any quantity. Therefore, it is common practice to generate chlorine dioxide “on site” at the point of use. Most chlorine dioxide production is done on a scale that would prove deadly for individuals, for example, in municipal water treatment systems, where it is beginning to replace chlorine because it produces *no* carcinogenic byproducts. Chlorine dioxide is approved by the Environmental Protection Agency in safely removing pathogens and contaminants like anthrax. So you know it must be effective. However, the concentrations used in such applications can vary from 500 to over 6,000 parts per million (ppm), which would clearly be deadly to an individual. Using the MMS protocol you will produce chlorine dioxide in the range of 1 ppm.

You will use the MMS solution, which is safe to transport, to make nature’s harmless pathogen remover.

The MMS solution is 28% sodium chlorite in distilled water. You can produce chlorine dioxide with a single drop, when an “activator” of 50% solution of citric acid plus a little water is added. The ratio is one 50% citric acid, four water, then add the one 28% Sodium Chlorite. Wait 3 minutes and its ready.

“Applications” of chlorine dioxide range from 1 drop to a maximum of 15, except in life critical situations, where the maximum may be doubled. A “maintenance application” is six drops. After adding the activator, the chemical reaction that turns sodium chlorite into chlorine dioxide takes only about three minutes.

The activating ingredient also sets the stage for what happens when the chlorine dioxide ions enter the bloodstream. This weak acid acts like a blasting cap by lowering the pH of the chlorine dioxide, without setting it off. The activator can be lemon juice or vinegar.

The natural pH of sodium chlorite is 13. Adding vinegar, lemon juice, or citric acid) creates about 3 mg of unstable but still harmless chlorine dioxide.

The Process

Let's talk a bit more about how and why chlorine dioxide works for giving the immune system a new lease on life.

Volatility is what makes chlorine dioxide so effective when it contacts pathogens. As we've mentioned, chlorine dioxide is a safe and effective disinfectant in many municipal water delivery systems, hospitals, and even in bioterrorism response. It stands to reason that chlorine dioxide would be just as effective working in the waters of the human body.

Chlorine dioxide's extreme volatility prevents pathogens from developing a resistance. Mainly because when they "clash," the pathogens no longer exist. Yet, healthy cells and beneficial bacteria are unaffected.

While normal levels of oxygen in the blood cannot destroy all of the pathogens present under disease conditions, delivery of chlorine dioxide changes everything.

"Halt! Surrender Your Electrons, Now!"

When a chlorine dioxide ion contacts a harmful pathogen, it instantly rips up to five electrons from the pathogen, in what can be likened to a microscopic explosion... harmless to us, but *terminal* for pathogens.

The pathogen – an electron donor – is rendered harmless due to the involuntary surrendering of its electrons to the chlorine dioxide – an electron acceptor – and the resulting release of energy. Oxidized by the chlorine ion, the former pathogen becomes a harmless salt.

This process benefits a body that has become toxic.

Throughout the body, anywhere chlorine dioxide ions – transported via red blood cells – come in contact with pathogens, the pathogens give up their electrons and cease to exist. The chlorine dioxide armed cells only "detonate" on contact with pathogens, which include harmful bacteria, viruses, toxins, heavy metals, and parasites. All of these will have pH values that are out of the body's range of good health. They will also have a positive ionic charge. The chlorine dioxide equipped cells do not oxidize beneficial bacteria, or healthy cells, as their pH levels are 7 or above, and hold a negative ion charge.

Chlorine dioxide ions will oxidize – meaning vaporize – diseased cells... anything that is acidic, with a positive ion charge.

If the chlorine dioxide ions encounter no pathogens or other poisons, it deteriorates into table salt and in some instances, hypochlorous acid, which the body can also use.

A Pathogen Terminator

Research has proven chlorine dioxide to be much safer than chlorine, as it is selective for pathogens when used in water. Furthermore, it does not create harmful compounds from other constituents in the water as chlorine does.

Numerous scientific studies have demonstrated that chlorine – part of the halogen family of elements – creates at least three carcinogenic compounds when it enters the body, principally trihalomethanes (THMs). There has been no such evidence of harmful compounds being produced from chlorine dioxide.

This is why, in 1999, the American Society of Analytical Chemists proclaimed chlorine dioxide to be the most powerful pathogen killer known to man. It has even been used to clean up after anthrax attacks.

A Journey into Chemical Alchemy

Once it is introduced into the bloodstream, chlorine dioxide performs a highly energetic *acceptance* of four electrons when it comes across any cell that is below a pH value of 7. This means that diseased cells are essentially vaporized (i.e., “oxidized”) while healthy cells are unaffected.

Here is how it happens.

Red blood cells that are normal carriers of oxygen throughout the body do not differentiate between chlorine dioxide and oxygen. Therefore, after ingesting the MMS/chlorine dioxide-rich solution, red blood cells pick up chlorine dioxide ions that are deposited on the stomach wall where it normally gathers nutrients of various kinds before journeying through the body.

Then, when the red blood cells armed with chlorine dioxide encounter parasites, fungi, or diseased cells that all have low pH and a positive ionic charge, the “aliens” are destroyed along with the chlorine dioxide ion. If no such encounters occur, the chlorine dioxide will be carried to a point in the body where oxygen normally oxidizes poisons and other harmful agents.

If the chlorine dioxide doesn't hit anything that can set it off, it will deteriorate, and thus lose an electron or two. This may allow it to combine with a very important substance that the immune system uses to make hypochlorous acid. This compound kills pathogens, killer cells, and even cancerous cells. Hypochlorous acid is so important, its diminished presence in the body is described medically by the term *myeloperoxidase deficiency*.

Many people are afflicted by this condition. The immune system needs a great deal more hypochlorous acid when disease is present. Facilitated by the MMS solution, chlorine dioxide delivers it in spades, as does magnesium chloride, but that's another part of the health discussion.

The most salient point to know, is that chlorine dioxide has 100 times more energy to do what oxygen normally does, and yet, will not harm healthy cells.

By the way, if you are totally healthy, and have nothing in your body that is at an acidic level below 7, there are no ill-effects from taking chlorine dioxide. However, your stores of hypochlorous acid will be increased.

MMS works best to destroy pathogens that may be present in the body, when 2 or 3 mg of free chlorine dioxide are in the solution at the time it is swallowed. However, the body is supplied with chlorine dioxide in a “timed release” manner lasting about 12 hours. Be aware, that before you feel better, it is likely you will feel ill.

“Why Must I Feel Sick?”

The nauseating feeling that you may experience would be the result of chlorine dioxide encountering, dislodging – hence the “sick” feeling – and then destroying pathogens encountered.

We are generally oblivious of the pathogens that are introduced to our body, especially after they have been stored in the tissue of various organs. Since they build up over time, they generally affect our health slowly, and cumulatively.

However, chlorine dioxide takes them out suddenly, which may result in a dramatic reaction. However, it passes in much less time than it took for the toxins and pathogens to accumulate.

When the chlorine dioxide “goes off,” the electron stripped pathogens cease to exist.

As an example, one will almost always feel ill in hepatitis cases because the liver is induced to expel stored poisons, which are then destroyed by an army of red blood cells containing chlorine dioxide. It’s really no contest. But it doesn’t have to be something as acute as hepatitis.

Years of “leeching” of from dental amalgams can “innocently” deposit enough mercury to one’s system to steal innocence, rob vitality, and erase precious memories. Dislodging and vaporizing it will feel uncomfortable for a very short time compared to the time it took to accumulate.

If you feel sick when you take this protocol, know that your health and vitality awaits to rejoin you on “the other side” of the ill feeling.

If it has no “close encounters” with pathogens, chlorine dioxide deteriorates into constituents that are totally non-toxic. Nothing poisonous is left behind to build up, as is the case with many medical protocols. Medical treatments currently provide you NO way of removing the poisons when said poisons don’t work. You are left on your own in a strange land and diseased state, without a roadmap back to health.

Nature’s chlorine dioxide, on the other hand, lasts long enough to do its job, then that which does not furnish the immune system with needed ions becomes nothing more than micro amounts of salt and water.

The chlorine dioxide has just a few minutes to do its thing, and then it no longer exists, leaving nothing behind that can build up, or do additional harm.

The Procedure

So the procedure is simple. All you need is your bottle of MMS, a clean, empty, dry glass, an eyedropper, and the activator (vinegar, lemon juice, or citric acid).

MMS Protocol

Note: When following the instructions below, keep this paragraph in mind. Always activate the MMS drops with one of the food acids, either lemon juice drops, or lime juice drops, or 50% citric acid solution. Always use one drop of 50% citric acid to one drop of MMS. (If you are using lemon juice or vinegar then 5 drops of one of these food acids to each one drop of MMS,) Mix in a empty dry glass and wait at least 3 minutes, then add 1/3 to 1 glass of water or juice and drink (make sure there is no added vitamin C in the juice. Apple juice is good. You can expand the 3 minutes out to 10 minutes, and after adding the juice or water you can wait up to an hour before drinking.)

1. **Never start with more than one drop.** People who are very sick and/or sensitive should start with ½ drop. Activate the drops as given above.
2. If you do OK and do not notice nausea on the first dose, increase by one drop for the second dose. If you notice nausea reduce the amount of MMS for the next dose. Do two doses a day, one in the morning and one in the evening. Continue to increase by one drop each time you take a new dose. When you notice nausea, reduce the dose by one drop, or bad diarrhea reduce by 2 or 3 drops. Usually reduce for one or two times before going back the amount that it took to make you nauseous. **Note:** If you notice diarrhea, or even vomiting that is not a bad sign. The body is simply throwing off poisons and cleaning itself out. Everyone says that they feel much better after the diarrhea. You do not have to take any medicine for the diarrhea. It will go away as fast as it came. It will not last. It is not real diarrhea as the body is just cleaning out, and it is not caused by bacteria or virus. When the poison is gone, the diarrhea is gone.
3. Continue to follow the procedure given in 2 above. Until you reach 15 drops twice a day without nausea. At that point increase to 3 times a day. Stay at 3 times a day for at least one week and then reduce the drops to 4 to 6 drops a day for older people and 4 to 6 drops twice a week for younger people.

Note: Once you have completed step 3 above most of the viral, bacteria, mold, and yeast load will be gone from your body. Your body will be clean. You no longer have to worry about feeding the microorganism load. You can base your diet on nutrition, rather than not feeding the load. The diabetes will be gone, thus you no longer need to worry about sugar. You won't have to worry about the pancreas over reacting thus giving you a shock of insulin. Instead it will give you just enough insulin to knock the blood sugar lever to the right level (You won't feel sleepy after eating a candy bar). Your body will then be able to easily adsorb vitamins and minerals and many other nutrients it might have been missing up to this time. You should feel better as time goes by. Do not quit taking the MMS.

The 'Healtholution' Will Not Be Televised!

Start modestly with as little as 1 drop of MMS on your first day, and then increase the number on each following day, up to the maximum of 15. ONLY THE MOST ACUTE TOXIC OVERLOAD SITUATIONS WILL WARRANT THIS AMOUNT OF APPLICATION. Your body WILL tell you when you've reached the optimum dosage for you.

Clearing will not be comfortable, but it need not be intolerable. You may feel like you've been through a battle, and in a sense, you have. It's a battle for domain over your health, and hence, your life. Before you can be healthy again, you need to destroy toxins, pathogens, and parasites. In order to do so, they have to be uprooted and released from their "strongholds" in your body tissue. You will feel the effects, but it is a good thing. You will also feel health, again.

The sick feeling will be TEMPORARY, a small price to pay for the longer term possibility of lasting restored health, no matter what stage of life you happen to be currently experiencing.

When the clearing is done, you won't need to take the maximum dosages. You can go on a maintenance application (six (6) drops of MMS) to keep your insides pathogen free and immune system strong.

A few more words about fruit juices. They can be substituted for water as long as they are freshly made. Do not buy them off the shelf and use them, and DO NOT use orange juice. Orange juice prevents the production of chlorine dioxide, as well as anything that has vitamin C added as a preservative. This is why citric acid is more effective as an activator than lemon juice which has vitamin C in it.

I hope you have found this information helpful. The product known as MMS is not really chlorine dioxide, it's not even a miracle. However, it is a safe and effective way to create one, by introducing a sure fire way to bolster the immune system and eliminate a full range of harmful pathogens, by delivering Nature's pathogen destroyer, chlorine dioxide, into your body.

When combined with the rapid toxin removal power of chlorine dioxide, mineral replenishment with magnesium chloride and detoxified iodine for the thyroid, can point those with even the most acute conditions in the direction of some seriously wonderful well being.

Hear It

Jim Humble, developer of the MMS protocol, is my guest on Talk for Food. You can listen to the podcast by following this link. [10/19/2007 — I am moving the location of this podcast. The link will be reactivated shortly.]

There is now a second Jim Humble interview, a portion of which you can listen to [here](#), or emailing me [here](#).