

**PROTOCOL 1000 is basically taking 3 drops of activated MMS each hour, for 8 hours a day, for 3 weeks.** However many people cannot start taking that many drops and should start with only 2 or even 1 drop an hour. This is determined by how sick they are to begin with. If one is feeling very sick then start with 1 drop an hour or even 1/2 drop an hour, but then begin taking more if you feel that you can. The rule is, if you feel that the drops are making you feel worse, take less and if they are not making you feel worse then take a little bit more the next hour, but never more than 3 drops an hour.

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. Fresh juices are best.

But if you don't want to make up a single dose each hour, you can make 8 doses in the morning, and keep the solution in a closed container all day. Just follow the above instructions multiplying all the figures by 8 and then put that liquid in a closed container. Take 1/8th of it each hour. Don't worry the MMS will last hours longer than is needed.

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 an 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 3 drops an hour, but do not go over 3 drops an hour. CONTINUE THIS UNTIL YOU ARE WELL.

Here is how you carry your 8 hour dose with you instead of having to activate it hourly.

Take a liter bottle, divide it into 8 equal parts. Mix 24 drops of MMS and 24 drops of 50% citric acid. Swirl or mix for about 20 seconds. Fill the bottle with water and you will have a 3 drops of MMS activated per line taken hourly.

NOTE: This activated bottle of MMS will last up to 5 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.

**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 an 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.

After 3 days you must add MMS2. The way you take MMS 2 is to take 1 capsule every other hour, or to say it different, take 1 capsule every 2 hours. HOWEVER, start with 1/4 capsule for the first day and go to 1/2 capsule for the second day, and then 1 full capsule thereafter. So you will be taking 5 capsules each day. The first day open the capsule and pour out 3/4 of the capsule each time and then the next day pour out only 1/2 of the capsule.

This protocol is for all kinds of cancer and life threatening diseases no matter what kind and including Alzheimer.

MMS2 is calcium hypochlorite in powder form in size zero gel capsules. buy from a swimming pool store. Do not use sodium hypochlorite. Calcium hypochlorite turns into hypochlorous acid when dissolved in water. contrary to belief there is no available chlorine from this chemical regardless of what is said on the label. Use 65% powder. fill the capsules but do not pack it in. Calcium hypochlorite becomes

hypochlorous acid which is used by the body to kill microorganisms. follow instructions.

## **New Protocol 1000+**

These new improvements maybe what quite a few people are waiting for. Some people have had problems overcoming herpes, and others have had problems with candida. There are those standard diseases that appear on occasions to be especially resistant in certain people to MMS. We keep finding new ways to improve the action of MMS. Or we just find ways to improve the reaction time so that one gets well faster.

In other words the basics are known, but tuning up is still needed. So here are three new such improvements. Actually its two very important improvements and one minor improvement (which one could call) major for some people.

**First:** We have learned to add a small amount of DMSO to each hourly dose. This can be used with both protocols 1000 and 2000. Protocol 1000 has been 3 drops of MMS and 3 drops of citric acid maximum each hour for 8 hours a day and Protocol 2000 has been as many drops of each (of MMS and citric in equal numbers) an hour as you can take without getting sicker for 10 hours a day. Both protocols call for reducing the drops if one begins to feel bad.

Use 1 drop of DMSO for each drop of MMS. Add the DMSO only after the reaction of the MMS and the citric acid have completed (that's 20 seconds when using 50% citric acid formula). Give the mixture 3 minutes to complete after adding the DMSO. Of course always stir the mixture.

**Second:** The second improvement comes because we do the first improvement. The addition of the DMSO drops improves the taste and makes it easier to take.

**Third:** Although I have encouraged people to increase the number of hours a day in which they take MMS I should mention that Kerri Riverra was the first person to report actually doing it and she also reported getting better results when doing so. She is having her people do more than 8 or 10 hours a day up to 12 to 15 hours and even longer. Many are reporting getting more results from the longer hours and also

from adding DMSO. We increased the number of hours first and got improvements and then we added the DMSO and got improvements. In all cases when one begins to notice nausea or other negative reactions always reduce the amount of MMS one is taking in each hourly dose.

Follow the instructions given here and you will be OK.  
Please save these technical bulletins as there will be more.  
You may need them sometime, or they may save a life sometime.  
Also be sure to read the instructions on protocols 1000 and 2000.

### **Protocol 3000**

The 3000 protocol is often confused with the MMS bottle protocol for external application of MMS. The 3000 protocol is used to allow the MMS along with DMSO to be absorbed through the skin penetrating tumors entering the blood and even penetrating bone.

The goal with life-threatening situations is to quickly get MMS circulating in the blood while trying to stay under the nausea level. One way to achieve this is by adding DMSO to activated MMS, so that it can act as a carrier for sending MMS directly into the skin and muscles and thus into the blood. Experience and testing have proven that DMSO is carried directly to any cancer in the body and it then penetrates the cancer cells.

This is not speculation; it has been proven through testing. The theory is that when DMSO is carrying MMS, it will take it into the cancerous cells, thereby killing the virus that makes the cells cancerous. Many cancers have been healed in this way, and I hear about it since many people have phoned me stating that their cancer is gone.

· When using this treatment, always also take MMS by mouth, as in Protocol 1000 or 2000.

Clara Beltrones in Mexico has used Protocol 3000 quite extensively and she helped to develop it. Along with Protocol 2000, she has used it with many cancers.

**ALLERGY WARNING:** A very few people are allergic to DMSO or have very weak livers and can experience significant problems with DMSO. To test whether or not you are allergic to it, perform this test:

- Carefully wash and dry your arm;
- Add one drop of DMSO to one spot on your arm and rub it in;
- Give it about 15 minutes to soak in and then wait several hours.

If there is no pain in your liver area, it is probably safe for you to use DMSO, which will be the case for 99 out of 100 people. However, to be safe, wait 24 hours to make sure you have no reaction to the DMSO.

If you do have a bad reaction to DMSO, you need to work on improving your liver.

Begin taking a half drop of MMS1 each hour using Protocol 1000. Continue with the half drop until you feel it is safe to take more. This will clear up your liver and probably other problems that you have.

The MMS/DMSO treatment described below is an accelerated skin technique that pushes MMS into the blood plasma. In the case of cancer it should be used in addition to a normal oral regimen of MMS.

#### DMSO Procedure Steps

**1.** Make an MMS solution by activating 20 drops of MMS with 20 drops of 50% citric acid or 100 drops of 10% citric acid. Wait 20 seconds for the 50% citric to activate or 3 minutes for the 10% citric to activate. Add this solution to only one ounce of water and then spray or spread some of it liberally over one arm. (See step number 4 below for extra sick people).

**2.** At this point, it is best to spray 70% DMSO over the top of the MMS on the same area and then gently rub and spread it. If you pre-mix the DMSO with the MMS, which is practical sometimes, it will have a shelf life of about 6 hours only. You can put a plastic bag over your hand to rub the solution into your body, or you can just use your bare hands.

- Do not use rubber gloves or other medical gloves. You could get rubber into your body as the DMSO melts the rubber.
- If you notice a burning sensation, the best technique is to place a teaspoon of water on the burning area and rub it in. Keep that up until it is no longer burning.
- You can rub olive oil and aloe vera juice on the skin after the DMSO application. Use a different part of the body each time you apply the MMS/DMSO combination. Over 8 hours, use one arm first, then the other arm, then a leg, then the other leg, then your stomach, then back to the first arm.
- If the burning is severe, add distilled water to the DMSO up to 50% and more, and also to the MMS, as either one can cause the burning. Add enough distilled water so that the burning does not occur.

**3.** Repeat this process once every other hour the first day, and once every hour the second and third days. Then quit for 4 days and do the same thing the next week. Remember, when you quit for 4 days, continue taking MMS by mouth. After the second week you can go for 4 days a week if there is no problem with your skin.

**4.** For extra sick people who should take smaller doses, it would be best to start out using only a small area of the body. I suggest using an area about the size of your palm or the back of your hand, no larger. Use a small area like this for several days before going to a larger area such as the entire arm or leg. Use a larger area only if there is no bad reaction in the smaller area. Or instead, use the added distilled water trick mentioned above.

DMSO is a well-known carrier substance used widely by doctors since 1955 as a way to carry medications directly into the skin. It is available in drugstores and health

food stores in most states and also on the internet and at animal supply stores. On the internet, search for DMSO.

Before writing to the MMS Institute or Jim Humble about specific disease questions, please visit the knowledge base <http://genesis2church.org/mms-protocol-list.html> and look over various diseases that may be of interest.

**NOTE:** Whenever drops of MMS are mentioned, they are activated drops. You can make activated MMS in either of two ways -- using 50% citric acid or 10% citric acid.

## **Protocol 4000**

### **Protocol 4000 -- MMS2**

I want to tell you that this is a pretty fantastic protocol we have been using for a couple of years. Finally Mark says, "Why don't we introduce this protocol to the public?" That makes so much sense I wonder why we didn't do it long ago.

This protocol is fantastic in that it seems to work almost as well as MMS1 on some diseases, identically as well on many , and better than MMS1 on at least one thing -- prostate problems, whether it be cancer or other prostate problems.

MMS2 has been used to help handle cancer for several years now and has been very successful. In the current cancer protocol (Protocol 2000), it is given 5 times a day. In Malawi when we ran out of MMS1, I had people take one gelatin capsule size zero with MMS2 in it 5 times a day to treat the HIV condition, and it worked. We used it successfully on about 200 people in Malawi but also on hundreds of people before I was in Malawi and recently in the Dominican Republic.

- **MMS2 has been used to heal hundreds of different diseases. It has a high probability of healing any disease you might have.**

This protocol is fantastic because it allows almost anyone in the world to get his hands on a killer MMS very quickly and cheaply. But normally, I do not recommend using it to replace MMS1. Just use it when you cannot find MMS1.

## What is MMS2?

As many of you already know, MMS2 is calcium hypochlorite. If you don't already know this, it might surprise you a bit because calcium hypochlorite is swimming pool treatment. They call it swimming pool "shock" and it is sold all over the world to treat swimming pools. Rich people just have to have swimming pools -- they're a symbol of their being rich in most countries. So calcium hypochlorite is available everywhere. When you buy it, the package will say "65% available chlorine", or 68% or 75% or even 80% available chlorine. Well, chemically that is not the truth.

- **There is no available chlorine in calcium hypochlorite and it never makes chlorine available for use.**

What it does do is change into hypochlorous acid as it dissolves in water. It then kills pathogens in the swimming pool and it will kill them in your body as well. There is little doubt that if they didn't say "available chlorine" but said "hypochlorous acid" instead, they would sell very little of this product, because everyone already knows that chlorine kills pathogens, and few people have heard of hypochlorous acid.

Calcium hypochlorite is available in supermarkets in many parts of the world since many supermarkets have a swimming pool section if the town isn't large enough to have its own swimming pool store.

### Keep in mind that:

- **All chemicals known to man are poisonous in large quantities including table salt**

If you look in a chemical dictionary, you will see that most chemicals listed are considered poisonous in large quantities, and that most of them are listed as being used in medicine. Each chemical must be used in the correct amount for the job that it is intended to do. That is just standard logic and that is how we use calcium hypochlorite, in just the right amounts to do the job.

## Expect the Usual Critics

Let me say right here and now that there will be the standard critics who are either paid by pharmaceutical companies or who are just jealous seeing someone helping the poor and sick get well. They will:

1. Claim that MMS2 is chlorine, a known poisonous chemical; and
2. Quote what chlorine does in large quantities, never mentioning what it might do in the small quantities we use.

I tell you this in advance so you will be prepared for what they'll say. There will be no logic in their screaming, just standard jealousy -- or else they are paid by those who profit from the sick and dying.

Once you explain that calcium hypochlorite creates hypochlorous acid, they will go away, then come back and try to say that the hypochlorous acid releases chlorine. It is all a part of a mass worldwide effort to keep the public ignorant of the truth. The facts are that:

- **Hypochlorous acid releases oxygen atoms which then destroy the pathogens.**
- **Hypochlorous acid releases chlorine only in the form of table salt.**

If they were correct and hypochlorous acid did release chlorine, then you would smell chlorine on every person you meet because the human body makes hypochlorous acid continuously.

### **The Percentage of Available Hypochlorous Acid**

When buying calcium hypochlorite, if the package says "68% available chlorine" what it really means is that 68% hypochlorous acid will be created as it dissolves in water. Now this is important.

- **The human immune system has used hypochlorous acid to kill pathogens for hundreds of thousands of years**

Hypochlorous acid will kill almost all known diseases -- that's why they use it in swimming pools. But again, it will also kill those diseases in your body. Nature chose this one chemical because it kills so many different diseases. The stores may not offer you a wide choice of percentages, but almost any percentage listed from 40% to 85% for "available chlorine" is OK. At 40%, you might have to take two capsules to equal one capsule at 80%. Again:

- **When talking about available chlorine from calcium hypochlorite, it is really available hypochlorous acid.**

Don't you think it is funny that although it has been known for more than a hundred years that hypochlorous acid is used by the immune system to kill most diseases, and it has been known that the immune system gets deficient in this acid, that the medical people have never thought to give sick people some extra hypochlorous

acid to test if it might help? Well, it helps tremendously, but medical doctors have never used it.

When you go to a swimming pool store and buy some calcium hypochlorite, do not worry about the other chemicals that are in the calcium hypochlorite granules. They cannot be poisonous because if they were, thousands of swimmers would be poisoned. Unfortunately, there is no food grade calcium hypochlorite available in the world. We are reduced to buying from pool stores, but we can still save millions of lives.

The human skin is the biggest organ in the body and it will absorb more things than the human stomach. So what is safe for the entire body skin is safe for the stomach. Back in 2005, I personally took calcium hypochlorite for months before giving it to anyone else and since then, I have given it to hundreds of people.

- **Do not buy sodium hypochlorite! It is different from calcium hypochlorite, which will actually cause you to be taking chlorine and that will make you sick**

### **Calcium Hypochlorite (MMS2) Healing Information**

If you take too much, calcium hypochlorite will cause a Herxheimer reaction. Herxheimer reaction means nausea or sickness caused by killing pathogens too fast. When a pathogen dies, it usually dumps poison into your system which can then make you sick if you killed too many of them at once. It has been proven time and again that a well person without pathogens will never get sick from taking MMS2 in the quantities that we use -- thus if you get sick from taking our quantities, it means you are killing pathogens.

In that sense, a Herxheimer reaction is a good sign, a sign that the MMS2 is doing its job. But you must immediately reduce your dosage because sickness and vomiting use up healing energy and slow down your recovery. Normally, one full capsule every 2 hours will make you well without causing the Herxheimer reaction (nausea or diarrhea). You can take less by opening the capsule and removing some granules. You could remove 50% of it, or more, if needed.

Remember, it doesn't matter if they call it pool chlorine, or pool shock, or anything else. It must be the calcium hypochlorite chemical at 40% to 85% and of course 85% is by far the best. That means the package will say 40% (or 50% or 60% or 70% or some percentage) that is "available chlorine", which, let me repeat, **is not true**. It is really hypochlorous acid that is available when dissolved in water.

There is one place in the world where they manufacture calcium hypochlorite at 100%. That would be the best, but any one of the lower percentages will work. What you want and what you get from this chemical, calcium hypochlorite, is hypochlorous acid -- the same as what your body creates to kill diseases. Nature simply does not provide enough hypochlorous acid to handle the really bad diseases.

### **What if You Are Afraid?**

Well, of course, I don't blame you. If you haven't seen people get well from this technique, it is sensible to be afraid. You are sick and here is a guy suggesting that you take "pool shock." First of all, remember that the Genesis II Church does not make a cent from telling you this. There is no way that pool stores around the world would pay the Church -- in fact, they would be more likely to say we are crazy.

- **If you tell them what you are buying this calcium hypochlorite for they won't sell it to you.**

My church just wants to see mankind get well. That's our job.

### **Here is How to Start**

1. Buy some gel capsules. They can't hurt you. Millions of people take them every year. Preferably buy them smaller than size 00.
2. Put one single granule in a capsule and take it. Or use the honey technique given later in this newsletter for one granule. One tiny granule can't help you any, but it can't hurt you either. This is the way I do things like this. I take such a small dose on the first try that it can't possibly hurt me, no matter what. Then I increase my doses slowly. Try it. It is safe. If you have drunk city water, chances are that you have already drunk more than a granule in a glass of water.
3. Keep taking another capsule every two hours and increase the number of granules each time. Anytime you feel like it, stop and wait until the next day to continue. Just keep increasing until you are following the protocol given below.

**Protocol 4000 -- MMS2 for Adults and Children**

If you have any disease, including the pig flu or any other normal sickness or any of the "incurable" diseases, this protocol may heal it. If you do not notice a good improvement within two weeks, you should go to Protocol 2000 (See [www.jimhumble.biz](http://www.jimhumble.biz)). If you do notice any improvement, you should continue with this protocol.

The basics of this protocol are that adults or children take MMS2 every 2 hours all day long for 12 hours. Of course, children take less than adults. If you don't have capsules, see the honey technique given below.

### **STEP 1. Amounts of MMS2 to take bi-hourly**

In each case below, I have given several different ways to determine the correct amount to take. Hopefully you will get it right. Keep in mind however that there need not be any problem if you are a little off. If you begin to notice nausea, reduce your hourly dose by at least 25% and keep reducing it as long as you notice nausea or other discomforts. But always increase back to the recommended dose as soon as you feel safe in doing so. If you feel that you would benefit from a little more, increase your dose by 25% for a time or two, but not much more than that.

#### **High Doses Not Necessarily Helpful**

Always keep in mind that to cause yourself nausea or diarrhea by taking a little extra will not help you heal faster. The nausea or diarrhea uses up healing energy and slows the healing down. Always reduce your intake if you notice nausea or diarrhea, or for that matter, any other discomfort caused by MMS2.

- **MMS2 will not cause a healthy person any kind of discomfort in the quantities that we use. The immune system will just thank you for the extra hypochlorous acid.**

Hypochlorite always smells like chlorine, as do many chlorine chemicals, but do not worry, as it really is not chlorine.

- **A 200 Pound Person ...**  
... would take one gram of calcium hypochlorite every other hour for 12 hours. That could be:
  - A 00 size capsule completely filled, or
  - Half a teaspoon of the granules (in a couple of smaller size capsules if the 00 size is not available).

The best way to get an accurate half teaspoon is to fill the teaspoon by packing it and scraping the surface off with a knife to make it exactly level full. Then put the teaspoonful in a dish and carefully make two equal piles. Now you have a half

teaspoonful in each pile. Most people can judge if two piles are approximately the same size. This is how we make the correct doses of hypochlorite here in the Dominican Republic. In this case of a 200 pound man, you should use only one of those piles for the dose -- half a teaspoonful.

- **Always drink at least 8 ounces of water with any dose of MMS2.**
  
- **A 160 pound person ...**  
... would take 800 mg every two hours. That would be one size zero (0) capsule every two hours. Or you can make a teaspoon level full as in the above example, put it in a dish, and carefully make two equal piles. To keep the idea clear, let's call one of those piles A and the other pile B.
  1. Set aside pile A.
  2. Divide pile B into two equal piles. Let's call those two piles B1 and B2.
  3. Add pile B1 to pile A and you will have approximately 750 mg which will be a close enough dose for the 160 pound person. Use an 8 ounce glass of water to wash it down.
  
- **A 100 pound person ...**  
... would need 500 mg doses and that could be one size 1 capsule every two hours. Or following the above example, one could take a level teaspoon and divide it as given above and take pile B1 which, of course, would equal one quarter of the teaspoonful and that would make 500 mg for the 100 pound person.
  
- **Always drink at least one glass of water with any dose of MMS2.**
  
- **A 50 pound (23 kg) child ...**  
... will need 250 mg every two hours. Again, divide a teaspoon of hypochlorite as given above. So that means you would take one of the two equal piles B1 or B2 made from pile B above and divide one of them into two equal piles which we will call B1a and B1b. Each will be 250 mg or approximately one size 2 capsule every 2 hours.
  
- **Always have the child drink at least 6 ounces of water with this dose of MMS2.**
  
- **A 25 pound (11.4 kg) child ...**  
... would need 125 mg each hour. Take half as much as for the 50 pound child given above -- it would be a size 3 capsule every two hours. OR you could

take one of the two piles made in the example above, which would be B1a or B1b, and divide it into two parts (half of B1a). It is approximately 125 mg.

- **The child should drink at least 4 ounces of water with this dose of MMS2.**
- **For smaller children ...**  
... please decrease the dose appropriately for their weight. For example, half of 25 pounds would be close to 12 pounds so use half as much hypochlorite or a size 4 capsule.
- **All children should take at least 4 ounces of water with the MMS2 dose.**

### The Honey Technique ...

... is for those who do not have capsules or who cannot take them. Try to get a jar of raw honey because if there is any added preservative, it won't work. Normally, they don't add preservatives, but who knows what they will do next and preservatives will cancel the value of the calcium hypochlorite. But if no raw honey is available, a good quality brand from a supermarket should be OK.

Be sure to check the label to see that no preservative or vitamin C has been added. Natural vitamin C already in the honey is not a problem. Honey doesn't need any preservative and it will last for years or even decades by itself, but many people who deal with honey do not understand that.

Put the honey in the refrigerator. It is absolutely necessary that the honey be at least as cold as a good refrigerator. Then measure out the correct amount of calcium hypochlorite for your bi-hourly dose and mix it into a very small amount of very cold honey about the same size as the pile of hypochlorite that you will take. Do not allow any water or moisture to mix in. Once you have mixed it, immediately put it on the front tip of a teaspoon and take it. Have a glass of water there to wash it down.

- **It must go down immediately as it will taste terrible when it begins to warm up.**

Drink at least one glassful of water. If you do this right, there will be absolutely no problem and no taste.

## Warning

Do not try to use honey at room temperature. It will not work because the honey will begin a reaction with the calcium hypochlorite immediately and the taste will keep you from getting it down your throat. If you do not have a refrigerator, buy some ice and put the honey jar in ice water. Or better still, put a small amount of honey in a plastic bag and put that in the ice water. It will get chilled much faster that way.

- **The honey must be cold when used.**

The water is important. The 200 lb. person, 160 lb. person, and the 100 lb. person should drink at least 8 ounces of water with the honey and MMS2 dose. See above for the amount of water that should be taken with each dose.

- For the procedure for babies, please see <http://www.jimhumble.biz>

## Step 2. Procedure: Take MMS2 bi-hourly 12 hours a day for 3 weeks

Do not begin by taking the full amount as recommended above. Take 1/4 or less than recommended for starting off and within a day or two, increase the dose up to what is recommended above. Increase a little bi-hourly.

- **Hypochlorite always smells like chlorine, but it is not chlorine.**

You may not have a lot of different sized gel capsules to choose from. But you can make size 00 gel capsules work by filling them with smaller amounts to fit the recommendations. Or you could get smaller size capsules and load them to fit the amount of MMS2 recommended. Or use the honey technique listed above.

## Do Not Overdose

Do not make yourself or anyone else sick by using too much MMS2. You must be careful. From the very beginning, be wary about taking too much MMS2. Don't worry, no one has died, but some have felt sick for a few hours after taking too much.

If someone does feel sick, sicker than he already felt, the first thing to suspect is that he didn't take enough water with the capsule(s). The water is important to prevent nausea and other reactions such as a stomach ache. Always drink more water if you start feeling nausea. Also suspect that he or she took too much MMS2 (calcium hypochlorite) and if the water does not immediately stop the nausea, then take less on the next bi-hourly dose. Try cutting the dose in half the next time.

If you still feel sick from taking half of the previous dose, cut the dose in half again. You may end up taking a very tiny dose, and you may have to take a tiny dose for a day or two or even a week. But keep at it without making yourself sick. If the small doses do not cause nausea or other discomfort, increase up to the full size dose in several steps as given in the doses above.

- **Normally do not go to larger doses than what are suggested above, as larger doses are not needed.**

### The amount of time required to heal various diseases

Normally it takes from 3 to 5 weeks to heal HIV, and that also applies to most of the so-called incurable diseases. Some diseases are dug in much deeper and can take longer. Diabetes can take anywhere from one week to one year, but the majority of cases are healed within 6 weeks or less. Whatever disease you have, never quit until you are healed and then do the maintenance dose.

- **Normally, I always say just continue to take MMS2 bi-hourly during the day (for 12 hours) until you are well.**

### Step 3, Maintenance

One should always continue with a maintenance dose, as the body does not manufacture enough hypochlorous acid to kill all diseases. If you are older than 65 and are not taking 6 drops of MMS1 daily, take a half dose of MMS2 every day. This half dose should be half of the bi-hourly dose you have been taken as given above.

So, on this 4000 MMS2 protocol, you will be taking 42 doses a week and when taking the Maintenance doses you will be taking seven half doses a week. If you prefer, you could switch to using 6 drops of MMS1 once a day if you have MMS1.

- **Please save this bulletin because even if you do not use it now, it could save someone's life at some time in the future.**

End of Protocol 4000