



## Eyes, Ears and Nose Protocols

Cleansing your eyes, ears, and nose with MMS can allow them to heal when nothing else will. MMS is very gentle on these delicate parts of the body. Follow the directions given below.

We never recommend using tap water for your MMS doses. Especially for the eyes, ears and nose, you want to be sure not to use tap water from your faucet to make up your mixture as almost all tap water in the USA, and many other countries, has fluoride and often chlorine as

well. Do not allow these poisons in your eyes, ears or nose. Distilled water, if available, is the best choice for the Eyes, Ears and Nose Protocols, and secondly purified water. Avoid tap water altogether. **When making up these different formulas (which are not all the same), be sure to clearly mark all bottles** so as not to confuse what is what.

## Eyes

In times past, I have used an eye formula of 1 activated drop of MMS to 1 ounce/30 ml of distilled water, and sometimes 1/2 drop of MMS1 to 1 ounce/30 ml of distilled water. Both of these solutions can work for some body types. However, this strength of MMS1 for the eyes has caused discomfort in some cases. I have since developed a new eye formula (below) and have come to find this weaker solution will accomplish the same purpose to overcome eye problems. A good rule of thumb is if the eye drops sting or burn more than just a few seconds, (a few seconds is normal) or to an uncomfortable degree, then it would be best to dilute your solution with distilled water. If you have test strips and can test your eye formula, the parts per million for the MMS1 eye solution outlined below should read between 6 and 10 ppm.

### MMS1 Formula for Eyes

- Activate 1 drop of MMS with 1 drop of 4% HCl (preferred for the eyes), or 50% citric acid. Be sure you have waited the correct amount of time (30 seconds) and that the MMS liquid has turned amber in color.
  
- Add 4 ounces/120 ml of distilled or purified water to the 1 activated drop.

- ❑ Pour this solution into either a dropper bottle(s) or a spray bottle.

## Notes

- *This is the basic formula for the eyes—1 activated drop of MMS to 4 ounces/120 ml of purified water.*
- *This mixture lasts about one week if it is in a bottle with a tight lid and kept in a cool dark place. So be sure to make up a fresh batch each week if needed. This is likely to be more than enough for eye drops or spray for a one week period for one person. The actual formula for the eyes should be a 1/4 activated drop to 1 ounce/30 ml of distilled water. However, because it is not possible to measure 1/4 of a drop on its own, we suggest mixing up your eye solution in this way.*

## MMS1 Eye Procedure

These are our two preferred methods of applying the MMS1 mixture to eyes:

### 1. Spray bottle for eyes.

- ❑ Put the eye formula solution described above (1 activated drop of MMS to 4 ounces/120 ml of water), into a clean spray bottle.
- ❑ For the very best healing action, flush your eye or both eyes with this mixture. With your head tilted slightly back, eyes wide open and looking up towards the ceiling, spray each eye 4 to 8 times per application. Try to keep your eyes open when spraying, and then blink several times to aid the flushing. It may burn just a tiny bit at first, but if your mixture is correct, this will pass quickly.

- ❑ Do this 3 to 4 times a day for best results.

## **2. Dropper bottle for eyes.**

- ❑ Use the same eye formula mixture (1 activated drop of MMS to 4 ounces/120 ml of water), added to a dropper bottle.
- ❑ Put 3 or 4 drops into each eye while blinking to spread it around.
- ❑ Do this 3 or 4 times a day.

### **Notes**

- *For most eye problems, MMS clears things up in one to four days with some cases taking up to a week, but you can continue to use the eye solution if needed, until well.*
- *Use the same mixture and procedure for children.*
- *Use the eye spray bottle or eye dropper bottle 1 to 2 times a week for maintenance.*
- *Be diligent to clearly mark your bottles. You would not want to mix up a spray bottle for the skin, with a spray bottle for the eyes—they are two completely different solutions.*

### **Ears**

**Note:** *The formula of the ratio of activated drops to water is different for ears and nose than that of the eyes.*

### **MMS1 Formula for Ears**

- ❑ Activate 1 drop of MMS with 1 drop of 4% HCl, or 50% citric acid. Be sure you have waited the correct amount

of time (30 seconds) and that the MMS1 liquid has turned amber in color.

- ❑ Add 1 ounce/30 ml of distilled or purified water to the 1 activated drop.
- ❑ This is the basic formula for ears—1 activated drop to 1 ounce/30 ml of purified water. The ear mixture lasts about one week when kept in a bottle with a tight lid and in a cool dark place. So be sure to make up a fresh batch each week if needed.

## **MMS1 Ear Procedure**

### **Step 1**

- ❑ Use the solution above, 1 activated drop to 1 ounce/30 ml of water. For adults, fill a standard eye dropper with 1 tight (full) squeeze of the bulb (this is about 18 drops). Use half this amount for a child.
- ❑ Have the person lay on his side with his head in line with his body. If lying on a bed, you will need to use a pillow, the head should be level with the body, not up higher or lower than the neck and shoulders.

### **Step 2**

- ❑ Slowly and carefully insert the eye dropper into the ear, and then gently squeeze the bulb 5 or 6 times allowing the liquid from the dropper to go in and out of the ear each time. This should be enough to get the liquid to the bottom of the ear. The goal is to get the liquid to the bottom of the ear. (Rinse the eye dropper a few times with a stronger solution of MMS1, like the skin spray bottle concentration, by squeezing the bulb

to get the solution in and out before putting it back in your bottle.)

## Notes

- *Normally, especially with children, (because children often heal quicker than adults) this procedure will eliminate most pain immediately, but if not, continue with this procedure hourly until the pain is gone.*
- *The pain may subside, but you should continue with this process 2 to 3 times a day until completely well (free of any infection), which should be from one day to no more than a week.*

## Nose

**Note:** *The formula of the ratio of activated drops to water is different for ears and nose than that of the eyes.*

**MMS1 Formula for the Nose** (this is the same formula as for the ears)

- ❑ Activate 1 drop of MMS with 1 drop of 4% HCl, or 50% citric acid. Be sure you have waited the correct amount of time (30 seconds) and that the MMS1 liquid has turned amber in color.
- ❑ Add 1 ounce/30 ml of distilled or purified water to the 1 activated drop.
- ❑ This is the basic formula for the nose—1 activated drop to 1 ounce/30 ml of purified water. This will last about one week if kept in a bottle with a tight lid and stored in a cool dark place. So be sure to make up a fresh batch each week if needed.

## **MMS1 Nose Procedure**

The following procedure is effective when a person's nose is stuffed up, and/or when he has a cold. In addition, this same method will usually work when someone has ongoing sinus troubles and a continuously stuffy nose for weeks or even years. This same technique can be used in addition to Protocol 1000 while overcoming the flu.

### **Step 1**

- Use the above formula—1 activated drop of MMS to 1 ounce/30 ml of water.
- Lay flat on your back on a bed. Do not put your head on a pillow.

### **Step 2**

- Put 4 to 8 drops of this solution into one nostril. It will burn a bit as the nose will burn even with plain water, but MMS1 will not do any damage. The idea is to allow some of the MMS1 to drain into your sinuses, and stay there for approximately five minutes. You can expect some of this to run out when you stand up. It helps to have a tissue on hand.
- Repeat the above step for the other nostril.

**Note:** *Do this 3 times a day until you are well which should not be more than four days in most cases. In the event you are not well in four days, continue until you are well.*