

MMS PROTOCOLS

User's Guide



Rev. Dr. May

MMS Protocols

A User's Guide

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Rev. Dr. May

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What is MMS?

MMS is a well known mineral supplement and a water purifier that produces a compound approved as a water purifier in many municipal water systems. Activated MMS is harnessed by the immune system, to safely obliterate pathogens in the human body.

Unactivated MMS is not chlorine dioxide; MMS is sodium chlorite (NaClO_2) 28%. Combining with acid briefly produces chlorous acid (HClO_2), which in sequential steps oxidizes ambient chlorite (ClO_2^-) to create chlorine dioxide (ClO_2).

Common Uses

Activated MMS is a biocide which means it selects only pathogens that may be harmful to humans and larger animals. Chlorine dioxide's powerful sanitizing qualities, combined with its lack of toxicity and mutagenicity, make MMS products the ideal solutions for an extensive list of animal health-related applications, including treatment of skin infections, wounds, scratches and lacerations, ear-cleaning agent and treatment for otitis externa in dogs and cats caused by bacteria, yeast agent and treatment for otitis externa in dogs and cats caused by bacteria, yeast and viral infections, treatment of hoof abscess, white line disease, thrush, hoof canker and other dermatophytosis; antiseptic shampoo cleans and deodorizes hair coat and skin, eliminates dandruff and skunk odors, treatment of dermatitis and dermatological "hot spots" in all animals, treatment of fungal and yeast infections,

treatment of abscesses, surgical site prep, after normal surgical prep, cold sterilization of surgical equipment, and dental paste helps eliminate bacteria responsible for periodonitis and gingivitis and whitens stained teeth. It is even used to cold sterilize surgical instruments.

Proper Way to Store MMS

MMS should be stored in a dark cabinet that is moderate in temperature, no extremes. An ideal location that many people choose is a cabinet in the kitchen that is not opened frequently.

Citric acid solution that is already mixed may be kept in the refrigerator to prolong the life of the product, though not necessary. MMS should NOT be kept in the refrigerator because of the interior light that comes on when the door is opened. MMS is sensitive to light and the MMS may lose its potency.

Heat extremes will cause MMS to expand and may cause leakage from the top of the bottle. If it is in plastic bottle the bottle may burst. Keep MMS out of direct sunlight as this too will cause the mms to expand and burst.

Water Purification

For long-term storage of regular tap and well water, use 1 – 2 drops (not activated) of MMS per gallon of water. Water is purified after 8 hours. Do not use an activator with the MMS for long-term storage or larger quantities.

For cloudy or murky water, use 3-4 inactivated drops of MMS per gallon. Let stand for 8 hours before drinking.

Disinfectant

Use 10 drops of MMS in a glass. Add 10 drops the drops of the MMS Advanced™ Activator. Swirl to mix and wait 20 seconds for full activation before adding to one gallon of water. Wash fruits and vegetables. Spray or wipe on any non-porous surface. Let air dry. No rinsing necessary. Leaves no residue.

Typical properties include: biocide, virucide, fungicide, sporicide, disinfectant, sterilizer, odor and taste removal.

Common microorganisms eliminated: Salmonella, E. Coli, Legionella, Pneumophila, Staphylococcus, Streptococcus, Clostridium, Amoebae, Giardia, Cryptosporidium, Mycobacterium Bovis (TB) and Pseudomonas.

Controlling Mold

Kill the mold spores using activated MMS (chlorine dioxide). This is used on boats to control musty odors, and in libraries to control outbreaks of mildew. Chlorine Dioxide was used in larger amounts in the aftermath of Hurricane Katrina to rid homes of mold.

Start with 10 drops of MMS in a clean glass then add 10 drops of MMS Advanced™ Activator, swirl. Place the glass containing the mixture in the area to be treated. Allow the chlorine dioxide gas to do its work for an hour. Repeat as needed. You may also adjust the amount of solution used according to the size of the area you are treating. The mixture above will clear an average size room.

Air the room out before occupying it. Or keep the door closed if you are deodorizing a closet.

Standard Therapeutic Dosing

The “standard” therapeutic dosing guideline is to use 3 drops of MMS, activated with 3 drops of MMS Advanced™ Activator, each hour for 8 hours, for a three week period, or until what we will call cleansing events have ceased.

What are cleansing events?

Cleansing events are ways that the body releases unmetabolized waste and/or toxicity, which can happen in any combination of ways, including fever, swelling/inflammation, headaches, or other forms of aches and pain, diarrhea, or vomiting. Generally, when these events occur, our learned response is to take measures to stop the event. With the introduction of MMS, people are learning that there’s something worth looking forward to on the other side of that queasy feeling; energy, reduction in pain, healing, and best of all, health.

Treating Flu Strains

1. In a cup or glass mix 1 drop of MMS with 1 drop of MMS Advanced™ Activator. Swirl and wait 20 seconds for activation to be completed.
2. Add ½ glass of water or juice that does not have added ascorbic acid or vitamin C (Vitamin C prevents proper functions of this solution). Drink this whole amount as quickly as possible.
3. If you felt absolutely no change during this first hour, go ahead and go to 2 drops on the second hour. Go to 3 drops on the third hour if you have not felt any change in nausea) The nausea is not bad. It indicates that the MMS is killing pathogens. But do not cause yourself nausea by taking more. Over time increase to a maximum of 6 drops MMS with 6 drops of the activator If you weigh over 200 pounds then 10 drops might be the maximum.

Keep in mind that most people will not go over 3 or 4 drops an hour before they begin to feel added nausea. Upon any sensation of nausea, they must reduce the number of drops by at least one drop. Nausea occurs when MMS is killing germs and viruses faster than your elimination system can handle the debris. There is no benefit in tolerating nausea.

4. Continue taking MMS each hour for 12 hours. The flu should be gone by the end of 12 hours; however, in any case, do not stop taking MMS until you are sure you have recovered. If you still feel flu symptoms the next day be sure

to continue on the same hourly doses. Children can have the same treatment except be extra cautious to prevent nausea or sick feeling. Do this by using smaller doses. Increase by 1/2 drop each time and never go above 3 drops an hour.

5. Continue to take a six drop dose twice a day for the next week or two.

6. To prevent the flu and maintain your immune system in top condition take one 6 drop dose of MMS every day for adults and children should take a dose each day depending upon their age or size. Use 1 drop for each 25 pounds of body weight, and 1 drop for babies.

Sunburn and Burns

Any burn should be sprayed with full strength with MMS **(DO NOT USE AN ACTIVATOR)** directly from a small spray bottle. If you don't have a spray bottle available apply MMS directly onto the burn, making sure the area is soaked.

Wait up to five minutes, but no longer before rinsing off. If you fail to rinse off, the burn will continue to hurt. On the other hand if you do rinse within 5 minutes the burn will heal in 1/4 the time normally required to heal. This includes all those terrible skin and flesh burns. The pain should stop immediately or reduce to almost zero within several minutes.

Sunburns should be treated the same way. Spray the red area, wait 1 to 5 minutes, and rinse off. If the area is still sore, in about an hour spray the area again and wait 5 minutes before rinsing off. Remember, do not allow the MMS to stay in place. It must be rinsed off. Generally two doses will overcome most sunburns, but on rare occasions if the discomfort is not all gone you can use a third dose.

Note that MMS is alkaline and the burns need the alkalinity of the MMS to neutralize the acidity that resides in the burned areas. This is part of the reason why burns heal rapidly after the MMS applications.

Stabilized Oxygen drops may also be used in place of the MMS for this procedure.

Cancer Testing

Here is something your doctor will probably never tell you. There has been a medical test for cancer that is 99% effective for more than 25 years. It is more effective, less dangerous, and cheaper than all other medical cancer tests. It's called the AMAS cancer test.

You don't have to go to a doctor; the test is available on the Internet. The cost is \$165. The kit is free, you take a smear of your own blood, send it in and pay when the results are ready. The test is for specific cancer antibodies that will be present. Go to www.oncolabinc.com.

You can also get an idea about whether MMS will handle a cancer problem by evaluating the level of nausea you experience. You would start out at say one MMS drop or even 1/2 drop and observe that it does not make you nauseous. Then you begin to increase the drops twice a day once in the morning and once in the evening. That is if 1/2 drop doesn't make you nauseous in the morning, then in the evening or late afternoon try one full drop. Then the next morning take two drops and in the evening 3 drops.

Sooner or later the number of drops is going to make you nauseous. You then take a drop or two less the next dose for a time or two and continue to increase the drops. You are always looking for the nauseous point, taking less for a time or two and attempting to take more.

You will be able to know if it is going to help you if you can

continue to pass the nausea point and increase the drops. What is happening is that when nausea hits, some of the cancer has been destroyed and it is now a poison that the body can clear out. Being able to clear out this poison is a part of it. The body can clear this poison out but it might generate some nausea in the process, or diarrhea or even vomiting. That's not bad.

The idea is that as the cancer is destroyed the body must clean out the poisons. As the cancer is destroyed the body can tolerate more and more drops. That's the indicator - is the body gradually being able to tolerate more and more drops? If you find that you can gradually increase the drops without getting nauseous it's an indicator that the body is doing it's job.

In the case of cancer, you have to work at it. You start out slowly but increase quickly. At first you might just take the drops twice a day, but as you find you can do it twice a day without nausea, then increase to three times a day, and then four, and even as much as five times a day. Use Apples to overcome nausea. Use grated apples. Get a stainless steel grater. Don't buy the cheap tin grater. The grated metal cuts up the cells of the apple best. If a certain number of drops of MMS is making you nauseous, try at least two apples grated right after you take the MMS or just before you start getting nauseous. Always try the apples first, even two extra apples (4 altogether), but if you are still too sick, take as much as two teaspoons of baking soda in water.

What would indicate that you are not getting well is if the body got nauseous every time you take a dose no matter what

amount of dose it is, and the body never seems to be able to increase the doses without nausea. But work at it. You can make it work. If you can take say two drops at a time without nausea and you get nausea when you go to three drops, you may have to tolerate the nausea for a short time, but if the nausea always occurs when you take three drops, it shows that you are not gaining on the cancer.

That can happen if the cancer is growing faster than the MMS is killing it. There is, however, always hope. One way would be instead of increasing the number of drops, increase the number of times that you take drops during the day. Read below. There are other actions that can help. Never, however, in any case stop taking the MMS.

So if there is an indication that one is not improving, then I suggest the following direction. Purchase some Indian Herb from Kathleen in Texas. It costs \$60 a vial and that is plenty. Phone 806 647-1741 She has a thousand letters from people who have been helped. She and her father have been selling the Indian herb for over 60 years. When you get this herb use it with the MMS to get the best results. It comes with instructions.

The AMAS cancer test listed above gives people a fantastic advantage. One can do a test, use the MMS for several weeks or a month and then do a second test to see how much improvement has taken place or to see if any improvement has happened at all.

Cancer Stages 1 to 3

This cancer procedure has been used enough times to convince us that it is the most successful so far for life threatening diseases. Normal flu and colds treatments do not need to be as intense as is described here.

We start new cancer patients that are very sick on 1 drop doses. So we use 1 and 1. That is we do a single drop dose and then wait an hour and then do the second drop dose. We do this in the morning, at noon and at night. That makes for 6 drops during a day for a very sick person. Some people might start at 2 and 2. Again that would be 2 drops and wait an hour and then two more drops. This would be done in the morning, at noon, and then in the evening before bed.

Depending upon how sick the person is, that determines the number of drops to use in the starting doses. A person who is running around OK could be started at 6 and 6 drops doses.

However, no matter how many drops one starts with, if he does not notice any nausea the next day he should increase the number of drops by plus one. If the person started with 6 and 6 then the next day he would go to 7 and 7 three times during that day, and the day after it would be 8 and 8.

Anytime one notices nausea, always drop back a drop or two for up to a day before increasing the drops again. They should be increased slowly, carefully one drop a day until you are at 15 and 15. It may take a while to get to this point as the cancer should be almost cured by this time. Often the patient

will get nauseous and you will have to drop back.

THE BASIC PRINCIPLE FOR ALL LIFE THREATENING DISEASES IS ALWAYS GIVE THE PERSON AS MUCH MMS AS HE OR SHE CAN STAND WITHOUT GETTING VERY NAUSEOUS, OR GETTING DIARRHEA.

THAT MEANS OVER THE COURSE OF THE DAY, NOT JUST ONE BIG DOSE, BUT MANY DOSES OVER THE DAY, USUALLY AS I HAVE DESCRIBED ABOVE. SUCCESS IS DETERMINED BY THE FACT THAT YOU KEEP INCREASING THE DOSE AS MUCH AS POSSIBLE. BUT WHEN NAUSEA SHOWS UP, BACK OFF WITH LESS DROPS.

RARELY BUT SOMETIMES A PERSON WILL REACH A POINT WHERE THEY REACT WITH A LOT OF DIARRHEA OR NAUSEA. STOP IMMEDIATELY AND WAIT UNTIL THE NAUSEA OR DIARRHEA IS GONE, THEN START AGAIN WITH LESS DROPS PER DOSE, SOMETIMES LESS THAN 1/2 OF WHAT HE WAS TAKING. ALL DOSES SHOULD BE THE SAME, SO IF YOU REDUCE TO, FOR EXAMPLE 9 DROPS ACTIVATED MMS, ALL DOSES SHOULD BE 9 DROPS OF MMS BEING TWICE 1 HOUR APART THREE TIMES A DAY. (THAT'S A TOTAL OF 6 NINE DROP DOSES). REMEMBER, ALWAYS AS MUCH AS THE PERSON CAN STAND WITHOUT GETTING NAUSEOUS OR DIARRHEA.

Advanced Stage Cancer

Begin with taking one drop of MMS each hour for at least 10 hours a day. The drop must be activated with one drop of the activator. You wait 20 seconds and then add 1/2 glass of water or juice and drink that. Do this every hour for 10 hours straight each day.

However, one drop is not enough, that is just to get you started. Once you determine that you can tolerate that one drop, go to two drops each hour. The one juice you must not use is orange juice. Stop the use of vitamin C while using this method.

You can increase up to 8 or even 10 drops of MMS each hour, however that is a lot, and most people will become nauseous and not tolerate that much until the cancer is completely gone. Place the activated mix in at least 3/4 glass of water - or more.

This will help with the taste of the MMS.

Enema

The MMS enema might be as effective as intravenous infusions since both methods dump MMS into the plasma of the blood as well as the red blood cell. This is the opinion of several biologists and scientists who have studied the enema method. Otherwise taking MMS by mouth generally delivers the chlorine dioxide to the red blood cells (only) from the stomach and intestines. The plasma will then have a tendency to carry the chlorine dioxide to areas that might not have the red blood cells visiting.

First clean yourself out with 32 ounces (one quart or 1000 ml approximately) of clean water. You can add a tablespoon of salt, or 1/2 cup of aloe vera juice, or other items recommended by nutritionists, but don't use coffee. Do the cleaning action two or three times. Put 32 ounces in and leave it as long as you can while exercising or massaging your stomach, and then let it out.

Then insert the activated MMS in a small amount of water of about 4 ounces. Use the same amount and the same procedure as if taking the MMS by mouth. Just as the protocol says, increase 1 or 2 drops of activated MMS each time. Do as many as 2 enemas a day. Try to keep the MMS in place and allow the colon walls to absorb the entire amount. Keep it up as if you were taking it by mouth. It will be more effective this way. Reduce the amount of MMS if you get diarrhea or nausea.

If you have a catheter it may work better, though not

absolutely required. One then very carefully works the catheter into the colon so that the liquid is delivered a little over one foot inside.

Flu

You can use MMS both as a preventative and as a remedy to overcome Swine Flu. The method is to take MMS hourly.

1. In a clean dry glass mix 1 drop of MMS with 1 drop MMS Advanced™ Activator. Swirl and wait 20 seconds for activation.
2. Add ½ glass of water or juice that does not have added ascorbic acid or vitamin C (Vitamin C prevents proper functions of this solution). Drink this whole amount as quickly as possible.
3. If you felt absolutely no change during this first hour, go ahead and go to 2 drops on the second hour and so on. Over time increase to a maximum of 6 drops MMS with 6 drops of the activator.

Keep in mind that most people will not go over 3 or 4 drops an hour before they begin to feel added nausea. Upon any sensation of nausea, reduce the number of drops by at least one drop. Nausea occurs when MMS is killing germs and viruses faster than your elimination system can handle the debris.

4. Continue taking MMS each hour for 12 hours. The flu should be gone by the end of 12 hours. Do not stop taking the MMS until you are sure you have recovered. If you still feel flu symptoms the next day be sure to continue on the same hourly doses. Children can have the same treatment

except be extra cautious to prevent nausea or sick feeling. Do this by using smaller doses. Increase by 1/2 drop each time and never go above 3 drops an hour.

5. Continue to take a six drop dose twice a day for the next week or two.

6. To prevent the flu and maintain you immune system in top condition take one 6 drop dose of MMS every day for adults and children should take a dose each day depending upon their age or size. Use 1 drop for each 25 pounds of body weight, and 1 drop for babies.

Fungus

It would have been simpler if MMS had been able to handle everything in the disease world, but there seems to be a fungus that MMS simply doesn't touch. In fact, MMS seems to feed the fungus. This fungus can occur in the the feet, or hands, or most any other place in the body.

It is not athlete's feet, it is much worse. All the athletes foot sprays and powders do not touch it. It can occur on the skin, and it seems to be much worse than any other skin infection. It itches and burns terribly and it appears to be under the skin as well as on the skin. It makes the skin slightly puff up, and it looks bad and it gets worse.

The name of this fungus has not been identified. It can last for years. I don't know if it has ever been fatal, but it seems to be very bad and sometimes it can get into the mouth and gums and cause much suffering. It also happens on the head or scalp where it causes havoc.

This particular fungus reacts to MMS with a stinging burning pain. It will almost always be worse after being treated with MMS. Your feet can be so bad that you cannot walk. This is the only way to identify it that I know of.

Luckily this particular fungus is rather rare. It does not happen in very many people. However, I have included it here as I do not know any other treatment than what I am about to tell of.

So if you have athlete's feet that will not go away, or gum disease that MMS will not cure in less than one week, or skin disease that just can't be treated successfully, then this is what to do, and don't worry, it won't do any harm.

Use Bentonite clay, in France it is called Montmorillonite. Mix this clay 50-50 with Vaseline (petroleum jelly). Then smear it on the various areas. If your problem is in the feet, smear it on the feet and cover it with thick socks. If it is on the skin, smear it on the entire area of the infection.

If you do not use the Vaseline it will not work very well. Vaseline makes it contact the skin and tissues and does something that makes it work much better. Do not use the Vaseline in your mouth. Just brush your teeth with the Bentonite Clay powder just like using any particular tooth powder. Brush them gently, but three or four times a day.

The fungus infection should clear up in about one week. However, I would keep a light coating on for a month or so. This treatment has helped a number of people so far.

One more thing: There is always the possibility of getting a similar fungus infection inside the body. In that case, use the same clay inside the body by taking it by mouth. Start with 1 teaspoon of clay in $\frac{1}{2}$ glass of water or juice and in several days work up to 2 tablespoon full's (rounded) a day.

Molecular silver solution has also produced very good results. Some people use this two hours after MMS doses to speed or supplement the MMS germicidal benefits. Molecular silver is superior to most colloidal silver because it is manufactured

with high voltages and is much higher in germicidal action.

HIV and Aids

Take 3 drops of activated MMS in juice or water for at least 8 hours straight every day for 3 weeks. Only those people who are very sick need to start out at less than 3 drops and hour. Use 3 drops of MMS and 3 drops of MMS Advanced™ Activator, wait 20 seconds and add 1/4 to 1/2 glass of juice or water and drink. Do not use orange juice, most other juices are OK. If you notice nausea, or vomiting, or diarrhea, stop until the problem is gone, and then continue with less MMS for a few hours. But return to 3 drops an hour as soon as you can.

If bad nausea persists take as little as 1/4 drop and hour. It's OK to stop until nausea is gone, but a small amount of nausea may continue for some time. Do not let a tiny bit of nausea stop you. Only stop if it gets to be irritating. NORMALLY VERY LITTLE NAUSEA OR DIARRHEA IS NOTICED, BUT IT DOES HAPPEN. If you have to go to 1/4 or 1/2 drop for a long time to prevent nausea that is OK but you should then extend your protocol an extra week.

The nausea is caused by killing pathogens as the pathogens dump poison into the system when they die. A normal healthy person notices absolutely nothing from taking a great deal more than 3 drops an hour. The more health problems the more likely you will be to notice nausea. Just handle it as given above and you will be OK.

Normally HIV positive people have what is called opportunity diseases that take over or get started because of

the distressed immune system. Evidently the first thing MMS does is to go after those diseases. It provides ammunition to the immune system. The immune system then runs out and kills the pathogens throughout the body.

The reason why hourly doses are required is because HIV is a virus, or, maybe not. I know there are theories that HIV doesn't exist and that AIDS doesn't come from HIV. And the fact is about 50% of the people who have AIDS never were diagnosed with HIV. Fortunately, MMS doesn't care one bit either way. MMS kills viruses in a different way than bacteria. It prevents the growth of viruses by preventing the formation of the special virus proteins.

However, it has been demonstrated that this takes longer than just blowing a hole in the side of the bacteria. It evidently takes more than 1 or 2 hours. How much longer I am not sure, but the 3 drops hourly for 8 hours per day for 3 weeks seems to work.

Intravenous

Needed Supplies:

1 - 250 ml bag of saline or glucose solution with the standard needle and tubing for IV. We use saline solution usually unless we expect a drop in blood pressure, in which case the glucose seems to keep the blood pressure up. It has been suggested by a doctor that it is best to use no more than 250 ml solutions for 1 hour drips. He mentioned that it can cause water on the lungs in larger doses. Tie the bag in place and get set to use it.

1- bottle MMS Advanced

1- bottle MMS Advanced Activator

1- hypodermic syringe

1- experienced nurse or doctor

Use a dry clean glass. Do not worry about disinfecting the glass as the MMS will do that. Use 1 drop MMS, 1 drop MMS Advanced™ Activator, shake to mix, wait 20 seconds, using the syringe remove several ml from the IV bag, squirt the solution from the bag into glass and mix with the MMS. Suck the solution mixed with the MMS back into the syringe and squirt it back into the IV bag. Shake the bag a bit to mix it. It's ready to use.

Set the drip for approximately one hour. The herxheimer reaction, if there is one, will probably start in 1 to 2 hours.

Keep the patient warm. Normally it lasts 2 hours or less.

Do the same MMS IV dose the second day or twice in one day, morning and evening. Continue until there is no herxheimer reaction and then go to the next higher dose. Continue at that dose until there is no reaction at that level and then go to the next higher dose again until you have reached 22 drops of MMS and 22 drops of MMS Advanced Activator. Continue at this level until the patient reports that he is better or cured.

Of course, observe the patient and make sure that reactions are herxheimer reactions and not other problems. Do not make the patient sick. Reduce the number of drops used if the patient continues to experience chills, or headaches, or nausea, or diarrhea. Do not stop, just drop back in the number of drops being used until the patient can tolerate the condition without discomfort.

About the pain of IV infusions: Normally there should be no pain involved in IV infusions. A number of doctors have mentioned to me that they expected pain because of the citric acid used. But that doesn't make a lot of sense. For example in a large dose of MMS, like 15 drops plus 75 drops of citric acid solution when mixed you create one teaspoon of MMS at a pH (acid/alkaline balance) of 4.8. That is not a strong acid. And when that is added to 250 ml of IV solution you are not going to change the pH balance by enough to record unless you have a very delicate instrument. I guarantee not enough for the inside of your veins to feel. If you use pH test paper I guarantee that you will not be able to tell the difference in the pH balance between before adding the MMS

and after adding the MMS.

The pain is either created by poorly inserting the needle or by using the veins in the hands. I'm sorry I don't know why the hand causes the pain, but it seems to cause it. It is some sort of a neurological response as opposed to the feeling of acid against the vein walls. When the needle is properly inserted in the arm instead of the hand, there is almost never any pain. If the pain was coming from the blood vessel, it would only hurt right at the vessel, but that isn't the case. The whole arm hurts and that has to be some sort of a nervous reaction.

The needle must penetrate the skin and the vein in the same place. If the needle slides along the vein before it penetrates there will be pain and usually inflammation. So it sort of gets to be a scientific art. You got to get it right to prevent the pain. Just a tiny bit of MMS in the skin or tissue and you have the pain and that multiplies.

Life Threatening

Regarding life-threatening situations the goal would be to more quickly get MMS circulating in the blood while trying to stay under the nausea barrier.

One way to achieve this is by adding DMSO to the activated MMS so that it can act as a carrier for sending MMS directly into the skin and muscles of the body and thus into the blood of the body.

Experience and testing has proved that DMSO is carried directly to any cancer in the body and it then penetrates the cells of the cancer. This is not theory, but has been proved through testing. In this case when the DMSO is carrying MMS the theory is that it will carry the MMS into the cancerous cells killing the virus that causes the cell to be cancerous.

WARNING: Do This Test First:

A few people are allergic to DMSO or have very weak livers and can have bad problems with DMSO. Wash your arm carefully and dry it. Then 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 you are probably safe in using DMSO which will be the case in 99 people out of 100. To be safe, wait another 24 hours to make sure there is no reaction to the DMSO.

In this case, I found by testing that after three minutes of stirring the MMS and the acid as is normal, the DMSO

should be added to the mix immediately without further delay. Otherwise much of the power of the MMS is wasted or lost. I suggest stirring the activated MMS with the DMSO for only 15 seconds. Then immediately rub it onto a large area of the body like a leg or arm. This may get as much as 5 times more MMS through the skin and into the blood stream. And of course, using a larger area of the body can also get more MMS into the blood stream.

Taking MMS as described below is an accelerated skin treatment technique that pushes MMS into the plasma of the blood in addition to the normal oral doses of MMS. Exact steps follow:

1. Make a dose of MMS by activating 10 drops of MMS with 10 drops of MMS Advanced™ Activator. Swirl or stir it for several seconds and wait for 20 seconds.
2. Add one teaspoon of DMSO and stir it for about 15 seconds, no longer.
3. Immediately rub it on to a leg or arm or belly. Do not wait any time at all as the solution is quickly losing strength as time passes. For example, a three minute wait would be too long.

You can use a plastic sack with your hand inside to rub the solution onto your body, or you can just use a bare hand or hands. If you noticing any burning sensation you can add a teaspoon full of water to the area that is burning and rub it in. Keep that up until there is no more burning. You can rub olive oil and aloe vera juice on the skin after the application. Use a different part of the body each time you apply the

MMS/DMSO.

4. Do this once every other hour the first day, and once every hour the second day, and third day, and then quit for 4 days and start the same thing the next week, but never stop taking the MMS by mouth.

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 in most states, and also on the Internet.

Maintenance Dose

MMS maintenance doses can reduce your risk by a very large amount, maybe as much as 95%. MMS supercharges your immune system by providing a chemical that the immune systems needs to kill various pathogens.

Assuming you have "graduated" from the body cleansing process in which you took more and more drops of activated MMS (morning and night) up to a maximum of 15 drops morning and night - holding that level for five to seven days, then in most cases you are probably quite well cleared of body toxins, poisons, heavy metals, yeast, and fungus.

Having achieved that 15 drop level - and understanding that you may or may not get to that level in one month due to temporary diarrhea or temporary nausea barriers, after graduation, you should drop back to a lower maintenance dosage.

One example might be one eight-drop dose on Monday and Thursday mornings at 6 am, then breakfast at 8 am, thus achieving maximum ClO2 benefits.

Another example might be taking a six-drop dose every morning, except Saturday and Sunday.

One factor to consider is that MMS doses at almost any level are one of the best cancer preventatives. It seems certain now that that cancer is caused by a morphing microbe that gets inside a normal cell after circulating by blood to its resting

place. That microbe would never find a hosting place among your cells if even a little MMS was circulating as often as possible. A small amount taken frequently might prevent the formation and development of cancer.

Adjust the maintenance dose according to your own needs.

Malaria

Malaria victims are divided into two groups - adults and children. Many hundreds of children have been given MMS doses according to 3 drops for each 25 pounds (11.4 kg) of body weight.

Adults are first given 15 drops. Each drop of MMS is always activated with 1 drop of MMS Advanced™ Activator. Once the activator is added, one must wait 20 seconds before adding 1/2 glass of water or apple or pineapple juice. The drink is immediately consumed.

One must wait only one hour and then the malaria victim is given a second dose of the same size. All symptoms of malaria should be gone after 4 hours beyond the second dose.

If all the symptoms are not gone on the following morning or even later that evening a third dose of 15 drops of MMS should be give to adults and made in the same way as given above. A third dose for the child who has not become well should simply be double the first dose.

One must then wait only an hour. Then the victim should be given the fourth dose the same as above using 15 drops for an adult and double dose for a child. The patient should be malaria free within 12 hours. Ninety-nine percent of the malaria victims will be handled at this point.

However, with any malaria victim that continues to be sick, they should continue to receive doses at 4 hour intervals (3

times a day) but reduce the number of drops in a dose if the patient is nauseous. Continue as long as the patient is sick, but continue with doses as high as possible that do not make the patient nauseous.

These suggestions are based on the personal treatment of thousands of people who had failed to eliminate malaria from their bodies using all other known means. Many were dying or near to death.

Mouth and Gums

Cleansing Mouthwash:

Mouth and gum diseases respond promptly to MMS. Just make up a 10 drops dose of MMS. Take 10 drops and add 10 drops of MMS Advanced™ Activator, wait 20 seconds and then add about 1/2 glass of water (4 ounces).

Use a soft tooth brush and pour the liquid onto the brush and brush your teeth and gums very well. Be gentle at first. Do this 3 or 4 times a day for the first three or four days. Then do it once a day.

Use the extra solution to rinse and gargle your mouth. Do this slowly so that some of the ClO₂ gas has time to simmer out of the liquid. The invisible ClO₂ gas will kill all the germs and bacteria in your mouth without harming sensitive gums or sore places on the tongue. Then for a few weeks brush your teeth at least once a day with the MMS solution.

Your mouth should be in much better condition after one week, but it will continue to improve for several weeks before it gets to the condition of being a lot healthier than ever before. You can then cut back to two or three times a week.

Emergency Toothache Options:

There are many reports of people whose toothaches were stopped completely within a few minutes of holding activated MMS in the mouth for two minutes. This would be one of those situations where you couldn't get scheduled for dental work and you have no choice but to clench down on cloves to

mask the pain - which might mean days or weeks while you wait for an opening on the dentist's waiting list.

However, after one or two MMS treatments, the tooth ache might not reappear for 12 to 24 hours. The reason for tooth-pain is usually that bacteria has found a home deep in a tooth cavity and bacteria are feeding on nutrients near or touching the nerve. By holding even a low MMS mixture in your mouth and brushing heavily on the tooth surface where the cavity might be, the odor of ClO₂ can be forced into the tooth far enough that the bacteria "smell it," stop nibbling, and die near the nerve. The tooth will not cause any more pain until more food is pressed into the crevice and new bacteria begin feeding again.

This procedure can be executed with a low dosage like this: one MMS drop in a small cup with one drop of the MMS Advanced Activator. After 20 seconds, add 1 or 2 table spoons of water and stir it with a toothbrush. Your toothbrush is now nicely sterilized. Stir the mixture onto the brush, carry it into your mouth, and brush the tooth or teeth where the pain is felt. Carry more MMS into your mouth and repeat for two minutes or more.

Pressure-sensitive Tooth:

It should be noted that if your tooth is pressure sensitive - meaning that when you bite down on it then pain is felt, this usually indicates a pocket of infection forming under the tooth. In this case, mere brushing is futile but you have a powerful option for reducing and eliminating the infected tooth. Do it quickly.

Immediately start taking your normal MMS doses MORE OFTEN. Get the MMS and ClO₂ circulating as soon as possible. For example, if you were normally taking 8 drop doses morning and night, step it up - take your doses every two hours - for two days until at least, or until the tooth pressure-pain disappears. The infection will in most cases be eliminated without a terrifying root canal procedure. You will avoid strong antibiotics that dentists give to kill the infection. You will avoid further dental work to "save the tooth." This suggestion is based on actual experiences and user reports.

Candida and Bad Breath:

While your one-drop mixture lasts, if you have any white candida film on your tongue, brush your tongue.

While in there with brush in hand, if you have bad breath, brush the extreme back of the tongue where sulfur dioxide is produced by some types of bacteria. One clinic has a patented tongue brush and a special MMS-like fluid that quenches the bad-breath bacteria. But in your case you already have MMS which produces ClO₂ gas, and a tooth brush already in your mouth, so shove the brush back to the gagging point and clean the back of your tongue.

Brighten Your Teeth:

There is misinformation about MMS causing teeth to be darkened. This is not the case. MMS has a gradual whitening effect on teeth. Years of tartar and accumulated colorings are slowly lifted away.

Plaque Buildup:

Questions arise regarding whether MMS can remove plaque

without dental assistance. No, it might take years of twice daily brushing with MMS to diminish thickened plaque that developed over the years. It's probably better to pay a dental assistant to remove plaque using the tools they have. THEN AFTER THAT, you can prevent or diminish greatly the formation of new plaque. Dental assistants are usually trained to tell you that plaque is normal, that everyone needs to come back four times a year for plaque removal. You may be told that there is SLIME in everybody's mouth and during the night it lays down additional film whether you brush or not.

Unless your genetics cause you to produce SLIME IN ABUNDANCE, a night and morning MMS mouthwash and light brushing will leave you with a germ free mouth. The slime will evaporate through the night, having no bacterial assistance to create layers of tartar and plaque.

Nose, Sinus, Ear, Bronchial Congestion

This MMS protocol comes with CAUTIONS but it is very effective in eliminating post-nasal drip, sinus infections, ear infections, head colds, sore throats, wheezing, bronchitis, and germs that live in nose or sinus mucus. Even inner ear infections are reported to benefit from this treatment. But, there are CAUTIONS.

You will be inhaling small amounts of the ClO₂ gas from a cup into your nose or mouth. OBSERVE THE CAUTIONS LISTED BELOW.

Do not drink the mixture in this protocol because no water is added to the activated MMS in this instance. Do not exceed a 2 or 3 drop mixture. Remember, it is the ClO₂ gas generated by MMS that is the entire germ-killing benefit. Unlike the MMS mixture that you drink, this method of nose-inhaling the pure ClO₂ gas probably provides the quickest and most germicidal way to move the gas quickly to places in the head and sinuses where it can easily find germs and kill them.

However, a severe warning is stated - DO NOT OVERDOSE. DO NOT DEEP BREATH THE ClO₂ gas into your lungs for any length of time. Your lungs can rapidly absorb the ClO₂ gas just as easily as oxygen, causing unexpected depletion of oxygen. Take breaks and breath normal air periodically while doing this procedure. This warning will be repeated several times. IF YOU OVERDOSE AND DEEP BREATH YOU MAY DAMAGE YOUR LUNGS.

Mix 2 to 3 MMS drops with 2 to 3 drops of MMS Advanced™ Activator in equal parts. Do this in a small cup. Do not add water or anything else. DO NOT DRINK THIS MIXTURE.

Almost immediately you will smell the ClO₂ gas. Holding the cup under your nose pull in the gas slowly with the goal of letting it pause to circulate in the nose and sinus cavities. It will naturally flow also down through the throat and vocal cords to some extent. Breathe it into the nose very slowly so that it lingers a bit in all places it can go. Hold that breath for a few seconds. The ClO₂ odor will even be wafted out into the eustachian tubes and sometimes out to the inner ears.

After every four slow inhaling actions, move the cup away and take in breaths of normal air.

REASON FOR CAUTION. You are moving pure ClO₂ gas directly into the body. Your red blood cells absorb it as readily as oxygen. Therefore you will be temporarily diminishing the amount of oxygen available to your body.

DO NOT USE THIS METHOD if you suffer from Angina, or if you are dependent on supplemental oxygen for breathing, or if you have shortness of breath, or if you have been using MMS internally (drinking it with water) above the 10 drop level during the past two hours.

When you drink MMS doses, the ClO₂ is generated slowly. Red blood cells pick up normal oxygen from the lungs, but perhaps 20% of them accidentally do not pick up oxygen. A

bit later the blood passes around the stomach lining and the 20% of red blood cells that lacked oxygen pick up ClO₂ because it looks like oxygen to the red blood cells. So in normal MMS use (when drinking it), oxygen is still available to the body just as it is normally and the amount of ClO₂ absorption is self-limiting because 80% (for example) of the red blood cells are supplying oxygen to the body as they normally do.

In summary: when breathing ClO₂ as a gas freshly produced in a small cup, as it is held for a few seconds in the sinuses, nose, and vocal cords, it has immediate germicidal effects as it encounters germs and pathogens along the way, thus reducing the generation of mucus and phlegm.

Cold germs and flu viruses live in the mucus produced by the body in reaction to the germs or viruses. Lungs and sinuses begin to weep, generating sticky fluids in the sinuses, lungs, and bronchioles. Germs then continue to reproduce and travel further in that mucus - unless the germs are killed by an outside agent such as MMS.

It is critical that no one should have a bad experience with MMS. So as a further caution, think about the results if you foolishly overdose with this protocol:

1. Instead of 15% of the red blood cells carrying ClO₂ throughout the body, you could crowd out necessary oxygen if 25% or 30% of your red blood cells pick up ClO₂ instead of oxygen. Therefore after 4 or 5 deep slow inhalations from the cup, take a break so that your oxygen supply is not diminished to your brain or body.

2. Since this method supplies pure ClO₂ directly into the body, it will be circulated quickly throughout the body resulting in RAPID KILLING of pathogens throughout the body - possibly resulting in severe and sudden nausea as debris from rapid detoxification is spilled too rapidly into the blood.

3. Lung tissues can be burned or damaged without you being aware that you are overdosing.

4. You could pass out from thoughtless deep breathing. The odor of the ClO₂ gas is quite easy to breath. Unlike the bad taste of activated MMS in water, the odor of MMS is not bad enough to prevent overdosing. In fact you may think that nothing is happening and could be tricked into thinking that stronger doses or deeper breathing can be tolerated. BE THOUGHTFUL and DO NOT OVERDOSE.

5. Placing activated MMS into a humidifier would keep a continuous flow of odorless ClO₂ in the air for one to two hours, but there is no need to do this because of the danger of sleeping or living in a depleted oxygen state. The room has plenty of oxygen but your lungs adsorb the ClO₂ as readily as the oxygen which is a dangerous situation if prolonged for any length of time.

6. Remove pets and birds from the room if you are using the ClO₂ gas as a way to remove fungus or mold from a room. Close the doors during the hour of ClO₂ room cleansing. For purification of a room, place a 10 to 20 drop mixture of activated MMS in a saucer or cup in the middle of the room,

then close and leave it for one hour. The ClO₂ fumes will emerge slowly and fill the room over time.

Skin Care

The use of MMS on the skin can be a very important. It destroys almost every kind of skin disorder known, and causes burns, and wounds of all kinds to heal often in less than 1/2 the ordinary time.

So here are the basics regarding skin treatment with MMS. I have completed more than 6 months spraying my body every day with a very strong solution of Activated MMS.

I sprayed in many places on my body to see the results on heavy weather beaten skin to the most tender white skin available. I usually sprayed several times a day. I sprayed on my face most days as well, and often rubbed around my eyes so that the rubbing would allow a tiny amount of MMS to leak into the eye itself.

There were places where I didn't spray to show the difference between treated areas and untreated areas over a period of six months. The results were this: After more than six months, there was no difference between the areas sprayed and the areas not sprayed. There was no skin discoloring, nor any change in the texture, nor any other kind of a change including on my face.

During the six months, there were times when small wounds or cuts happened. These I always sprayed and they disappeared in a day or two.

MMS does not affect normal body cells. It does not have the

power. It only kills anaerobic microorganisms on the skin or in the body. Tests have been made with similar sprays at this strength and less in slaughter yards on dead animal skins and dead chicken skins and all anaerobic microorganisms are always dead.

Use MMS for healing sores, burns, wounds, psoriasis, eczema, cancer, ringworm, acne, rashes, staph infections, athletes feet, and a hundred other problems of the skin. In order to do this follow these instructions: Obtain a 2 ounce mist spray bottle. Most drug stores sell empty spray bottles.

Put 20 drops of MMS in the bottle and 20 drops of MMS Advanced™ Activator and swirl to mix, wait 20 seconds and then fill the bottle with water. You now have a spray solution that is equivalent to 40 drops in 1/2 glass of water in strength. This solution stays fresh for about 3 days. The reason it stays fresh for that long is because of the strength. Once it is diluted in the body it rapidly disintegrates. Or on the skin, it disintegrates as it dries.

Once you have made your solution, you should spray any sore about once an hour or every two or three hours all day long. Allow the solution to dry on the sore. In case of a rash, spray it on the entire rash. Rinse off with clean water in the evening before bed, dry, and re-spray before going to bed. In case of babies under 2 years old I would suggest that you dilute the solution at least twice or start out with only 5 drops of MMS instead of 20.

The MMS in the spray bottle will seldom ever cause stinging or burning or pain, but it can happen. If it does, pour out 1/2

of the liquid in the bottle and fill it with water thus diluting by 50%. If it still stings, do the same thing thus diluting it again. Continue this dilution until it doesn't sting.

In one person out of a thousand persons with skin problems, the MMS may sting badly and the problem will get worse. If this happens it is probably a condition that you have had for a long time. This is very rare, but it does happen. Don't feel badly, there is a cure. Look in the section for fungus.

Taste

Using the capsule method

This method will enable you to take MMS without the bad taste.

You can buy empty vegetable gel capsules at most health food stores. The capsules go by sizes called "SIZE ZERO" and "SIZE ONE." Size zero holds 250 mg of powder or tiny granules – untamped.

What you will need:

Empty vegetable gel capsules as noted above
Clean bulb eyedropper

Prepare the capsule: If you are going to take a 4 drop dose, put 4 drops of MMS in the corner of a clean dry glass, then drop 4 drops of MMS Advanced™ Activator on the MMS drops and shake the glass while tipped and wait 20 seconds.

Now take a clean eye dropper and pick up the drops from the glass and put them into the large half of a gel capsule and immediately put on the other half as a lid and then wash the capsule down with a 1/2 glass of water or more.

Follow this same procedure with any number of drops up to 5 drops of MMS and 5 drops of MMS Advanced™ Activator. The size 0 capsules will actually hold about 13 drops total. For a larger dose use two capsules.

Tub Bathing

Bathing in MMS water enables cleansing of pathogens that are on the skin surface or just under it. Cleansing at these outer levels seems to avoid overloading the internal elimination systems. Pathogens killed near the skin surface more-often move outward through the skin and float away. Do continue with normal MMS oral doses.

1. WIPE OUT THE TUB. Otherwise the MMS ClO₂ gas in the water will go to work on any soap scum and bathtub-ring, reducing or neutralizing the ClO₂ available to the body. By the second bath, the tub will be clean due to the MMS cleansing action. Put no soap or other chemicals in the water. Adding more water does not weaken the ClO₂ that is being generated. Some people add 1/4 cup DMSO. (Not required but it may assist deeper penetration of the ClO₂ gas.)

2. ACTIVATE MMS IN A CUP OR GLASS before adding to the tub water. Place 30 drops of MMS in a cup. Add 30 drops of the MMS Advanced™ Activator. Plan for a 20 to 30 minute minute tub sitting. If you have open skin sores or severe body wounds, consider reducing the MMS to 20 drops mixed with 20 drops of the MMS Advanced™ Activator so that sensations of heat or burning will be reduced. Open sores usually heal quickly due to the disinfecting action of MMS.

3. MIX THE MMS WITH THE ACTIVATOR AND SWIRL IN A CUP Wait 20 seconds. While waiting, draw 5 to

8 inches of hot water for bathing. Do not add soap, perfume, or shampoo. The amount of water doesn't matter. It is good to drink a separate 6 or 8 drop dose as well.

4. ADD THE ACTIVATED MMS into the tub water. Stir it. Almost immediately all germs in the water will be eradicated. Water does not reduce the amount of ClO_2 gas that is being produced. Tub half full or very full doesn't matter because the same amount of ClO_2 gas will be produced by the activated MMS.

5. LAY IN THE TUB. One side, then the other. Splash water onto the entire body - arms, neck, hair, face - all over. If a history of cold sores, then wipe tub water on the lips and nose repeatedly and wherever they were once visible. If water splashes in the eyes, just wipe it away. MMS doesn't harm eyes - unlike shampoo. With a cup pour tub water onto the scalp.

6. ADD MORE HOT WATER. Heat opens the pores and MMS penetrates into the muscles. Massage the scalp with tub water. By the 3rd bath, skin moles may begin to crumble.

7. WIPE AWAY TUB DEBRIS when finished.

Viruses

Viruses are a thousand times smaller than bacteria and thus are not killed in the same way. Bacteria are killed by an explosive oxidation reaction, whereas viruses are killed by keeping a virus from forming over a period of time. MMS prevents the protein of the virus from growing into its final configuration and thus they die.

Where viral diseases are present, you must keep MMS present in the body for an extended period so that viruses cannot continue to build their special proteins.

The various protocols take this into consideration. For viral infections, normally the chlorine dioxide needs to be continuously present in low-dose amounts for at least 12 hours, and sometimes even longer. This is in contrast with bacterial infections where a large dose of MMS in the morning, noon, and evening will be effective in a fast kill of bacteria.

We know for certain that activated MMS (chlorine dioxide) only remains present in the body for about 1 hour. That means you must take a small amount of MMS every hour for an extended period of time to keep the viruses from forming, and thus they die by never reaching maturity.

Take as much MMS as you can handle without getting sicker or nauseous. Start out with one drop, and in an hour take two drops, then three drops at the third hour. Keep increasing, but drop back a drop or two if you notice nausea.

It's OK to sleep without taking MMS through the night but begin again the next day until you are well. Use this information with any of the protocols.

Overview, Just The Basics

When using the MMS Advanced™ System it is always a one to one drop ratio and a 20 second activation time.

MMS Advanced System is formulated to work together for optimal benefits. The MMS is 28% Sodium Chlorite Solution and the Activator is a 50% Citric Acid Solution. Approved by Jim Humble since 2007.

If using a 10% activator solution or lemon or lime juice always use 5 drops for every one drop of MMS.

You can purchase the MMS Advanced™ System and copies of this book exclusively from MMS LAB:

Web:

www.mms-lab.com

www.mmsadvanced.com

Email:

office@mms-lab.com

Mail:

MMS LAB

PO Box 3374, Cottonwood, AZ 86326

Overview, Ways to Use MMS

1. Drink it. Swallow activated MMS with any amount of water or juice flavoring added. This is the most common method. Adding water or limited juice to the mix after the 20 second (Using MMS Advanced™) wait enables you to drink the mixture. The amount of water matters very little provided that you drink it all – typically one half to a full glass of water. If you drink the entire amount you will get all of the MMS benefit.

Diluted little or much it will still do the same cleansing within in your body.

After the 20 second wait (Using MMS Advanced™), when you add water or juice, no more chlorine dioxide is generated. It is locked into the water or juice. After drinking the mix with the water added, the ClO₂ gas will circulate in the body for less than two hours as described above. Insignificant amounts of ClO₂ are generated after the water is added, but not enough to consider.

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

2. You can spray activated MMS on skin anywhere. It is effective against localized skin sores or diseases. 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

sensations of burning but it promotes rapid germ-free closure of wounds.

3. MMS retention enemas are effective in cleansing intestinal walls. They also cause the ClO₂ 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 ClO₂ is carried in the plasma.

4. Hot tub baths with activated MMS in the water expose the entire skin surface to ClO₂ ions. Add hot water continually while sitting in the tub. Skin pores open and the ClO₂ ions pass deep below the skin and into muscles. Since blood is always present in muscles, the ClO₂ ions merge into the plasma of the blood providing greater concentration of detoxifying action against parasites, yeast, fungus and other pathogens.

5. Some people briefly breath the ClO₂ gas into the nose, head, and sinuses. **DO NOT DEEPLY BREATHE** the ClO₂ gas into the lungs because of unexpected depletion of oxygen.

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, draw the odorous ClO₂ gas into the nostrils or mouth. Approach this with caution. 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. One or two brief nasal breathing session have been reported to eliminate post-nasal drip after all other medicines had failed to stop it.

Caution: If you have any history of asthma, use low doses and stop immediately if you have any sensation of an asthma attack. Never exceed the 4 drop maximum. This method is effective in situations where sinuses, vocal cords, or ear infections are retaining germs or pathogens.

Remember, it is the ClO₂ Ion – the gas that you can smell – that is the germicidal agent. Use a 2 to 4 drop dose activated with equal drops of MMS Advanced™ Activator. There's no need to add water since you won't be drinking it. Germs live and thrive in MUCUS and PHLEHM. The odor of ClO₂ can kill them and prevent further production of mucus.

NOTE: Some people report "catching a cold" when using this method. Yes, there can be dried mucus plugs in your lungs from a cold you had a year ago. a few of those germs are sometimes encapsulated in the dried mucus. The ClO₂ gas weakens the mucus and the former cold attempts to redevelop – symptoms appear. In this case, continue with internal 2 drop doses of activated MMS every hour (drink it), and continue deep breathing every half hour from the cup (Observe the limits and cautions above). The cold will soon vanish.

CAUTION: **DO NOT EXCEED** the 4 drop maximum mixture and take periodic breaks often by breathing normal air to assure replenishment of oxygen to the lungs. You can always mix a second dose later if you want more time span. Bird cages and free-flying house birds should be kept in another room because of their sensitivity to various gases. **HEED THESE CAUTIONS.** You are responsible for using

this strategy responsibly so avoid prolonged deep breathing of the ClO₂ gas, always separated with deep breathing of normal air.

6. DMSO can sometimes be added to the MMS activated mix in special or life-threatening situations. Life Threatening . 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 aching 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.

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. A 50-50 dilution will burn most people's throat. It's best to dilute DMSO with at least 2 parts water or juice to 1 part DMSO.

Caution One: DO NOT ATTEMPT any experimental intravenous injections in your home. There are health clinics that can administer such therapies. Seek qualified professionals who can take responsibility for proper dosage, administration, and predictable outcomes from any IV process. Health clinics may charge up to \$100 per intravenous treatment. Intravenous provides about the same benefits as methods 4 and 5 above, but at a high cost.

Caution Two: If you choose to put activated MMS into a dehumidifier or room fogger, keep the MMS mixture at no more than 10 activated drops per gallon of water. (Must be

activated in a cup with the 20 second wait before dropping it into the water tank.) People have written asking about this. They want to use the humidifier because ClO₂ is a powerful deodorizer and air purifier. Remove canaries and parrots from the room.

It is best not to sleep in the room where the humidifier is fogging the room with ClO₂ in the mix. Your lungs pick up the ClO₂ gas (which is beneficial) just as readily as they pick up oxygen. While the ClO₂ is received willingly by your lungs and red blood cells, you could unknowingly reduce oxygen intake and suffer harm. Remember this also if children are playing or sleeping in the same room. A limited amount of ClO₂ in the air would be helpful for children and adults, but only if alert people are present and are knowledgeable about the nature of ClO₂ as a germicidal agent.

It is equally effective to rid a closet or room of mold, odors, or germs if you set a 10 drop mix of activated MMS on a saucer in the middle of a closed room and let the ClO₂ gas arise out of the liquid naturally. Do not add any water in this case. Do not exceed the 10 drop suggestion. It's more effective and safer to do several repeated room cleansings every hour than to release too much ClO₂ at one time into a closed room. The odor does not linger and will not harm cushions, curtains, or lampshades. After 2 hours, the odor will have sacrificed itself and any room odors will be gone. If the normal smell from shoes and clothes in a closet are still present, then a second ClO₂ saucer or cup should be repeated.

ClO₂ gas is a powerful deodorizer and germicidal agent.

Drifting through the air, it will eventually kill all germs in the air and in furniture fabrics. After about two hours, the ClO₂ gas disappears. It deteriorates into two molecules of water vapor. Activated MMS can restore lawn chairs thought to be ruined by skunk spray. Scrub the MMS mixture into car carpets, smelly shoes, and under arms. Will the whole house start to smell like a motel swimming pool? No. Not possible.

When using MMS as a room deodorizer or fungus eliminator, close the room doors and remove all pets and birds from the room for one or two hours.

Caution Three: Regarding Citric Acid: It is unusual to experience any nausea when starting MMS with a one drop dose. if you experience nausea after taking the first one-drop dose of MMS, it's rare, but you may be allergic to the Activator. To quickly stop the nausea, wait ten minutes, then counter it with a teaspoon of baking soda in water if the nausea persists. Also eat an apple if you can keep it down. Wait overnight, then try a one-drop dose again, but use unfiltered and unpasteurized apple cider vinegar as the acid instead of citric acid.

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