

## ***"I'm keen to do a Myrrh and CDS detox"***

Found this ↑ posting on the [MMS Forum](#)

July 2024

When following the Myrrh Protocol, many people follow it with CDS or MMS1.

CDS and MMS1 are oxidants and Myrrh is an antioxidant. They can cancel each other, so there are no benefits in taking both of them if either one is still effective, while taking the other one. You can separate dosing for them so the canceling problem should go away.

We know that chlorine dioxide (CLO2) is effective for about one hour in a human body. So, you could dose Myrrh one hour after taking a dose of CDS. But, I don't know how long Myrrh is effective in a human body, which would determine when to take CLO2 after taking Myrrh.

Attached is a Myrrh study where the question is answered regarding Myrrh being an antioxidant. That question appears in 5 locations in the study, and I highlighted them so you can easily find them.

<https://draxe.com/essential-oils/myrrh-oil/>

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### **1. Potent Antioxidant**

*"A 2010 animal-based study in the Journal of Food and Chemical Toxicology found that myrrh could protect against liver damage in rabbits due to its high antioxidant capacity. There may be some potential for uses in humans also.*

*It's also been shown in rats with autoimmune issues to have anti-inflammatory properties thanks to its antioxidant content."*

Personally, if I wanted to take CLO2 and Myrrh, I would not take both of them the same day if I did not know how long Myrrh was effective in the human body. --CL