**MMS Instructions for Dummies 2**

1) Please check the Thoughts on Health - Section 2  <http://www.worldglobetrotters.com/Links/Health/MMS%20notes.htm>

**The best website to buy on is:**  [**http://www.discovermms.com**](http://www.discovermms.com)also the Genesis church now sends worldwide - on their website

2) Order a starter kit -

One bottle of MMS liquid pre mixed

One empty bottle and citric acid as food grade powder.  Mix with pure water 50% water  50% powder

Then you are ready.

3) It is always the same: Mix equal number of drops of green bottle MMS with blue bottle citric acid, in a clean, dry glass.   
  
Count to 30 seconds . Add lots of water so you don't taste it AND add more water if you do as it makes NO difference how much water you drink with MMS.

4) Take 2 drops at night 2 drops in the morning - Getting a cold 2 drops every hour for 8 hours.

I always suggest doing the protocol 1000 - which is a detox for 3 weeks::::.   
  
Mix the amount suggested on webpage in the morning following the instructions above )always equal amounts in a dry glass - add to a bottle - mark lines on the plastic water bottle with a marker pen, 8 servings  
  
Set your clock and take one slug every hour down to the next line on the marker bottle.   
  
(Remember when you detox you are getting rid of toxins/crap in your system - so you may feel a little worse in the beginning)

5) It is always: Mix equal number of drops of green bottle MMS with blue bottle citric acid, in a clean, dry glass.   
  
Count to 30 seconds . Add lots of water so you don't taste it AND add more water if you do as it makes NO difference how much water you drink with MMS.

With the low cost and effectiveness - as you can imagine the Big Pharma are always trying to shut MMS down.  Jim Humble the inventor, now 85, just teaches people.  No money.  They became a 'church' to hide from the Phama companies.  They still keep hacking their website though.  Just keep searching on Google **AND CHECK YOU TUBE**.  First you will get the disinformation junk - like "MMS is like drinking Chlorine Bleach" (That's because they forgot to read the instructions to add as much water as you like).  **Keep looking**.

**Recent links::::::**

[**www.g2voice.is**](http://mail.mmsnews.org/index.php?subid=1848&option=com_acymailing&ctrl=url&urlid=384&mailid=198)

[**G2 Church Chapter #50**](http://mail.mmsnews.org/index.php?subid=1848&option=com_acymailing&ctrl=url&urlid=1783&mailid=192)

[**http://genesis2church.is/**](http://mail.mmsnews.org/index.php?subid=1848&option=com_acymailing&ctrl=url&urlid=360&mailid=192)

**www.jimhumble.biz**

**www.mmsanswers.org - may be down**

Good luck - email any questions.  Works for us!  You always get back what effort you put into something!

xo Nancy