

# Herxheimer and other reactions

## Signs That MMS is Working

\*\*\* But That You Have Overdosed \*\*\*

Activated MMS (chlorine dioxide) kills pathogens on contact. It also breaks up molecular compounds such as heavy metal compounds in the body. As soon as you swallow your MMS dose, it starts to work on clearing the bad stuff out of your system.

Healthy people can generally take MMS without nausea -- it is only people sick with some kind of disease who will get nauseous when taking it. However, nausea is a good indication that the MMS drops are working.

The immune system attacks unhealthy conditions using MMS. There has never been any evidence of an attack on healthy cells, but if one supplies the immune system with extra MMS, it appears to attack unhealthy conditions more vigorously. It's what the body needs, but a nauseous reaction sometimes occurs and occasionally someone will vomit. This simply indicates that the dose was too large.

Signs that MMS is working are:

- Diarrhea
- Stomach ache
- Fatigue
- Vomiting
- Nausea

All these conditions are temporary. They tell you that the body has more dead pathogens or disintegrating toxins than it can quickly handle. In other words, it has been overdosed. So reduce your next MMS dose to allow your body to catch up with you. If these conditions are too severe to tolerate, you should stop taking MMS until they're gone. Then resume at a lower dose. It's a process of learning what your body can handle.

When a person is very sick, start with a half-drop dose or less. Wait a couple of hours and increase the dose if the first one didn't make him nauseous. Back off for a while if he shows signs of feeling sicker.

- A sick person should receive a dose of some strength every hour during the day for at least 8 hours, but they should be small doses. If bad nausea persists, take as little as a quarter of a drop an 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.

## What Causes the Nausea?

Nausea is part of what is called the Herxheimer reaction – also called “detox illness”. It is caused by dying pathogens dumping poison into the system. A normal healthy person notices absolutely nothing from taking a great deal more than 3 drops of MMS an hour.

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The more health problems you have, the more likely you will be to notice nausea, and perhaps also vomiting, diarrhea and/or severe fatigue.

MMS is killing cancer viruses and other pathogens faster than your elimination system can clear the blood and make the debris exit. So-called “dirty blood” can cause headaches as well as nausea. Any other diseases being killed that are present in your body will also be releasing poisons and the body must carry those poisons off.

Everyone differs in the efficiency of their elimination systems, and in the heavy toxic load they have been carrying that may have caused the cancer or other diseases.

Therefore no one can state that nausea will occur on day two or day ten. When overloaded with debris in the blood, you must slow down the doses of both MMS1 and MMS2, allowing the blood to clear. Gradually this nausea barrier will fade away.

When we first learned about the effectiveness of citric acid, I measured the strength of the solution. The chlorine dioxide present measured much higher than when vinegar, or lime or lemon juices were used, but people seemed to handle it better. Thus, I decided to determine what a reasonably healthy body could tolerate by taking it myself. I started low and built up to 30 drops twice a day. I never felt any nausea or other negative reactions. Therefore, we know (based on the reports of hundreds of people other than myself) that as long as there is nothing to be killed, destroyed, or neutralized, one can expect no reaction from an MMS dose.

Sometimes, even sick people do not experience nausea when taking MMS; however, do not be surprised if someone does get sick, become nauseous, develop diarrhea, or even vomit after taking a few drops of MMS. To help minimize these reactions, try to take (or give) it a half to one hour after a small meal. MMS allows the immune system to correct various conditions in the body, thereby creating substances that the body must expel. This is normal. However, if you always start with 1 or 2 drops it is unlikely that you will make anyone nauseous.

## Dealing With the Nausea

After the MMS doses have been reduced or temporarily stopped, there are some ways in which you can help the nausea dissipate:

- Drink some cold water
- Drink some juice
- Eat a bite or two of something
- Add a rounded teaspoon of baking soda to a glass of water and drink it
- Take some Alka-Seltzer

## Apples Are Effective

Apples are an important anti-nausea tool. They often stop the nausea and will be the best way to stop nausea for many people. Eat one apple about 15 minutes before taking MMS. Do that for three or four or five hourly doses and just continue with the protocol.

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You can grind the apple into apple sauce with a food grinder of one kind or another, but always use fresh apples as they absorb the poisons more efficiently than day-old apple sauce. It should be eaten immediately after grinding.

In general, a sick person will begin to feel better within 24 hours. Just don't give up on MMS. Reduce the number of drops per dose until the person is not experiencing nausea. You may have to reduce down to a quarter of a drop an hour. Then start increasing the drops with each dose as long as the person does not become nauseous. If you have to go to a quarter or half drop for a long time to prevent nausea, that is OK, but you may then need to extend your protocol an extra week or so.

### **Diarrhea and Vomiting**

If you take MMS in any quantity, you may get diarrhea. Not everyone gets it, but some people need to be cleaned out. If that is true in your case, you will probably not be able to avoid diarrhea. It seems that the body knows what is needed when MMS is taken. As the immune system becomes more active, more things begin to take place in the body.

There are things that your body does not want your digestive system to process, so it will cause vomiting. It hasn't hurt a single person so far, and everyone has felt better after vomiting. In every case, when diarrhea hits or vomiting takes place, assume that it is needed and that it is a good indication that healing is taking place.

In rare cases, the body's bowel system is not working and a person may vomit to eliminate poisons and waste from their system. A person may even develop skin rashes as the poisons attempt to get out through the skin. In such cases, use a laxative. The best one that I know is the Senna herb. Sennosides are extracted from the Senna herb and they exercise the bowel muscles, expelling more waste than any other method. Sennosides are sold by Walmart and by health food stores and pharmacies and used by millions of people.

### **Severe Fatigue**

When the body is very busy dealing with dead pathogens and trying to eliminate all the toxins and debris, it can get tired. If the MMS doses have been a little too high, the fatigue can be severe, such that a person cannot stay awake. At work, a person might fall asleep with their head on the desk. At home, a good nap might be inevitable. The condition is not painful or uncomfortable. It only lasts for a couple of hours, and during that time you may feel like you simply do not want to move. This extra sleep is beneficial and helps the body clear itself of disease.

However, if the fatigue is more severe than is acceptable or practical, lower MMS doses will help. As with nausea, just use smaller doses until the body can catch up with elimination and does not get so tired. Then gradually increase the dosage again, staying just under the "nausea barrier", according to the particular protocol you are using.