http://www.h2oairwateramericas.com/

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

well here is the deal 3-16-2012

if you still want the benefit of a 15 x 3 dose without the excess acid and bad taste then do this

get yourself a ph meter or borrow someones.    then take like a quart container and add 45 drops of each.   I would put 45 of one into the large container then put other 45 into a glass then once counted out pour them together and activate now add say 24 ounces of water.  now you have 3  15 drop doses in 24 ounces so one 15 drop would be in each 8 ounces.

now add baking soda until you get the ph to rise to 5.2 to 5.5 but not over 6.      you can play with this by the volume of water and baking soda until you come up with level round numbers to get the ph you want.

this is the type of playing with it I had to do until I came up with the 24 drops in 32 oz water for the 8--  3 drop doses

people can increase the dose to feel something but it needs to be a gradual feel of better not something instant and the feel should not be diarrhea or nausea\_\_\_\_\_\_\_

Did you know there are many other uses of Sodium Chlorite and the
activated Chlorine Dioxide than just for health issues? You can use it
in some very simple preventative health ways as well…like as a mouth
wash.

If you would like to use it as a mouthwash follow these simple instructions:

In one quart or one liter container with lid & markings on the side as needed
(keep refrigerated and out of sunlight) Can also use 4 oz or 120 ml measuring
cup to pour into at each use

\*\*\*\*\*\*\*
ADD
\*\*\*\*\*\*\*

• 24 drops MMS (28%)

• 24 drops citric acid (50%) or 120 drops lemon juice or 10 % citric acid

• mix by swirling (activate) exactly 20 seconds or (3 minutes with lemon or
10 % citric)

• add one quart or one liter distilled water(pH 5 to 6) mix (do not add alkaline
water)

• add 1/8 US teaspoon (0.6ml) baking soda (Bicarbonate of soda) to mix then
stir well (use aluminum free)

\*\*\*\*\*\*\*
Metric equivalents of this recipe:
\*\*\*\*\*\*\*

• 4 oz (120 ml) = 3 drops activated MMS (same as protocol 1000)

• 2 oz (60 ml) = 1.5 drops MMS

• 1 oz (30 ml) = 0.75 drops MMS

\*\*\*\*\*\*\*

This is also the formula for the new MMS Basic Detox. Here is the secret:
JUST ADD ONE DROP OF MINT OIL PER QUART. (You could always
add more if you like a strong mint flavor.

Swish for roughly 30 seconds then spit out. (We had our kids hum their
ABCs while rinsing because that song last about 30 seconds) Great huh?

If you would like to know about the many other uses and variations of
MMS then you should pick up our Quick Reference Guide here:

[http://www.voiceofmms.com/sp/8722-protocol-reference-guide](http://srv.ezinedirector.net/?n=5566670&s=141997819)

It is just $20 and is jammed full of protocols. It is an immediate download
so you don't have to wait for anything to be shipped.

Yours in health,

Dr Ron Neer

Blessings,

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*
DON'T KEEP THIS INFORMATION A SECRET. IF YOU HAVE
FRIENDS OR FAMILY THAT USE MMS OR TRIED IT IN THE
PAST, FORWARD THIS EMAIL TO THEM.

You can subscribe to get more emails like this at the following link:

[http://www.voiceofmms.com/](http://srv.ezinedirector.net/?n=5588050&s=141997819)
\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Did you know that most of the modern world uses MMS (sodium chlorite)?
Its true, however, most of people use it as a cleaner.

Because it is a chlorine variant (it is sodium chlorite and NOT sodium
hypochlorite, the chlorine you wash with or they dump in the public pool)
it kills germs instantly. (This of course is why most of the MMS community
takes it for their health.)

Let's say you want to use it to clean off the kitchen counter after cooking.
No problem. Just dilute 4 drops of MMS in 1 gallon of water and spray
on the surface. Let it set about 20 seconds and wipe off. You can use higher
concentrations if you like. Just test and see if you like the results. Keep in
mind that it might fade or bleach any cloth you are using.

How does it work? When sodium chlorite is mixed with water it makes
chlorine dioxide which is the real magic.

If you do make up a gallon know that you can't store it for forever. I recommend
making up a gallon, doing your deep clean for the week and then use the rest to
scrub the toilets or floor.

Then just make some fresh next week. At just 4 drops it is much cheaper
than most nasty cleaners from the store. Let's say you pay $20 for a 4 oz
bottle. That bottle has over 500 drops in it. So you are only paying about
about 4 pennies a drop. So there you go… clean your house with MMS for
16 cents.

We also have reports of people using the MMS Basic Detox protocol with the
baking soda in it as an effective disinfectant as it is activated with citric acid
but has the pH reduced by the baking soda.

What about fish tanks?

Use as a cleaner / sanitizer for fish holds, tanks, totes or other area that holds
seafood, it works differently than chlorine. Chlorine dioxide and stabilized
sodium chlorite sanitizer have some surprising cleaning properties.

Because the solution carries oxygen to the organic soil, the bio-film breaks
down and the microscopic barrier that acts as a defense to chlorine or some
alkaline products is removed. When the barrier is broken, the enzymatic
properties attack the microorganisms between the barrier and the surface
of the tank, thus removing this bio-film layer and killing the underlying bacteria
that is holding onto the surface.

You will find a clean and renewed surface that won't be harboring Listeria,
E. coli and Salmonella. A tank cleaned and sanitized with sodium chlorite
will stop cross contamination of microorganisms to your new catch.

Chlorine Dioxide is not corrosive like other sanitizer which suits itself well
for cleaning and sanitizing of sensitive equipment. Contact time for an
effective kill is less than most other types of sanitizer, down to seconds from
minutes further enhancing the effectiveness.

So whether you are a fish enthusiast who keeps their tank clean or a fisherman
who catches fish and puts them in a live well or cooler, Sodium Chlorite is a
great cleaning solution. Just beside to empty your tank before you decide to clean it!

If you would like to learn about all of the MMS Protocols, pick up our
Reference Guide here:

[http://www.voiceofmms.com/sp/8722-protocol-reference-guide](http://srv.ezinedirector.net/?n=5588051&s=141997819)

Yours in health,

Dr Ron Neer
VoiceofMMS

## Dear Nancy,



[Orange Juice Causes Cancer?](https://herbdocblog.com/article/Answer/orange-juice-causes-cancer)

March 21, 2012, ANSWER by DR. RICHARD SCHULZE

QUESTION

Dear Dr. Schulze,

I am taking Intestinal Formula #1. However when I look up two of the things that are in the product - Senna & Cascara Sagrada, some very disturbing things are said. Senna is toxic to tissue and organs. Cascara Sagrada an herbal stimulant laxative is considered quite dangerous. Causes constipation, the very thing it supposed to relieve, along with digestive problems, liver damage, lesions in colon, rectal bleeding, Hepatitis. You are saying it helps... seems contrary to what I am hoping to accomplish. I hope you will respond to this please.

— Pat S. in Independence, MO, USA

ANSWER

**Pat,**

**WHOA! What garbage are you reading and where the heck are you looking?**

The Libertarians have a great statement: QUESTION AUTHORITY, which simply means to Question the AUTHOR. **Personally, I question almost everything, and then I go into my heart and I make my best-informed decision.**

A small amount of the information regarding herbs on the Internet is written by people who have no education or training in herbal medicine or for whatever reason hate plants! Then, you have the articles about herbs (usually they are more like negative warnings) written by Medical Doctors, Medical Groups and Associations, the Pharmaceutical Industry and Drug Manufacturers. Again, usually these articles are more like warnings, *that seem to always start out by promoting the herb*, but by the end of the article they always end up saying things like, *“this herb is not proven effective”*, or *“it may not be safe to use”* and then they always end with telling you to not use the herbs unless you consult your medical doctor (a person who knows absolutely nothing about herbs and usually will suggest chemical drugs instead). Generally, the medical industry DOES NOT want you to use herbs to treat yourself. It takes money right out of the pocket of that **$2 trillion dollar** industry! So let’s take a big breath here and look at the stupidity of the ridiculous statements you are making, or that they are making and you are repeating.

**Senna, the Real Jewel of the Nile!**
Senna has been used by humans for health since the beginning of time. It is often called Alexandrian Senna as it grows and is a native plant of the Nile delta area of Egypt, **and has been used as bowel medicine there for 5,000 years.** It is still used today by people all over the world, *including medical doctors in America.* **It is a non-prescription herbal medicine that is safe and is sold in EVERY regular pharmacy under numerous brand names like Sannacot, etc., and in health food stores all across America, *and has been sold like this for over 150 years*.** **Medical doctors worldwide even regularly prescribe it.** I don’t know where you read that it is toxic to tissues and organs, but I could probably find *many* things in your own kitchen that are toxic—and it is not the Senna.

**Cascara Sagrada, Sacred Bark!**
Cascara Sagrada literally translated means “Sacred Bark”. It was given this name by Native Americans, and then the Spanish, for its amazing healing ability. Native Americans have used it for thousands of years. In the past 500 years it has been used by immigrants to the United States, and in the past few hundred years, internationally. Cascara Sagrada bark, Senna leaves and pods and Aloe all contain emodin. **Emodin is a cathartic anthraquinone that stimulates the muscular contractions (peristalsis) of the colon, which promotes more frequent and more complete bowel movements, relieving constipation.** The FDA has recognized it as being effective for this purpose, but there have been some FDA disagreements over Cascara Sagrada in 2002 (in ridiculously high dosages, that would almost be impossible to ingest), but regardless, it is still very legal to use as an herbal supplement. All of my herbal products meet FDA guidelines to manufacture and sell, and my facility is also an FDA inspected and approved ORGANIC herbal manufacturing facility.

**FIRST, repeat after me… “In Dr. Schulze I Trust!”**
You can buy a lot of herbs and herbal products. There are many sold in stores and even in pharmacies. You can buy them online, you can even buy bags of herbs and even make your own formulas, **but when you buy herbal medicines from me… you are not just buying herbal medicines… you are buying DR. SCHULZE. And there is a BIG DIFFERENCE!**

Look, I am not asking you to blindly trust me, but I am asking for some level of trust here, otherwise you should just go to the store and buy any old herbal products, or go to a medical doctor and take drugs.

Why should you trust me? Mainly because I have been an Herbal Doctor all of my life. My two teachers alone practiced herbal medicine in their clinics for a combined 100 years, and when you add in my over 40 years of experience so far, well, you have got 140 years of experience and well over 200,000 patients. **I don’t know everything, but I KNOW Natural Healing and I KNOW Herbal Medicine, and I know how to help people to heal themselves using herbal medicine. This I know!**

Pat, you have to trust in somebody, some of the time, so I suggest you STOP looking for the few negative reports written by ignorant people about wonderful healing herbs, and START focusing on Creating Powerful Health, and START trusting in me. Or, STOP using herbs altogether and go to medical doctors. Just pick one and stop panicking and STOP working yourself up into a frenzy—this is what’s going to make you sick!

**Orange Juice Causes Cancer?**
If you look hard enough, you can find articles written promoting or condemning anything and everything. God exists. God doesn’t exist. Apples heal. Apples cause cancer. **Two glasses of orange juice fed to a male rat supposedly gave it cancer—yep, that’s on the Internet too! Look it up.**  Oh yeah, and there are lots of stories about computers causing cancer, too. Inoculations save lives? Inoculations KILL? It’s all out there.

Just look up Chemotherapy on Wikipedia and you will see a woman smiling in the picture, like she is having a ball, getting her chemotherapy. Then why did most of my patients say it was like getting HIT IN THE HEAD WITH A BASEBALL BAT, or like getting RUN OVER BY A TRUCK? Also, Wikipedia says it’s an effective cancer treatment, but to the contrary, the Federal Government’s own General Accounting Office report stated that: “There was no observable improvement” with using chemotherapy! It’s a confusing world out there.

**Seek Your Own Truth!**
Look Pat, you have to believe in something. So go inward into your heart, you will find what is right for you. Trust yourself. Seek your own truths!

**The Bottom Line**
It seems to me that you are looking for evidence to NOT get your bowel working, to NOT get healthy and to NOT use Natural Healing and Herbal Medicine. Because this is exactly what you found!

Most people when researching herbs they want to use, just read the articles about how using the herb will improve their life, and maybe even save it. **So the Big Question I have here is why are you doing this? Whom are you trying to convince—what is your point?**

**My patients that were always looking for reasons to not use herbs and not get healthy, well, they usually found their reasons and achieved these goals. I strongly suggest that you get your head screwed on straight, focus on what you WANT, and want to achieve, and Just Do It! What you are doing now will cause illness and disease, and it’s NOT FUN!**

**“Your Focus Determines Your Future!”**

**“Tomorrow is what you DO and BELIVE Today!”**

— Dr. Schulze

DISCLAIMER: This BLOG's purpose is to promote the sharing of information about healthy living and dietary supplements. The views and opinions of Dr.Schulze and those of his companies and BLOG administrators are offered for your information and are not intended to constitute medical advice. If you are sick, injured or pregnant, consult a licensed medical professional.

[Still Alive! Colitis & Pregnancy](https://herbdocblog.com/article/Answer/still-alive-colitis-pregnancy)

March 14, 2012, ANSWER by DR. RICHARD SCHULZE



QUESTION

Dear Dr. Schulze,

First of all I want to thank you for what you do, your products have improved my life significantly. About 5 years ago I was admitted to the hospital for rectal bleeding. As it turned out I was diagnosed with ischemic colitis.

**The doctors recommend removing my sigmoid colon and said if I didn't get the surgery I would be dead in 3 weeks to a year.**

Being only 30 years old at that time I thought there had to be another way.

After a year of seeking out and trying many different types of alternative medicines, I was introduced to your products. **I did your Vitality Program and felt the best I had felt in years. From there I continued on with your Bowel Detoxes and I'm still alive!**

Fast forward to now, **5 YEARS LATER!** I've been using your **Intestinal Formula #1** and your **HerbalMucil** ever since to stay regular. I eat well, I'm sure you would say I could do better ;-). However, I'm now pregnant with my first child and wondering if it’s safe to keep taking your Intestinal Formula #1? I'm having some constipation. I've been using the HerbalMucil but it doesn't seem to be enough. I would love any advice you can offer. Much thanks and appreciation!

— Jennifer S. in Westminster, CA,

ANSWER

Dear Jennifer,

**First off, CONGRATULATIONS!**

**For being alive** **4 years *AFTER* the medical doctor said you would be dead!**

Welcome to the club, I am now 40 years past when the medical doctors said I would be dead. Actually this club has hundreds of thousands of members, all over the world. I like this club, as it is far better than the club of being cut, burnt and poisoned. It is far better than the club of having to glue a bag on your belly daily to store your feces in. Healing disease by Creating a Healthy Life and Lifestyle. It’s a lot more fun than surgery, doctors, hospitals and chemical drugs, and a lot cheaper! And it just makes COMMON SENSE!

**Colitis Simplified**

**Colitis**, well, let’s just start with “**itis**”. **Itis** is a suffix (something that is added to the end of any word) that when added to any word simply adds inflammation to that word. Like Appendicitis meaning inflammation of the Appendix, Tonsillitis, inflammation of the Tonsils, Hepatitis meaning liver inflammation, and in your case Colitis, **inflammation of the Colon.**

**Colitis = Colon Inflammation**

**Ischemia** is a combination of two Greek words, **Isch** which means to restrict, and **Haema** meaning blood, so Ischemia added to any word means the restriction of blood, such as Ischemic Heart Disease which is heart disease caused by the restricted blood flow through the coronary arteries to the heart muscle itself. Ischemia can be caused by arterial restriction, blood clots, tumors, tight clothes, and it is usually a disease of the elderly.

So, Ischemic Colitis simply means that your colon, or a portion of your colon, is inflamed due to restricted blood flow. By the way, I must add that Ischemic Colitis is usually a disease of the elderly, NOT 25-year-olds, so this is something that you probably genetically inherited.

**Don’t Worry**

The bottom line is I wouldn’t worry at all anymore since it has been 5 years since your diagnosis and I will assume that you no longer have rectal bleeding, ischemic colitis or any symptoms at all except a lazy bowel.

Many Americans have sluggish bowels due to our American food program and lifestyle. And since you added a ;-) on your letter after your comment on your food program, I know that you can do better too.

Just remember that my **HerbalMucil Plus** that you are taking is to make up for the fiber that you are not getting enough of in your food program, so I appreciate your patronage, but please try to remove any fiberless food from your diet, like any animal foods, and at the same time increase the fiber rich foods like fruits, veggies, grains, legumes, nuts, seeds etc. BTW, I take my HerbalMucil EVERY DAY even though I eat Vegan and Raw for breakfast, *with my* ***SuperFood*** *of course*, and a Vegan Raw Lunch everyday, so I get tons of fiber. But I grew up having only 1 BM a week, and inherited a sluggish bowel, so I LOVE the **HerbalMucil Plus** too, even if it’s my own product.

**Intestinal Formula #1 and Pregnancy**

Again, no worries at all. During the first 2 trimesters, just use your usual dosage. But don’t do any overdoses and any major catharsis or bowel stimulating or flushing. Just keep yourself regular.

During your third trimester, do the same, but just be aware, that during months eight and nine, when you are VERY pregnant, that a huge overdose of **Intestinal Formula #1** could bring on labor, actually I have used it to do this in a few instances. But using your normal dosage is safe and you won’t have any problems AT ALL!

Also, you can use any and all of my Herbal Medicines ALL during your Pregnancy. I would even have many mom’s in my clinic do my **5-Day BOWEL Detox**, or my **5-Day LIVER Detox** and **5-Day KIDNEY Detox**. A baby living in a clean mom is better than living in a toxic mom. Again, there is no herbal medicine that you cannot use while you are Pregnant. **Just use your good common sense and don’t throw your body into any extreme catharsis or flushing! Regular cleansing, detoxification and flushing is absolutely fine.**

**Two Additional Pregnancy Tips!**

**Tip #1**
The biggest problem ALL my patients had during pregnancy was gaining too much weight. A perfect weight gain during pregnancy is 25 pounds, but no more than 30 pounds.

In my clinic I would constantly have pregnant mom’s come in with a weight increase of 20 pounds in their first trimester, and be bragging about their big baby. I would then explain to them that their baby was only the size of a pinto bean (at this time) and their weight was NOT their baby but instead 19 ½ pounds of FAT! Look, I don’t care if someone is FAT, but PREGNANT and FAT is NOT a good combination. It can be challenging enough during months 8 & 9 to eat and breathe when you are in good physical shape and fully pregnant, but if you add on 20 or 30 extra pounds to this already challenging period, well you are setting yourself totally up for failure, being really uncomfortable at best. Many women who gain too much weight during pregnancy develop Preclampsia, and put themselves and the baby at risk, and also risk a premature or sick baby, SO KEEP YOU WEIGHT NORMAL!

**Tip #2**
You are building another human being, WHAT AN AMAZING MIRACLE! So you need double the nutrition during pregnancy, and during lactation. So start taking your **SuperFood** **Plus** twice a day, morning and afternoon or early evening. And continue this while you are breast feeding also. You can start the morning with your **SuperFood Plus** nutritional blender drink. If you have any morning sickness during your first trimester, then use the **SuperFood Plus** tablets instead. In the afternoon have a **SuperFood Bar**. Getting this boost of extra nutrition will not only ensure you have a healthy and strong baby, but will enrich your own milk to make incredibly nutritious baby food.

**Finally…**
Great job in healing yourself naturally, avoiding life-robbing surgery and proving the medical doctors and their DEATH SENTENCE, VERY WRONG! Great Job in discovering the alternative and natural healthy path, and healing yourself naturally.

You may always need a little natural herbal bowel medicine during your life to keep your elimination regular. But having said that, after 12 years on **Intestinal Formula #1** myself, and all the while improving my eating, moving and thinking, and making my lifestyle healthier, well I did not need to take **Intestinal Formula #1** anymore.

**Jim Humble
NEWSLETTER
Dominican Republic**

**MMS Genesis 2 Church Seminar**

To be held starting on the 25th of March until the 4th of April.  I am in Mexico at this time but that does not mean that I am changing anything.  I am looking to do some seminars here, in an easier place to visit but have made no decisions yet.

All the latest data will be available to all and, all students will practice every protocol that we have.

This includes doing at least one full day of each of the Church Sacraments 1000, 2000, 3000, 4000 (these are same as the protocols of the same numbers), plus all the miner protocols such as putting it into your eyes properly, into the ears, nose, mouth, on the joints, on the face, in the hair, bringing health to those with malaria, bring health to those with lung diseases, and all the other diseases of mankind.

Everyone does everything including putting the MMS gas directly on the sores, using MMS gas inside the mouth, brushing the teeth with MMS and much more.  Finally the end test will catch those things you missed and get them corrected before you leave.

The definition of the name of the Genesis 2 Church is that the word Genesis means the beginning and the 2 indicates the second beginning.  Church means a group of people with the same idea or goal and of course that goal in our case is Health for mankind and we get health by in some way aiding the immune system.

There are recent developments that are not good news but I feel that you should know about it.  In Europe recently within the last several months a man who had AIDS was cured completely with MMS, but he was shot through the head as he was coming out of a  Church building.

It appeared that who ever paid to have it done didn't want him to testify as being cured of AIDS.  I have been told, again by reliable sources, that the pharmaceutical companies are beginning to worry about MMS.

With the billions invested they don't care if a few people die so that they don't lose money, BUT THEY FORGET THAT ANY ONE OF THEM CAN GET AN INCURABLE DISEASE TOO.

Then when they decide to cure themselves and they have prevented MMS from being used, they will die too.  Isn't that funny?  That they would rather have their profits than have something available that could save their lives.

Well no matter,  they really can't stop MMS now and to kill people who are cured of diseases won't help.  Each time someone is killed it will cause a bigger and bigger uproar, and that simply means that more and more people will come to learn about MMS.  In fact, anything they do will bring more attention to use.  It is on our side and will not change.

I also wanted to mention that **we are now providing our Video Courses plus the latest "Video of Jim Humble making CDS" in a download directly to you**.   The cost is only $295 and you can have it there where your computer is.

We hope you will come to our course, but if you can't make it read and do everything on this video course and you will be a Minister of Health and well on you way to becoming a Bishop of our church.

Please, **for your benefit and those that you love, come to the seminar on the 25th of March**.  You will not regret it, and it will be a great experience.  If you miss this one and we do no more in the Dominican Republic you will always be sorry that you missed this unusual assembling of great and unusual people from all over the world.

Goodbye for now.

With love,
Archbishop Jim Humble

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**Upcoming Seminars**

**Dominican Republic**
Mar 25th – Apr 4th 2012

For more information about our **Dom. R. seminar**,
please contact us at [mmsforhispaniola@gmail.com](http://us.mc1217.mail.yahoo.com/mc/compose?to=mmsforhispaniola@gmail.com)

For more information about our **Costa Rica seminar**,
please contact us at [lukasjlouw@gmail.com](http://us.mc1217.mail.yahoo.com/mc/compose?to=lukasjlouw@gmail.com)

**If you can't come to a seminar**,
try the MMS Home Video Course.
Please contact us at [genesis2mission@gmail.com](http://us.mc1217.mail.yahoo.com/mc/compose?to=genesis2mission@gmail.com)

Blessings,

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DON'T KEEP THIS INFORMATION A SECRET. IF YOU HAVE
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[http://www.voiceofmms.com/](http://srv.ezinedirector.net/?n=5591578&s=141997819)

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Now some of you might be saying…"Geez, we already knew MMS
purifies water, that is why we drink it." Well, you are right.

However, many of you might be drinking it while the reaction is still
going on in the water and you are using tap or bottled water.

But what if you don't have a clean water source?

Ah…that is where Sodium Chlorite (MMS) comes in super handy.
With just one little 4oz bottle you could purify a bathtub full of non-potable
water nearly 10x over.

Do you know anyone who:

* Camps
* Hunts
* Farms
* Has lake property
* Has a well
* Collects rain water

They might need this. You might need it. The next time your municipality
issues a boil order, and you don't feel like boiling 5 or 10 gallons for your
family, simply use MMS.

**If you are treating bad water**, then use 3 drops of activated Sodium Chlorite
per quart. That's 3 drops of Sodium Chlorite and 3 drops of citric acid. Swirl
and then pour in 1 quart of the water needing to be treated. If you need more
water, use the same ratios.

**If you are just storing water**, let's say for emergencies, then you only need
3 drops of activated per gallon.

Either way it is a great way to protect your water supply. That's pretty handy
I would say.

FEMA recommends:

"You should have at least a three-day supply of water and you should store at
least one gallon of water per person per day. A normally active person needs at
least one-half gallon of water daily just for drinking. Additionally, in
determining adequate quantities, take the following into account:

-Individual needs vary, depending on age, physical condition, activity, diet, and
climate.

-Children, nursing mothers, and ill people need more water.

-Very hot temperatures can double the amount of water needed.

-A medical emergency might require additional water."

So a family of 4 would need 4 gallons per day in reserve or 28 gallons for the
week.

There are so many uses for Sodium Chlorite (MMS). If you would like to pick
up a copy of our Protocols Reference Guide you can do so here.

[http://www.voiceofmms.com/sp/8722-protocol-reference-guide](http://srv.ezinedirector.net/?n=5591579&s=141997819)

Yours in health,

Dr Ron Neer

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| http://mmsnews.org/media/com_acymailing/templates/mms_newsletter/imgheader.png |

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| --- | --- | --- | --- |
|  | Dear Nancy,http://mmsnews.org/media/com_acymailing/templates/mms_newsletter/lineahorizontal.png **Genesis II Church Moves into a new phase** For 15 years I have traveled the planet pushing and advertising MMS in order to bring it to as many people as possible. Many critics claimed I was getting rich, but in fact, I was often broke.  I never sold MMS or accepted any money from anyone.  My total income came from the one book and one DVD that I wrote.   Ninety percent of the things that happened with MMS were financed by this income up until 2010. One MMS sellers did very well, he made a million dollars clear profit, saved in a bank before 2008.   Some others earned a reasonable income and there were some who didn't do so well. I was happy to see any and all of them make a profit because that meant that they were helping people.  Because I wanted this work with MMS to be completely humanitarian effort I did not participate in any sales or profits. I felt that this effort paid off when a few people told me that the only reason they decided to use MMS was because I was not selling it.   Many said it must be good if I would tell people about it without making money for myself. I and my secretaries answered more than 100 thousand emails from people needing to know how to use MMS for their particular malady or disease.  In that time I never accepted a cent from any sales of MMS anywhere in the world.  I felt that it was necessary that people know that I was not making money from it and that I was telling everyone only because I wanted them to know. But now MMS and the world enter a new phase.  The world enters a new phase because many more people are waking up to the terrible things that are and have been happening.   MMS enters a new phase because it has become known worldwide that it is overcoming some of those terrible things. I started a non-religious church of health and healing to bring the MMS to the world and now more than 350 Ministers of Health and 9 Bishops of our church from 70 different countries are bringing MMS to suffering and dying people free of charge. **The only thing standing in the way of our Church expanding more quickly is money**. We are a group of humanitarians seeking only to overcome the suffering and to bring health to mankind.  Our Church, however, needs money to expand into thousands of areas. We do not preach religion or spiritual philosophies.  We bring only health and nothing else to mankind.  One's religion, political philosophy, sexual preferences, or spiritual beliefs do not matter. We are here to serve all mankind.  We bring only health and preach nothing more.  We have come to realize that the wealthy people of the world will not help finance our movement, and that wealthy people have become wealthy in the face of sick, suffering, and starving people. Special interest groups have taken control of the wealth in the world.  We must finance our health movement for the world ourselves.  WE CAN DO THAT. **The new phase of the Genesis II Church of Health and Healing** It is now known and recognized that millions of people have tried MMS, and that hundreds of thousands of lives have been saved,.  MMS started in Africa and spread like a great wave across the planet to 70 countries. The world has become  aware of the benefits MMS brings and the territory of the Genesis II Church is rapidly expanding. People selling MMS have never paid a royalty or donation of any kind.  Most of them have indicated that they would like to help in some way in return for the benefits they receive. Now is the time for us to begin  accepting that help.  It is now time for all those who are benefiting from MMS, CDS, associated products and the technology to help support the expansion of the MMS Movement. We propose to make this possible through the church by tithing.  Many churches ask members to tithe 10% of their income.  The Genesis II Church is now asking tithing, not of the membership of the church but of the sellers of MMS associated products. Sellers are asked to tithe 10% of the sales price of all MMS and all associated products.  This donation to the Genesis 2 Church of Health and Healing includes all sales of DVD's, books, work books, literature, and MMS1, MMS2, CDS, associated equipment and other materials. We also expect all Church chapters and Church Mission to also donate a tithe of 10% from donations that they receive.  We are now ready to accept 10% tithe donations on sales and 10% of outright donations made to individual churches. Tithing is the way that the continued users, the new people, and the sellers of MMS can help finance bringing MMS to people all over the world. Most sellers of MMS, can afford to tithe right now.  Those sellers who feel that they cannot afford to tithe can simply increase their sales price by 10%.  Buyers are not going to object to that.  The Church needs this money to save lives. The Church's records of all income will be kept by professional bookkeepers and will be open to audit at any time. This tithe applies to all those who sell MMS no matter what name they call it.  Some call it water purification drops, but everyone knows that it is to be used as MMS.  We expect a tithe for the purpose of helping the world, from all sellers of MMS.  We do not propose to try to enforce this tithe. People who refuse will simply not be put on our approved sellers list.  You will be asked for the tithe.  If you don't want to help that is up to you, but those who do not help will not be included on our list of approved sellers. As time passes hundreds of thousands and millions of bottles of MMS will be bought from the sellers.  To be on our approved list will mean a great deal of sales and probably a successful business.  Of course, we will ask all buyers to buy only from the approved sellers list. I hope you understand that our church's tithe is always a donation. It is only fair that a tithe be donated to the church.  I formed the Church and I spent years of my life finding, developing, and bringing MMS to the public.  The entire technology of MMS was written by me and all written data is copyrighted. I don't claim to be the first discoverer of MMS.  Others obtained patents as far back as 1980.  I have not violated any of the patents.  I did however develop the MMS technology.  The technology now belongs to the Genesis 2 Church of Health and Healing and The Church is bringing it to the world. Bishop Andreas Kalcker created the CDS and other Bishops and Ministers have further developed the CDS technology.  CDS was developed from the MMS technology.  Anyone wanting to use, sell, or bring this technology to the people may do so.  All we ask is a tithing donation of 10% so that the Church can expand its work in the world. Finally let me mention that anyone using the MMS data without acknowledging the source is committing plagiarism.  Sorry to sound so egotistical but the people of Earth need this technology and it is the Church's job to see that they get it. We hope that you will agree that it is only fair that the Church receive this tithe, as Jim Humble is the Archbishop of the Church and has turned his technology over to the church.  The Church creates continuous new customers for all sellers of MMS, CDS and associated products. We will eventually require all of the sellers to be Ministers of Health.  That means either one must complete our DVD home-study course and pass the test,  or come to Puerto Vallarta, Mexico or another authorized  center for our seminar.  We expect all sellers to maintain a telephone where they can answer questions about the use of MMS. It isn't fair for educated MMS sellers to have to answer questions for those who have bought their MMS from an uneducated seller.  It is not about the money, it is about saving the world from the brutality of mankind and it is only fair that those who benefit from the sales of MMS be trained to give information and support. I hope you can now see our dream a little more clearly and even help us dream it and realize it.  We in the Church throughout the world, dream of a world without diseases.  We do not propose treating diseases, but rather, we propose bringing health to all of mankind regardless of the sicknesses that might be present. MMS brings health to all, and now we call it the Cleansing Water of the Church.  I hope that all buyers of MMS will buy their MMS, CDS, books and other MMS technology items from sellers that donate a tithe to the Church. Our Church, the Genesis 2 Church of Health and Healing, so far as we can determine, is the only Church ever formed to serve mankind. There are thousands of other churches for worship and spiritual needs and we hope that everyone will follow their own beliefs in that regard. Our only agenda at Genesis II Church is to overcome suffering and bring health to mankind. When all sellers of the MMS products pay the tithe, the Church will be able to expand much more quickly across the world saving lives and preventing the killing that is now happening. I have never talked to anyone who did not believe that the Church really deserves a 10% tithe. I founded the Church (with assistance from Mark Grenon), and now we ask all of you to help by insisting that all sellers of MMS and products of MMS donate a tithe to the church. In that way everyone is paying a tithe and the sellers will be sending that tithe to the Church.  Do you see?  Just by insisting that the sellers pay the tithe if you are using MMS, CDS, or any of the protocols, or more accurately, any of the Sacraments of the Church you will be paying the tithe simply by buying from a seller that is paying the tithe. I only accept expenses and take no money for myself.   If you make your own MMS, CDS, and otherwise benefit from MMS technology, but don't buy the products, then break down and send in a donation once in a while. It's for mankind.  Let me mention here that I said in the very beginning that this technology belongs to mankind.  No one has a right to complete control of it.  The Church does not control it. The church was formed with the purpose of seeing that the technology gets to mankind in a usable and unaltered form.  Our seminars teach it. It is in books and websites and in our church Chapters and Missions around the world. The entire technology is available to all. Thank you so much in advance for your support.  The world may never say it, but there is no doubt that the world thanks you, too. With love, Archbishop Jim Humble Founder of the Genesis 2 Church of Health and Healing The only church ever founded for the sole purpose of serving mankind. This is a legitimate legal purpose of a church.  (Our members attend other churches of their choice for worship.)Top of FormBottom of FormTop of Formhttps://www.paypalobjects.com/en_US/i/scr/pixel.gifBottom of Form**Upcoming Seminars****Dominican Republic**Mar 25th – Apr 4th 2012For more information about our **Dom. 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|  | Dear Nancy, **Jim Humble Technical BulletinNEW HEALTH TECHNOLOGY**I am sure that you have heard about the new Cleansing CDS of the Genesis 2 Church of Health and Healing.  But what is it?  Is it really something new or is it just old technology given a new name? CDS  is Chlorine Dioxide Gas dissolved in distilled water or reverse osmosis water.  Distilled water is pure water with nothing, and  Chlorine dioxide gas is the gas with nothing else in it.  People have known that chlorine dioxide gas would go into water, but no one really had a use for it until now.  Our Bishop Andreas Kalcker in Spain was creating CDS while an American company was also creating the same thing in the USA for a different reason. The American company was creating it for industrial uses such as treating vegetables before going to market and they have FDA and EPA approval.  So they cannot say it is a dangerous poisonous industrial bleach as their approval is for 3000 parts per million which is exactly what Bishop Andreas made.  If you want to check this they call it CDG.  You can put CDG into a Google search, there is much data about it, it is exactly the same as the Church CDS. However, since the Church uses the CDS as one of its Sacraments and since the Church is worldwide we are not limited by the FDA or EPA.  Where the FDA research might have one or two people test the CDG or even CDS, we have had thousands try it worldwide and we have found some amazing uses for health. You may or may not know of the Cleansing Water spray of the Church; it is sprayed on the skin to create health regardless of the unhealthy conditions that might be present.  l am sure that you understand that it is not our job to treat the various skin diseases of mankind.  When you anoint the skin with our spray Sacrament, health is brought to the skin regardless of the unhealthy condition that was there before the anointment. Well, that is true for most known unhealthy conditions of the skin, but what about really bad stuff such as poisonous spider bites, or sting ray stings?  What about extreme fungal conditions of the skin that nothing seems to  overcome ?.  Our spray Sacrament that has been given to people all over the world is only 320 ppm (parts per million) and it has had phenomenal results.  But with the new CDS we are getting even better results from 3000 ppm sprayed directly on the skin. A bite by an unidentified spider happened to me here in the tropics where my apartment is sitting among the trees. The pain continued no matter what technology I used.  The Spray Sacrament at 320 ppm made no difference, the pain continued.  I used DMSO, Aztec clay, Zinc Oxide, a mixture of Aztec and Diatomaceous Earth, soaking, and nothing worked.  The pain continued.  You may know that as long as there is pain, some damage is being done by the poison.  That is the purpose of pain, it is nature telling you that damage is continuing, so you must do something about it. I had found a way to make CDS  much stronger than the 3000 ppm that the FDA  had approved for the CDG.  So one night several days after the spider bite I was unable to sleep because of the pain, and of course, I couldn't go to the hospital as they don't know as much about it as I do.  I decided to see just how strong I could make the CDS.  After a few hours I had created as solution of CDS that read 25,000 ppm, which is about 8 times the strength of our CDS and the FDA approved CDG.  I don't know if it can be made stronger or not as I seemed to reach a plateau at that point. The pain was now stronger.  I said (to myself), OK, this is either going to cure me or kill me.  I first dabbed the 25,000 ppm solution directly onto a clean healthy spot of skin.  There was no reaction; you see, I had already proven years ago and around the world that chlorine dioxide does not react against healthy skin, but who knows what will happen when you use something 75 times stronger than what has been in  use for years. Then I put it directly on the spider bite.  In less than 20 seconds the pain was totally gone. Once again the chlorine dioxide refused to damage healthy skin and it also destroyed the poison present.  It took a few days of continued use of the 25,000 ppm solution, but the spider bite was healed.  I have treated hundreds of people with spider bites and I have known of people who died when they were treated by medical people.  This particular spider bite in question was the worst bite I have seen, and yet the 25,000 ppm CDS killed the poison right away.  I guess that you fortunately have not been associated with a lot of spider bites;  let me tell you that this was nothing less than amazing that the CDS did that job. **So let me tell you now about how we learned a little bit more about our Cleansing CDS** and how the technology of our Church is advancing.  In a particular country of Africa where that has a lot of malaria in the jungle we decided to send one of our ministers to treat some local people who were sick with malaria.  The problem was that there were also guerilla fighters in the area. They reluctantly gave us permission to have our minister treat the people. Because the CDS had already brought health to several diabetes cases and some cancer cases the minister  was confident of CDS although it had never been used on malaria before.  So when he got there he mixed up some strong doses of CDS that he thought would bring health to the malaria victims. He treated the malaria cases while the guerilla fighters were looking on.  Nothing happened.  The malaria cases did not get well.  The guerillas were going to torture and shoot him as they thought he was using the idea of curing the malaria cases to see and record their camp.  However, the women that were with our minister convinced the guerillas he was sincere, but they would not allow him to change the doses to MMS instead of CDS.  Instead they sent him away.  He was embarrassed to say the least. **What did we learn**?  We learned that although CDS works better than MMS for direct contact on unhealthy areas of the body, and it does not work for parasites that are inside of cells and cannot be contacted directly.  The blood must carry the chlorine dioxide to the parasites and that only happens when the chlorine dioxide goes into the blood. We have proven that CDS cannot be go into the blood when taking it by mouth, BUT MMS DOES GET INTO THE BLOOD WHEN TAKEN  BY MOUTH.  We also learned that we must test and prove all our theories before we try to demonstrate them to a bunch of people with guns. Basically we must not use the Cleansing CDS to attempt to bring health to those who are unhealthy because of parasites.  But the fact is, hundreds of thousands of malaria cases have been returned to health when using MMS, the Cleansing Water of the Church.   CDS is very effective when it can contact the diseases by direct application to them, but not when it must travel through the digestive system.**Overcoming the bad taste of the Cleansing Water  (MMS) and making it more effective.** Some of us cannot stand the bad taste, and thus many have given up trying to be healthy by using Cleansing Water.  However, it has been found that the bad taste is mostly due to the pH of the solution.  By adjusting the pH just a couple of notches the bad taste disappears.  It is a delicate adjustment but you can do it.  And an amazing thing is, this pH adjustment makes the Cleansing Water an even more effective anointment. When the Cleansing Water has the proper pH it travels through the stomach into the intestines more easily as the stomach doesn't have to generate certain fluids to change it thus allowing it to retain more of its power that it would otherwise lose in the journey.  From the intestines it can be taken to unhealthy parts of the body by the blood in a more powerful condition. **To make Cleansing Water that overcomes the unpleasant taste** for Sacrament 1000 using 3 drops per hour for 8 hours, use either a one quart or a 1 liter glass or plastic container.  Mark it so it has 8 equal parts which would actually equal about 4 ounces per marked part.  While the container is still clean and dry add 24 drops of Cleansing Water and 24 drops of citric acid (50% citric acid).   Wait 20 seconds exactly, and then add the water to the top mark, a full quart or liter. **TO CHANGE THE TASTE OF REGULAR MMS**:  **Use baking soda (Sodium Bicarbonate).  Add 1/8th teaspoon of baking soda.  You should buy a set of measuring spoons that has a 1/8th teaspoon in the set. This is the amount needed to change the taste.  If you are making a drink for protocol 2000 at more drops per hour than three, add 1/3 of a 1/8th teaspoon measure for each additional drop, no more.   So that would mean if you are doing a 6 drops dose per hour you would only be using two 1/8th teaspoon measures or 1/4th teaspoon measure total**.  (Developed by Dr. Ron Neer who  donated the information to the Church.   He can be contacted at [h2oairwateramericas.com](http://mmsnews.org/component/acymailing/url/urlid-42/mailid-24/subid-85439.html).) Well anyway, I hope you see that we are keeping at it and doing our best to bring the world a health technology that really works and for a reasonable price so that one does not have to spend all of his savings to be treated.  Again, we help you regain your health free of charge.  We then ask for donations once you are well.  There is nothing more fair than that.  Our Ministers of Health are located around the world. As always with love,Archbishop Jim

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 **Still Time to Come to the next MMS Seminar**!**Dominican Republic Feb.12th-22nd**There have been a lot of developments in regard to MMS and MMS/CDS in the last few months. We are looking forward to sharing a lot of this new info through our newsletters, but we can't cover everyhting that we cover in the seminars. Plus, people from all over the world come to learn and also give their experiences with MMS. This info is not only interesting but very important as we develop new health sacraments/protocols. Also, each person gets to ask Jim and I questions personally. Alot of Information is shared and we have a lot of laughs also. Come to one of our seminars. You will see!! **BulletinCDS AND THE BLOOD**I gotta say this, I was mistaken.  Sorry. The evidence is, in fact, that CDS does get into the blood of humans and of animals, as shown in tests involving hundreds of cows.  I have received a number of letters from people with evidence that CDS, taken orally, did get into their blood. I mistakenly reported otherwise because I was taking information from only one source.  I am embarrassed, to say the least.  I will be careful to never make this mistake again.So now let’s look at it for a minute.  There have been a number of cases where Cancer has been overcome using CDS and there have also been several diabetes cases overcome with CDS.  Additionally dozens of positive reports about CDS have come to us from around the world.  I have personally taken CDS to heal a very serious spider bite.  With all of this evidence there is little doubt that CDS does get into the blood.Only the malaria cases were not helped.  That was a great embarrassment to our Minister in the jungle, and to me as well.  I told people that they could cure malaria with CDS and then it did not work.  That was an embarrassment, but even worse I complicated the situation by writing and sending out a bulletin with incorrect information as well.  Sorry.So let’s get back on track.  Someone wanted to know about the more powerful CDS.  We have settled on a CDS solution that has 3000 ppm (parts per million) of chlorine dioxide.  Without getting into complexities, 3000 ppm is just a measurement of the strength of the CDS.  When you drink a standard 3 drops dose of MMS for protocol 1000 you are drinking  4 ounces of water with a  MMS strength of approximately 24 ppm.  So you see when you have 3000 ppm it must be diluted.  You do that by taking 4 ounces of clean water and adding enough CDS to bring the ppm up to 24 ppm.  So it doesn’t matter whether you are drinking MMS or CDS you are  drinking 24 ppm strength chlorine dioxide.The difference between MMS and CDS is that MMS tastes bad because of the low ph and other things that are in the solution such as citric acid and the components of citric acid, sodium and chlorite.  On the other hand when CDS is made right it is ultra-pure because it is made from distilled water and nothing else except chlorine dioxide gas.  It is just gas and water. That is the reason that it tastes almost like water.  There is nothing to make it taste bad.  Protocol 1000 (which is Church Sacrament 1000) calls for 1- 3 drops of MMS. If one chooses to substitute CDS, the equivalent amount to supply the same ppm is 8 times the number of MMS drops.  So one must be sure to only take the equivalent of 1-3 drops of MMS when using CDS.  However, if one moves on to protocol 2000 (Church sacrament 2000) he will need to take the equivalent of 4-10 drops of MMS  (number of MMS drops X 8).  Many have taken these strong doses of CDS  and have had excellent  results.So then let’s talk about a stronger CDS.  The 3000 ppm was easy to settle on, because one standard drop of the 3000 ppm equals one single ppm, so 24 drops would equal 24 ppm which is a single MMS or CDS dose as long as you are using it with 4 ounces (1/2 cup) of water.  But do you see?  If you were using MMS it would only take 3 drops to make the 24 ppm drink.  So some people would like to make a strong enough CDS so that one could use it drop for drop with MMS.  In that case one would use only 3 drops of CDS to make a 24 ppm drink instead of 24 drops.   In order to make a solution of CDS that strong it would have to be 24,000 ppm and that is very strong indeed.  It could be dangerous because if someone tried to drink it, it would burn their mouth severely.  However, when it is put on skin, it does not burn.It is amazing that 24,000 ppm does not burn the skin.  When applied to skin it has no effect except to remove some dead skin.  It can be used to successfully treat spider and mosquito bites, and some fungus.  It absolutely cannot be used in the mouth until it is extremely diluted.  The MMS spray that we have been using for several years has been 40 drops of activated MMS in 4 ounces of water which is 350 ppm. At that strength it seems to overcome most things on the skin, even though the skin can tolerate the much stronger dose of 25,000 ppm.  Well, we don’t have a lot of research yet but we are hoping that this strong CDS will help those suffering with morgellons. When we learn more we will let you know.  We don’t encourage others to do research on these things, but we don’t discourage it either; that’s up to you.  We encourage people to take total responsibility for their own health.    You can see that there are thousands of new things to learn that science should have already taught us years ago.  For example, the facts about MMS and CDS have been known for a long time but no one has used them for healing before.About Genesis II Church Ministers and BishopsNow I have told you some of the things we are working on.  I also want to say that I am extremely anxious for people to become Ministers of Health of our Church and then to become Bishops of our Church.   No one on this planet deserves to become a Bishop more than our Ministers and in this world Bishops are highly respected.All Bishops can register as Corporation Soles and they essentially become above the law at that time.  I KNOW, I know, that is not considered possible and is terrible to say, and the governments of the world have been doing their best to overcome religion where they can but a lot of the power of churches still exists; read below.“Religion is Antecedent to all LegislaturesA legislature must not obstruct our obedience to Him from whose punishments they cannot protect us.  Robin vs. Hardaway, 1 Jefferson 109 (1772).In other words, since no legislature can prevent the consequences of our actions from returning to us in accordance with the workings of natural law, no legislature can abrogate our right to maintain allegiance to that which is necessary for us to obey to avoid experiencing adverse natural law consequences for our deeds.Sir William Blackstone, the celebrated English jurist who’s Commentaries on the Laws of England was used for more than a century as the foundation of all legal education in Great Britain and the United States, stated concerning this issue:This law of nature, being coeval with mankind and dictated by God Himself, is of course superior in obligation to any other, It is binding over all the globe in all countries, and at all times: no human laws are of any validity, if contrary to this; and such of them as are valid derive all their force, and all their authority, mediately or immediately from this original.As example of the power and recognized inviolability of a corporation sole one can observe the actions of the legal system of a government in dealing with a Catholic Bishop.  Every Bishop is a Corporation Sole under the Pope and—except for egregious crimes such as child molestation where public-relations concerns dictate the only real solution—subject only to Catholic Ecclesiastical Law.Generally, no Bishop is touchable by civil-law jurisdictions regardless of what he does.  Whatever his offense, it is understood that the Church will deal with him and not any secular government. “ You might think that this is only a law for the Catholic Church, however there are other laws that point out the equality of the rights of Churches in the eyes of God and thus must also be in the eyes of courts.And governments might fight it, but we don’t fight the government.  We have methods of never having to come to court.  There are ways to stay out of court.  The world needs for you to become a Bishop of the Genesis 2 Church of Health and Healing.**How to become a Genesis II Church of Health and Healing Bishop** You must first become a Minister of Health of our Church.  Come to one of our Seminars and learn how to bring more people to health than any other Church has ever done.  Then just start a Church where you are.  All you must do is put up our logo on your door or the side of your house facing the street.This then means that either you have a room in your house for Church purposes or your whole house is for Church purposes.  All of our Bishops must have a Church building or a Church room.  Of course these things are not churches, as a church is a group of people and a building or a room cannot be a church. When you become a Bishop you are also a Corporation Sole under the Archbishop Jim Humble.  You can then register as a corporate sole with a government in order to make sure that you are recognized.  We are getting it set up so that everyone can register their Corporate Sole in the state of NEVADA, USA regardless of what country they come from.   You can continue with a Mission or Church Chapter of the Genesis II Church or you can start your own personal Church. Then in your Church or Church room you post: Authorization Certificate to Start a Church,  Certificate  Naming the Beliefs of Our Church, Certificate Naming the Health Protocols of Our Church, and your Bishop Certificate.  I know that many of you hate the idea of a Church, but please go beyond that.  For thousands of years men have formed churches to protect themselves from the government and other oppressive organizations.The question is this.   Do you want to get hung up on a name that changes nothing, or do you want to help change the world and save mankind from the brutality of mankind?   Right now the brutality of mankind is in the process of destroying mankind.  We have a vehicle that protects us from much of that and allows us to do something about it.  Please join us now. As always with love,                     Archbishop Jim Humble  |  |    [The Master Mineral Solution of the 3rd Millennium](http://mmsnews.org/component/acymailing/url/urlid-15/mailid-24/subid-85439.html)[Download Partial Ebook for FREE](http://mmsnews.org/component/acymailing/url/urlid-15/mailid-24/subid-85439.html)[Download Full Ebook](http://mmsnews.org/component/acymailing/url/urlid-15/mailid-24/subid-85439.html)[Order Hard Copy](http://mmsnews.org/component/acymailing/url/urlid-15/mailid-24/subid-85439.html) [Order for Kindle](http://mmsnews.org/component/acymailing/url/urlid-16/mailid-24/subid-85439.html)[Order for iPhone, iBook, iPad](http://mmsnews.org/component/acymailing/url/urlid-17/mailid-24/subid-85439.html)[Order Audiobook](http://mmsnews.org/component/acymailing/url/urlid-27/mailid-24/subid-85439.html) [Order the MMS home training DVD, pass exam and become a Genesis II Church Reverend and MMS Health Minister](http://mmsnews.org/component/acymailing/url/urlid-31/mailid-24/subid-85439.html). [Sign up for the next MMS seminar](http://mmsnews.org/component/acymailing/url/urlid-32/mailid-24/subid-85439.html)[More information about our MMS seminars](http://mmsnews.org/component/acymailing/url/urlid-32/mailid-24/subid-85439.html)[Take our MMS seminar, pass exam and become a Reverend, Health Minister and Doctor of MMS](http://mmsnews.org/component/acymailing/url/urlid-32/mailid-24/subid-85439.html).  |  |

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| **No longer interested in our newsletters**? [Click here to Unsubscribe](http://mmsnews.org/component/acymailing/user/optout/mailid-24/subid-85439/key-8f16ed7f7ac957459246f8c0017abff9.html)**Bishop Mark Grenon Newsletter**That is the question that only you can answer. You've heard the expression, "**Damned if you do, damned if you don't**", right?  Well, our Church maintains a neutral position in regard to all world views. Religion and politics are two areas where we are completely neutral in our views and encourage everyone to make their own decisions. We believe in taking "personal responsibility" in every area in our life.Recently, we had some people offended when we sent out a letter wishing everyone a "Merry Christmas".  Why? Should we have said, "Happy Holidays" to be more politically correct? How about if we said, "Happy Hanukah"? Or "Happy Kwanzaa", or "Happy New Year" ?  No matter what we say, someone will be offended. Why? The answer to this is the reason why this world has a problem cooperating, no matter what the religion, culture or political views.The Christians are offended by Muslim ideas, the Jews are offended when Christmas is mentioned and Atheists are offended when anything religious is mentioned. Why? The people of this world are in a box that they can't get out of and their security or comfort is in this box. We at the Genesis II Church of Health and Healing have left the "box" behind!! For example, if we encounter a homosexual person that is HIV positive should we not help that person even if we don't approve of the lifestyle? Or how about the prostitute we are helping who has a venereal disease. Or the smoker who has cancer; should we treat that person?  Do they deserve it because of their lifestyles ?You see, we cannot be asking these questions because we want to help everyone!! We believe everyone needs to be healthy and can be healthy. We want to work with peoplethat will help anyone, anywhere, at anytime. The people of this world will never be able to have this freedom until they climb out of their "boxes of intolerance". We have to put our beliefs aside to help this world!!!  What if we are in a country at war and both sides need help in regard to their health. Which side do we choose? We would choose to help both sides, would you?It shouldn't matter if someone says "Merry Christmas", "Happy New Year", "Happy Hanukah" or "Happy Halloween"!!! There is no basis or reason why anyone would stop being a part of helping bring health to the world because they were offended because someone sent them a " Merry Christmas"  message. **Grow up and think out of the box**! Aren't you happy that they are happy? All one has to say is, "Thank you". It doesn't mean that you are now a Christian. Do you see how childish that is? Someone doesn't have your similar belief so you separate yourself from them? **Stop being offended and reach out to the world with us**!! We at the Genesis II Church of Health and Healing have only 5 beliefs you must believe to be a member. We believe the whole world can embrace this creed. Most of the world  already believes and practices them consciously or unconsciously.**Here is our creed**:We of the Genesis II Church believe in...  (**1**) Doing good deeds  (**2**) Doing what is right  (**3**) Good health for all mankind  (**4**) Freedom for all mankind (**5**) Enlightening others with truth We have also reworked our logo. We are now focused on "Bringing Health to the World" rather than focusing on disease and healing. The reasoning behind this is: If you are healthy you have  experienced "healing" and the diseases that plagues this world will be gone!!\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Here are six proven ways to move MMS into your body.\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*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 three minute 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 three minute wait, 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 BREATH the ClO2 gas into the lungs because damage can happen to the lungs without you feeling it. Later you will find that you can almost not breathSitting with your mouth or nose over a cup of activated 2 drop mixture (definitely no more than 2 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. The first time should be no more that two small breaths until you feel a tiny "Bite."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 5 drops of citric acid or vinegar for each drop of MMS that you use. 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 strong mucus films in your lungs from a cold you had a year ago known as Biofilm. Biofilm is also known in industry. Germs are sometimes encapsulated in the hardened but live mucus. The ClO2 gas weakens the mucus and the former cold germs excape. In this case, continue with internal 2 drop doses of activated MMS every hour (drink it), and continue deep breathing every four hours 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 one one or two breaths. 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. Special DMSO instructions are located under the 3000 protocol. 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 1 or 2 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.\*\*Blessings,I pray this email finds you in good health.Last year we completed the largest MMS community survey ever. If you were one of the thousands of people who responded…thank you. There were several themes in the results we got but one of the main ones was "what are the basics to using MMS safely?"There is much information surrounding this topic. I am not sure if you have seen this before but I thought I would send it over if you are still using MMS. If not, feel free to hit the unsubscribe button. These 5 fundamentals come straight from Jim.\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Here are the 5 Fundamentals for using MMS\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Fundamental One:Repeated small doses are more effective than large morning and evening doses. It has been demonstrated more than 1000 times that small doses administered often, up to once each hour, are more effective than large doses administered once or twice a day.We now know that the chlorine dioxide chemical generated by MMS does not remain in the body more than one or two hours at most. The size of the dose does not seem to make a great deal of difference to the amount of time that MMS remains active in the body. That basically is because it doesn't matter if it is a large amount or small amount it still deteriorates into mostly just table salt in an hour or two.So in reading the various methods of using MMS elsewhere on this web site, keep in mind - it is going to be much more effective to take MMS either each hour, or each two hours, and with smaller doses that will be equal to - or maybe larger than - one large dose.If you are in the habit of taking larger MMS doses only in the morning and evening as was suggested in the past, MMS will still cleanse the body of microbes and pathogens. However, new research clearly reveals that a smaller-but-continuous circulation of ClO2 prevents regrouping and reproduction of pathogens, especially in situations where you are fighting a specific health issue - whether a cold or herpes or hepatitis.After you are cleaned out a maintenance dose is still the same as always, 6 drops a day of MMS along with the citric or other acids required for activation. That's for older people and 6 drops twice a week for younger people, older people being over 60.Fundamental Two:Decrease the number of drops as needed if diarrhea or nausea occur, but do not stop taking MMS. Nausea and diarrhea are both good indicator signs that MMS is working. Diarrhea lasting for an hour or two is very good, but to keep it up for any amount of time can cause more harm than good. So always decrease the drops when these temporary barriers arise - they are temporary in most cases. .Fundamental Three:Never take more than 3 drops and hour unless in a life threatening condition. In the case of life threatening situation use protocol 2000.Fundamental Four:Avoid all forms of Vitamin C for two hours before and after use of MMS. This is a temporary requirement, necessary during the significant weeks of your ramping up to the level of drops where you can be considered to be "Cleaned Out." If you are taking Vitamin C capsules marked as "12 hour" type, you will have to discontinue their use and only take capsules or tablets that do not indicate a timed action and take them only at night after MMS hours.Fundamental Five:Thoughtfully maintain a nutrition program adequate to maintain your immune system. MMS takes unwanted pathogens and parasites out of your body with great efficiency but it provides no nutritional minerals or vitamins. Maintain intake of friendly micro-organisms (acidophilus, and other flora). MMS itself does not kill intestinal friendly micro-organisms but forceful diarrhea can sometimes reduce their numbers. Similarly, maintain intake of minerals - especially calcium and magnesium.Nutritional intake is critical to the immune system. Daily sunshine on the skin will maintain your vitamin D or, if you rarely see the sun, you must maintain "D" with supplements - - essential for maintaining the immune system. While MMS is the most potent germicidal agent on the planet, only the immune system produces healing and maintenance of health. The five fundamentals above are basic to all the various methods and protocols that are explained on this Web Site. Be sure to click through to the various specific protocols that are highlighted below.\*\*Blessings,Dr Ron Neer[www.voiceofmms.com](http://www.voiceofmms.com)[www.voiceofmmsblog.com](http://www.voiceofmmsblog.com) (coming soon)PS-My business partner an­d I are heading the to Dominican Republic to spend a week with Jim getting the latest developments for you. We are also donating wireless internet equipment so that Jim will have better access to everyone. We will be sure to post the video footage when we return**Dr. Anderson's Ten Steps To Make Your Cleanse Exceptionally Powerful and Effective**1. Maintain positive and happy thoughts and feelings2. Avoid all judgments, criticisms and complaints; let nothing disturb you. 3. Train yourself to observe yourself.  4. Intend your self to practice love and always see the beauty and joy in life, which is everywhere if you look for it. 5. Practice relaxation6. When you make a mistake,laugh at it7. When something happens that would normally bring grief or disappointment, stop and think; “What is the highest thing for me to do right now?”  8. Know that every challenge as an opportunity to that can help release something within that needs to be released.  9. Posture – Walk, sit and act as though you are the Master of your life. 10. Eliminate all indulging.  Never indulge in grief, regret, resentment, anger, jealousy, envy, fear or food.  ..... [(Click Here to read more)](http://ariseandshine.us1.list-manage1.com/track/click?u=ccc65bf55afa6486095e04537&id=6e37de5f63&e=0ea02cd07c)

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|  | Dear Nancy,http://mmsnews.org/media/com_acymailing/templates/mms_newsletter/lineahorizontal.png **MMS/CDS News in South America** Last October when Jim and I were in Spain, Andreas Kalcker shared his  research, showing us how to make a  solution of Chlorine dioxide, i.e. CDS. Since then we have been exclusively using MMS/CDS and have had some great experiences we'd like to share with you.During the past week we returned from 7 weeks in South America.  There we were able to teach 7 groups of people how to make the MMS/CDS. Many of the students also started on the 1000 Protocol which was recently renamed  "**Sacrament 1000**".Mauricio, who attended our first Seminar in the Dominican Republic back in 2010, was among those we taught in South America.  He has set up a website, [mmscolombia.com](http://mmsnews.org/component/acymailing/url/urlid-35/mailid-21/subid-85439.html), to assist the Latin American community in taking back the control of their health.**Making MMS/CDS in the Kitchen**01-mms cds south america-kitchen-mmsnews.org02-mms  cds south america-kitchen02-mmsnews.orgNext we went to meet Jorge. He has been taking MMS personally and for 20 years he has been going into the Amazon helping the sick. We showed him how to make MMS/CDS and supplied him for a 3 week journey into the Amazon where he will treat  hundreds that are suffering with malaria and many other ailments.**Teaching Jorge how to make MMS/CDS**03-mms cds south america-teaching jorge-mmsnews.org **The Finished product**!!! 4 - 500 ml of fresh MMS/CDS 3,000 ppm**Note**: We have CDS we made 4 months ago that is still good (1500 ppm). Store it in a dark place sealed tight or a  refrigerator.04-mms cds  south america-finished product-mmsnews.org **Supplies for Jorge's trip to the Amazon**. It takes many days to get there and several by boat!! We sent him with malaria blood test strips, a water proof camera,spray bottles, eye droppers, etc. and  enough MMS/CDS for to treat hundreds!! He needs our constant thoughts and prayers for safety.05-mms cds south america-cds supplies-mmsnews.org **Here is a lady we treated with Stage four cancer**. She was sent home to die and looked horrible. This is her after 3 weeks with the Sacrament 1000, (previously known as Protocol 1000). The doctor said she was cancer free!!!06-mms cds south america-lady-mmsnews.org Note: The MMS/CDS Sacrament 1000 is 8cc's of MMS/CDS in a liter of water. **Here is a sample of the Sacrament 1000 kit we prepared and distributed freely**.07-mms cds south america-cds kit-mmsnews.org **We then headed to an indigenous group that had been using MMS previously with great results but ran out**. We were able to teach a small group in a remote village. It was cold at night!!! **Making MMS/CDS08-mms cds south america-indigenous-mmsnews.org** **Eye drops**09-mms cds south america-eye drops-mmsnews.org **Five more healers**!!!south america html 4c79cbde **We were in several other towns treating people with MMS/CDS**. Amazing results! During the 3 weeks we were treating people with Sacrament 1000, we saw:• Stage 4 Breast cancer cured!! (Sacrament 1000)• Diabetes cured!! Blood sugar level 210 before Sacrament 1000, now 108!!• Diabetes cured!! Blood sugar 250, now 110!! (Sacrament 1000)• Pin worms gone!! (Sacrament 1000)• Fibroid tumors gone, Sacrament 1000 and Douche, (Douche -  3cc's CDS  in  ½ liter water) Before bed is best.• Chargas, leichmisis gone in days, Sacrament 1000 with CDS spray bottle, (3 cc's per ounce)• Multiple sclerosis, improving daily, (couldn't move left hand, now it moves freely)• Mana Ray wound (straight CDS poured on wound; neutralized poison).•  …..Pain gone immediately!!• Warts gone!! Sacrament 1000 plus spray applied numerous times daily.Note: Use 3 cc's per 1 ounce when making spray bottle with CDS) **Our Health Ministers, (Healers), are being trained to document everything now**!! **Do the same and add your testimonies at** [**genesis2church.org**](http://mmsnews.org/component/acymailing/url/urlid-33/mailid-21/subid-85439.html). **Donate to the Malaria Project / Indigenous people's project** – **Use Rev. Joe's Paypal link at,** [**JTG1987@gmail.com**](http://us.mc1217.mail.yahoo.com/mc/compose?to=JTG1987@gmail.com)**Home video Course discount for the next month**.We would like to offer starting today, $100 off our MMS Home Video Course for the next 30 days only. Also, for an additional $25 you will receive the new updates about MMS/CDS and all the protocols updated.Please contact Rev. Jon at,  [genesis2mission@gmail.com](http://us.mc1217.mail.yahoo.com/mc/compose?to=genesis2mission@gmail.com)**South American Spanish Seminar  March 1-4**We need to know if there you have interest in our First Latin American MMS Seminar in Colombia March 1-4. 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You are an 81-year-young lady, so this is a dangerous age to be going to medical doctors as they are comparing you to the perfect metabolic model in Grey’s Anatomy and guess what—you are not perfect, baby. I knew a man younger than you who went in for a checkup and was told he had Macular Degeneration and was going blind. I tried to convince him that life is a “limited time offer” and that we are all going blind as we age, but instead he decided to get depressed and a year later he bought a pistol and blew his brains out. My point being, we are all aging, we are all dying and if we start focusing on what is wrong with us, we will get ourselves in a lot of physical, emotional and spiritual trouble.As I was just writing this, I couldn’t remember the name Macular Degeneration, it took me about 1 minute to remember that name. Does this mean I have premature senility, or Early Onset Dementia (as I am only 59), or even the beginning stages of Alzheimer’s Disease? Who knows and who cares! Personally, I love the aging process, as I don’t care enough about disease names anymore to be worried about forgetting a few of them.**Hard Drive Almost Full**I heard recently that the amount of stimulus, mental input and information we get on a daily basis, from talking, radio, television, movies, newspapers, magazines, telephone, the internet, and so on, is more input in one day that the average American got in their ENTIRE LIFETIME 100 YEARS AGO!THIS IS JUST TOO MUCH STUFF TO FIT INTO OUR BRAINS! OUR COMPUTER HARD DRIVE CAPACITY IS FULL. So my question is: Do you have Early Onset Dementia, or is your brain just saying enough is enough, and simply filled up with too much stuff? **STOP TAKING DRUGS**I am so happy that the drugs the medical doctor gave you made you puke and poop your brains out, so you stopped taking them. I hope you learned your lesson. If not, [read this BLOG I wrote to a woman last year](https://herbdocblog.com/article/Commentary/can-i-use-drugs), who asked me about her 84-year-old father using pharmaceutical drugs. In my answer, I discuss in detail about seniors using drugs, covering many aspects, and even when I suggest using them.So Dottie, let’s just say that your computer hard drive is so full, and that you are bombarded with so much input, that you cannot hold all of this information anymore, or at least cannot immediately recall everything at a moment’s notice. You know that the more data that you store on a computer hard drive, the longer it takes the computer to sort through it and find the particular file, so why would it be any different in your brain? You are older, you have a huge library up there, so it takes you a little more time to find the books, and then the particular page. This sounds perfectly normal to me.**OK, LET’S GET THIS BRAIN IN SHAPE…****The Brain**The brain, like any other organ in our body, is made up of millions of cells, in this case brain cells. I remember when I first held a brain from a cadaver in my hand—it was a very enlightening experience. I knew from medical books what a brain looked like, but I had always imagined it to be a very special organ. I don’t know, maybe I expected it to be slightly gaseous, or have some shiny stars spinning around it or something, but no gas, no stars, nothing special, it’s just a hunk of meat. And, like every other organ or group of cells, it must have nutrition going IN and it also must eliminate waste OUT. So, great circulation is a fundamental here if we want the brain, or any organ, to function at its best.**More Blood to the Brain**So how do we get more blood to the brain? Well, this is not very difficult. The first way is simply by reversing gravity.GRAVITY is simply the downward pressure on your body caused by the sun, moon, earth and planets. This pressure has a dramatic influence on the fluids of your body. Therefore, the hardest place for your heart to pump blood to is your brain, and this is why you have one of the biggest sets of arteries (carotid) and biggest sets of veins (jugular) to accommodate a large volume of blood flow to and from your brain. But as we age, gravity takes more of a toll on us and the flow of our bodily liquids. It can simply make it harder for you to get good circulation to all of your extremities as you age, especially your brain. This is part of the reason that, as people age, they often have problems with vision, hearing, memory and many other brain functions. So the simplest answer is to get more blood flow and circulation to your brain. SLANTING and INVERSION. A great way to start is simply to reduce the size of your pillow that you use in bed, and also to take a few books that you won’t read again, *I suggest medical books*, and put them under the foot posts of your bed. Get your bedposts at the foot of your bed raised up about two inches on each side. This will slant your bed slightly so if you were to put a ball at the foot of your bed it would roll towards the head of the bed. By doing this, you will assist your body in getting more blood to your head ALL NIGHT LONG. YOGA inversion poses are awesome, like shoulder stands, SLANT BOARDS, and even BACK SWINGS and other similar devices that you strap yourself into and go into a slant or even an upside down position and even gravity boots for the most extreme inversion. Be careful, and always start slowly.HERBALLY, you can also drive a lot more blood to your brain, and two of the greatest herbs to do this are Cayenne and Ginkgo biloba, two of the main ingredients in my **Brain Tonic.** My **Brain Tonic** will drive more blood, oxygen and whatever is in the blood like nutrition, into the brain. It DRAMATICALLY increases blood circulation to the brain. I suggest 2 droppersful four times a day, indefinitely, mixed with an ounce or two of juice.**Better Blood to the Brain**Now that we are getting a lot more blood to your brain, with inversion, slanting and my **Brain Tonic,** let’s make sure that your blood is rich with nutrition. After all, driving blood filled with sugar and chemicals is not going to help your brain function. We need to make sure that your blood is supercharged with nutrition and the best way to do that is to eat a food program that is loaded with organic fresh foods, and also to start taking my **SuperFood Plus**, either making breakfast blender drinks with the powder or taking 5 tablets three times a day. This will give your brain the nutrition it needs to function at peak performance. For maximum results, try a double dose of **SuperFood Plus** by taking it in the morning *and* afternoon.**More Waste Out of the Brain**During autopsies, I have seen the brains of people with dementia, senility, Alzheimer’s disease and numerous other brain diseases. I have also read numerous autopsy pathology reports. In both instances, there is often mucous (thick off-white and yellow viscous waste fluids) or we can simply call it gunk, glue or toxic waste. Whatever you want to call it, it is an obvious sign that either the blood getting to the brain is contaminated with junk, or the metabolic waste of the brain cells is not getting out of the brain. Yes, the brain, as it functions, makes metabolic waste that must be removed frequently. And what moves all of this waste out is great blood circulation, so back to inversion, slanting, and my **Brain Tonic**.**Detoxification**We must also make sure that the waste we are removing from the brain has a place to go and your body is able to eliminate and get rid of it. I always suggest starting with my **5-Day BOWEL Detox Program** and then a month or two later, do my **5-Day LIVER Detox.** This will assure you that any brain waste that is being flushed out will get out of your body ASAP!**Exercise**Exercise is another awesome way to stimulate blood flow in and out of the brain, so let’s start walking an hour a day, and looking at all the ways you can increase your exercise during the day. You know, if you rest you rust, but if your lifestyle is too sedentary, you will also build-up waste in your brain. So at 81, exercise is no longer a suggestion—it is a life-extending MUST!**Finally**Dottie, PLEASE don’t pay any attention to this stupid diagnosis of Early Onset Dementia. NOTHING POSITIVE will ever come from being told you have this, nor you thinking about this. It is NEGATIVE garbage, so please LET THIS GO.INSTEAD, let’s focus on getting healthier, creating a really healthy lifestyle, and building up your body and brain for the next 81 years.Think about all the things that you DO remember!Now get slanting, start taking my **Brain Tonic** and **SuperFood Plus**, and get outside for some power walks, and wander into a yoga class now and then, and have FUN with all of this!— Dr. Schulze  Copyright © 1994-2012 [Yahoo!](http://global.ard.yahoo.com/SIG%3D15o5923oa/M%3D289534.10180982.10848075.9860700/D%3Dmail/S%3D398301041%3AFOOT/Y%3DYAHOO/EXP%3D1329180023/L%3DZFTo_mKKH0bw7rajTi_eWAckSBtFB085kVcAA6BR/B%3DEp4TAmKKIR0-/J%3D1329172823363749/K%3DbVPJLwp6u42A35VkXi46LA/A%3D4386606/R%3D0/mail_us/tos/SIG%3D10mgpruen/%2Ahttp%3A/www.yahoo.com) Inc. All rights reserved. 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