
Sodium Chlorite & Chlorine Dioxide (MMS Protocols) Quick Reference Guide

The quick guide to the practical uses of Sodium Chlorite and Chlorine Dioxide

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How to Use This Guide

1. Each protocol/sacrament is broken into 4 main sections: Supplies, Activation, Warnings, and Tips. Carefully read each protocol and then each subsection carefully before attempting anything.
2. There is ample space on most of the protocols to make notes and track progress. If you decide to print, do not waste the paper. Make the most of the blank spaces.
3. The supplies in each section are considered the minimum supplies needed to perform the protocol. Please make sure you have the supplies on hand BEFORE starting.

*****WARNINGS*****

- The information contained within this document is not intended to diagnose, prevent, or cure any disease.
- Seek professional medical advise before attempting anything.
- Sodium Chlorite, Chlorine Dioxide, and Calcium Hypochlorite are not approved by the FDA for use as medical treatment.
- If you are at all unsure to the process, do not attempt.
- This document and the contents provided here within have not been evaluated by the FDA or EPA.
- This documents is simply an aggregation of data found online and in books. It is not original to the aggregator.
- By reading this document and attempting any of the protocols you are waiving your rights and neither the aggregator nor any of its affiliates can be held liable.

*****WARNINGS*****

Protocol 1000

Also known as Sacrament 1000

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Clean Dry Glass



Water



Juice



Vinegar

ACTIVATION

The way you accomplish activation can be done in 4 different ways, any one of these methods of activation is acceptable: First, add your number of MMS drops to a clean dry glass, then activate as follows:

1. **Preferred method** add 1 drop of 50% citric acid for each drop of MMS that is in your glass, swirl or shake to mix, wait 20 seconds, add 1/2 to 1 glass of water or juice and drink.
2. Add 5 drops of 10% citric acid for each drop of MMS in the glass, and then shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.
3. Add 5 drops of vinegar for each drop of MMS in the glass, shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.
4. Add 5 drops of full strength lemon juice for each drop of MMS in the glass, shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.

Many people cannot start taking that many drops and should start with only 2 or even 1 drop and hour. This is determined by how sick they are to begin with. If one is feeling very sick then start with 1 drop an hour or even 1/2 drop and hour, but then begin taking more if you feel that you can. The rule is, if you feel that the drops are making you feel worse, take less and if they are not making you feel worse then take a little bit more the next hour, but never more than 3 drops an hour.

WARNINGS

- Do not use orange juice.
- Do not use juices with added vitamin C or ascorbic acid added.
- Do not use concentrated juices that must have water added to them. Fresh juices are best.
- If you don't want to make up a single dose each hour, you can make 8 doses in the morning, and keep the solution in a closed container all day. Just follow the above instructions multiplying all the figures by 8 and then put that liquid in a closed container. Take 1/8th of it each hour. Don't worry the MMS will last hours longer than is needed.
- You must not make yourself sicker than you already are: Do not cause yourself a lot of nausea, or pain, or diarrhea. When you notice any of these symptoms coming on take less MMS.
- Try not to stop taking MMS, just take less. Go from 2 drops an hour of activated MMS to one drop an hour. Or if you are already take only one drop an hour, then take 1/2 drop an hour, or even 1/4 drop an hour.
- Do not cause yourself diarrhea if you can avoid it by taking less MMS. Pain, diarrhea, nausea and other discomforts cause loss of energy, which in turn causes slower healing and slower recovery. On the other hand try to increase the amount of drops you are taking until you are taking 3 drops an hour, but do not go over 3 drops an hour.
- CONTINUE THIS UNTIL YOU ARE WELL.

TIPS

Here is how you carry your 8 hour dose with you instead of having to activate it hourly.

Take a liter bottle, divide it into 8 equal parts. Mix 24 drops of MMS and 24 drops of 50% citric acid. Swirl or mix for about 20 seconds. Fill the bottle with water and you will have a 3 drops of MMS activated per line taken hourly.

This activated bottle of MMS will last up to 5 days in the refrigerator. We found that as long as you activate MMS and does not come into contact with a pathogen the chlorine dioxide is not released.

Protocol 1000+

Also known as Sacrament 1000+

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Clean Dry Glass



Water



Juice



Vinegar



DMSO

ACTIVATION

The way you accomplish activation can be done in 4 different ways, any one of these methods of activation is acceptable: First, add your number of MMS drops to a clean dry glass, then activate as follows:

1. **Preferred method** add 1 drop of 50% citric acid for each drop of MMS that is in your glass, swirl or shake to mix, wait 20 seconds, add 1/2 to 1 glass of water or juice and drink.
2. Add 5 drops of 10% citric acid for each drop of MMS in the glass, and then shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.
3. Add 5 drops of vinegar for each drop of MMS in the glass, shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.
4. Add 5 drops of full strength lemon juice for each drop of MMS in the glass, shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.

Many people cannot start taking that many drops and should start with only 2 or even 1 drop and hour. This is determined by how sick they are to begin with. If one is feeling very sick then start with 1 drop an hour or even 1/2 drop and hour, but then begin taking more if you feel that you can. The rule is, if you feel that the drops are making you feel worse, take less and if they are not making you feel worse then take a little bit more the next hour, but never more than 3 drops an hour.

After activating the MMS, use 1 drop of DMSO for each drop of MMS. Add the DMSO only after the reaction of the MMS and the citric acid have completed (that's 20 seconds when using 50% citric acid formula). Give the mixture 3 minutes to complete after adding the DMSO. Of course always stir the mixture.

WARNINGS

- Do not use orange juice.
- Do not use juices with added vitamin C or ascorbic acid added.
- Do not use concentrated juices that must have water added to them. Fresh juices are best.
- If you don't want to make up a single dose each hour, you can make 8 doses in the morning, and keep the solution in a closed container all day. Just follow the above instructions multiplying all the figures by 8 and then put that liquid in a closed container. Take 1/8th of it each hour. Don't worry the MMS will last hours longer than is needed.
- You must not make yourself sicker than you already are: Do not cause yourself a lot of nausea, or pain, or diarrhea. When you notice any of these symptoms coming on take less MMS.
- Try not to stop taking MMS, just take less. Go from 2 drops an hour of activated MMS to one drop an hour. Or if you are already take only one drop an hour, then take 1/2 drop an hour, or even 1/4 drop an hour.
- Do not cause yourself diarrhea if you can avoid it by taking less MMS. Pain, diarrhea, nausea and other discomforts cause loss of energy, which in turn causes slower healing and slower recovery. On the other hand try to increase the amount of drops you are taking until you are taking 3 drops an hour, but do not go over 3 drops an hour.
- CONTINUE THIS UNTIL YOU ARE WELL.

TIPS

Here is how you carry your 8 hour dose with you instead of having to activate it hourly: Take a liter bottle, divide it into 8 equal parts. Mix 24 drops of MMS and 24 drops of 50% citric acid. Swirl or mix for about 20 seconds. Fill the bottle with water and you will have a 3 drops of MMS activated per line taken hourly.

This activated bottle of MMS will last up to 5 days in the refrigerator. We found that as long as you activate MMS and does not come into contact with a pathogen the chlorine dioxide is not released.

First: We have learned to add a small amount of DMSO to each hourly dose. This can be used with both protocols 1000 and 2000. Protocol 1000 has been 3 drops of MMS and 3 drops of citric acid maximum each hour for 8 hours a day and Protocol 2000 has been as many drops of each (of MMS and citric in equal numbers) an hour as you can take without getting sicker for 10 hours a day. Both protocols call for reducing the drops if one begins to feel bad.

Second: The addition of the DMSO drops improves the taste and makes it easier to take.

Third: Although I have encouraged people to increase the number of hours a day in which they take MMS I should mention that Kerri Riverra was the first person to report actually doing it and she also reported getting better results when doing so. She is having her people do more than 8 or 10 hours a day up to 12 to 15 hours and even longer. Many are reporting getting more results from the longer hours and also from adding DMSO. We increased the number of hours first and got improvements and then we added the DMSO and got improvements. In all cases when one begins to notice nausea or other negative reactions always reduce the amount of MMS one is taking in each hourly dose.

Protocol 2000

Also known as Sacrament 2000

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Clean Dry Glass



Water



Juice



Vinegar

ACTIVATION

The way you accomplish activation can be done in 4 different ways, any one of these methods of activation is acceptable: First, add your number of MMS drops to a clean dry glass, then activate as follows:

1. Add 1 drop of 50% citric acid for each drop of MMS that is in your glass, swirl or shake to mix, wait 20 seconds, add 1/2 to 1 glass of water or juice and drink.
2. Add 5 drops of 10% citric acid for each drop of MMS in the glass, and then shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.
3. Add 5 drops of vinegar for each drop of MMS in the glass, shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.
4. Add 5 drops of full strength lemon juice for each drop of MMS in the glass, shake or swirl to mix, wait 3 minutes, add 1/2 to glass of water or juice and then drink.

WARNINGS

- Do not use orange juice.
- Do not use juices with added vitamin C or ascorbic acid added.
- Do not use concentrated juices that must have water added to them.
- Do not use nectars, that is juices made from grinding the pulp of fruits. Fresh juices are best.
- If you don't want to make up a single dose each hour, you can make 10 doses in the morning, and keep the solution in a closed container all day. Just follow the above instructions multiplying all the figures by 10 and then put that liquid in a closed container. Take 1/10th of it each hour. Don't worry the MMS will last hours longer than is needed so long as you keep the lid on tight.
- You must not make yourself sicker than you already are: Do not cause yourself a lot of nausea, or pain, or diarrhea. When you notice any of these symptoms coming on take less MMS.
- Try not to stop taking MMS, just take less. Go from 2 drops an hour of activated MMS to one drop an hour. Or if you are already take only one drop an hour, then take 1/2 drop an hour, or even 1/4 drop an hour.
- Do not cause yourself diarrhea if you can avoid it by taking less MMS. Pain, diarrhea, nausea and other discomforts cause loss of energy, which in turn causes slower healing and slower recovery. On the other hand try to increase the amount of drops you are taking until you are taking as many drops an hour as you can without feeling worse, but do not go over 12 drops an hour.

TIPS

It basically is taking as many drops of activated MMS each hour as a person can take without becoming any sicker, or feeling worse, or developing diarrhea. It must be done for 10 hours a day, for 3 weeks or until well. It is best to start off with only one drop an hour and quickly build up to as many drops as you can take, again let me say without without feeling worse. Remember all drops must be activated as given above. Please take this to heart, do not make yourself sicker than you already are. Take as many drops as you can, but easy dose it. Making yourself sicker uses up energy and makes the recovery go slower.

After 3 days you must add MMS2. The way you take MMS 2 is to take 1 capsule every other hour, or to say it different, take 1 capsule every 2 hours. HOWEVER, start with 1/4 capsule for the first day and go to 1/2 capsule for the second day, and then 1 full capsule thereafter. So you will be taking 5 capsules each day. The first day open the capsule and pour out 3/4 of the capsule each time and then the next day pour out only 1/2 of the capsule.

MMS2 is calcium hypochlorite in powder form in size zero gel capsules. Buy from a swimming pool store. Do not use sodium hypochlorite. Calcium hypochlorite turns into hypochlorous acid when dissolved in water. Contrary to belief there is no available chlorine from this chemical regardless of what is said on the label. Use 65% powder. fill the capsules but do not pack it in. Calcium hypochlorite becomes hypochlorous acid which is used by the body to kill microorganisms.

Protocol 3000

Also known as Sacrament 3000

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Clean Dry Glass



Water



DMSO



Spray Bottle



Aloe Vera



Olive Oil

ACTIVATION

The MMS/DMSO treatment described below is an accelerated skin technique that pushes MMS into the blood plasma.

1. Make an MMS solution by activating 20 drops of MMS with 20 drops of 50% citric acid or 100 drops of 10% citric acid. Wait 20 seconds for the 50% citric to activate or 3 minutes for the 10% citric to activate. Add this solution to only one ounce of water and then spray or spread some of it liberally over one arm. (See step number 4 below for extra sick people).
2. At this point, it is best to spray 70% DMSO over the top of the MMS on the same area and then gently rub and spread it. If you pre-mix the DMSO with the MMS, which is practical sometimes, it will have a shelf life of about 6 hours only. You can put a plastic bag over your hand to rub the solution into your body, or you can just use your bare hands.
3. Repeat this process once every other hour the first day, and once every hour the second and third days. Then quit for 4 days and do the same thing the next week. Remember, when you quit for 4 days, continue taking MMS by mouth. After the second week you can go for 4 days a week if there is no problem with your skin.
4. For extra sick people who should take smaller doses, it would be best to start out using only a small area of the body. I suggest using an area about the size of your palm or the back of your hand, no larger. Use a small area like this for several days before going to a larger area such as the entire arm or leg. Use a larger area only if there is no bad reaction in the smaller area. Or instead, use the added distilled water trick mentioned above.

WARNINGS

- Do not use rubber gloves or other medical gloves. You could get rubber into your body as the DMSO melts the rubber.
- If you notice a burning sensation, the best technique is to place a teaspoon of water on the burning area and rub it in. Keep that up until it is no longer burning.
- You can rub olive oil and aloe vera juice on the skin after the DMSO application. Use a different part of the body each time you apply the MMS/DMSO combination. Over 8 hours, use one arm first, then the other arm, then a leg, then the other leg, then your stomach, then back to the first arm.
- If the burning is severe, add distilled water to the DMSO up to 50% and more, and also to the MMS, as either one can cause the burning. Add enough distilled water so that the burning does not occur.
- **ALLERGY WARNING:** A very few people are allergic to DMSO or have very weak livers and can experience significant problems with DMSO. To test whether or not you are allergic to it, perform this test:
 1. Carefully wash and dry your arm;
 2. Add one drop of DMSO to one spot on your arm and rub it in;
 3. Give it about 15 minutes to soak in and then wait several hours.
- If there is no pain in your liver area, it is probably safe for you to use DMSO, which will be the case for 99 out of 100 people. However, to be safe, wait 24 hours to make sure you have no reaction to the DMSO.

- If you do have a bad reaction to DMSO, you need to work on improving your liver. Begin taking a half drop of MMS1 each hour using Protocol 1000. Continue with the half drop until you feel it is safe to take more.

TIPS

The 3000 protocol is often confused with the MMS bottle protocol for external application of MMS. The 3000 protocol is used to allow the MMS along with DMSO to be absorbed through the skin, penetrating tumors, entering the blood, and even penetrating bone.

DMSO is a well-known carrier substance used widely by doctors since 1955 as a way to carry medications directly into the skin. It is available in drugstores and health food stores in most states and also on the internet and at animal supply stores. On the internet, search for DMSO.

NOTE: Whenever drops of MMS are mentioned, they are activated drops. You can make activated MMS in either of two ways -- using 50% citric acid or 10% citric acid.

Protocol 4000

Also known as Sacrament 4000

SUPPLIES



calcium hypochlorite



Gel capsules Size 00



1/2 teaspoon



Scale



Glass of water



Raw Honey

ACTIVATION

Phase 1

Put one single granule in a capsule and take it. Alternately use the honey technique for one granule.

Keep taking another capsule every two hours and increase the number of granules each time. Anytime you feel like it, stop and wait until the next day to continue. Just keep increasing until you are following the protocol given below.

A 200 Pound Person would take one gram of calcium hypochlorite every other hour for 12 hours. That could be:

A 00 size capsule completely filled, or

Half a teaspoon of the granules (in a couple of smaller size capsules if the 00 size is not available).

Always drink at least 8 ounces of water with any dose of MMS2

A 160 pound person would take 800 mg every two hours. That would be one size zero (0) capsule every two hours. Or you can make a teaspoon level full as in the above example, put it in a dish, and carefully make two equal piles. To keep the idea clear, lets call one of those piles A and the other pile B.

Set aside pile A.

Divide pile B into two equal piles. Let's call those two piles B1 and B2.

Add pile B1 to pile A and you will have approximately 750 mg which will be a close enough dose for the 160 pound person. Use an 8 ounce glass of water to wash it down.

A 100 pound person would need 500 mg doses and that could be one size 1 capsule every two hours. Or following the above example, one could take a level teaspoon and divide it as given above and take pile B1 which, of course, would equal one quarter of the teaspoonful and that would make 500 mg for the 100 pound person.

Always drink at least one glass of water with any dose of MMS2

A 50 pound (23 kg) child will need 250 mg every two hours. Again, divide a teaspoon of hypochlorite as given above. So that means you would take one of the two equal piles B1 or B2 made from pile B above and divide one of them into two equal piles which we will call B1a and B1b. Each will be 250 mg or approximately one size 2 capsule every 2 hours.

Always have the child drink at least 6 ounces of water with this dose of MMS2.

A 25 pound (11.4 kg) child would need 125 mg each hour. Take half as much as for the 50 pound child given above -- it would be a size 3 capsule every two hours. OR you could take one of the two piles made in the example above, which would be B1a or B1b, and divide it into two parts (half of B1a). It is approximately 125 mg.

The child should drink at least 4 ounces of water with this dose of MMS2.

For smaller children please decrease the dose appropriately for their weight. For example, half of 25 pounds would be close to 12 pounds so use half as much hypochlorite or a size 4 capsule.

All children should take at least 4 ounces of water with the MMS2 dose.

The Honey Technique is for those who do not have capsules or who cannot take them. Try to get a jar of raw honey because if there is any added preservative, it won't work. Normally, they don't add preservatives, but who knows what they will do next and preservatives

will cancel the value of the calcium hypochlorite. But if no raw honey is available, a good quality brand from a supermarket should be OK. Be sure to check the label to see that no preservative or vitamin C has been added. Natural vitamin C already in the honey is not a problem. Honey doesn't need any preservative and it will last for years or even decades by itself, but many people who deal with honey do not understand that.

Put the honey in the refrigerator. It is absolutely necessary that the honey be at least as cold as the refrigerator. Then measure out the correct amount of calcium hypochlorite for your bi-hourly dose and mix it into a very small amount of very cold honey about the same size as the pile of hypochlorite that you will take. Do not allow any water or moisture to mix in. Once you have mixed it, immediately put it on the front tip of a teaspoon and take it. Have a glass of water there to wash it down.

It must go down immediately as it will taste terrible when it begins to warm up.

Drink at least one glassful of water. If you do this right, there will be absolutely no problem and no taste.

Phase 2

Take MMS2 bi-hourly 12 hours a day for 3 weeks

Do not begin by taking the full amount as recommended above. Take 1/4 or less than recommended for starting off and within a day or two, increase the dose up to what is recommended above. Increase a little bi-hourly.

Phase 3

One should always continue with a maintenance dose, as the body does not manufacture enough hypochlorous acid to kill all diseases. If you are older than 65 and are not taking 6 drops of MMS1 daily, take a half dose of MMS2 every day. This half dose should be half of the bi-hourly dose you have been taken as given above.

So, on this 4000 MMS2 protocol, you will be taking 42 doses a week

and when taking the Maintenance doses you will be taking seven half doses a week. If you prefer, you could switch to using 6 drops of MMS1 once a day if you have MMS1.

WARNINGS

- Do not buy sodium hypochlorite! It is different from calcium hypochlorite, which will actually cause you to be taking chlorine and that will make you sick.
- If you take too much, calcium hypochlorite will cause a Herxheimer reaction. Herxheimer reaction means nausea or sickness caused by killing pathogens too fast. When a pathogen dies, it usually dumps poison into your system which can then make you sick if you killed too many of them at once. It has been proven time and again that a well person without pathogens will never get sick from taking MMS2 in the quantities that we use -- thus if you get sick from taking our quantities, it means you are killing pathogens.
- Do not try to use honey at room temperature. It will not work because the honey will begin a reaction with the calcium hypochlorite immediately and the taste will keep you from getting it down your throat. If you do not have a refrigerator, buy some ice and put the honey jar in ice water. Or better still, put a small amount of honey in a plastic bag and put that in the ice water. It will get chilled much faster that way. The honey must be cold when used.
- The water is important. The 200 lb. person, 160 lb. person, and the 100 lb. person should drink at least 8 ounces of water with the honey and MMS2 dose. See above for the amount of water that should be taken with each dose.
- Do Not Overdose
- Do not make yourself or anyone else sick by using too much MMS2. You must be careful. From the very beginning, be wary about taking too much MMS2. Don't worry, no one has died, but some have felt sick for a few hours after taking too much.
- If someone does feel sick, sicker than he already felt, the first thing to suspect is that he didn't take enough water with the

- capsule(s). The water is important to prevent nausea and other reactions such as a stomach ache. Always drink more water if you start feeling nausea. Also suspect that he or she took too much MMS2 (calcium hypochlorite) and if the water does not immediately stop the nausea, then take less on the next bi-hourly dose. Try cutting the dose in half the next time.
- If you still feel sick from taking half of the previous dose, cut the dose in half again. You may end up taking a very tiny dose, and you may have to take a tiny dose for a day or two or even a week. But keep at it without making yourself sick. If the small doses do not cause nausea or other discomfort, increase up to the full size dose in several steps as given in the doses above.
 - Keep in mind that: All chemicals known to man are poisonous in large quantities including table salt. If you look in a chemical dictionary, you will see that most chemicals listed are considered poisonous in large quantities, and that most of them are listed as being used in medicine. Each chemical must be used in the correct amount for the job that it is intended to do. That is just standard logic and that is how we use calcium hypochlorite, in just the right amounts to do the job.
 - Hypochlorite always smells like chlorine, but it is not chlorine.

TIPS

Calcium hypochlorite is available in supermarkets in many parts of the world since many supermarkets have a swimming pool section if the town isn't large enough to have its own swimming pool store.

When buying calcium hypochlorite, if the package says "68% available chlorine" what it really means is that 68% hypochlorous acid will be created as it dissolves in water. Now this is important.

The stores may not offer you a wide choice of percentages, but almost any percentage listed from 40% to 85% for "available chlorine" is OK. At 40%, you might have to take two capsules to equal one capsule at 80%. Again: When talking about available chlorine from calcium hypochlorite, it is really available hypochlorous acid.

When you go to a swimming pool store and buy some calcium hypochlorite, do not worry about the other chemicals that are in the calcium hypochlorite granules. Unfortunately, there is no food grade calcium hypochlorite available in the world.

Remember, it doesn't matter if they call it pool chlorine, or pool shock, or anything else. It must be the calcium hypochlorite chemical at 40% to 85% and of course 85% is by far the best. That means the package will say 40% (or 50% or 60% or 70% or some percentage) that is "available chlorine", which, let me repeat, is not true. It is really hypochlorous acid that is available when dissolved in water.

MMS1

Sodium Chlorite

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Clean Dry Glass



Water



Juice

ACTIVATION

You can make your MMS doses in either of two ways:

1. Use a 50% solution of citric acid and add one drop of it for each drop of MMS. Swirl it a little, wait 20 seconds, add a quarter cup of water or juice (with no added vitamin C but natural vitamin C is OK), and drink it.
2. Use a 10% solution of citric acid (or lemon or lime juice) and add five drops of it for each drop of MMS. Swirl it a little, wait three minutes, add a quarter cup of water or juice (with no added vitamin C but natural vitamin C is OK), and drink it.

WARNINGS

- Do not use orange juice.
- Do not use juices with added vitamin C or ascorbic acid added.
- Do not use concentrated juices that must have water added to them. Fresh juices are best.
- You must not make yourself sicker than you already are: Do not cause yourself a lot of nausea, or pain, or diarrhea. When you notice any of these symptoms coming on take less MMS.
- Try not to stop taking MMS, just take less. Go from 2 drops an hour of activated MMS to one drop an hour. Or if you are already take only one drop an hour, then take 1/2 drop and hour, or even 1/4 drop an hour.
- Do not cause yourself diarrhea if you can avoid it by taking less MMS. Pain, diarrhea, nausea and other discomforts cause loss of energy, which in turn causes slower healing and slower recovery.
- CONTINUE THIS UNTIL YOU ARE WELL.

TIPS

MMS1 will last up to 5 days in the refrigerator. We found that as long as you activate MMS and does not come into contact with a pathogen the chlorine dioxide is not released.

MMS2

Calcium Hypochlorite

SUPPLIES



calcium hypochlorite



Gel capsules Size 0

ACTIVATION

1. Fill “0” size gel caps with 72% calcium hypochlorite; never use less than 68% calcium hypochlorite as the lower percentages contain extra added chemicals such as clarifiers and stabilizers.

WARNINGS

- In general, don't use anything less than 68% pure, as the lower percentage products have clarifiers and stabilizers in them. But in a pinch, even those could be used, as chemical companies are not going to poison swimmers.
- When you buy this chemical, calcium hypochlorite, the container will say 45%, 55%, 68%, or 78%, or even 85% available chlorine. BUT THAT IS NOT TRUE. There is no available chlorine in this chemical. When it is dissolved in water it turns into hypochlorous acid, not chlorine. There is no available chlorine. It is hypochlorous acid that kills the pathogens in the swimming pool and hypochlorous acid (HOCl) is no more chlorine than table salt (NaCl). Note that both formulas have Cl, which is chlorine, but in neither case is the chlorine available to be used chemically in the body.
- Be careful when treating the flu. Use only half a capsule the first time. Open the capsule and dump out half of the contents. Then if it makes you feel bad, or worse than you already feel, use a little less the next time. If you didn't notice feeling worse, use a full capsule the next time (in two hours). Go easy; it will take a while. If it continues to make you feel worse, keep taking less and less, but don't stop taking it. Then as you begin to feel better or at least don't feel worse, start taking a little more. You can load your capsules to do this. You will be OK. But follow what I have said in this paragraph very carefully. It's very important.
- Nausea, diarrhea and fatigue are signs of **overdosing** – your MMS2 is working faster than your body can handle, which is why you must lower the dose, but these are the signs of overdosing, not poison.

TIPS

Calcium hypochlorite is available in supermarkets in many parts of the world since many supermarkets have a swimming pool section if the town isn't large enough to have its own swimming pool store.

When buying calcium hypochlorite, if the package says "68% available chlorine" what it really means is that 68% hypochlorous acid will be created as it dissolves in water. Now this is important.

The stores may not offer you a wide choice of percentages, but almost any percentage listed from 40% to 85% for "available chlorine" is OK. At 40%, you might have to take two capsules to equal one capsule at 80%. Again: When talking about available chlorine from calcium hypochlorite, it is really available hypochlorous acid.

When you go to a swimming pool store and buy some calcium hypochlorite, do not worry about the other chemicals that are in the calcium hypochlorite granules. Unfortunately, there is no food grade calcium hypochlorite available in the world.

Remember, it doesn't matter if they call it pool chlorine, or pool shock, or anything else. It must be the calcium hypochlorite chemical at 40% to 85% and of course 85% is by far the best. That means the package will say 40% (or 50% or 60% or 70% or some percentage) that is "available chlorine", which, let me repeat, is not true. It is really hypochlorous acid that is available when dissolved in water.

MMS3

MMS1+MMS2

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Clean Dry Glass



Water



Juice



calcium hypochlorite



Gel capsules Size 0



Wine Glass with dimple



Dark bottle with dropper

ACTIVATION

1. Obtained a one-ounce empty dark bottle with an eye dropper lid.
2. Fill it with MMS1.
3. Use a size "0" capsule filled to the top with calcium hypochlorite.
4. Dump the calcium hypochlorite from the capsule into a saucer and use a spoon to grind the granules into fine powder. This is necessary in order to get it to dissolve in a reasonable length of time.
5. Dump the finely ground powder into the one-ounce bottle of MMS and shake it to dissolve. It never completely dissolves, as the solution quickly becomes saturated, but the un-dissolved white powder in the bottom is something that you use.

This solution only lasts about 5 days and it is not yet MMS3.

6. Shake the bottle containing the MMS1 with dissolved and un-dissolved calcium hypochlorite until the white particles on the bottom are all up moving around in the solution. When you suck some of the liquid from the bottle up into an eye dropper, some white particles will come with it. They will dissolve, giving you hypochlorous acid.
7. Now put six drops of this solution with white particles into the dimple on the bottom of the wine glass.
8. Drop 6 drops of 50% citric acid into the same dimple. It will quickly turn brownish yellow. It first turns yellow then darker and darker until brown.
9. Using an eye dropper, fill the capsule with this brownish liquid. You must take it right away as the capsule will dissolve in about 5 minutes, so wash it down with half to one glass of either juice or water.

WARNINGS

- Don't use any other pool chlorine. Don't, absolutely don't use sodium hypochlorite.
- However, you can use a different percentage than 70% but I wouldn't recommend using a pool chlorine less than 65% calcium hypochlorite. Why not? The reason they have less calcium hypochlorite is that they include some chemicals as stabilizers and clarifiers. But in an emergency, you could use a calcium hypochlorite of a percentage as low as 45%.
- If you continue to feel worse while using MMS, always stop or reduce your intake quickly. Then you can determine whether it is the disease that is making you feel bad or the MMS.
- However, please understand that MMS is still working; it is simply killing the disease too fast for the body to handle comfortably. Back off and go at it more slowly. Continue to take MMS on an hourly basis. Back off to as little as half a drop or even a quarter drop an hour. If it is not making you feel sicker, take as much as 6 drops an hour. People have taken more drops an hour than that, but I don't recommend it.

TIPS

MMS1 will last up to 5 days in the refrigerator. We found that as long as you activate MMS and does not come into contact with a pathogen the chlorine dioxide is not released.

Calcium hypochlorite is available in supermarkets in many parts of the world since many supermarkets have a swimming pool section if the town isn't large enough to have its own swimming pool store. When buying calcium hypochlorite, if the package says "68% available chlorine" what it really means is that 68% hypochlorous acid will be created as it dissolves in water. Now this is important.

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Clara's 6 and 6

Named after Clara Beltrones, a school teacher in Mexico

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Clean Dry Glass



Water



Juice

ACTIVATION

1. Put 6 drops of MMS in a glass and add 30 drops of 10% solution of citric acid, or 30 drops of lemon juice, or 30 drops of lime juice.
2. Shake the glass so that the acid and MMS are mixed and wait at least 3 minutes. A little longer is OK in case you walked away and forgot. 10 or 15 minutes would be OK as the solution remains at about the same strength.
3. Then add about 1/2 glass of water to the solution and drink. You can also use a juice that does not have added vitamin C. Use apple juice, grape juice, pineapple juice, or cranberry juice.
4. Wait one hour and repeat.

WARNINGS

- Do not go beyond 6 drops an hour, but continue at least 8 hours a day until the person is well.

TIPS

The general goal of the number of drops that anyone should take is 15 drops 2 or 3 times a day and of course, less for children. For children normally it would be 3 drops for each 25 pounds (11.4 KG) of body weight. This number of drops, 15, would be OK **twice** a day for a grown up that weighed 150 pounds (68.1 KG) or less and 15 drops three times a day for a grown up weighing over 150 pounds (68.1KG) or less and 15 drops **three** times a day for a grown up weighing over 150 pounds. This is not an exact number. One should evaluate his own case and how he feels to decide the number of drops.

Once one has reached this goal for a week, he should drop back to a maintenance level of one 6 drop dose twice a week. (In all cases when drops of MMS are mentioned we also mean that 5 drops of lemon, or lime, or citric solution is added for each 1 drop of MMS and one then waits 3 minutes before adding water or juice and consuming it.)

Do two double doses each day - One in the morning and one in the afternoon or evening. It's best to do the doses one hour after eating.

Spray Bottle

For topical applications

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Water



Spray Bottle

ACTIVATION

1. Use 20 drops of MMS and 20 drops of a 50% citric acid solution, wait 20 seconds, and then add 2 ounces of water.
2. It's most convenient to use a 2-ounce spray bottle bought from a pharmacy. Just put the drops in the spray bottle, wait 20 seconds, and fill it with water.
3. If you have only a 10% citric acid solution, mix 20 drops of MMS with 100 drops of citric acid and wait three minutes.

WARNINGS

- If you spray it on a child or adult and it stings, immediately rinse it off with clean water; however, I have never had that problem. If it stings, there is some sort of a problem that needs handling. You may have to use Aztec Clay if MMS is stinging badly.

TIPS

With a lid on the container, this skin spray will last 5 to 6 days and longer before losing its potency.

Bath

For soaking application

SUPPLIES



MMS (sodium chlorite) Citric Acid (10% or 50%)

Bathtub

ACTIVATION

1. Run a hot bath and add anywhere from 5 to 20 drops of activated MMS.
2. If the water is not filtered, run it hot and let the vapor rise for a few minutes.
3. Stay in the bath for about 10 minutes.
4. Depending on your tolerance for MMS dosages, you could go up to about 40 drops.
5. If you have a toenail fungus or any sort of foot wound or infection, fill a foot bath with hot water and add 10 to 20 drops of activated MMS. Soak your feet for 5 to 10 minutes.
6. Repeat this daily until the condition is healed

WARNINGS

- Don't be concerned about the tub of water diluting the MMS a lot. Whatever number of drops you put in the water will come in contact with your skin regardless of how full the tub is or how large it is.

TIPS

Also, this is a good way to just get more MMS into the body for supplementing the Protocols 1000, 2000, and 3000.

Bag

For soaking applications

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Bowl



Stool



Tape



Trash Bags



Stopwatch

ACTIVATION

1. Get two large trash bags and tape their openings together. I have found these trash bags in various supermarkets around the world. They are all about the same size. It's the largest trash bag all the markets sell.
2. Lay two of the bags on the floor with the openings against one another.
3. Tape the bags together with no open places. Turn the bags over and tape both sides to make sure the gas will not get out.
4. Cut the opposite end out of one of the bags and now you have one large bag at least 6 feet tall or taller.
5. For the application stage, put a stool near a table.
6. Use a small bowl for the MMS.
7. On the table near your stool have the bowl, some MMS, and some citric acid. It is best to use 50% citric as it releases chlorine dioxide faster than a 10% solution.
8. Also have a clock or watch to time your treatment.
9. When you are ready, take most of your clothes off, sit on the stool, and put your feet in the bag. Pull it up at least waist high.
10. Then and only then make up your bowl of MMS for the chlorine dioxide.
11. The first time, use 5 drops of MMS and 5 drops of citric acid. Mix them in the bowl and immediately put the bowl inside the bag down at your feet.
12. Do not wait any time after putting the MMS and citric together.
13. Put it down at your feet immediately, pull the bag up to your neck and hold it closed around your neck.
14. Be sure to time yourself and stay in the bag **only 10 minutes**.

WARNINGS

- Be sure to time yourself and stay in the bag **only 10 minutes**.
- If you wear any clothes, you may ruin them. Unless it is winter time and you are outside, you will sweat a lot.
- If you add this procedure to one of the other protocols that is OK, but do not make yourself nauseous. That prevents your recovery or slows it down considerably.

TIPS

Do this several times a day or more. Use from 5 to 40 drops of MMS.

Do not start with 40 drops but work your way up to it.

You can be on Protocol 1000 or 2000 while doing this although that is not a requirement.

Enema

For internal application

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Quart of Water



Salt



Enema Kit



Aloe Vera

ACTIVATION

1. First clean yourself out with 32 ounces (one quart or 1000 ml approximately) of clean water.
2. You can add a tablespoon of salt, or 1/2 cup of aloe vera juice, or other items recommended by nutritionists, but don't use coffee.
3. Do the cleaning action two or three times.
4. Put 32 ounces in and leave it as long as you can while exercising or massaging your stomach, and then let it out.
5. If you have a catheter it would be better, but not absolutely required. A catheter is a very flexible tube, rounded on the end so as to have no sharp edges, that is up to 18 inches long. One then very carefully works the catheter into the colon so that the liquid is delivered a little over one foot inside.
6. In either case, use 32 ounces clean out twice or three times
7. Then insert the MMS in a small amount of water of about 4 ounces.
8. Use the same amount as if you were taking it by mouth.
9. Use the same instructions as taking it by mouth.
10. Just as the protocol says, increase 1 or 2 drops of activated MMS each time.
11. Do as many as 2 enemas a day.

WARNINGS

- Try to keep the MMS in place and allow the colon walls to absorb the entire amount.
- Keep it up as if you were taking it by mouth. It will be more effective this way.
- Reduce the amount of MMS if you get diarrhea or nausea.

TIPS

If you have a catheter it would be better, but not absolutely required.

Enema kits can be found at nearly all pharmacy and drug stores as well as most health food markets.

Gas

For external application

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Glass



Paper Towels

ACTIVATION

1. Obtain a glass or cup or smaller vessel of a size to cover the infected area and not allow any gas to get out. It must not be metal.
2. Put 10 drops of MMS and 10 drops of 50% citric acid in the vessel and mix. Do not add water.
3. Immediately put the mouth of the vessel over the infected area but do it so that the MMS remains in the bottom.
4. Lean your body so that the vessel is not upside down.
5. Allow the chlorine dioxide fumes to bathe the infected area **for five minutes, no longer**. The gas will burn your skin otherwise.
6. At the end of five minutes, remove the vessel holding the MMS and try to lightly squeeze the infection so that pus comes out.

WARNINGS

- Do not use a metal glass
- Allow the chlorine dioxide fumes to bathe the infected area **for five minutes, no longer**. The gas will burn your skin otherwise.

TIPS

Keep paper towels handy to clean up the mess.

If pus does not come out, wait several hours and repeat the procedure.

Basic Detox

Better tasting alternative

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Clean Dry Glass



Water



Juice



Baking Soda

ACTIVATION

1. Obtain a 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
2. Add 24 drops MMS (28%)
3. Add 24 drops citric acid (50%) or 120 drops lemon juice or 10 % citric acid
4. Mix by swirling (activate) exactly 20 seconds or (3 minutes with lemon or 10 % citric)
5. Add one quart or one liter distilled water(pH 5 to 6) mix (do not add alkaline water)
6. 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

WARNINGS

- Stay at each amount for 2 to 3 days before increasing so that if unwanted symptoms arise you can go back to a safe known level.
- Always stop short of diarrhea, nausea, vomiting or unwanted symptoms.
- If you need to reduce your amount, then you can take smaller amount more often or the same amount less often.
- We are finding that a low steady amount is all some people need. Some conditions may need an initial higher amount and then a lower amount for continual use.
- ALWAYS DRINK 8 GLASSES OF GOOD WATER DAILY FOR HYDRATION & DETOX

TIPS

To Start: Take 2 oz. (60 ml) four times day and work up to higher amounts and frequency as needed. Taking 4 oz. (120 ml) hourly for 8 hours is equal to 3 drops hourly of MMS, the same as protocol 1000. Always stop short of diarrhea, nausea, vomiting or unwanted effect.

To Start if child or sensitive adult: Children or adults very sensitive can start at 1oz (30 ml) 4 times daily and work up slowly if needed. Always stop short of diarrhea, nausea, vomiting or unwanted effect.

If taste is still undesirable then add one drop peppermint oil to each 4 oz at the time of usage. It is much better to mix up the whole quart than to try and mix individual uses. The optimal pH is 5.2 but the range of 5.0-5.5 should be acceptable.

Recipe changes: If you change the recipe amount of 24 drops of MMS, then you will need to adjust the amount of baking soda as needed to bring the pH to 5.2 or into the range of 5 to 5.5 pH. If you need to take an amount that is larger than 3 drops of MMS, then you can simply drink a larger amount of the recipe mix. Eight ounces (240 ml) would equal a 6 drop dose of MMS.

Mouthwash

Better tasting, better for you

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



Clean Dry Glass



Water



Juice



Baking Soda



Mint Oil

ACTIVATION

1. Obtain a 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
2. Add 24 drops MMS (28%)
3. Add 24 drops citric acid (50%) or 120 drops lemon juice or 10 % citric acid
4. Mix by swirling (activate) exactly 20 seconds or (3 minutes with lemon or 10 % citric)
5. Add one quart or one liter distilled water(pH 5 to 6) mix (do not add alkaline water)
6. Add 1/8 US teaspoon (0.6ml) baking soda (Bicarbonate of soda) to mix then stir well (use aluminum free)
7. Swish for roughly 30 seconds then spit out.

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

WARNINGS

- Stay at each amount for 2 to 3 days before increasing so that if unwanted symptoms arise you can go back to a safe known level.
- Always stop short of diarrhea, nausea, vomiting or unwanted symptoms.
- If you need to reduce your amount, then you can take smaller amount more often or the same amount less often.
- We are finding that a low steady amount is all some people need. Some conditions may need an initial higher amount and then a lower amount for continual use.
- ALWAYS DRINK 8 GLASSES OF GOOD WATER DAILY FOR HYDRATION & DETOX

TIPS

If taste is still undesirable then add one drop peppermint oil to each 4 oz at the time of usage. It is much better to mix up the whole quart than to try and mix individual uses. The optimal pH is 5.2 but the range of 5.0-5.5 should be acceptable.

Water Purification & Storage

Better tasting, better for you

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



1 Qt Glass



Water

ACTIVATION

If you are treating bad water:

1. Obtain a 1 quart jar
2. add 3 drops of Sodium Chlorite (MMS)
3. add 3 drops of citric acid.
4. Swirl and then pour in 1 quart of the water needing to be treated.

If you are just storing water, let's say for emergencies:

1. Obtain a 1 gallon jar
2. add 3 drops of Sodium Chlorite (MMS)
3. add 3 drops of citric acid
4. Fill with water.

WARNINGS

- If treating bad (non-potable) water, use common sense. Water that smells putrid should not be consumed.
- Pre-filter water by running it through a screen or cheese cloth to catch any large particles.
- When consuming water in any emergency situation, test a small amount of water first and see if it makes you sick before you drink large amounts.
- Storing good clean water in sanitized and sealed containers ALWAYS beats cleaning bad water.

TIPS

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.

Sanitizer

For surface cleaning

SUPPLIES



MMS (sodium chlorite)



Citric Acid (10% or 50%)



1 pt Glass



Water



Spray Bottle



Chemical Gloves

ACTIVATION

1. Obtain a 1 pt or 1 qt spray bottle
2. Add 35 drops of MMS
3. Add 20 drops of citric acid
4. Swirl for 20 seconds
5. Add 1 pt of water
6. Spray on surface

WARNINGS

- Test solution on a hidden area to make sure your mixture does not fade or bleach the surface.
- This solution is designed and tested for hard non-porous surfaces. We have not tested it on textiles.
- The above mixture is an industry grade disinfectant.
- Wear chemical resistant gloves.
- Like any sanitizer disinfectant, mist the desired area and let sit for 30 seconds.
- Solution may have strong odor so make sure the room is well ventilated. The odor you are smelling is also a powerful disinfectant.

TIPS

Because the range of problems that you are seeking to clean up is very broad, we recommend that you test the product in small amounts to start with.

If you run into any issues, diluted the solution and try a different area.

If problems persist, then discontinue use.