

<http://jimhumble.biz/index.htm>

## **The 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 ClO<sub>2</sub> prevents regrouping and reproduction of pathogens, especially in situations where you are fighting a specific health issue - whether a cold or herpes or hepatitis.

### **Fundamental Two:**

**Put as much MMS into the body as you can without causing an increase in sickness, nausea, or diarrhea.** Always start out with a one drop dose at first and increase the drops every time you feel you can. That means, of course, that you activate each MMS drop with 5 drops of citric acid or vinegar and wait the 3 minutes and add juice or water as always.

So, on the second dose you could increase to two drops if the first drop didn't seem to increase sickness (in most cases it won't). Generally, that would be in two hours after taking the first dose. Then keep increasing each one or two hours until you feel that you have reached maximum or until you notice a slight nausea. Generally two or three or four drops each time is all that is needed.

However, you could increase the drops up to 10 drops per hour if there is no increase in nausea and if you feel that more is needed. I would put a limit on 10 drop doses and normally you would never need to go to 10 drops doses if you are doing 5 to 10 doses a day.

You stop when you are well. Or if you are just trying to clean yourself out then you could try the 15 drops dose three times a day as that has always been the standard.

If you can take 15 drops three times a day for a week without nausea or diarrhea or other negative effects, then most likely the majority of the infections and pathogens and parasites are gone.

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 Three:**

**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 days at a time can cause more harm than good. So always decrease the drops when these temporary barriers arise - they are temporary in most cases.

#### **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. See more information at

<http://JimHumble.biz/biz-normal.htm>

#### **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. Read my books on this topic, available at

<http://MiracleMineral.org/book.php>

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.

#### **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 ClO<sub>2</sub> gas will circulate in the body for less than two hours as described above. Insignificant amounts of ClO<sub>2</sub> 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. Important additional information is here: <http://JimHumble.biz/biz-normal.htm> .

**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. See <http://jimhumble.biz/biz-skin.htm> .

**3. MMS retention enemas are effective in cleansing intestinal walls.** They also cause the ClO<sub>2</sub> 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 ClO<sub>2</sub> is carried in the plasma. Further information is here: <http://JimHumble.biz/biz-enema.htm> .

**4. Hot tub baths with activated MMS in the water expose the entire skin surface to ClO<sub>2</sub> ions.** Add hot water continually while sitting in the tub. Skin pores open and the ClO<sub>2</sub> ions pass deep below the skin and into muscles. Since blood is always present in muscles, the ClO<sub>2</sub> ions merge into the plasma of the blood providing greater concentration of detoxifying action against parasites, yeast, fungus and other pathogens. Further information is here: <http://JimHumble.biz/biz-tubbath.htm> .

**5. Some people briefly breath the ClO<sub>2</sub> gas into the nose, head, and sinuses.** DO NOT DEEPLY BREATHE the ClO<sub>2</sub> gas into the lungs because of unexpected depletion of oxygen.

Sitting with your mouth or nose over a cup of activated 2 drop mixture (definitely no more than 4 drops), and with no water added, draw the odorous ClO<sub>2</sub> 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. 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 ClO<sub>2</sub> 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 ClO<sub>2</sub> can kill them and prevent further production of mucus.

NOTE: Some people report "catching a cold" when using this method. Yes, there can be dried mucus plugs in your lungs from a cold you had a year ago. A few of those germs are sometimes encapsulated in the dried mucus. The ClO<sub>2</sub> gas weakens the mucus and the former cold attempts to redevelop - symptoms appear. In this case, continue with internal 2 drop doses of activated MMS every hour (drink it), and continue deep breathing every half hour 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 periodic breaks often by breathing normal air to assure replenishment of oxygen to the lungs. 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 ClO<sub>2</sub> 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 provided under the topic "Life Threatening Diseases" at this address: <http://JimHumble.biz/biz-life-threatening.htm> . 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 5 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. Important additional DMSO information is in two articles at <http://MMS-articles.com/> .

**Caution One: DO NOT ATTEMPT any experimental intravenous injections in your home.** There are health clinics that can administer such therapies. Seek qualified professionals who can take responsibility for proper dosage, administration, and predictable outcomes from any IV process. Health clinics may charge up to \$100 per intravenous treatment. Intravenous provides about the same benefits as methods 4 and 5 above, but at a high cost.

**Caution Two: If you choose to put activated MMS into a dehumidifier** or room fogger, keep the MMS mixture at no more than 10 activated drops per gallon of water. (Must be activated in a cup with the three minute wait before dropping it into the water tank.) People have written asking about this. They want to use the

humidifier because ClO<sub>2</sub> is a powerful deodorizer and air purifier. Remove canaries and parrots from the room.

It is best not to sleep in the room where the humidifier is fogging the room with ClO<sub>2</sub> in the mix. Your lungs pick up the ClO<sub>2</sub> gas (which is beneficial) just as readily as they pick up oxygen. While the ClO<sub>2</sub> is received willingly by your lungs and red blood cells, you could unknowingly reduce oxygen intake and suffer harm. Remember this also if children are playing or sleeping in the same room. A limited amount of ClO<sub>2</sub> in the air would be helpful for children and adults, but only if alert people are present and are knowledgeable about the nature of ClO<sub>2</sub> as a germicidal agent.

It is equally effective to rid a closet or room of mold, odors, or germs if you set a 10 drop mix of activated MMS on a saucer in the middle of a closed room and let the ClO<sub>2</sub> gas arise out of the liquid naturally. Do not add any water in this case. Do not exceed the 10 drop suggestion. It's more effective and safer to do several repeated room cleansings every hour than to release too much ClO<sub>2</sub> at one time into a closed room. The odor does not linger and will not harm cushions, curtains, or lampshades. After 2 hours, the odor will have sacrificed itself and any room odors will be gone. If the normal smell from shoes and clothes in a closet are still present, then a second ClO<sub>2</sub> saucer or cup should be repeated.

ClO<sub>2</sub> gas is a powerful deodorizer and germicidal agent. Drifting through the air, it will eventually kill all germs in the air and in furniture fabrics. After about two hours, the ClO<sub>2</sub> gas disappears. It deteriorates into two molecules of water vapor. Activated MMS can restore lawn chairs thought to be ruined by skunk spray. Scrub the MMS mixture into car carpets, smelly shoes, and under arms. Will the whole house start to smell like a motel swimming pool? No. Not possible.

When using MMS as a room deodorizer or fungus eliminator, close the room doors and remove all pets and birds from the room for one or two hours.

**Caution Three: Regarding Citric Acid:** It is unusual to experience any nausea when starting MMS with a one drop dose. if you experience nausea after taking the first one-drop dose of MMS, it's rare, but you may be allergic to citric acid at the 10% solution strength. To quickly stop the nausea, wait ten minutes, then counter it with a teaspoon of baking soda in water if the nausea persists. Also eat an apple if you can keep it down. Wait overnight, then try a one-drop dose again, but use unfiltered and unpasteurized apple cider vinegar as the acid instead of citric acid.

It is very rare, but a few people are allergic to 10% citric acid in water, even though they may easily tolerate weak forms of it as in lemonade. The solution is to adopt unfiltered vinegar as the acid of choice because it is non-allergenic. Therefore try MMS again using unfiltered unpasteurized vinegar as the activating acid and slowly ramp upward in the number of drops as is described in the normal process at

<http://JimHumble.biz/biz-normal.htm> .

A list of MMS educational web sites (no sales) is at <http://MMS-education.com>

## Burn Victims

Any burn should be sprayed with full strength MMS (no acid added) directly from a small spray bottle. Do not add citric acid or lemon juice at all. If you don't have a spray bottle available apply MMS directly onto the burn, making sure the area is soaked with MMS.

Wait up to five minutes, but no longer before rinsing off. If you fail to rinse off, the burn will continue to hurt. On the other hand if you do rinse within 5 minutes the burn will heal in 1/4 the time normally required to heal. This includes all those terrible skin and flesh burns and it will save lives. The pain should stop immediately or reduce to almost zero within several minutes.

Sunburns should be treated the same way. Spray the red area, wait 1 to 5 minutes, and rinse off. If the area is still sore, in about an hour spray the area again and wait 5 minutes before rinsing off. Remember, do not allow the MMS to stay in place. It must be rinsed off. The pain should be gone in a couple of minutes. Generally two doses will overcome most sunburns, but on rare occasions if the discomfort is not all gone you can use a third dose. Be sure to rinse it off.

Note that MMS is alkaline and the burns need the alkalinity of the MMS to neutralize the acidity that resides in the burned areas. This is part of the reason why burns heal rapidly after the MMS applications.

### Cancer Testing Methods

#### **Telling if MMS will help cancer – and MMS cancer methods**

Here is something your doctor will probably never tell you. There has been a medical test for cancer that is 99% effective for more than 25 years. It is more effective, less dangerous, and cheaper than all other medical cancer tests. It's called the AMAS cancer test.

You don't have to go to a doctor; the test is available on the Internet. The cost is \$165. The kit is free, you take a smear of your own blood, send it in and pay when the results are ready. The test is for specific cancer antibodies that will be present. Go to [www.oncolabinc.com](http://www.oncolabinc.com). I have no financial interest what so ever. Take responsibility for yourself. You will probably have to have your doctor request this test.

You can also get an idea about whether MMS will handle a cancer problem by evaluating the level of nausea you experience. You would start out at say one MMS drop or even 1/2 drop and observe that it does not make you nauseous. Then you begin to increase the drops twice a day once in the morning and once in the evening. That is if 1/2 drop doesn't make you nauseous in the morning, then in the evening or late afternoon try one full drop. Then the next morning take two drops and in the evening 3 drops.

Sooner or later the number of drops is going to make you nauseous. You then take a

drop or two less the next dose for a time or two and continue to increase the drops. You are always looking for the nauseous point, taking less for a time or two and attempting to take more.

You will be able to know if it is going to help you if you can continue to pass the nausea point and increase the drops. What is happening is that when nausea hits, some of the cancer has been destroyed and it is now a poison that the body can clear out. Being able to clear out this poison is a part of it. The body can clear this poison out but it might generate some nausea in the process, or diarrhea or even vomiting. That's not bad.

The idea is that as the cancer is destroyed the body must clean out the poisons. As the cancer is destroyed the body can tolerate more and more drops. That's the indicator - is the body gradually being able to tolerate more and more drops? If you find that you can gradually increase the drops without getting nauseous it's an indicator that the body is doing it's job.

In the case of cancer, you have to work at it. You start out slowly but increase quickly. At first you might just take the drops twice a day, but as you find you can do it twice a day without nausea, then increase to three times a day, and then four, and even as much as five times a day. Use Apples to overcome nausea. Use grated apples. Get a stainless steel grater. Don't buy the cheap tin grater. The grated metal cuts up the cells of the apple best. If a certain number of drops of MMS is making you nauseous, try at least two apples grated right after you take the MMS or just before you start getting nauseous. Always try the apples first, even two extra apples (4 altogether), but if you are still too sick, take as much as two teaspoons of baking soda in water.

What would indicate that you are not getting well is if the body got nauseous every time you take a dose no matter what amount of dose it is, and the body never seems to be able to increase the doses without nausea. But work at it. You can make it work. If you can take say two drops at a time without nausea and you get nausea when you go to three drops, you may have to tolerate the nausea for a short time, but if the nausea always occurs when you take three drops, it shows that you are not gaining on the cancer.

That can happen if the cancer is growing faster than the MMS is killing it. There is, however, always hope. One way would be instead of increasing the number of drops, increase the number of times that you take drops during the day. Read below. There are other actions that can help. Never, however, in any case stop taking the MMS.

So if there is an indication that one is not improving, then I suggest the following direction. Purchase some Indian Herb from Kathleen in Texas. It costs \$60 a vial and that is plenty. Phone 806 647-1741 She has a thousand letters from people who have been helped. She and her father have been selling the Indian herb for over 60 years. When you get this herb use it with the MMS to get the best results. It comes with instructions.

The AMAS cancer test listed above gives people a fantastic advantage. One can do a test, use the MMS for several weeks or a month and then do a second test to see how much improvement has taken place or to see if any improvement has happened at all.

When drops of MMS are mentioned one should add 5 times that many drops of unfiltered vinegar, or lemon, or lime, or citric acid solution, wait three minutes and then add 1/3 to 2/3 glass of water or juice and drink. Never use MMS without the addition of vinegar, lemon, lime, or citric acid. Use only apple, grape, or pineapple juice without added vitamin C or ascorbic acid or see the TASTE-OVERCOMING on the list of protocols.

### Cancer Stages 1 to 3

This cancer procedure has been used enough times to convince us that it is the most successful so far for life threatening diseases. Normal flu and colds treatments do not need to be as intense as is described here.

This method uses two different techniques to get the chlorine dioxide into the body. The first technique is what we first called Clara's 6 and 6 protocol. That was where we gave a person 6 drops of MMS with the activation and then waited one hour and then gave another six drops. Many amazing things happened when using this six and six. However the thing that developed from this method was to use the 6 and 6 three times in a day. In the morning, at noon and in the evening before retiring.

The results were in many cases quite amazing as I was mostly suggesting the use of both techniques together. Cancers dried up and tumors simply began falling apart and other problems began to drop away.

You probably know that we don't have any millions or even thousands of dollars for research, but many people do call and I suggest things to do, and some call back to say how they are doing. I base my conclusions on those who call back or those who come by my house in Mexico.

One cannot begin to use the 6 and 6 technique with persons that are very sick. They must be treated very carefully. We usually start new cancer patients that are very sick on 1 drop doses. So we use 1 and 1. That is we do a single drop dose and then wait an hour and then do the second drop dose. We do this in the morning, at noon and at night. That makes for 6 drops during a day for a very sick person. Some people might start at 2 and 2. Again that would be 2 drops and wait an hour and then two more drops. This would be done in the morning, at noon, and then in the evening before bed.

OF COURSE, WHEN I SAY 2 DROPS OR 5 DROPS OF MMS OR ANY OTHER

NUMBER I ALWAYS MEAN THAT 5 DROPS OF CITRIC ACID SOLUTION OF LEMON JUICE IS USED WITH EACH DROP OF MMS. ONE THEN WAITS 3 MINUTES BEFORE ADDING JUICE OR WATER TO THE DOSE. ALWAYS, 5 DROPS OF CITRIC SOLUTION OR LEMON JUICE IS ALWAYS ADDED TO EACH DROP OF MMS.

Depending upon how sick the person is, that determines the number of drops to use in the starting doses. A person who is running around OK could be started at 6 and 6 drops doses.

However, no matter how many drops one starts with, if he does not notice any nausea the next day he should increase the number of drops by plus one. If the person started with 6 and 6 then the next day he would go to 7 and 7 three times during that day, and the day after it would be 8 and 8.

Anytime one notices nausea, always drop back a drop or two for up to a day before increasing the drops again. That is the technique for using Clara's 6 and 6 drop doses one hour apart. They should be increased slowly, carefully one drop a day until you are at 15 and 15. It may take a while to get to this point as the cancer should be almost cured by this time. Often the patient will get nauseous and you will have to drop back.

THE BASIC PRINCIPLE FOR ALL LIFE THREATENING DISEASES IS ALWAYS GIVE THE PERSON AS MUCH MMS AS HE OR SHE CAN STAND WITHOUT GETTING VERY NAUSEOUS, OR GETTING DIARRHEA.

THAT MEANS OVER THE COURSE OF THE DAY, NOT JUST ONE BIG DOSE, BUT MANY DOSES OVER THE DAY, USUALLY AS I HAVE DESCRIBED ABOVE. SUCCESS IS DETERMINED BY THE FACT THAT YOU KEEP INCREASING THE DOSE AS MUCH AS POSSIBLE. BUT WHEN NAUSEA SHOWS UP, BACK OFF WITH LESS DROPS.

RARELY BUT SOMETIMES A PERSON WILL REACH A POINT WHERE THEY REACT WITH A LOT OF DIARRHEA OR NAUSEA. STOP IMMEDIATELY AND WAIT UNTIL THE NAUSEA OR DIARRHEA IS GONE, THEN START AGAIN WITH LESS DROPS PER DOSE, SOMETIMES LESS THAN 1/2 OF WHAT HE WAS TAKING. ALL DOSES SHOULD BE THE SAME, SO IF YOU REDUCE TO, FOR EXAMPLE 9 DROPS ACTIVATED MMS, ALL DOSES SHOULD BE 9 DROPS OF MMS BEING TWICE 1 HOUR APART THREE TIMES A DAY. (THAT'S A TOTAL OF 6 NINE DROP DOSES). REMEMBER, ALWAYS AS MUCH AS THE PERSON CAN STAND WITHOUT GETTING NAUSEOUS OR DIARRHEA.

See also the method for dealing with Threatening Diseases [\[ Here \]](#)

## **ADVANCED STAGE IV CANCER PROTOCOL**

This is an intense program that often works on cancer at any stage, and has worked for Stage IV cancers. It is the best I know at this time for advanced cancers. I have used it quite a few times on people here in Africa and also for two years in Mexico.

Begin with taking one drop of MMS each hour for at least 10 hours a day. The drop, of course, must be activated with 5 drops of lemon juice or 10% citric acid. You wait 3 minutes and then add 1/3 glass of water or juice and drink that. Do this every hour for 10 hours straight each day.

However, one drop is not enough, that is just to get you started. Once you determine that you can tolerate that one drop, go to two drops each hour. Two drops is activated with 10 drops of lemon or citric. The one juice you must not use is orange juice. And forego use of vitamin C while using this method.

You can increase up to 8 or even 10 drops of MMS1 each hour, however that is a lot, and most people will become nauseous and not tolerate that much until the cancer is completely gone. Place the activated mix in at least 3/4 glass of water - or more. That way you can not taste the MMS, or very little. Drink it.

Now the next step is a little hard for some people, but if you want a result it is needed. You must take MMS2 capsules at least 4 times a day at first and then increase to 6 or more times a day. Actually start slowly as with everything. MMS2 is hypochlorous acid, the same acid that the human immune system uses to kill things with. At the time of this writing, you can order it by sending an email to [sales@Mineral-Solutions.net](mailto:sales@Mineral-Solutions.net) and he will ship 60 capsules per bottle to you.

The immune system simply cannot make enough of this chemical to kill a cancer, but you can furnish it with these capsules. It's the very same thing your immune system uses. This acid is generated by the chemical called calcium hypochlorite.

You could make your own capsules but scooping this chemical into a size zero gel capsule. Cap it and take a capsule 4 times a day with 2 hours separating each capsule, but go slow. This data is explained on my web site [jimhumble.biz](http://jimhumble.biz) under the MMS2 menu item.

If you doubt my word about this acid being used by the immune system go to Google and search for "hypochlorous acid and the immune system." You will get dozens or hundreds of sites telling you about it being used by the immune system. However, I am the only one who suggests that you take it by mouth. I have been taking it for 4 years, and hundreds of people I have sent it to have been taking it as well.

Actually it is perfectly logical to take it; only people who sell drugs would want you to not take it, because it will cure you whereas the drugs will not.

OK, so now you have the two things that you must take to kill your cancer and this is how you must go about killing the cancer. You must saturate your body with MMS1 and MMS2 to the point of killing the cancer quickly, but not so quickly that it makes you sicker than you already are. Killing the cancer too quickly can kill you, so go slow. You

must take as much as you can without getting sick (nausea).

It is a balancing act. Increase your doses until you notice nausea, or vomiting, or diarrhea, or all three. Then stop the intake of MMS1 and 2 until the nausea passes, and start again immediately, but reduce the dose of both MMS1 and 2. You should notice the cancer getting better (smaller or less pain) very soon, or maybe just not getting worse). However, do not remain taking a reduced dosage. After several hours taking a reduced dose that does not make you feel worse, then begin slowly increasing again. Soon you will get the hang of the balancing act.

The minute you feel that nausea is starting, or something else is feeling bad, reduce your dosage or at least do not increase. This goes for both MMS1 and 2. With MMS2 you can reduce the dosage by opening the capsule and dumping part of the powder out. Generally once you are taking a full capsule, you would increase the dose merely by increasing the frequency that you take a capsule. Don't take more than one capsule at one time.

The reason that you would get sick at all is that the MMS is killing cancer and other pathogens faster than your elimination system can clear the blood and make the debris exit. The killed cells dump poison into your system. So called "dirty blood" can cause headaches and nausea. Any other diseases that might be present in your body that are also being killed will be dumping poisons into your body and the body must carrying those poisons off.

Everyone differs in the efficiency of their elimination systems, and in the heavy toxic load they have been carrying that may have caused the cancer. Therefore no one can state that nausea will occur on day two or day ten. When overloaded with debris in the blood, you must slow down the doses of both MMS1 and MMS2, allowing the blood to clear. Gradually this nausea-barrier will improve.

Keep in mind that both MMS1 and MMS2 are chemicals that the human immune system has been using for hundreds of thousands of years. That isn't something I have thought up. There are thousands of research papers that explain that and it has been known data for more than 50 years if not longer than that.

It's probably pretty hard to understand why medical people haven't been using those two chemicals to enhance the immune system for at least 50 years, but they never have. Amazing. The name of the chemical is calcium hypochlorite. Don't use any other chemical. Of course it would be nice if we had pharmaceutical grade chemicals to put in our gel capsules, but we have swimming pool grade chemicals and the manufacturers of these chemicals must maintain a fairly pure chemical or they would be poisoning swimmers.

The fact is, I have checked the quality of swimming pool chemicals and there is no poisonous chemicals used and the trace chemicals are all at a limit below what is suggested that your system can tolerate from the amount that you will be ingesting in my protocol.

So read through this protocol about 10 times, go to my web site [jimhumble.biz](http://jimhumble.biz) and get the data to make the MMS2 capsules if you are not already proficient in this sort of thing. Do it for yourself or someone else.

In my opinion and from the people I have already seen recover or at least get a lot better, you have a better than 90% chance of recovery if you have a stage IV cancer. If you go the medical route, according to The American Cancer Society your have less than a 3% chance of recovery.

If melanoma or skin cancer is involved, please read the pages regarding Skin Care [\[ Here \]](#)

If any of 23,000 skin diseases are involved, refer to the section regarding MMS tub baths. Note the pictures and list of skin diseases - [\[ Here \]](#)

#### MMS For Babies

There have always been pregnant women and babies treated with MMS since the year 2000 when MMS was invented, although many more have been treated after 2004. Some of the women at the hospitals had malaria, but there were a number of other diseases and problems most of which were overcome as they used MMS according to various methods and tested procedures.



**Baby was in convulsions.  
After two small MMS doses  
temperature went down  
to 101F. Baby slept through  
the night. Blood test next  
day - Malaria gone.  
Click Picture to See  
You-Tube Video.**

One of the babies I treated in 2004 is on You-tube. You can see it [\[ Here \]](#) - titled "Malaria Baby." I treated hundreds of people and their babies that year. That baby had a fever of 104 degrees which came down in two hours to 101 degrees. There were at that time many pregnant women who were treated. I was at a mission

hospital in Kenya. The doctors there were following my recommendations.

A couple of web sites have written that you should not risk giving MMS to pregnant women or babies. One web site said, "Take this very seriously." Almost as if babies were going to be harmed. Well all that web site is going to do is result in the death of some babies and pregnant women.

MMS has saved the lives of quite a few babies so far. If people read those web sites and are afraid to treat a sick baby that only MMS might have saved, the baby is not going to be saved. These people all of a sudden decide that for some reason they know best. They don't bother to ask me, or review the evidence. They just start sounding off. If they really knew what they were talking about that would have been OK.

I realize that I don't know everything and that I am not one of the world's greatest scientists. I am not a scientist at all. I'm an inventor, however, and inventors are responsible for more important changes on this earth than any other group. The inventors create probably most of the really radical inventions and the scientists then take over and make them better. So that's what I am hoping for, that many scientists will come along and make MMS treatments even better.

But what we don't need is people coming along and deciding they know best from ignorance and then refusing to search out the facts. One girl, with no knowledge at all, told me that since MMS kills all the flora in the stomach I should advise everyone not to take it for more than a week or so. Well it doesn't kill the flora in the stomach.

MMS is a weak oxidizer that cannot oxidize normal body cells, or the beneficial bacteria in the body or in the digestive tract or any place else. I have used it on rashes and the most terrible things on the baby's skin. It has never caused a bad reaction on the baby's skin. I used a strong solution 3 times stronger than the strongest recommended dose by mouth to spray my own skin in the most sensitive areas of my body everyday several times a day for more than a year. At the end of a year there was absolutely no difference in my skin where sprayed as opposed to areas where it was not sprayed.

Pregnant women should have at least a maintenance dose of 6 drops a day. It will maintain their immune system at peak condition that is needed for all pregnant women.

There are thousands of web sites talking about MMS on the Internet. A few give bad data. I can't check them all. I don't have the time to cover that many sites and talk to the owners. But this is serious business. Lives are at stake. We are not talking about the nicest DVD or a great movie, we are talking about people's lives.

For someone to just write up their opinion without checking the facts is extremely irresponsible. Up to this point out of hundreds of thousands of people following my recommendations, there have been no reported terrible situations such as a death. There are many things that only MMS will treat successfully. So if a baby has one of those diseases or conditions, please treat him or her. (See my list of "methods." A

baby can usually take one drop activated with 5 drops of lemon juice or citric acid 10% solution, added to a baby bottle of juice.)

Also, I know those people were just trying to make sure babies and pregnant women were not subjected to something that could hurt them. I know that they were trying to do what they thought was best. Good people always are, so if you can please tell those who are misleading people concerning babies and pregnant women to ask me, or read my site, or read my book.

**CONTACT INFO:** Before writing to the MMS Institute about specific disease questions you should visit the knowledge base and click on various diseases that may be of interest. Click here: [\[ http://MMSanswers.com \]](http://MMSanswers.com)

### **Clara's 6 and 6 Protocol**

This protocol is for people who have pain, flu, colds, pneumonia, or other diseases that are not generally considered incurable and also for physical pains that have been present for some time.. When people are very sick and in bed they should use the "Basic Standard Method" (one drop of MMS activated with five drops of citric acid), starting out with a tiny dose. See the top item (BASIC STANDARD METHOD) in the list of methods.

I've named this new protocol Clara's because she was the first to really apply it consistently. You may have read the last chapter in the second edition of the book *The Miracle Mineral Supplement of the 21st Century* for sale on this Web Site ([www.miraclemineal.org](http://www.miraclemineal.org)) You will recall that there were a number of success stories about Clara treating people in her home. Since then I have rented an office from Clara and her mother and I have seen quite a few more people come in.

Last night 12/14/07 a lady about 65 years old and her husband arrived to buy some MMS and Clara always gives them a 6 drop dose, has them wait one hour, and then she has them mix the next dose to make sure that they have it right. Then she has them wait a few minutes up to an hour before they leave.

Both the right hand and the right foot of the lady that came in last night was completely paralyzed. She came in with a walker but she could not hold on to the walker so her husband had to hold her to the walker. It was a chore getting in the door. Clara gave her a 6 drop dose with 30 drops of citric acid as the activator, she waited the 3 minutes as always and then added 1/2 glass of water and handed it to the lady. The lady lifted the glass with with some difficulty to her mouth with her left hand as her sciatica (lower back pain) was also paining her.

Within 40 minutes she was starting to feel a reduction of pain in her back and some tingling in her hand. At 60 minutes she could slightly move several fingers. Clara handed her another 6 drop identical drink. As we waited for the second hour to pass, Clara called me in from the office. The lady was exercising her hand. She had complete mobility in her hand and she had her shoe off and was exercising her toes. In fact she was exercising her entire foot and she could move her toes and other muscles better than most people I know.

When she left, she was still using the walker, but her husband didn't have to help her and her lower back pain was gone. I could see that she would be walking without that walker in a few days. This is not unusual. It happens around here all the time.

**So this is "Clara's 6 and 6 protocol" for MMS. It is simple. It's for most conditions, such as flu, colds, pneumonia, physical pains either immediate or chronic, and most other home sicknesses.**

**Step No. 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. 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. 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.

**Step No. 2.** Wait one hour and do exactly the same thing as in step No. 1. Normally the person will experience some relief within two hours of taking the first dose especially if he goes ahead and takes the second dose. Of course, here is no guarantee. If the person does or does not experience relief he should go to 7 and 7, that is a 7 drop dose and in one hour a second 7 drop dose. Generally it will take more doses.

**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.

Of course, here is no guarantee. One should continue on to 7 and 7 that is a 7 drop dose and in one hour a second 7 drop dose, but only if the person did not get sick from the 6 drops doses. By getting sick I'd mean that he was nauseous for more than 10 minutes or he vomited, or he had diarrhea. In cases when the person did get sick you should not increase to 7 and 7, but rather again do 6 and 6. If he was very sick it would be best to drop back more, such as 3 and 3, but that seldom happens. Normally do 6 and 6 until one can tolerate it without being nauseous, and then begin increasing to 7 and 7 just as given in step 2 above etc.

Once the flu is gone, one should begin increasing towards 15 and 15 or he could revert to the Standard protocol as given above and increase as quickly as reasonable to 15 drops and then increase to 15 drops twice a day or 3 times a day for one week as explained below.

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.

**This number of drops pretty well ensures that one's body is completely free of pathogenic microorganisms and heavy metals.** 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.)

Of course, the goal of it all is not being sick. So take 6 drops twice a week. If you feel the flu coming on, then do the Clara 6 and 6 protocol as described above. You will have the flu for no more that 12 to 24 hours and usually less than 6 hours after taking your 2nd dose. However, never give the flu a chance. The best way to kill the flu is to take two or three drops every hour all day long until you know the flu is gone. The 6 drops twice a week keeps your immune system strong and the pathogens weak. You probably remember from school that there are always pathogens in your body. The 6 drops keeps them at bay.

## **MMS Retention Enema Methods**

The MMS enema might be as effective as intravenous infusions since both methods dump MMS into the plasma of the blood as well as the red blood cell. This is the opinion of several biologists and scientists who have studied the enema method. Otherwise taking MMS by mouth generally delivers the chlorine dioxide to the red blood cells (only) from the stomach and intestines. The plasma will then have a tendency to carry the chlorine dioxide to areas that might not have the red blood cells visiting.

Doing the enema protocol: First clean yourself out with 32 ounces (one quart or 1000 ml approximately) of clean water. 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. Do the cleaning action two or three times. Put 32 ounces in and leave it as long as you can while exercising or massaging your stomach, and then let it out.

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.

In either case, use 32 ounces clean out twice or three times, then insert the MMS in a small amount of water of about 4 ounces. Use the same amount as if you were taking it by mouth. Use the same instructions as taking it by mouth. Just as the protocol says, increase 1 or 2 drops of activated MMS eat time. Do as many as 2 enemas a day. 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. Good luck.

## **Swine Flu MMS Protocol**

I was one of the first people in Mexico to get the swine flu. I, of course, didn't know what it was. I soon found out that it was very powerful. I didn't cough a lot. I just had fever and I felt very bad.

At first I took too much MMS and I felt much worse. I decided to go to the hospital and see what their diagnosis would be. I was in Mexico, but their hospitals are very good. One of my very good friends drove me in to the emergency entrance. When I opened the car door there were 3 nurses to help me into a wheel chair and off we went to an emergency room.

They began all the standard stuff, but the main thing was the x-ray. They x-rayed my chest mostly and they took some blood. After a while the doctor came back with the x-ray. He showed me. My lungs were filling up with mucus and they were very close to full. Although I had no pain and my breathing wasn't labored there was very little lung area left to collect oxygen. The doctor was surprised as I wasn't coughing, nor was I breathing extra hard. I actually was having a bit of trouble with my breath, but I wasn't showing it outwardly very much.

They surmised that it was viral pneumonia of unknown origin. You may not know this, because it isn't advertised very much but modern medicine with all their drugs has nothing that can affect a virus. There is nothing that they can give you that will fight a virus. All they can do is give you some antibacterial medicine that will prevent various bacteria from catching on in addition to the viral infection. So they do nothing to kill the virus.

For whatever reason, they don't seem to be interested in the fact that the two chemicals that the immune system manufactures to fight microorganisms, hypochlorous acid, and chlorine dioxide can not only kill bacteria, but they both can kill viruses. The doctor said, "I have to tell you that this is very serious. We will need to keep you here so we can keep close watch. We have the equipment here to save your life if you should choke." So they took me to my own room.

This is where the MMS comes in. I continued to take MMS every hour while I was awake in the hospital. I didn't take much each hour. I only took a drop an hour at first. It was right under my bed with other stuff and I never took it while the nurse was there. After a while I went to 2 drops and hour. I was sick, very sick but my friends stayed with me. I always had one friend there and they fixed the MMS, and while they were not present, I fixed it myself.

The doctor was quite surprised at how fast I recovered. I was taking their pills as requested. Why not, I have never noticed any reaction between MMS and drugs. They released me when my lungs were about 50% recovered to go home and stay in bed. I increased the MMS drops a little and didn't stay in bed. I returned to the hospital every couple of days for an x-ray and my lungs continued to get

better.

My secretary got the same flu and it took about a week to clear her up. The swine flu is powerful as most flu takes only 24 to 48 hours to clear up with MMS. However, I would believe if one will follow the protocol given below it will clear up much faster than it did with me. I took too much MMS at first not realizing what was happening.

Too much MMS killed off too much of the flu and dumped too much poison into my system. MMS turns mucus into water and releases the viruses trapped in the mucus. I was simply killing it too fast. So you have to watch that. Keep this in mind, MMS is supposed to make you feel better, if it makes you feel worse, you have just taken too much. That could be anywhere from 1/2 drop to 100 drops.

THE MMS PROTOCOL FOR THE NEW FLU (GOVERNMENT GENERATED FLU) THAT THEY LIKE TO CALL H1N1: THE PROTOCOL IS SIMPLE.

1. JUST TAKE MMS EVERY HOUR STARTING WITH 1 DROP AN HOUR. REMEMBER, TOO MUCH CAN BE VERY BAD. TAKE 1 DROP AN HOUR FOR THREE OR FOUR HOURS AND SEE HOW YOU ARE DOING. IF YOU ARE NOT FEELING WORSE, YOU CAN GO TO 2 DROPS AN HOUR. DO THAT FOR THREE OR FOUR HOURS AND IF YOU ARE NOT FEELING WORSE GO TO 3 DROPS AN HOUR.

2. IF YOU ARE NOT GETTING BETTER YOU REALLY NEED MORE DROPS, BUT IF YOU ARE FEELING WORSE, YOU NEED FEWER DROPS. YOU MUST NOT REMAIN STATIC VERY LONG. THE FLU CAN GAIN ON YOU. THE IDEA IS TO TAKE AS MANY DROPS AN HOUR AS YOU CAN TAKE WITHOUT IT MAKING YOU FEEL WORSE. YOU MUST DO THIS AT LEAST 8 HOURS STRAIGHT DURING THE DAY. IT WOULD BE EVEN BETTER IF YOU DID IT FOR 12 HOURS STRAIGHT. DO THIS EVERY DAY UNTIL YOU ARE WELL.

3. USE THE SAME PROTOCOL FOR CHILDREN. START WITH 1/2 DROP AN HOUR. OBSERVE THE CHILD CAREFULLY AND ASK QUESTIONS. INCREASE THE DROPS AS YOU CAN, BUT DON'T GIVE THEM TOO MUCH. YOU WILL BE ABLE TO SEE WHAT IS NEEDED, BUT NEVER GO MORE THAN 2 DROPS AN HOUR FOR EACH 50 POUNDS OF BODY WEIGHT (ABOUT 23 KG) AND YOU WOULD NEVER GO MORE THAN 4 DROPS AN HOUR FOR EVEN A LARGE CHILD. BUT CHECK CLOSELY AND NORMALLY DON'T GO OVER 2 DROPS AN HOUR FOR A CHILD.

You may say, that's too complex, I'm going to the hospital. Well, they don't have a single thing in the hospital that is anywhere near as strong as MMS. In fact they don't have anything that fights virus at all. You are genuinely risking your life to go to the hospital. They will put you in bed and on a respirator. But those things can't fight a virus. The respirator might keep you alive longer but it cannot fight a

virus.

One other thing, there is also MMS2 and it is just as powerful as MMS1, and when you add them together they are much more powerful than either one alone. I have already proven that point. There are two places where you can order MMS2 capsules ready made in a bottle - ready to take.

1. Send an email to Sales@Mineral-Solutions.net - or visit his web site. He ships anywhere in the world. It is at <http://Mineral-Solutions.net>. He has been shipping MMS2 since Sept 28, 2009.

2. In Canada you can check this web site: [SubtleEnergyTherapy.com/](http://SubtleEnergyTherapy.com/). He begins shipping about October 26, 2009.

You can also buy the chemical and make your own capsules if you purchase empty size zero capsules from a health food store. Directions for making MMS2 capsules are on my web site at <http://JimHumble.biz/>. If you were having real problems getting rid of the swine flu or any other disease, you should have MMS2 to use as well. You can buy the chemical in any city in the US.

At the swimming pool store, ask to see their "Pool Shock" chemical. Store clerks may not recognize the chemical name, so simply refer to it as "Pool Shock."

The various trade names don't matter ("Zapper" "PoolLife" and others). Carefully look on the pouch or package. You must see clearly that it is "Calcium Hypochlorite" and not some other chemical. The strength may vary from 50% to 78% or even 100%. The strength doesn't matter much and 75 or 78% is typical. There is no acid or any other activator - except WATER which is the activator. MMS2 will probably handle the swine flu all by itself. The chemical is calcium hypochlorite. Read about it on my web site.

There are warnings written all over the package and they are necessary because children and even adults roam around swimming pools and they can be harmed if they don't realize that the package must be kept out of reach away from children and guests. The warnings are appropriate for swimming pool owners.

The main purpose of these man-made viral releases and diseases is to put millions of people in position to receive a flu shot. It isn't the disease that they are really concerned with, it's the flu shot that they want to give you. They will make billions on this flu shot and then you will be sick for years and they will make billions on all the people they made sick. And then you will die years earlier than you would otherwise and they will make billions because they do not pay your old age benefits. That flu shot has mercury and aluminum and formaldehyde and one other poison more deadly than mercury in it - Squalene. Look it up in the search engines. It will remain trapped in your system for life and do continuing damage - worse than the Gulf-war syndrome that over time stiffens and removes

your flexibility, for which there is no known remedy.

I have been treating people around the world for years now. There are hundreds of diseases that were created in laboratories around the world. They can't hide it very well. It always becomes known. AIDS was created in a laboratory in the USA. There are dozens of others that were made that are very bad. Some are worse than others. We have to get people around the world and in the USA to pull their heads out of the sand and confront what is happening to them. Hundreds of these disease were not around 150 years ago. I have listed over 150 diseases on one web site. See <http://MMSanswers.com/>. Most of them were never heard of before the last few years. Be smart. Stay safe. It can't hurt to listen. Avoid flu shots it at all possible.

Jim Humble

Related topics: See my other writings about preventing and treating the various flu viruses. <http://JimHumble.biz/biz-africareport1.htm>.

Also my previous swine flu article is here: <http://jimhumble.biz/humbleswine2-eng.htm>.

Jim humble

MMS For Evolving Flu Strains

**NEW FLU VARIANTS are being reported** on television and in newspapers with dire warnings that we may face a global pandemic. These new strains could spread rapidly from country to country. Five years ago the SARS flu strain caused numerous deaths primarily in China. Later, in 2007 bird flu variants were tracked as they spread from country to country.

Now, as of April 13, 2009, Swine Flu cases were identified and reported in Mexico on April 13, 2009 and three days later in the US and England.

MMS (Miracle Mineral Solution) is a germicidal agent capable of attacking and killing evolving flu viruses. It operates without regard for the strain or variation that may evolve from time to time. This opinion is based on the chemistry and behavior of activated MMS when it is used according to the instructions below. Unlike antibiotics or vaccines, activated MMS (chlorine dioxide) is pathogen-cidal without regard to strains or evolving variants of Flu viruses - as has been known since 1950. Methods for using activated MMS as a universal flu deterrent will be described herein.

### **Flu Facts To Consider:**

The recent strain of swine flu, for example, is claimed to be new and different from any seen before. Unlike bird flu, or SARS, this virus attacks pigs, producing lung congestion that sometimes results in death (not always). Now, suddenly the virus began to spread to people who work with pigs and then it was observed to spread through the air from person to person. Within two weeks, over 1000 people in

Mexico were hospitalized with Pig Flu and 60 deaths were reported within the first two weeks following April 13. Then the virus spread quickly to the US and England.

The number of deaths and people in hospitals are tracked daily on Internet sites. The Center for Disease Control provides a web site where statistics about flu cases are maintained and reported. See: <http://www.cdc.gov/swineflu/investigation.htm>

**On April 26, 2009 the US Department of Homeland Security declared Swine Flu to be a Public Health Emergency.** Janet Napolitano immediately released 25% of the Federal stockpile for flu antiviral shots (50 million vials) to be used by federal authorities against the virus as may be needed. See her formal statements, photo, and early analysis – [\[Click Here\]](#) .



Despite the filth and slop in which pigs thrive, their immune systems protect them from most diseases. They usually recover from "Swine Flu" lung congestion. For people, however, immune systems are often compromised, making Pig Flu a potentially serious threat.

MMS is one option that enables human immune systems to target and kill unwanted germs and viruses.

You will not catch Swine Flu from eating pork or pork products. It is spread through the air from pigs to people who can then spread it to other people primarily through the air. Face masks are being handed out by the Red Cross and other agencies for hospital visitors or for people working where they might be at risk.

MMS is a broad-spectrum germicidal agent, but it is quite different from antibiotics in its approach to the killing of viruses and bacteria. Persons who are curious about the germicidal properties of MMS can review a graphic brochure [\[Here\]](#) dealing with the oxidative chemistry properties of chlorine dioxide.

You can use MMS both as a preventative and as a remedy to overcome Swine Flu. The method is to take MMS on an hourly basis. See instructions below.

**Suggested Procedure for Using MMS as a Flu Deterrent or Remedy:**

1. In a cup or glass mix 1 drop of MMS with 5 drops of unfiltered vinegar or fresh lemon juice. Swirl and wait three minutes for activation to be completed.
2. .Add ½ glass of water or juice that does not have added ascorbic acid or vitamin C (Vitamin C prevents proper functions of this solution). Drink this whole amount as quickly as possible.
3. If you felt absolutely no change during this first hour, go ahead and go to 2 drops on the second hour. (Always use 5 drops of vinegar or lemon juice for each drop of MMS, and of course, the three minute wait) Go to 3 drops on the third hour if you have not felt any change in nausea) The nausea is not bad. It indicates that the MMS is killing pathogens. But do not cause yourself nausea by taking more. Over time increase to a maximum of 6 drops MMS with 30 drops of the acid. If you weigh over 200 pounds then 10 drops might be the maximum.

Keep in mind that most people will not go over 3 or 4 drops an hour before they begin to feel added nausea. Upon any sensation of nausea, they must reduce the number of drops by at least one drop. Nausea occurs when MMS is killing germs and viruses faster than your elimination system can handle the debris. There is no benefit in tolerating nausea.

4. Continue taking MMS each hour for 12 hours. The flu should be gone by the end of 12 hours; however, in any case, do not stop taking MMS until you are sure you have recovered. If you still feel flu symptoms the next day be sure to continue on the same hourly doses. Children can have the same treatment except be extra cautious to prevent nausea or sick feeling. Do this by using smaller doses. Increase by 1/2 drop each time and never go above 3 drops an hour.

5. Continue to take a six drop dose twice a day for the next week or two.

6. To prevent the flu and maintain you immune system in top condition take one 6 drop dose of MMS every day for adults and children should take a dose each day depending upon their age or size. Use 1 drop for each 25 pounds of body weight, and 1 drop for babies.

### **Educational information about MMS has been collected at this site**

where there are no marketing or purchase options. Click here: <http://MMS-education.com>

MMS can be purchased from various labs and MMS resellers, visible on the Internet search engines.

It remains to be seen if one or another flu strain will develop into a serious epidemic. A number of people die each year from influenza and other typical flu viruses but those events are rarely classified as an “epidemic” or health emergency. By the end of May 2009, the Center for Disease Control will have official statements about the severity of the virus.

### **Some researchers argue that there are risks associated with**

**stockpiled flu vaccines.** Most vaccines are preserved not only with mercury but also with aluminum – heavy metals that scientists claim are harmful to nerves, glands, and brains – long-term.

Vaccine critics argue that it is contradictory to state that Swine Flu is new, quite unlike any flu virus seen before, while at the same time promoting millions of stockpiled vaccine vials that were manufactured months or years prior to any given outbreak. If a new strand of virus is "new and different" then older vaccines will probably be useless. Numerous Internet articles expose the debate about vaccine effectiveness as is shown when searching for terms such as "vaccine risks."

Recent laws passed by Congress make the government immune from law suits if a government vaccine appears to cause harm or damage to one's health. This immunity applies even if you are forced to receive a shot by military or federal officials.

MMS is in daily use by at least 230,000 individuals since its public release in 2006. No one has died from its use – even when they mixed it backwards – or overdosed by mistake. If you read the articles at the MMS-Education site [ Here ] you will learn how MMS distinguishes accurately between normal living body cells and unwanted pathogens.

MMS is attracted to germs and viruses because it seeks to rip electrons out of the walls of pathogens, causing them to implode and die. Swine Flu viruses have electrons to give up and MMS will never know that this virus was a slightly different viral strain.

For further swine flu information, click here to read the exact Swine Flu Protocol at <http://jimhumble.biz/swineflu5.htm> .

See also the humanitarian project defined at <http://JimHumbleFoundation.org>

### MMS Fungus Methods

It would have been simpler if MMS had been able to handle everything in the disease world, but there seems to be a fungus that MMS simply doesn't touch. In fact, MMS seems to feed the fungus. This fungus can occur in the the feet, or hands, or most any other place in the body.

It is not athlete's feet, it is much worse. All the athletes foot sprays and powders do not touch it. It can occur on the **skin**, and it seems to be much worse than any other skin infection. It itches and burns terribly and it appears to be under the skin as well as on the skin. It makes the skin slightly puff up, and it looks bad and it gets worse.

The name of this fungus has not been identified. It can last for years. I don't know if it has ever been fatal, but it seems to be very bad and sometimes it can get into the **mouth and gums** and cause much suffering. It also happens on the **head or scalp**

where it causes havoc.

This particular fungus reacts to MMS with a stinging burning pain. It will almost always be worse after being treated with MMS. Your feet can be so bad that you cannot walk. This is the only way to identify it that I know of.

Luckily this particular fungus is rather rare. It does not happen in very many people. However, I have included it here as I do not know any other treatment than what I am about to tell of.

So if you have athlete's feet that will not go away, or gum disease that MMS will not cure in less than one week, or skin disease that just can't be treated successfully, then this is what to do, and don't worry, it won't do any harm.

Go to most any health food store and buy a jar of Aztec Clay. In foreign countries they have other clays that will work. All the clays for this purpose are Bentonite and in France it is called Montmorillonite. Mix this clay 50-50 with Vaseline (petroleum jelly). Then smear it on the various areas. If your problem is in the feet, smear it on the feet and cover it with thick socks. If it is on the skin, smear it on the entire area of the infection.

If you do not use the Vaseline it will not work very well. Vaseline makes it contact the skin and tissues and does something that makes it work much better. Only in the mouth would I not use the Vaseline and even there if it didn't work otherwise I would still use it. Just brush your teeth with the Aztec Clay powder just like using any particular tooth powder. Brush them gently, but three or four times a day.

The fungus infection should clear up in about one week. However, I would keep a light coating on for a month or so. This treatment has helped a number of people so far.

One more thing: There is always the possibility of getting a similar fungus infection inside the body. In that case, use the same clay inside the body by taking it by mouth. Start with 1 teaspoon of clay in ½ glass of water or juice and in several days work up to 2 tablespoon full's (rounded) a day.

Similarly, molecular silver solution that has produced very good results. Some people use this two hours after MMS doses to speed or supplement the MMS germicidal benefits. Molecular silver is superior to most colloidal silver because it is manufactured with high volages and is much higher in germicidal action. A search on the Internet will direct you to suppliers that have these products.

See also my web site called "MMSanswers.com" where about 150 diseases are listed together with a compiled list of my email responses to questions about cancer and many other diseases.

**MMS1 Protocol Successful for 75 Persons with HIV.**

I've learned a bit about HIV since I started offering MMS to HIV-positive people. Here in Africa so far I have successfully treated 75 HIV cases during this visit (July-Oct. 2009). For many AIDS was far advanced. But, you have to look at what I consider "successfully." You see there is no test for checking to see if someone is HIV negative.

All the tests that have been designed have been designed to test for HIV positive. The tests detect antibodies to the HIV virus or they are designed to detect antigens. Antigens are substances that cause the immune system to generate antibodies. Unfortunately both antibodies and antigens will be with you long after the HIV virus is gone, maybe the rest of your life. That's the immune system's job, to protect you from the disease, or from the disease coming back by keeping antibodies available. So the present tests for HIV positive will never work for testing HIV negative.

Ok, so what is a successfully treated HIV person? Well here in Africa we have now come to consider that it is any HIV case that has lost all the various discomforts and symptoms and poor health that a person with AIDS has. In other words when he is healthy again we consider that his treatment has been successful. One other test that we apply, even though most doctors will say, "That doesn't mean anything," is the CD4 count. That is the white blood cells that the immune system uses to kill diseases and other things. If the CD4 count is back up to normal or going up to normal, we consider that a very good indication. The same situation exists for AIDS.

So in my opinion, when someone finishes this latest HIV protocol, I believe that he really is HIV/AIDS negative. So far the people here who have finished this protocol have remained healthy up to 4 months. Someday, they will have a test to prove HIV negative, but there is no such test now. And disgusting as it sounds, there are many false HIV positive tests reported, causing people to waste money and time and distress when it is not necessary, and of course the drug companies could care less as they just make extra money.

All the people treated with this protocol here are happy to be over their bad health, and suffering, and back to their normal lives. On their health sheet under "Other Data," they all write, "Happy." They are not worried about HIV any more as they feel that should their health deteriorate they will just take some more MMS.

Although the HIV protocol is a bit intense and takes three weeks, it is quite simple. It uses only MMS which is now called MMS1. Out of the entire group only 3 needed MMS2 because they had cancer, and that was handled too.

The new HIV/AIDS Protocol: Take 3 drops of activated MMS in juice or water for

at least 8 hours straight every day for 3 weeks. Only those people who are very sick need to start out at less than 3 drops an hour. Use 3 drops of MMS, 15 drops of lemon juice, or 10% solution of citric acid, or 3 drops of 50% citric acid in a clean dry glass, wait 3 minutes and add 1/4 to 1/2 glass of juice or water and drink. Do not use orange juice, but most other juices are OK. BUT, if you notice nausea, or vomiting, or diarrhea, stop until the problem is gone, and then continue with less MMS for a few hours. But return to 3 drops an hour as soon as you can. Do not stop taking MMS.

If bad nausea persists take as little as 1/4 drop an hour. It's OK to stop until nausea is gone, but a small amount of nausea may continue for some time. Do not let a tiny bit of nausea stop you. Only stop if it gets to be irritating. NORMALLY VERY LITTLE NAUSEA OR DIARRHEA IS NOTICED, BUT IT DOES HAPPEN. If you have to go to 1/4 or 1/2 drop for a long time to prevent nausea that is OK but you should then extend your protocol an extra week.

The nausea is caused by killing pathogens as the pathogens dump poison into the system when they die. A normal healthy person notices absolutely nothing from taking a great deal more than 3 drops an hour. The more health problems the more likely you will be to notice nausea. Just handle it as given above and you will be OK.

Normally HIV positive people have what is called opportunity diseases that take over or get started because of the distressed immune system. Evidently the first thing MMS does is to go after those diseases. It provides ammunition to the immune system. The immune system then runs out and kills the pathogens throughout the body.

The reason why hourly doses are required is because HIV is a virus, or, maybe not. I know there are theories that HIV doesn't exist and that AIDS doesn't come from HIV. And the fact is about 50% of the people who have AIDS never were diagnosed with HIV. Fortunately, MMS doesn't care one bit either way. MMS kills viruses in a different way than bacteria. It prevents the growth of viruses by preventing the formation of the special virus proteins.

However, it has been demonstrated that this takes longer than just blowing a hole in the side of the bacteria. It evidently takes more than 1 or 2 hours. How much longer I am not sure, but the 3 drops hourly for 8 hours per day for 3 weeks seems to work. I couldn't join in the "AIDS-isn't-caused-by-HIV" argument as I am not that smart. All I know is that MMS overcomes AIDS and either it kills HIV or it just kills all the diseases that are present. I believe though that something more than just bad nutrition is responsible for all those opportunistic diseases that seem to occur.

MMS is amazingly fast. How many people do you see losing their diseases and health problems in 3 weeks? Not many. There is no point in using DMSO in this

protocol or MMS2 unless some unusual problem is present or comes to light.

Related topics: See the new protocol for stage 4 cancer [Here](#). It actually works with all cancers. Read also the write-up on MMS1 and MMS2 verses Ozone and Hydrogen Peroxide [Here](#). -- Jim humble

## MMS Intravenous Methods

Intravenous MMS has been used for many years with people who wanted intravenous infusions. MMS is being used in Mexico in at least one clinic and I have had many people call me and mention that they were either treating some one by intravenous infusion or that they were being treated intravenously.

There are some listings on the Internet where sodium chlorite has been used for infusions for up to 20 years. In checking the quantities generally used I found that it was similar to that which I have suggested. Although I didn't find a great deal of information, I did find that more than 100,000 infusions have been done in hospitals and clinics. Unfortunately, there was much fear and worry and so these infusions were used to control a very limited number of diseases. There was no mention of adverse effects or problems. But it is highly doubtful that the infusions would have continued for 20 years if there had been a problem.

I personally have had MMS intravenously quite a number of times including before 1990. In the past and in most clinics even now, MMS (sodium chlorite) is used intravenously without citric acid activation (or vinegar). It is my belief that is a mistake. With activation MMS increases the chlorine dioxide by at least 100 times if not 200, or 300 times. The result has got to be that chlorine dioxide goes deeper into the body when the MMS is activated with the acid (mentioned above).

Earlier this year I decided to test this theory out. Over the past 8 years I have continued to take MMS, not on a constant everyday basis, but on a continuous bases. There have been many months where I increased my dosage higher and higher. **Finally I have been able to take two thirty drops doses a day without noticeable effect.** Which after being connected with many thousands of people taking MMS, I must assume that there is nothing left in my body to create a herxheimer reaction.

So with this in mind I decided to see if intravenous MMS activated with citric acid would go any deeper into tissues of the body and thus destroy more pathogens that might be present. I already have proven that using inactivated MMS did not seem to make any changes. In fact I had notice that if one was taking, for example 6 drops activated with citric acid with a bad reaction by mouth, he could usually take about the same number of drops by IV without the citric acid.

So I had proven I could take up to 30 drops without reaction by mouth. I decided to find out how many drops of activated MMS I could take (intravenous) without reaction. Being careful, I decided to start out with one drop of MMS and 5 drops of citric acid 10% solution. The first thing I noticed is that there was no pain created in

my veins, not this time and not anytime.

The small amount of acid in the drops is not enough to make veins notice pain. In fact when up to 100 drops of citric acid solution is added to 250 ml solution with the MMS one can barely see a change in the level of acid in the 250 ml solution. Certainly not enough to cause any pain even in an open wound. However, there was some pain from the nurse not hitting the veins correctly. If the needle does not go directly into the vein and it slides along the vein for a short distance before penetrating the vein, it creates quite a bit of pain.

The one drop, however did create a herxheimer reaction. I discussed this with several doctors, including Dr. Hesselink who has had a great deal experience with oxidative therapies. They all agreed with me that it was a herxheimer reaction which was actually bad chills and flu like feeling. I went to bed with 5 thick blankets for about 2 hours, and then the reaction was completely gone. The next day when I took the next infusion with the same dose, 1 drop of MMS and 5 drops of acid, there was no reaction at all. So the next day I went to 2 drops of MMS and 10 drops of acid. There again was the same reaction, chills and flu feeling, and on the following day with the same 2 drops there was no reaction. This continued up to 4 drops of MMS and 20 drops of acid. I had to stop because the blood vessel began knotting up and stopping the flow of blood. That is not an unusual occurrence and it is normally handled with Heparin or Procaine or both. However, we did not have any available and I had to stop for the time being.

I'm not telling you this to brag or anything like that. I just want you to have the data if you are going to use MMS infusions on yourself or anyone else. There is a little bit more data before we get to the exact protocol. One of the ladies that calls me from time to time decided to try MMS activated intravenously. I advised her to start with 1 drop like I did, but she decided to use 16 drops of MMS and 80 drops of citric acid.

My contention is that one should take the MMS by intravenous daily for some time, but she decided to try the shock method. I think she had decided that she had either lyme disease or morgellons. The 16 drops IV (plus the 80 drops citric) made her very sick. She vomited for three days. And an amazing thing happened. Her face had been getting darker and darker and she looked about 70 years old. After the intravenous Infusion the skin of her entire face peeled off with a great deal of pain, but she wound up again looking her age of about 40.

About a month later she did an infusion of 16 drops two days in a row. (She, of course activated it with 80 drops of citric as usual) This time most of the skin on her body peeled off with a great deal of pain. Evidently, the disease was in the top layer of skin and the skin was killed as the disease was killed. I say this because her skin was gray looking and old looking. When the skin peeled, the skin again looked her true age and better. She said that she felt a lot better.

When I called at a later date she did not consider herself cured. I didn't expect her to be cured as I believe that it will take a series of such treatments for days, but I do not believe that it takes that kind of shock to kill the morgellons disease. I pointed out that it might take a continued use of MMS for a number of days or weeks. No report

on her further condition so far.

One other man from England reported that his friend was doing activated intravenous injections. He said that his friend took 22 MMS drops activated with 110 drops of citric acid. He reported not feeling very good and he reported having chills similar to the chills that I had.

My doctor in Uganda said that he used inactivated MMS in all his IV infusions of AIDS patients there. He used 6, 12, and 22 drops or the equivalent of that many drops in that sequence. Once he reached 22 drops in three days he continued at 22 drops until the patient was well. Many stayed sick for days, but eventually seemed to come out OK. Some that felt well in three days later returned asking for more help.

In my opinion, after seeing many people use intravenous infusions, and MMS of various different amounts of time, that just using MMS without the citric acid activation is not going to handle some of the more incurable diseases. I believe it is going to take activated MMS. That means getting the chlorine dioxide directly into the veins.

In this case the chlorine dioxide will be dumped into the plasma of the blood and some of it will be taken up by the red blood cells, and some of it will not. If you have read up on chlorine dioxide you will realize at this level of strength that it cannot react against blood or any body components or cells. It is very unique in this regard. No one has recorded anyone being hurt by chlorine dioxide at this level of strength over the past 20 years. Chlorine dioxide has the lowest oxidation potential of all the oxidizers. Remember, when reading industrial reports of the use of chlorine dioxide they are talking about 10,000 times the strength used in the human body.

Now having said all that, what I have recommended to a number of people who have called me is this:

Supplies:

1 - 250 ml bag of saline or glucose solution with the standard needle and tubing for IV. We use saline solution usually unless we expect a drop in blood pressure, in which case the glucose seems to keep the blood pressure up. It has been suggested by a doctor that it is best to use no more than 250 ml solutions for 1 hour drips. He mentioned that it can cause water on the lungs in larger doses. Tie the bag in place and get set to use it.

1- bottle MMS

1- bottle 10% citric acid solution

1- hypodermic syringe

1- experienced nurse or doctor

Start out like I did. Use a dry clean glass. Do not worry about disinfecting the glass as the MMS will do that. Use 1 drop MMS, 5 drops of 10% citric acid solution, shake to mix, wait 3 minutes, using the syringe remove several ml from the IV bag, squirt

the solution from the bag into glass and mix with the MMS. Suck the solution mixed with the MMS back into the syringe and squirt it back into the IV bag. Shake the bag a bit to mix it. It's ready to use.

Set the drip for approximately one hour. The herxheimer reaction, if there is one, will probably start in 1 to 2 hours. Keep the patient warm. Normally it lasts 2 hours or less.

Do the same MMS IV dose the second day or twice in one day, morning and evening. Continue until there is no herxheimer reaction and then go to the next higher dose. Continue at that dose until there is no reaction at that level and then go to the next higher dose again until you have reached 22 drops of MMS and 110 drops of citric acid. Continue at this level until the patient reports that he is better or cured.

Of course, observe the patient and make sure that reactions are herxheimer reactions and not other problems. Do not make the patient sick. Reduce the number of drops used if the patient continues to experience chills, or headaches, or nausea, or diarrhea. Do not stop, just drop back in the number of drops being used until the patient can tolerate the condition without discomfort.

About the pain of IV infusions: Normally there should be no pain involved in IV infusions. A number of doctors have mentioned to me that they expected pain because of the citric acid used. But that doesn't make a lot of sense. For example in a large dose of MMS, like 15 drops plus 75 drops of citric acid solution when mixed you create one teaspoon of MMS at a pH (acid/alkaline balance) of 4.8. That is not a strong acid. And when that is added to 250 ml of IV solution you are not going to change the pH balance by enough to record unless you have a very delicate instrument. I guarantee not enough for the inside of your veins to feel. If you use pH test paper I guarantee that you will not be able to tell the difference in the pH balance between before adding the MMS and after adding the MMS.

The pain is either created by poorly inserting the needle or by using the veins in the hands. I'm sorry I don't know why the hand causes the pain, but it seems to cause it. It is some sort of a neurological response as opposed to the feeling of acid against the vein walls. When the needle is properly inserted in the arm instead of the hand, there is almost never any pain. If the pain was coming from the blood vessel, it would only hurt right at the vessel, but that isn't the case. The whole arm hurts and that has to be some sort of a nervous reaction.

The needle must penetrate the skin and the vein in the same place. If the needle slides along the vein before it penetrates there will be pain and usually inflammation. So it sort of gets to be a scientific art. You got to get it right to prevent the pain. Just a tiny bit of MMS in the skin or tissue and you have the pain and that multiplies. Good luck.

## **MMS Methods for Life-Threatening Diseases Using DMSO**

Regarding life-threatening situations the goal would be to more quickly get MMS circulating in the blood while trying to stay under the nausea barrier.

One way to achieve this is by adding DMSO to the activated MMS so that it can act as a carrier for sending MMS directly into the skin and muscles of the body and thus into the blood of the body.

Experience and testing has proved that DMSO is carried directly to any cancer in the body and it then penetrates the cells of the cancer. This is not theory, but has been proved through testing. In this case when the DMSO is carrying MMS the theory is that it will carry the MMS into the cancerous cells killing the virus that causes the cell to be cancerous.

That part is, of course, theory. However, many cancers have been cured as many people have phoned me so stating that their cancer is gone.

**WARNING: Do This Test First:**

A few people are allergic to DMSO or have very weak livers and can have bad problems with DMSO. Wash your arm carefully and dry it. Then add one drop of DMSO to one spot on your arm and rub it in. Give it about 15 minutes to soak in and then wait several hours. If there is no pain in your liver area you are probably safe in using DMSO which will be the case in 99 people out of 100. To be safe, wait another 24 hours to make sure there is no reaction to the DMSO.

In this case, I found by testing that after three minutes of stirring the MMS and the acid as is normal, the DMSO should be added to the mix immediately without further delay. Otherwise much of the power of the MMS is wasted or lost. I suggest stirring the activated MMS with the DMSO for only 15 seconds. Then immediately rub it onto a large area of the body like a leg or arm. This may get as much as 5 times more MMS through the skin and into the blood stream. And of course, using a larger area of the body can also get more MMS into the blood stream.

Taking MMS as described below is an accelerated skin treatment technique that pushes MMS into the plasma of the blood in addition to the normal oral doses of MMS. Exact steps follow:

1. Make a dose of MMS by activating 10 drops of MMS with 50 drops of lemon juice or 10% citric acid. Swirl or stir it for several seconds and wait for 3 minutes.
2. Add one teaspoon of DMSO and stir it for about 15 seconds, no longer.
3. Immediately rub it on to a leg or arm or belly. Do not wait any time at all as the solution is quickly losing strength as time passes. For example, a three minute wait would be too long.

You can use a plastic sack with your hand inside to rub the solution onto your body, or you can just use a bare hand or hands. If you noticing any burning sensation you can add a teaspoon full of water to the area that is burning and rub it in. Keep that up until there is no more burning. You can rub olive oil and aloe vera juice on the skin

after the application. Use a different part of the body each time you apply the MMS/DMSO.

4. Do this once every other hour the first day, and once every hour the second day, and third day, and then quit for 4 days and start the same thing the next week, but never stop taking the MMS by mouth.

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 in most states, and also on the Internet. Do a search for DMSO.

## **MMS "Maintenance Mode" Described**

Many people do not understand the importance of taking maintenance doses of MMS every day or at least twice a week. Most people interested in detoxifying the body realize by now that new diseases have come on the scene in the past 50 years and they are not natural diseases.

Nature hasn't invented any new diseases, they have all been invented by man. I'm talking about HIV/AIDS, lyme disease, morgellons disease, hepatitis C, and a whole host of other diseases that the human race is now facing. Millions upon millions of people are suffering and dying from diseases created by man.

Some of these diseases are transmitted by personal contact or sex, but others are spread by mechanisms that are not yet understood. Especially lyme disease and morgellons diseases are transmitted by unknown means. Yes, ticks are one source of the lyme disease, but I have talked to many who have lyme disease who never got near a tick.

And there are thousands who have "Morgellons" disease who have no idea where it came from. And guess what. Medical doctors can't tell you where cancer comes from. Oh, they have a lot of ideas that you cannot catch cancer, but all the guys who said that cancer was cause by a microorganism have been either killed or persecuted until they were dead or imprisoned.

Then there is the flu. Every year thousands of older people and young people die from the flu. So, the point being that a tremendous amount of diseases are out there where you are, and everyone is at risk.

MMS maintenance doses and can reduce your risk by a very large amount, maybe as much as 95%. MMS supercharges your immune system by providing a chemical that the immune systems needs to kill various pathogens.

Assuming you have "graduated" from the body cleansing process in which you took more and more drops of activated MMS (morning and night) up to a maximum of 15 drops morning and night - holding that level for five to seven days, then in most cases you are probably quite well cleared of body toxins, poisons, heavy metals, yeast, and fungus.

Having achieved that 15 drop level - and understanding that you may or may not get to that level in one month due to temporary diarrhea or temporary nausea barriers, after graduation, you should drop back to a lower maintenance dosage.

One example might be one eight-drop dose on Monday and Thursday mornings at 6 am, then breakfast at 8 am, thus achieving maximum ClO2 benefits.

Another example might be taking a six-drop dose every morning, except Saturday and Sunday.

One factor to consider is that MMS doses at almost any level are one of the best cancer preventatives. It seems certain now that that cancer is caused by a morphing microbe that gets inside a normal cell after circulating by blood to its resting place. That microbe would never find a hosting place among your cells if even a little MMS was circulating as often as possible. A small amount taken frequently might prevent the formation and development of cancer.

By the time a person is diagnosed with cancer, he or she may already have millions of cancer cells before most cancer tests come back with proof. Therefore it's far better to take preventative actions.

We know that sunlight and vitamin D is a critical requirement - so don't neglect it - this is one of many cancer prevention options.

We know there are a few human cultures (populations) that have no cancer cases at all - and their diets have huge amounts of Vitamin B17, so don't neglect that as a possible preventative action.

We know that if sugar and sugar-forming foods could be almost eliminated (even the carbohydrates) then cancer cells will die because they live and reproduce wildly by consuming sugar - either from the blood or from surrounding tissues. So, reduce your intake of sugar, high fructose corn syrup sweeteners, and foods that convert to sugar (potato chips, French Fries - as another cancer prevention action.

We know that in many or most cases a microbe converts normal cells into cancerous cells. We have 50 years of proof that ClO2 kills all known microbes and bacteria. So don't neglect MMS. MMS maintenance mode will assist greatly in the prevention of microbial spreading of cancer, so don't neglect it. MMS is possibly the best disease preventative in the world. So, a disciplined MMS maintenance schedule should be established.

I hope you are never diagnosed with cancer. Those who get that bad news are immediately worth \$80,000 to \$200,000 dollars to the drug stores, pharmaceutical companies, doctors, nurses, surgeons, radiation specialists, post-operation care providers, and insurance companies. And without MMS awareness, that costly process is sometimes repeated two or three times - if cancer re-occurs again and again.

**You have a very serious reason to establish one or another schedule of periodic MMS doses.** Compare two cents per dose to the costs above. At two cents per dose you may be able to completely avoid the terrifying CANCER word in your home or family.

Some people just "play around" with MMS. They wait for a toothache to happen, then brush their teeth with MMS - after the problem has arrived. MMS will usually stop a toothache almost immediately. But don't wait until you feel a lump, or a growth, or a tumor, or a swollen gland and (too late) remember that maybe MMS will help it. Your tumor may grow faster than MMS can nibble away at it. Then you will expect the MIRACLE mineral solution to work a miracle. And it often does - unless you wake up too late.

**Cancers and tumors can probably be prevented and eliminated entirely from countries and nations** - if after full body cleansing, people establish and maintain

## **MMS Methods for Dealing with Malaria**

### **General Strategies for Assisting Malaria Patients:**

Malaria victims are divided into two groups - adults and children. Many hundreds of children have been given MMS doses according to 3 drops for each 25 pounds (11.4 kg) of body weight.

Adults are first given 15 drops. Each drop of MMS is always activated with either 5 drops of 10% citric acid solution or full strength lemon or lime juice. Once the juice or citric acid is added, one must wait 3 minutes before adding 1/2 glass of water or apple or pineapple juice. The drink is immediately consumed.

One must wait only one hour and then the malaria victim is given a second dose of the same size. All symptoms of malaria should be gone after 4 hours beyond the second dose.

If all the symptoms are not gone on the following morning or even later that evening a third dose of 15 drops of MMS should be given to adults and made in the same way as given above. But remember always 5 drops of acid to each drop of MMS so use 75 drops of citric or lemon with the 15 drops of MMS. Then wait 3 minutes, add 1/2 glass of water or juice, and drink. A third dose for the child who has not become well should simply be double the first dose.

One must then wait only an hour. Then the victim should be given the fourth dose the same as above using 15 drops for an adult and double dose for a child. The patient should be malaria free within 12 hours. Ninety-nine percent of the malaria victims will be handled at this point.

However, with any malaria victim that continues to be sick, they should continue to receive doses at 4 hour intervals (3 times a day) but reduce the number of drops in a dose if the patient is nauseous. Continue as long as the patient is sick, but continue with doses as high as possible that do not make the patient nauseous.

These suggestions are based on the personal treatment of thousands of people who had failed to eliminate malaria from their bodies using all other known means. Many were dying or near to death.

See also the video of the Malaria convulsing baby that was treated by a local doctor who used MMS under the direction of Jim Humble. The video is part of the MMS method for babies and pregnant women. [\[ Here \]](#).

## **MMS Methods for Mouth, Gum, Tooth, and Tongue**

### **General MMS Cleansing Mouthwash:**

Mouth and gum diseases respond promptly to MMS. Just make up a 10 drops dose of MMS. Take 10 drops and add 50 drops of citric acid or lemon juice, wait 3 minutes and then add about 1/2 glass of water (4 ounces).

Use a soft tooth brush and pour the liquid onto the brush and brush your teeth and gums very well. Be gentle at first. Do this 3 or 4 times a day for the first three or four days. Then do it once a day.

Use the extra solution to rinse and gargle your mouth. Do this slowly so that some of the ClO<sub>2</sub> gas has time to simmer out of the liquid. The invisible ClO<sub>2</sub> gas will kill all the germs and bacteria in your mouth without harming sensitive gums or sore places on the tongue. Then for a few weeks brush your teeth at least once a day with the MMS solution.

Your mouth should be in much better condition after one week, but it will continue to improve for several weeks before it gets to the condition of being a lot healthier than ever before. You can then cut back to two or three times a week.

### **Emergency Toothache Options:**

There are many reports of people whose toothaches were stopped completely within a few minutes of holding activated MMS in the mouth for two minutes. This would be one of those situations where you couldn't get scheduled for dental work and you have no choice but to clinch down on cloves to mask the pain - which might mean days or weeks while you wait for an opening on the dentist's waiting list.

However, after one or two MMS treatments, the tooth ache might not reappear for 12 to 24 hours. The reason for tooth-pain is usually that bacteria has found a home deep in a tooth cavity and bacteria are feeding on nutrients near or touching the nerve. By holding even a low MMS mixture in your mouth and brushing heavily on the tooth surface where the cavity might be, the odor of ClO<sub>2</sub> can be forced into the tooth far enough that the bacteria "smell it," stop nibbling, and die near the nerve. The tooth will not cause any more pain until more food is pressed into the crevice and new bacteria begin feeding again.

This procedure can be executed with a low dosage like this: one MMS drop in a small cup with 5 drops of the acid. After three minutes, add 1 or 2 table spoons of

water and stir it with a toothbrush. Your toothbrush is now nicely sterilized. Stir the mixture onto the brush, carry it into your mouth, and brush the tooth or teeth where the pain is felt. Carry more MMS into your mouth and repeat for two minutes or more.

### **Regarding a Pressure-sensitive Tooth:**

It should be noted that if your tooth is pressure sensitive - meaning that when you bite down on it then pain is felt, this usually indicates a pocket of infection forming under the tooth. In this case, mere brushing is futile but you have a powerful option for reducing and eliminating the infected tooth. Do it quickly.

Immediately start taking your normal MMS doses MORE OFTEN. Get the MMS and ClO<sub>2</sub> circulating as soon as possible. For example, if you were normally taking 8 drop doses morning and night, step it up - take your doses every two hours - for two days until at least, or until the tooth pressure-pain disappears. The infection will in most cases be eliminated without a terrifying root canal procedure. You will avoid strong antibiotics that dentists give to kill the infection. You will avoid further dental work to "save the tooth." This suggestion is based on actual experiences and user reports.

### **What about Candida and Bad Breath?:**

While your one-drop mixture lasts, if you have any white candida film on your tongue, brush your tongue.

While in there with brush in hand, if you have bad breath, brush the extreme back of the tongue where sulfur dioxide is produced by some types of bacteria. One clinic has a patented tongue brush and a special MMS-like fluid that quenches the bad-breath bacteria. But in your case you already have MMS which produces ClO<sub>2</sub> gas, and a tooth brush already in your mouth, so shove the brush back to the gagging point and clean the back of your tongue. There's no excuse for MMS users to have bad breath. Other people may notice that you no longer have "a filthy mouth."

### **Will MMS Brighten Your Teeth?:**

There is misinformation about MMS causing teeth to be darkened. The enemies of MMS appear to have found someone who may have smoked for years and maybe drank strong coffee since birth, or who rarely brushed his BROWN and ugly teeth. MMS doubters present his photos on their web blogs under the general heading of "Look what MMS is going to do to your teeth."

In contrast, people who use MMS regularly for mouth, gums, and teeth don't have to make their point with photographs. They simply smile cheerfully with pretty white, glistening teeth. True, some people just play around with MMS never actually using it with consistency or with purposeful discipline. But for those who are serious about their health, over time MMS has a gradual whitening effect on teeth. Years of tartar and accumulated colorings are slowly lifted away.

### **Will MMS Remove Years of Plaque Buildup?:**

Questions arise regarding whether MMS can remove plaque without dental assistance. No, it might take years of twice daily brushing with MMS to diminish

thickened plaque that developed over the years. It's probably better to pay a dental assistant to remove plaque using the tools they have. THEN AFTER THAT, you can prevent or diminish greatly the formation of new plaque. Dental assistants are usually trained to tell you that plaque is normal, that everyone needs to come back four times a year for plaque removal. You may be told that there is SLIME in everybody's mouth and during the night it lays down additional film whether you brush or not.

Unless your genetics cause you to produce SLIME IN ABUNDANCE, a night and morning MMS mouthwash and light brushing will leave you with a germ free mouth. The slime will evaporate through the night, having no bacterial assistance to create layers of tartar and plaque. This has NOT been tracked, measured, or reported adequately. You can test this for yourself and give us a report if you are a serious MMS user.

### **Will MMS Remove Infections under Abscessed teeth? Case Study:**

From Juan To Jim Humble:

I just wanted to drop you an email to let you know how the MMS is working with the abscessed teeth. I imagine you already know this having worked with so many people already over the years, but dentists really have no way of knowing whether the tooth itself is actually the source of the infection. They take the x-rays and if they see the spot of infection on the x-ray, they say you need a root canal.

There is no way of knowing for certain whether it is the tooth or the gum that is the source of the abscess from just an x-ray, but that being said, the x-ray did show that I had a large pocket infection under the bottom tip of the root in one of my bottom molars.

I had every tooth in my mouth cosmetically repaired with porcelain crowns in 2003 so when I just recently had this toothache and the dentist told me it was the tooth that was abscessed, I thought it was ludicrous. Even though I saw the x-ray I knew there was no way my tooth could have decayed so much in 6 years after all of the work I had done. I argued that the infection had to be in the gum regardless of what the dentist said or the x-ray showed. I started looking for miracle cures online and found MMS.

As you know, I went with DMSO and MMS and this knocked out the infection in a couple of days, however, the infection would come back in a week or two sometimes and I would have to keep the DMSO and MMS on it again to knock it back out but it did work to stop immediate pain and suffering.

**I got the idea to put MMS in a Waterpik** so that the solution could get down deep into the root canal and this has proven so far to be a more effective way to treat the abscess. Using MMS in the irrigation cleaning solution knocked out whatever was down there and it has not come back.

I put 10 drops of activated MMS inside a full glass of mineral water to fill the irrigation chamber of the Waterpik and did the irrigation cleaning as one normally would use a Waterpik. There are things called cannula tips which are attachments for the

Waterpik like a syringe that can be used to penetrate as deep as possible into the canal of the tooth if need be and I used them.

Just wanted to let you know this in case there may be some folks you can pass it on to. I hope people know that if the dentist says they need a root canal they should question it and try cleaning the tooth canal with MMS in a Waterpik and see how well they fare.

It is pretty impressive how quickly this method delivers relief. In a couple of hours the throbbing and shooting pains stop and it got better and better quickly and has not come back. I have no way of being certain that my abscess was inside the tooth, although it certainly was deep inside the gum, under the root of the tooth which appeared to be coming from the root of the tooth in the x-ray.

The MMS has healed the rest of mouth too. I could feel infections inside the gums on the bottom two areas where I had my wisdom teeth removed 15 years ago. Just brushing with MMS and the MMS in irrigation has knocked that out too since the last time we emailed each other. Juan

## **MMS Methods for Nose, Sinus, Ear, and Bronchial Congestion**

This MMS protocol comes with CAUTIONS but it is very effective in eliminating post-nasal drip, sinus infections, ear infections, head colds, sore throats, wheezing, bronchitis, and germs that live in nose or sinus mucus. Even inner ear infections are reported to benefit from this treatment. But, there are CAUTIONS.

You will be inhaling small amounts of the ClO<sub>2</sub> gas from a cup into your nose or mouth. OBSERVE THE CAUTIONS LISTED BELOW.

Do not drink the mixture in this protocol because no water is added to the activated MMS in this instance. Do not exceed a 2 or 3 drop mixture. Remember, it is the ClO<sub>2</sub> gas generated by MMS that is the entire germ-killing benefit. Unlike the MMS mixture that you drink, this method of nose-inhaling the pure ClO<sub>2</sub> gas probably provides the quickest and most germicidal way to move the gas quickly to places in the head and sinuses where it can easily find germs and kill them.

However, a severe warning is stated - DO NOT OVERDOSE. DO NOT DEEP BREATHE THE ClO<sub>2</sub> gas into your lungs for any length of time. Your lungs can rapidly absorb the ClO<sub>2</sub> gas just as easily as oxygen, causing unexpected depletion of oxygen. Take breaks and breath normal air periodically while doing this procedure. This warning will be repeated several times. IF YOU OVERDOSE AND DEEP BREATHE YOU MAY DAMAGE YOUR LUNGS.

As suggested in the "FUNDAMENTALS" protocol, you can mix 2 to 3 MMS drops with the normal acid (Unfiltered vinegar or citric acid or lemon juice) with 5 drops acid for every one drop of MMS. Do this in a small cup. Do not add water or anything else. DO NOT DRINK THIS MIXTURE.

Almost immediately you will smell the ClO<sub>2</sub> gas. Holding the cup under your nose pull in the gas slowly with the goal of letting it pause to circulate in the nose and sinus cavities. It will naturally flow also down through the throat and vocal cords to some extent. Breathe it into the nose very slowly so that it lingers a bit in all places it can go. Hold that breath for a few seconds. The ClO<sub>2</sub> odor will even be wafted out into the ear tubes and sometimes out to the inner ears.

After every four slow inhaling actions, move the cup away and take in breaths of normal air.

**REASON FOR CAUTION.** You are moving pure ClO<sub>2</sub> gas directly into the body. Your red blood cells absorb it as readily as oxygen. Therefore you will be temporarily diminishing the amount of oxygen available to your body.

**DO NOT USE THIS METHOD** if you suffer from Angina, or if you are dependent on supplemental oxygen for breathing, or if you have shortness of breath, or if you have been using MMS internally (drinking it with water) above the 10 drop level during the past two hours.

When you drink MMS doses, the ClO<sub>2</sub> is generated slowly. Red blood cells pick up normal oxygen from the lungs, but perhaps 20% of them accidentally do not pick up oxygen. A bit later the blood passes around the stomach lining and the 20% of red blood cells that lacked oxygen pick up ClO<sub>2</sub> because it looks like oxygen to the red blood cells. So in normal MMS use (when drinking it), oxygen is still available to the body just as it is normally and the amount of ClO<sub>2</sub> absorption is self-limiting because 80% (for example) of the red blood cells are supplying oxygen to the body as they normally do.

In summary: when breathing ClO<sub>2</sub> as a gas freshly produced in a small cup, as it is held for a few seconds in the sinuses, nose, and vocal cords, it has immediate germicidal effects as it encounters germs and pathogens along the way, thus reducing the generation of mucus and phlegm.

Cold germs and flu viruses live in the mucus produced by the body in reaction to the germs or viruses. Lungs and sinuses begin to weep, generating sticky fluids in the sinuses, lungs, and bronchioles. Germs then continue to reproduce and travel further in that mucus - unless the germs are killed by an outside agent such as MMS.

It is critical that no one should have a bad experience with MMS. So as a further caution, think about the results if you foolishly overdose with this protocol:

1. Instead of 15% of the red blood cells carrying ClO<sub>2</sub> throughout the body, you could crowd out necessary oxygen if 25% or 30% of your red blood cells pick up ClO<sub>2</sub> instead of oxygen. Therefore after 4 or 5 deep slow inhalations from the cup, take a break so that your oxygen supply is not diminished to your brain or body.
2. Since this method supplies pure ClO<sub>2</sub> directly into the body, it will be circulated quickly throughout the body resulting in **RAPID KILLING** of pathogens throughout the body - possibly resulting in severe and sudden nausea as debris from rapid

detoxification is spilled too rapidly into the blood.

3. Lung tissues can be burned or damaged without you being aware that you are overdosing.
4. You could pass out from thoughtless deep breathing. The odor of the ClO<sub>2</sub> gas is quite easy to breath. Unlike the bad taste of activated MMS in water, the odor of MMS is not bad enough to prevent overdosing. In fact you may think that nothing is happening and could be tricked into thinking that stronger doses or deeper breathing can be tolerated. BE THOUGHTFUL and DO NOT OVERDOSE.
5. Placing activated MMS into a humidifier would keep a continuous flow of odorless ClO<sub>2</sub> in the air for one to two hours, but there is no need to do this because of the danger of sleeping or living in a depleted oxygen state. The room has plenty of oxygen but your lungs absorb the ClO<sub>2</sub> as readily as the oxygen which is a dangerous situation if prolonged for any length of time.
6. Remove pets and birds from the room if you are using the ClO<sub>2</sub> gas as a way to remove fungus or mold from a room. Close the doors during the hour of ClO<sub>2</sub> room cleansing. For purification of a room, place a 10 to 20 drop mixture of activated MMS in a saucer or cup in the middle of the room, then close and leave it for one hour. The ClO<sub>2</sub> fumes will emerge slowly and fill the room over time.

Although you can conquer colds and sinus infections with the inhalation strategy, people are often left with sticky congestion in the lungs. The body knows it shouldn't be there and involuntary coughing begins. MMS doesn't help you live through days of coughing, and in some cases the coughing can be life threatening even though the germs are being destroyed by normal doses of MMS - especially the strategy of "sipping MMS all day" (See the FUNDAMENTALS page).

Three strategies for deliverance from sticky phlegm and coughing relief are suggested in an article at <http://MMS-articles.com/stopcoughing.htm> .

## **MMS Skin Care Methods**

The use of MMS on the skin can be a very important use. It destroys almost every kind of skin disorder known, and causes burns, and wounds of all kinds to heal often in less than 1/2 the ordinary time. Unfortunately I was not able to complete the research on MMS before I wrote the first book and only recently have completed a six month test concerning the skin. I am sorry that this data couldn't have gotten to you sooner as it would have save some people a certain amount of suffering.

So here are the basics regarding skin treatment with MMS. I have just done more than 6 months spraying my body every day with a very strong solution of MMS activated with the required amount of citric acid solution.

I sprayed in many places on my body to see the results on heavy weather beaten skin to the most tender white skin available. I usually sprayed several times a day. I

sprayed on my face most days as well, and often rubbed around my eyes so that the rubbing would allow a tiny amount of MMS to leak into the eye itself.

There were places where I didn't spray to show the difference between treated areas and untreated areas over a period of six months. The results were this: After more than six months, there was no difference between the areas sprayed and the areas not sprayed. There was no skin discoloring, nor any change in the texture, nor any other kind of a change including on my face.

During the six months, there were times when small wounds or cuts happened. These I always sprayed and they disappeared in a day or two.

This simply points out what I have said in the book and in other places. MMS does not affect normal body cells. It does not have the power. It only kills anaerobic microorganisms on the skin or in the body. Tests have been made with similar sprays at this strength and less in slaughter yards on dead animal skins and dead chicken skins and all anaerobic microorganisms are always dead.

Many skins have been treated including babies skin.

**One more test was done that I thought you would be interested in was with chlorine instead of chlorine dioxide.** Bleach of the standard variety, Clorox provides approximately the same amount of chlorine as the MMS provides of chlorine dioxide in the tests I was conducting. They are about the same strength but the action is much different.

I put chlorine (Clorox) on the back of my hand every day several times a day for one week. I allowed the Clorox to dry in place just like I did the MMS. After only one week the back of my hand had become discolored, the skin had hardened and began to crack in two areas - the surface of the skin had lost its feeling, and the area was painful under the skin.

It was obvious to me that continued use of the Clorox on the back of my hand would create a very sore cancer like area. It took about two weeks for my hand to return to normal. So if you know anyone who insists that chlorine and chlorine dioxide are similar you can have them read this article, and then if they still don't believe it, it is a test that they can conduct themselves.

Use MMS for healing sores, burns, wounds, psoriasis, eczema, cancer, ringworm, acne, rashes, staph infections, athletes feet, and a hundred other problems of the skin. In order to do this follow these instructions: Obtain a 2 ounce mist spray bottle. Most drug stores sell empty spray bottles.

Put 20 drops of MMS in the bottle and 100 drops of citric acid and swirl to mix, wait 3 minutes and then fill the bottle with water. You now have a spray solution that is equivalent to 40 drops in 1/2 glass of water in strength. This solution stays fresh for about 3 days. The reason it stays fresh for that long is because of the strength. Once it is diluted in the body it rapidly disintegrates. Or on the skin, it disintegrates as it dries.

Once you have made your solution, you should spray any sore about once an hour or every two or three hours all day long. Allow the solution to dry on the sore. In case of a rash, spray it on the entire rash. Rinse off with clean water in the evening before bed, dry, and re-spray before going to bed. In case of babies under 2 years old I would suggest that you dilute the solution at least twice or start out with only 5 drops of MMS instead of 20.

The MMS in the spray bottle will seldom ever cause stinging or burning or pain, but it can happen. If it does, pour out 1/2 of the liquid in the bottle and fill it with water thus diluting by 50%. If it still stings, do the same thing thus diluting it again. Continue this dilution until it doesn't sting.

In one person out of a thousand persons with skin problems, the MMS may sting badly and the problem will get worse. If this happens it is probably a condition that you have had for a long time. This is very rare, but it does happen. Don't feel badly, there is a cure. Look under fungus protocol on this web site and follow the instructions. It will soon be gone.

There are many problems of the skin usually causing sores or rashes. They could be poison oak or even cancer. Most should have MMS applied directly to them. The best way to do this is by spraying. The way I do this all the time is to use a 2 ounce spray bottle that makes a fine mist.

THE FORMULA: I take an empty 2 ounce spray bottle and add 20 drops of MMS and 100 drops of 10% citric acid solution (you could use lemon juice filtered through a coffee filter). I wait the customary 3 minutes and then fill the bottle with water. (Could be distilled water, but then any clean water would do). This bottle of MMS will stay activated for about 3 days. That's because of the extra strong mixture.

I then use this to spray any sore, wound, or skin eruption that might occur. Outside the body you require a much stronger solution than when taken internally.

You can spray a sore spot up to once an hour. Allow the solution to dry on the body. It is the strongest and does the most good just before it dries. Also spray this on athlete's foot and fungus on the feet. After it is dry the area can be rinsed off if you like but it's not necessary. If the spray causes pain or burning then reduce the strength of the solution by pouring out 1/2 and filling with clean water. Keep reducing the strength in this manner until the spray does not cause burning, however, if this does not seem to work in a rare few cases it might be a fungus that MMS cannot touch. In that case, go to the home page and look under fungus protocol.

As I mentioned wounds should be sprayed as soon after they happen as possible. It will decrease the healing time by a great deal in most cases as microorganisms are mostly the cause of slow healing.

Well, hope this helps. Jim

## Dealing With the Taste of MMS

There are so many people who develop a terrible aversion to the taste and smell of MMS (including me). Fortunately there are several methods of overcoming the problem.

**You can avoid this issue completely if you use an eye dropper to drop MMS and citric acid into a CAPSULE.** Then swallow the capsules with a cup of water. The method for doing this is explained in a separate page on this site [[Click Here](#)].

Once you see the simplicity and benefit of doing this, the secondard methods of dealing with taste (below) will be unnecessary.

There have been literally hundreds of people, if not thousands of them, that have started out by saying, "Oh, I don't mind the taste of MMS all that much," and then several weeks later they feel sick when they merely think or talk about MMS.

I believe that the aversion, the revulsion, is caused by a survival reaction of the many microorganisms in the system that are being killed. It seem reasonable that their revulsion to being killed is a survival mechanism that is passed on to their host as a revulsion for the same thing. Of course, if their host has enough revulsion that he stops taking the remedy, the microorganisms will survive. Maybe that's not the case, but the fact is, as one cleans out his system the heaviest part of the revulsion goes away. I believe that one should not allow himself to reach that level of revulsion that the mere idea makes him sick as he might not be willing to do the whole job.

So here is one way to avoid the aversion. Follow the idea carefully because if you miss a point of two it won't work. **You need a heavy kind of juice.** Buy a concentrated juice (apple, cranberry, grape, or pineapple) and then when adding water back, don't add the full amount so that the juice is **extra heavy**. If you can't find a concentrated juice without added vitamin C, then just use the juice that tastes the strongest to you (that doesn't have added vitamin C).

Step 1. Pour out about 1/2 glass of juice that you will be using for your dose, what ever it is. If it is a heavy dose you may want more than 1/2 glass of juice. To this juice add two teaspoon fulls of the 10% citric acid solution. (You may be able to avoid this step if you follow the other steps closely.)

Step 2. To a second glass pour in some of the same juice. This juice will be pure and clean with no MMS. This will be the wash-down, and it is important that you use the same juice for the wash down. You probably won't need as much as 1/2 glass. I'd say 1/4 glass or less would do.

Step 3. In a third dry clean glass Make up your MMS dose. Use the standard 5 drops of citric acid for each drop of MMS and wait the three minutes. Then add the 1/2 glass of juice you already prepared in step 1 above. It isn't all that sour. You can get it down pretty easy, but if you can't stand the citric acid skip step 1.

Step 4. Have some hard candy available. Something like large lemon drops, or butterscotch chunks. Before you take your MMS put this candy in your mouth and begin to suck on it. This is also an important step. (You won't need it all, you can throw most of it away.)

Step 5. Now this is the important step. Down the 1/2 glass of juice with the MMS in it, and immediately, before you take a breath, wash the MMS containing juice down with the pure clean juice. It has to be the same juice, but totally free of MMS. If you do it right, without taking gulps of air and all that, you should wind up without a taste in your mouth. The air cause oxidation on your tongue combined with the chlorine dioxide. That is why you must not allow air in at this time. But if you do, the candy should obliterate the taste of the MMS and you can spit it out as soon as you are sure the taste is gone.

In a case where you have the flu or other infection of some sort, and you have made a 20 or 30 drop dose and you are taking a sip of it every half hour or so, do the same thing. Keep a glass of the same juice, but clear of any MMS. Always wash the MMS juice down with the clean juice with the candy in your mouth. You will miss 95% to 99% of the taste.

Since most juices contain some antioxidants, a small amount of the ClO<sub>2</sub> may be neutralized by the juice, but you can make up for that at any time by just starting with one extra MMS drop.

For some people, a simpler solution is to put two peppermint lifesavers in the mouth while waiting the three minutes. Then take out the lifesavers, down the prepared MMS dose and immediately put the life savers back in the mouth. In this simpler method, juice may not be needed at all.

## Suggestions for Bathing in MMS Tub Water

**addition to taking oral doses of MMS** it is possible to absorb MMS through the skin directly into underlying muscle. Whereas oral doses provide ClO<sub>2</sub> gas primarily to the red blood cells, MMS that sinks through the skin provides ClO<sub>2</sub> gas directly to the liquid plasma of the blood. More ClO<sub>2</sub> is circulated and more rapid benefits can be expected. If you are not acquainted with the reported benefits from taking activated MMS doses, read the article: "Introduction to MMS" at [\[ Here \]](#) and also print the mixing and activation instructions at [\[ Here \]](#). When using this bathtub strategy, your full skin surface will be in contact with ClO<sub>2</sub> gas for 20 to 30 minutes.

See this alphabetical list of diseases drawn from a catalog of 28,000 skin diseases. ==> For some people this strategy has produced a breakthrough. By soaking for 20 minutes in tub water laced with activated MMS, people who had been unable to rise above a 7 drop oral solution were able to increase the supply of ClO<sub>2</sub> gas in the blood stream without nausea. Rationale? Bacteria and pathogens on or

below the skin level are killed by the MMS and they move outward, away from the body. Most debris moves outward and floats away rather than being adrift in the blood stream. Do not neglect oral doses during your occasional tub experiences. Take at least a six drop dose just before the tub bath. Don't worry about whether you just ate - or didn't eat. Any ClO<sub>2</sub> losses caused by food in the stomach is minor and relatively unimportant.

Pathogens removed through the internal use of MMS (as when we drink it) can only get out of the body by passing to the liver and on to elimination. This works fine until you reach the (temporary) nausea barrier. Nausea indicates that MMS is killing more pathogens than the elimination system can handle, resulting in temporary-but-serious nausea.



[Shingles 62](#)

[Shingles 63](#)

[Shingles 64](#)

[Shingles 65](#)

[Shingles 66](#)

23,000 skin disease photos are stored at <http://dermnet.com>.

Much larger than these thumbnails, they are copyrighted and may not be used in publications or web sites. They are highly instructive and valuable when diagnosing one's own skin anomalies. If you wonder whether you have eczema, herpes, poison ivy, or carcinoma, this library will be helpful.

Bathing in MMS water enables cleansing of pathogens that are on the skin surface or just under it. Cleansing at these outer levels seems to avoid overloading the internal elimination systems. Pathogens killed near the skin surface more-often move outward through the skin and float away. Do continue with normal MMS oral doses, of course.

**1. WIPE OUT THE TUB.** Otherwise the MMS ClO<sub>2</sub> gas in the water will go to work on any soap scum and bathtub-ring, reducing or neutralizing the ClO<sub>2</sub> available to the body. By the second bath, the tub will be clean due to the MMS cleansing action. Put no soap or other chemicals in the water. Adding more water does not weaken the ClO<sub>2</sub> that is being generated. Some people add 1/4 cup DMSO. (Not required but it may assist deeper penetration of the ClO<sub>2</sub> gas.)

**2. ACTIVATE MMS IN A CUP OR GLASS** before adding to the tub water. Place 30 drops of MMS in a cup. Add 2.5 teaspoons of lemon juice or citric acid (150 drops). Plan for a 20 to 30 minute minute tub sitting. If you have open skin sores or severe body wounds, consider reducing the MMS to 20 drops mixed with 100 drops of citric acid or lemon juice (1.5 teaspoons) so that sensations of heat or burning will be reduced. Open sores usually heal quickly due to the disinfecting action of MMS. The 1 to 5 ratio is the normal MMS protocol.

**3. MIX THE MMS WITH THE ACID AND SWIRL IN A CUP** Wait 3 minutes.

While waiting, draw 5 to 8 inches of hot water for bathing. Do not add soap, perfume, shampoo nor children's toys. The amount of water doesn't matter. It is good to drink a separate 6 or 8 drop dose as well.

Diseases caused by bacteria or viruses will almost always be resolved through repeated exposure to MMS ClO2 gas.

Diseases caused by genetic or nutritional deficiencies may not be helped by MMS because MMS supplies no nutrients.

**4. ADD THE ACTIVATED MMS** into the tub water. Stir it. Almost immediately all germs in the water will be eradicated. Some companies provide swimming pool systems that use this same strategy. Water does not reduce the amount of ClO2 gas that is being produced. Tub half full or very full doesn't matter because the same amount of ClO2 gas will be produced by the activated MMS.

**5. LAY IN THE TUB.** One side, then the other. Splash water onto the entire body - arms, neck, hair, face - all over. If a history of cold sores, then wipe tub water on the lips and nose repeatedly and wherever they were once visible. If water splashes in the eyes, just wipe it away. MMS doesn't harm eyes - unlike shampoo. With a cup pour tub water onto the scalp.

**6. ADD MORE HOT WATER.** Heat opens the pores and MMS penetrates into the muscles. Massage the scalp with tub water. By the 3rd bath, skin moles may begin to crumble.

**7. WIPE AWAY TUB DEBRIS when finished.** See also:

[\[Here\]](#) Hardback book: "Miracle Mineral Supplement for the 21st Century." Volumes 1, 2, and 3.

One lady stepped out of her 4th bath and looked down. She spotted two very skinny white worms creeping directly out of her foot. One beside the big toe, another between toe 4 and 5. These were probably Trichina worms, passed along from rare meats or poorly cooked sausage.  
[In the presence of ClO2, parasites and germs will flee or die.](#)

[\[Here\]](#) Jim Humble's MMS Answers site

[\[Here\]](#) Sign up for the MMS Newsletter.

[\[Here\]](#) Jim's protocol for spraying MMS on skin targets.

[\[Here\]](#) List of MMS resellers - \$20 one year supply. [\[Here\]](#) Buy Jim Humble's hardback book - \$21.95 US\$

## Handling Viral Diseases with MMS

Viruses are a thousand times smaller than bacteria and thus are not killed in the same way. Bacteria are killed by an explosive oxidation reaction, whereas viruses are killed by keeping a virus from forming over a period of time. MMS prevents the protein of the virus from growing into its final configuration and thus they die.

Where viral diseases are present, you must keep MMS present in the body for an extended period so that viruses cannot continue to build their special proteins.

The various protocols take this into consideration. For viral infections, normally the chlorine dioxide needs to be continuously present in low-dose amounts for at least 12 hours, and sometimes even longer. This is in contrast with bacterial infections where a large dose of MMS in the morning, noon, and evening will be effective in a fast kill of bacteria.

We know for certain that activated MMS (chlorine dioxide) only remains present in the body for about 1 hour. That means you must take a small amount of MMS every hour for an extended period of time to keep the viruses from forming, and thus they die by never reaching maturity.

Take as much MMS as you can handle without getting sicker or nauseous. Start out with one drop, and in an hour take two drops, then three drops at the third hour. Keep increasing, but drop back a drop or two if you notice nausea.

It's OK to sleep without taking MMS through the night but begin again the next day until you are well. (Remember always use 5 drops of citric acid or unfiltered vinegar to each drop of MMS and wait three minutes before adding water or juice.) Use this information here with any of the other protocols.