

The Universal Antidote.com

THE ULTIMATE GUIDE TO

CHLORINE DIOXIDE

and

Beginner Training Course

The FREE guide and training course that will teach you everything you need to know about the universal antidote which is chlorine dioxide.



THE ULTIMATE GUIDE TO CHLORINE DIOXIDE And Beginner Training Course

Formerly called:

The Universal Antidote University Beginner Training Guidebook (v1.5)

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Disclaimer

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Special Thanks

Thank you to the people that contributed to this work by allowing me to use some of their own work. Thanks to Brian, Charlotte, JC, and Tara W. Thanks to Jim Humble and Andreas Kalcker for their hard work developing excellent protocols and sharing them. I appreciate all of you.

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*If you can't find a reference, or if you have a question, you can email me at the following email address:

theuniversalantidote@protonmail.com

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Introduction

I have produced this *Beginner Training Series Course Guidebook* to accompany “The Universal Antidote (TUA) Beginner Training Series Course” online. The videos have been placed strategically on at least six different video platforms to ensure redundancy to preserve the information so that it may be available to anyone with the motivation to find it.

Section 1 of this guidebook contains the course itself with clickable links for the TUA Beginner Training Video Series. Links are provided on six different video platforms. If you have trouble accessing links on one platform, try another one. Also, if clicking a link does not work, try copying the link and pasting it into a secure browser like Brave Browser.

Section 2 of this guidebook contains links to suppliers for diluted premade solutions and concentrated raw ingredients. I cannot guarantee that the links to different websites will remain active. Still, the same strategy applies regarding the copy-and-paste technique in a private browser to make sure that the site is truly available or not available. The powers that be will often attempt to make these links show as being hacked or dangerous. The links provided here have been checked for safety, and usually, any “browser warnings” are attempts to scare you away from having access to these products and information. That being said, by continuing to read and click any links, you are taking full responsibility for your actions, and I cannot be held responsible for any malicious attacks or damage to your computer hardware or its software.

Section 3 of this guidebook contains recipes and instructions for making your own 22.4% Sodium Chlorite solution and acid activator. The recipes I have included are for mixing up a moderate-sized amount of the solutions. I will do my best to make these recipes easy to understand, and hopefully, you can adjust the recipe amounts if you desire to make larger or smaller batches.

Section 4 of this guidebook also contains links to groups, websites, and social networks where people are helping others learn about chlorine dioxide and MMS1. The nature and sensitivity of this subject make it possible that some of these groups and links may be nonexistent in the future, and the growth of this community is very organic. If you find an active group, don't be afraid to ask if there are other active groups where you can learn.

WARNING: There are trolls in almost every group that will attempt to destroy you if you use personal identifying information. In groups, please, for your safety, don't display your phone number, and please use an alias or only a first name.

Section 4 of the guidebook also contains protocols for MMS, MMS1, and CDS, and links to essential books. I have provided everything I have ever made for free, but Jim Humble, Andreas Kalcker, and Mark Grenon have placed much greater risk upon themselves by not remaining anonymous. Please support these people by buying their books rather than downloading them for free off of the internet. It is because people have supported their work by purchasing their books that this information has been preserved. I would not have been able to make my training series were it not for these brave men.

Section 5 of the guidebook will give you a closer look at the protocols that are used with MMS1 and CDS. This section has links to important books about MMS and CDS protocols and also contains an extensive excerpt of Chapters 4-9 from the book, *Simple Molecular Medicines: Not Cures... Solutions* by Brian Stone. Brian has generously allowed his work to be published as part of this book so that you will have a written guide as well as a video guide to the protocols.

Section 1: Video Platform Links and Course

This beginner series course and this guidebook are designed to give you a rapid and thorough education to fully understand what the universal antidote is and how it can be used for human health. This course and guidebook are laid out exactly like the course on the website. If the website is taken down, this PDF course should remain functional. Please make sure you read the introduction to this guidebook before getting started with the training videos.

Video Platforms

Course in One Video:

- <https://rumble.com/voq0yr-the-universal-antidote-getting-started-series-complete-series.html>
- <https://t.me/MMSinfo/6846>

The Universal Antidote Documentary Links:

- <https://theuniversalantidote.com/>
- <https://rumble.com/vdey7t-the-universal-antidote.html>
- <https://tv.gab.com/channel/curiousoutlier/view/the-universalantidote-the-science-6155a96382bcd22e12002c90>
- <https://www.brighteon.com/5bca50f6-4aad-4831-ad03-81c02a5c7f2d>
- <https://www.bitchute.com/video/J2Yfx0WQp2FS/>

The Universal Antidote Course

A Chlorine Dioxide How-To

Course Length: 2 hours 2 minutes

Bonus: Thanks to an anonymous donor, the \$150 fee for the course is waived indefinitely.

Note from the Producer

Course Introduction

Lesson 1

Lesson 2

Lesson 3A

Lesson 3B

Lesson 4

Lesson 5

Lesson 6

Lesson 7

Need Help

Note from the Producer

In this course, you will learn everything you need to know to make and use the universal antidote: Chlorine Dioxide. You might be asking why this course is free, and to that, I reply this information is too important to charge money for it; and this is also the desire of the anonymous donor that has fully funded the course. When nothing else could, Chlorine Dioxide has brought healing to hundreds of thousands of people without hope for relief from their illnesses. It's also free because I follow the Lord and Savior, Jesus Christ. He has given me two callings in life. The first is to help people know God, and the second is to help people get well. So this course will always be free and available to anyone who needs it. Just as God has provided His free gift of forgiveness of sins and salvation through Jesus Christ, and all that is necessary to receive the free gift is to repent and believe, so also all that is necessary to access healing with this most amazing substance is to complete this free course. It is up to you to choose to complete the course, and I have made my best attempt to ensure the process is easy and comprehensive. I hope this course will bless all who utilize the information and resources.

Blessings in Jesus's Name,

Curious Outlier

Course Introduction (Length: 4 minutes)

This is the introduction to The Universal Antidote Training Course. This eight-part video series will help you become an expert in the use and home production of The Universal Antidote (Chlorine Dioxide, or CD). If you have not watched The Universal Antidote Documentary, please do that before getting started: <https://theuniversalantidote.com/> First, download the Course Training Guidebook that accompanies this course. Then watch the 4-minute course introduction video below.



Course Introduction Backup Video Platforms:

- <https://rumble.com/vlm2ii-introduction-the-universal-antidote-beginner-training-video-series.html>
- <https://t.me/theuniversalantidote/272>
- <https://tv.gab.com/channel/curiousoutlier/view/introduction-the-universal-antidote-beginner-training-616551f616dbacaa68d4de3d>
- <https://odysee.com/@curiousoutlier:c/Introduction-The-Universal-Antidote-Beginner-Training-Video-Series:3>
- <https://www.brighteon.com/665bd454-02a5-41cf-82ee-4f6816b990cc>
- <https://www.bitchute.com/video/M1tK5syRkI5D/>

Lesson 1 (Length: 4 minutes)

In this lesson, you will learn about MMS1, also called CD. You will get a brief history and see a basic demonstration of how CD (MMS1) is made and consumed orally. There are many ways to use CD (MMS1), and this is only one. (Written instructions for this method begin on page 16 of this guidebook.)



Lesson 1 (cont.)

Lesson 1 Backup Video Platforms:

- <https://rumble.com/vlwgdc-training-video-1-mms-history-and-demonstration-making-mms1.html>
- <https://t.me/theuniversalantidote/281>
- <https://tv.gab.com/channel/curiousoutlier/view/training-video-1-mms-history-and-61655c2a33dc7ba1086f84c0>
- <https://odysee.com/@curiousoutlier:c/Video-1-Mms-History-And-Demo-720p-s:4>
- <https://www.bitchute.com/video/GFGqqI19iCF8/>

Lesson 2 (Length: 11 minutes)

In this lesson, you will learn about Chlorine Dioxide Solution (CDS) and its history, and you will see Andreas Kalcker perform a demonstration of making CDS using a method developed by Charlotte Lackney. (Written instructions for this method begin on page 23 of this guidebook.)



Lesson 2 Backup Video Platforms:

- <https://rumble.com/vm5qff-training-video-2-cds-history-and-demonstration-making-concentrated-cds-3000.html>
- <https://t.me/theuniversalantidote/290>
- <https://tv.gab.com/channel/curiousoutlier/view/training-video-2-cds-history-and-616565bb9d38c1b06bec137f>
- <https://odysee.com/@curiousoutlier:c/cds-history-demo:1>
- <https://www.brighteon.com/cb5f82c9-ec0f-4ffa-89b5-b33f35752935>
- <https://www.bitchute.com/video/DaQPHtWXP7Y/>

Lesson 3A (Length: 7 minutes)

In this lesson, you will learn about the Starting Procedure for treating acute and chronic disease with MMS1, also called CD. This is important. Don't skip it. (Written instructions for the Starting Procedure begin on page 58 of this guidebook.)



Lesson 3A Backup Video Platforms:

- <https://rumble.com/vmfqtm-training-video-3a-the-starting-procedure-treating-acute-and-chronic-disease.html>
- <https://t.me/theuniversalantidote/304>
- <https://tv.gab.com/channel/curiousoutlier/view/training-video-3athe-starting-procedure-treating-616bf0b0a02530cb502d6a6f>
- <https://www.brighteon.com/26b9a4f9-2b4c-451e-ab4a-a0143ca5a775>
- <https://www.bitchute.com/video/KKCdft4Xd0a2/>

Lesson 3B (Length: 17 minutes)

In this lesson, you will learn about Protocol 1000, 1000+ (beginning on page 56 of this guidebook), and the Daily Bottle Method (on page 31 of this guidebook.) These are the core protocols from Jim Humble's *MMS Health Recovery Guidebook*. Download the helpful spreadsheets that provide protocol information mentioned by Brian in the video: https://t.me/mms_health_videos/542 (Detailed MMS/CD protocols begin on page 40 of this guidebook.)



Lesson 3B (cont.)

Lesson 3B Backup Video Platforms:

- <https://rumble.com/vmqe9p-training-video-3b-treating-acute-and-chronic-disease-with-mms1.html>
- <https://t.me/theuniversalantidote/311>
- <https://tv.gab.com/channel/curiousoutlier/view/training-video-3btreating-acute-616bf8380723dd1355d252b1>
- <https://www.bitchute.com/video/55DEWBYPdQN/>

Lesson 4 (Length: 11 minutes)

In this lesson, you will learn about CDS Protocols. These are the core protocols from Andreas Kalcker's book, *Forbidden Health*. (Detailed CDS Protocols begin on page 23 of this guidebook.) Helpful spreadsheets mentioned by Brian in the video:

- <https://docs.google.com/spreadsheets/d/1v5thZf3FTXQ3IA8jN1NOMOEa0Ns7ETfPVR8liPGo7i4/edit#gid=229079204>
- Direct download: https://t.me/mms_health_videos/542



Lesson 4 Backup Video Platforms:

- <https://rumble.com/voc875-training-video-4-treating-acute-and-chronic-disease-with-cds-chlorine-dioxi.html>
- <https://t.me/theuniversalantidote/328>
- <https://tv.gab.com/channel/curiousoutlier/view/training-video-4-treatingacute-616bfc83a02530cb50333926>
- <https://odysee.com/@curiousoutlier:c/CDS-protocols-to-treat-disease:b>
- <https://www.brighteon.com/33266dfa-5793-4ec9-8f5e-0c6837cb0d47>
- <https://www.bitchute.com/video/oL2oNyxlturm/>

Lesson 5 (Length: 17 minutes)

In this lesson, you will learn how to make your own Sodium Chlorite Solution 22.4%. This solution is part A (the alkaline mineral solution) of the kit needed to produce MMS1 and CDS. (Detailed instructions to make the mineral solution begin on page 15 of this guidebook.)



Lesson 5 Backup Video Platforms:

- <https://rumble.com/vnatop-training-video-5-how-to-make-22.4-sodium-chlorite-solution-mms.html>
- <https://t.me/theuniversalantidote/336>
- <https://tv.gab.com/channel/curiousoutlier/view/training-video-5-how-to-616c004c1a473613520df7a0>
- <https://odysee.com/@curiousoutlier:c/how-to-make-sodium-chlorite-solution:4>
- <https://www.brighteon.com/5181dc09-ec49-4a58-9623-d206321691f2>
- <https://www.bitchute.com/video/fsaswt1c9hMF/>

Lesson 6 (Length: 34 minutes)

In this lesson, you will learn how to make part B (the acid activator solution) of the kit needed to produce CD (MMS1) and CDS. The demonstration is provided with three common acids that can be prepared safely, Citric Acid (CA), Phosphoric Acid (PA), and Hydrochloric Acid (HCL). Detailed instructions are given to make 4% HCL, 50% Citric Acid, and 12% Phosphoric Acid. The Phosphoric Acid Calculator can be downloaded here: <https://t.me/c/1496488601/66183> (Detailed instructions for making the acid activator solutions begin on page 19 of this guidebook.)



Lesson 6 (cont.)

Lesson 6 Backup Video Platforms:

- <https://rumble.com/vnlh9o-training-video-6-how-to-make-the-acid-activator.html>
- <https://t.me/theuniversalantidote/355>
- <https://tv.gab.com/channel/curiousoutlier/view/training-video-6-how-to-616c7089c0226123b4a698f1>
- <https://odysee.com/@curiousoutlier:c/how-to-make-the-acid-activator:8>
- <https://www.brighteon.com/5f5e7db3-52ab-4aa9-ab84-c812d989f67a>
- <https://www.bitchute.com/video/0pL6dNnRjtp9/>

Lesson 7 (Length: 17 minutes)

Lesson 7 is a final wrap-up video for The Universal Antidote University “Getting Started Series.” It will cover a series of frequently asked questions. If you have been looking into Chlorine Dioxide for any amount of time, I guarantee you have asked yourself some of these questions.



Lesson 7 Backup Video Platforms:

- <https://rumble.com/vo7c03-description-training-video-7-frequently-asked-questions-and-wrap-up.html>
- <https://t.me/theuniversalantidote/374>
- <https://tv.gab.com/channel/curiousoutlier/view/training-video-7-frequently-asked-6176b565810c54258302b53f>
- <https://odysee.com/@curiousoutlier:c/frequently-asked-questions-and-wrap-up:c>
- <https://www.brighteon.com/934a48f6-baec-46c1-a540-d4ed7ebc3899>
- <https://www.bitchute.com/video/zCeg26qriiMU/>

Need Help?

If you have questions or need help, please join the private Telegram chat group here: <https://t.me/+WTKamcXNaJdQ-ydP> Thousands of people are in the group, and many are ready and willing to answer your questions. Please go through the course at least once before asking questions. This will help mitigate the questions that are covered in the course.

Section 2: Supplier Lists

Suppliers of Premade Solutions

This list of suppliers was current and active as of January 2023. I cannot guarantee that any or all of these suppliers will remain active. However, I hope that you've learned enough about these substances that you will be able to find and or make what you need. If you know how to search keywords, you will usually be able to find the two things you need, which are Sodium Chlorite and an acid activator (Hydrochloric Acid, Phosphoric Acid, or Citric Acid). Suppliers typically have two-part kits that can be purchased so that acidified Sodium Chlorite (MMS1) or CDS can be made as needed. Many suppliers also typically sell premade CDS, or Chlorine Dioxide Solution. (Premade CDS is subject to evaporation and degradation with exposure to heat and light.) Be aware that if you don't make your own solutions from raw ingredients per Video 5 and Video 6, then you'll be relying on the producer of what you buy to ensure that the solutions were made correctly. I prefer to make and use my own solutions, but all of the suppliers listed below seem to have a good track record for quality products. Also, take note that some of the suppliers have different names for their solutions. For example, some call the alkaline Sodium Chlorite solution "MMS" while others call it "NaClO₂", "WPS", "Water Purification Drops", "Mineral Solution", "Part A", "Part 1", "AMS", or "Activated Mineral Solution". Likewise, the acid activator may be explicitly called by the name of the acid, or it may be called, "Activator Solution", "Part B", or "Part 2". Typically the identifying molecule (e.g. NaClO₂, HCL, Citric Acid) will be shown somewhere on the bottle. For the premade solutions, the acceptable percentage range is 22-28% for Sodium Chlorite, 4-5% for HCL, and 50% for Citric Acid. As of this writing, I haven't seen any recommendations for using Chlorine Dioxide tablets, and I don't have any experience with these. (This is not a comprehensive list. You can also use a secure search engine to search keywords like: "Chlorine Dioxide Water Purification Kit".)

USA Suppliers:

- <https://waterpureworld.com/>
- <https://kvlab.com/>
- https://www.amazon.com/dp/B08B11LYT8/ref=cm_sw_r_cp_api_glt_fabc_XT7%20511449FS0HGKZPFQ9
- <https://www.discovermms.com/>
- <https://cleanplusonline.com/>
- <https://www.eclo2.com/>

Supplies Much of Europe:

- <https://www.laubeholistic.com/>

Canada:

- <http://www.genesis2church297.com/>
- <https://allonewellnessnow.com/collections/water-purification-drops-wpd-cds>
- https://www.amazon.ca/Biotraxx-Classic-Water-Purification-Hydrochloric/dp/B07CF6YRJR/ref=mp_s_a_1_11?crd=1NSSYMD4RYDAI&dc%20hild=1&keywords=chlorine+dioxide&qid=1633393182&srefix=chlorine+dioxid%20e&sr=8-11
- <https://www.mms-supplement.com/buy-mms>

United Kingdom:

- <https://aquarius-prolife.com/en/23-chlorine-dioxide-products>
- <https://www.eclo2.com/product-page/water-purification-chlorine-dioxide-drops-100ml>

Germany:

- https://www.amazon.com/dp/B07CF6YRJR/ref=cm_sw_r_cp_api_i_dA2bFb0J1P%208HY
- <https://aquarius-prolife.com/en/maltesian-mineral-solution/38-mms-classic-2x100ml>

Australia: (ships some products to other countries)

- <https://www.wpsaustralia.org/>
- <https://auwaterpurifier.com/product/wps-125ml-hcl-activator/>
- <https://www.mmsdetox.com.au/>
- <https://aquadetox.me/>

Spain:

- <https://www.laubeholistic.com/shop/>
- <https://www.dioxilife.com/>

Netherlands:

- <https://aquarius-prolife.com/de/>

Kenya-Africa:

- <https://www.desertcart.co.ke/products/90065655-oneness-chlorine-dioxide-water-treatment-2-part-kit-clorito-de-sodio>

South Africa:

- <https://hivibe.co.za/shop/biosil-mms-miracle-mineral-solution-2-x-30ml/>
- <https://biosil.co.za/product/mms-miracle-mineral-solution-100-ml/>
- https://www.nutritherapy.co.za/index.php?id_product=36&controller=product

Brazil:

- <https://www.clo2.com.br/>

Suppliers of Raw Ingredients

Sodium Chlorite Flake

Sodium Chlorite is used to make the alkaline mineral solution (part A). The Sodium Chlorite (NaClO_2) flakes that you purchase need to be the highest purity that you can get. This will typically be 75-80%. I question any supplier who states that they manufacture 99% pure Sodium Chlorite flake. This isn't possible because Sodium Chlorite must be diluted with Sodium Chloride by 20% for the drying process. This list of suppliers was current as of January 2023, and all of them have been recommended by others within the community who have purchased from the respective producer. If you have issues finding a supplier, try an alternative search engine, or search directly on eBay or Amazon using key words like: "Sodium Chlorite flake," "Sodium Chlorite," or "Sodium Chlorite powder."

USA:

- <https://pforlife.com/sodium-chlorite-80-salt-based-chlorinated-chemical-powder-flakes-cant-ship-to-canada.html>
- <https://www.amazon.com/Stellar-Chemicals-Sodium-Chlorite-Flakes/dp/B089CH99QF>
- <https://www.amazon.com/Marwieze-Chemicals-Sodium-Chlorite-Flakes/dp/B08RM3KVRS>

Istanbul Turkey:

- <https://tulucechemicals.com/shop/sodium-chlorite-80-odorless-chlorine-pools-water-purification-2-lbs/>

India:

- https://www.amazon.in/s?k=sodium+chlorite&i=industrial&ref=nb_sb_noss_2

Spain:

- <https://romerasuministros.es/producto/clorito-de-sodio-80-polvo/>

Europe:

- <https://www.laboratoriumdiscounter.nl/fr/chlorite-de-sodium-80.html>
- <https://www.laboratoriumdiscounter.nl/en/sodium-chlorite-75.html>

South Africa:

In South Africa, you can order Sodium Chlorite using bidorbuy., Chem Lab Supplies, 41 Barney Rd, Benrose, Johannesburg, 2011, South Africa, +27116189049

- <https://chemlabsupplies.co.za/product/sodium-chlorite-80-5-kg/>
- <https://labequipsupply.co.za/>

Hydrochloric Acid

Hydrochloric Acid (HCL) can be used to make the acid activator solution (part B). You should be able to find Hydrochloric Acid in just about any hardware store. A specific percent dilution for the concentrate is not essential, and you will typically see 31% or 35%. I have found a high purity HCL (also called, "Muriatic Acid") from Amazon at the following link:

- https://www.amazon.com/gp/product/B097TVCY92/ref=ox_sc_act_title_2?smid=A21KI%20G2SZJEA1Y&psc=1%23

Citric Acid (Non-GMO)

Citric Acid can be used to make the acid activator solution (part B). Citric Acid crystals are 100% Citric Acid. Citric Acid is commonly used for canning and preserving fruits and vegetables and should not be too hard to find. You can search online “Non-GMO Citric acid crystals,” or you can purchase at the following link:

- <https://www.amazon.com/Milliard-Citric-Acid-Pound-VERIFIED/dp/B00EYFKM32/?th=1>

Phosphoric Acid

Phosphoric Acid can be used to make the acid activator solution (part B). Phosphoric Acid is used in the production of several food products, including beer and soda. This makes it reasonably easy to find. High purity or food-grade Phosphoric Acid can be found online by searching “food grade Phosphoric Acid” or “high purity Phosphoric Acid.” Typical percentages that you will see are 75% and 85%. Here are a few links:

- <https://www.ebay.com/itm/352632700259>
 - <https://www.amazon.com/Phosphoric-Acid-High-Purity-1000ml/dp/B009S05Z2Q>
 - <https://www.amazon.com/Renowned-Trading-Phosphoric-Acid-75/dp/B095KWSF5L/>
-

Dropper Bottle Suppliers

Once you have your diluted solutions made, you'll need to store them in dropper bottles. There are many reputable companies that produce and sell dropper bottles on Amazon, eBay, and through web stores. Use glass or HDPE plastic only. According to studies, glass won't degrade or leach into your solutions even over time, and HDPE can start degrading after approximately 2 years. Here's an example of glass dropper bottles (smaller quantities are available elsewhere):

- <https://www.thecarycompany.com/2-oz-boston-round-amber-glass-dropper-bottle-black-cap>

1. Purchase dropper bottle lids with a tip orifice diameter of 0.120-0.130 inches. I use these:

- <https://www.thecarycompany.com/20mm-natural-snap-top-cap-20-410>

2. I like to buy smaller containers (2-3 oz) so that I can take them when I travel. I often buy them in bulk and share them with others. Here are the HDPE containers that I buy:

- <https://www.thecarycompany.com/2-oz-hdpe-plastic-cylinder-bottle-20mm>

3. There are lots of options on Amazon for smaller quantities of bottles as well. Just make sure you get glass bottles or HDPE plastic. Below are a few other reputable companies sell bottles and lids:

- <https://www.thecarycompany.com/>
- <https://www.sks-bottle.com/>
- <https://www.specialtybottle.com/>

Section 3: How to Make Solutions

The final percent dilution of all solutions should be strictly followed. The percentages allow for a 1:1 drop ratio when mixing solutions to produce Chlorine Dioxide. For making different volumes of the solutions, using the calculator(s) can simplify the process of making sure you have the correct proportions of Distilled Water (diluent) and chemicals. Calculator links are below.

Sodium Chlorite and HCL Dilution Calculator

- <https://t.me/theuniversalantidote/376>

Phosphoric Acid Dilution Calculator

- <https://t.me/theuniversalantidote/377>

Make Sodium Chlorite 22.4%

(Shaded area are the ingredients and instructions are used in the Lesson 5 course video, on page 8 of this guidebook. Recipe makes 850 ml of MMS)

Ingredients:

280 grams of Sodium Chlorite (NaClO₂) 80%

720 grams of Distilled Water

Instructions:

Mix Sodium Chlorite and Distilled Water together after measuring. It may take up to 30 minutes to dissolve. Filter with an unbleached coffee filter if sediment is present. (Use only a plastic spoon and a glass container. No metal.) Label and store in amber/opaque bottles out of sunlight.

If you are interested in more details, here are some other detailed instructions provided by Charlotte over at mmsinfo.org:

- https://mmsinfo.org/infosheets/What_is_MMS_and_How_to_Make_it.pdf

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Here is a handy (lazy) chart if you don't want to use the calculator for calculating the Sodium Chlorite dilution so that 22.4% is always achieved:

METRIC MEASUREMENTS

80% SODIUM CHLORITE POWDER	DISTILLED WATER	MMS (by weight)	(by volume)
42.7 grams	109.8 grams	152.5 grams	125 ml
85.4 grams	219.6 grams	305 grams	250 ml
170.8 grams	439.2 grams	610 grams	500 ml
341.6 grams	878.4 grams	1220 grams	1 liter

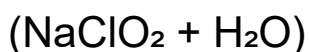
STANDARD ENGLISH MEASUREMENTS

80% SODIUM CHLORITE POWDER	DISTILLED WATER	MMS (by weight)	(by volume)
1.51 ounces	3.87 ounces	5.38 ounces	4.23 fl oz
3.02 ounces	7.74 ounces	10.76 ounces	8.45 fl oz
6.04 ounces	15.48 ounces	21.52 ounces	16.90 fl oz
12.08 ounces	30.96 ounces	43.04 ounces	33.8 fl oz

To make different amounts and different percentages, download and use the HCL and Sodium Chlorite Calculator:

- <https://t.me/theuniversalantidote/376>

How to Make MMS (Detailed)



(Ensure all items listed in **Table 1** are available.)

#	Items Needed for Making MMS	Where to Purchase
1	Sodium Chlorite flakes (80%)	Stellar Chemicals
2	Distilled Water	Purchase Locally
3	Digital Scale	Amazon
4	Glass bowl and large glass mixing bowl	Purchase Locally
5	Plastic spoon for mixing	Purchase Locally
6	Glass Amber bottle for storing MMS	Amazon

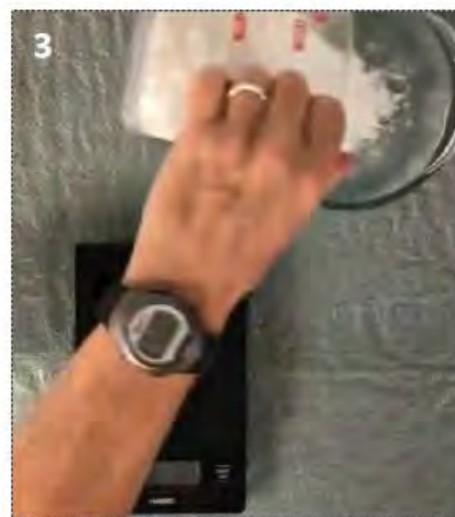
Table 1

How to Make MMS Preparation Steps:

1. Ensure the working area is clean and clear.
2. Place digital scale on table and check batteries.
3. Place Sodium Chlorite flakes (80%), Distilled Water, glass bowl, large glass mixing bowl, plastic mixing spoon, and glass amber bottle on the table.
4. If desired, warm up Distilled Water to 120°F (49°C) to reduce dissolving time of Sodium Chlorite.

How To Make and Mix MMS:

1. Turn "ON" and adjust the digital scale setting to grams. Place empty glass bowl on digital scale. Press the "TARE" button on the digital scale to remove glass bowl weight. Note that the weight should now show 0 grams with the bowl on the digital scale.
2. To determine the correct weights of Sodium Chlorite and Distilled Water, use the formulas listed in **Table 2** (shown on page 18 of this guidebook.) Add Sodium Chlorite flakes to glass bowl until desired grams of weight is reached (example: for a 22.4% solution, use 100 grams of Sodium Chlorite and 257 grams of Distilled Water.)
3. Place weighed Sodium Chlorite flakes into large glass mixing bowl.



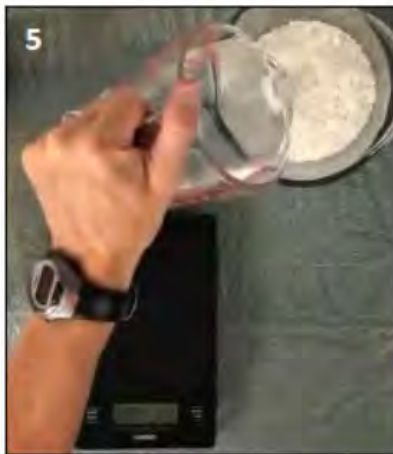
4. To determine the correct weight of Distilled Water to Sodium Chlorite use the formulas listed in **Table 2** (shown on next page.) Pour Distilled Water into glass bowl to desired grams of weight (example: for 22.4% solution, use 257 grams of Distilled Water and 100 grams of Sodium Chlorite).
5. Pour weighed Distilled Water into large glass mixing bowl.
6. Mix only with a plastic spoon until the Sodium Chlorite is completely dissolved (NEVER use metal or wood mixing utensils to prevent contamination). The mixture may appear a little cloudy at first; however, it will clear up once the Sodium Chlorite is dissolved. The final solution will be clear with a yellowish tint.

MMS Formula for 22.4% Solution
Multiply the desired amount of Sodium Chlorite weight by 2.57 to determine the required weight for distilled water. $100 \times 2.57 = 257$
Divided the desired amount of distilled water weight by 2.57 to determine the required weight for Sodium Chlorite. $257 \div 2.57 = 100$

Table 2

7. Pour mixed solution into a glass amber bottle and label for storing. (Typical labels read, "MMS", "Part A", or "Alkaline Mineral Solution")

Optional Step: If desired, MMS can be run through an unbleached coffee filter before placing into glass amber bottle.



Make Hydrochloric Acid 5%

(Shaded area are the ingredients and instructions used in the Lesson 6 course video, on page 8 of this guidebook.)

Ingredients:

300 ml of Distilled Water

50 ml of Hydrochloric Acid (HCL) 35%

Instructions:

When mixing the two solutions, always add the acid to the water. (Never add water to a concentrated acid, as this can produce a splatter reaction.) In a glass measuring cup or container, add 300 ml of Distilled Water. Slowly add 50 ml of HCL. Label and store in amber/opaque bottles, away from sunlight.

Other Acids

Make Phosphoric Acid 12.5%

(Shaded area are the ingredients and instructions used in the Lesson 6 course video, on page 8 of this guidebook. To make different amounts and different percentages, download and use the Phosphoric Acid Dilution Calculator: <https://t.me/theuniversalantidote/377>)

Ingredients:

266 ml of Distilled Water

34 ml of Phosphoric Acid (PA) 75%

Instructions:

When mixing the two solutions, always add the acid to the water. (Never add water to a concentrated acid, as this can produce a splatter reaction.) In a glass measuring cup or container, add 266 ml of Distilled Water. Slowly add 34 ml of PA. This process generates heat, so pour slowly. Label and store in amber/opaque bottles, away from sunlight.

Make Citric Acid 50%

(Shaded area are the ingredients and instructions used in the Lesson 6 course video, on page 8 of this guidebook.)

Ingredients:

150 grams of Distilled Water (This is equal to 150 ml of Distilled Water)

150 grams of Citric Acid

Instructions:

When mixing the two solutions, always add the acid to the water. (Never add water to a concentrated acid, as this can produce a splatter reaction.) In a glass measuring cup or container, add 150 ml of Distilled Water. Slowly add 150 grams of Citric Acid. Stir with a non-metal stir device, and dissolve the crystals. The solution should be clear and relatively thick when finished. Label and store in amber/ opaque bottles, away from sunlight.

How to Make Hydrochloric Acid 4% (Detailed)

(Ensure all items listed in **Table 1** are available.)

#	Items Needed for Making MMS	Where to Purchase
1	Hydrochloric Acid Concentrate	Purchase Locally
2	Distilled Water	Purchase Locally
3	Digital Scale	Amazon
4	Glass bowl or Beaker and large glass mixing bowl	Purchase Locally
5	Plastic spoon for mixing	Purchase Locally
6	Glass Amber bottle for storing MMS	Amazon

Table 1

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Warning: Diluting high concentrations of Hydrochloric Acid can be dangerous due to its low pH and fumes. Wear eye protection and protective gloves before any dilution and mixing begins. Make sure all diluting and mixing is done outdoors and or in a well ventilated area. Hydrochloric Acid can be purchased at a pool supply store or Home Depot/Lowes. However, ensure that the Hydrochloric Acid only contains Hydrochloric Acid and water. Do NOT use any Hydrochloric Acid with additional ingredients. All manufacturers are required to provide a Safety Data Sheet (SDS), which will list all product ingredients. The manufacturer can also be contacted if additional information is required. Math will be required to properly dilute the concentrated Hydrochloric Acid to a 4% solution. To avoid math, use this “How to Dilute Hydrochloric Acid (HCl) with Distilled Water (H₂O)” calculator:

- https://docs.google.com/spreadsheets/d/1n6TS_2CTLSIQAwGf-aFhToZWERgScG8CoT1Qfk6Lv8Y/edit#gid=0

(See math formulas and calculator examples below for details.)

Math Formulas for Diluting Concentrated Hydrochloric Acid

- Perform dilution equations below to find X
 - Next, subtract V_1 from V_2
- Answer shows how much Distilled Water is needed to dilute V_1 to 4%

Example		
Starting Concentration	C_1	31.45%
Starting Volume	V_1	120 ml
Final Concentration	C_2	4%
Final Volume	V_2	X

Example Dilution Equation for 4%

$$V_2 = \frac{C_1 V_1}{C_2}$$

$$V_2 = \frac{31.45\% \cdot 120\text{ml}}{4\%}$$

$$V_2 = \frac{3774}{4\%}$$

$$V_2 = 943.5 \text{ ml}$$

$$V_1 - V_2 =$$

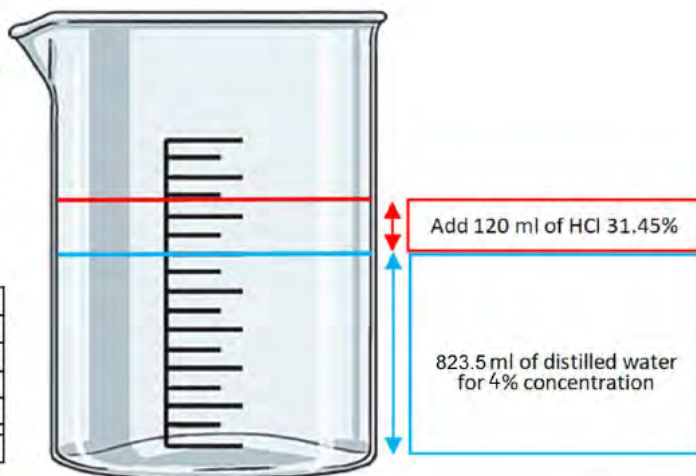
$$120 \text{ ml} - 943.5 \text{ ml} = \boxed{823.5 \text{ ml}}$$

Add 120 ml of Hydrochloric Acid to 823.5 ml of distilled water

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How to Use the Online Calculator

- Click on the blue hyperlink(s) to gain access to JC calculator
- For ounces, fill in the data required for the **yellow** cells
- For Milliliters, fill in the data required for the **orange** cells
- The Final Results table will show the exact measurements needed to dilute Hydrochloric Acid concentrate to 4%



		For Ounces		For Milliliters	
Starting Concentration (HCl)	C_1	31.45	%	31.45	%
Starting Volume (HCl)	V_1	4	oz.	120	ml
Final Concentration	C_2	4	%	4	%
Final Volume (HCl + H ₂ O) Total	V_2	31.45	oz.	943.5	ml
Distilled Water Needed for Dilution		27.45	oz.	823.5	ml

FINAL RESULTS												
OUNCES	For a	4	% solution, you will need	4	oz. of Hydrochloric Acid at	31.45	% concentrate and	27.45	oz. of distilled water.	Total diluted solution	31.45	oz.
MILLILITERS	For a	4	% solution, you will need	120	ml of Hydrochloric Acid at	31.45	% concentrate and	823.5	ml of distilled water.	Total diluted solution	943.5	ml

Preparation of the Concentrated Hydrochloric Acid

1. Ensure the working area is clean and clear.
2. Place digital scale on table and check batteries.
3. Place the following items on table: Hydrochloric Acid concentrate, Distilled Water, glass bowl or beaker, glass measuring cup, plastic mixing spoon, and glass amber bottle.

Steps to Dilute Concentrated Hydrochloric Acid

1. Turn "ON" and adjust the digital scale to grams setting. Place empty glass bowl or beaker on digital scale. Press the "TARE" button on the digital scale to remove glass bowl or beaker weight.



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- Note that grams and milliliters are the same when measuring Distilled Water. To determine the correct amount of Distilled Water needed for diluting, use the formulas listed on page 21 of this guidebook, or the online HCL Calculator for correct weight (in grams) or volume (in ml).
- Stop adding Distilled Water once calculated weight (in grams) or volume (in ml) is reached.



- Use a glass measuring cup or beaker to measure the correct amount of Hydrochloric Acid needed. To determine the correct amount of Hydrochloric Acid needed with Distilled Water, use the formulas listed on the previous page, or the online HCl Calculator for correct volume (oz or ml).
- Wear eye protection and protective gloves before pouring any Hydrochloric Acid. Slowly pour the Hydrochloric Acid into the glass measuring cup. Do NOT breathe fumes.
- Caution:** When diluting acids, always add the concentrated Hydrochloric Acid to Distilled Water. Doing so will prevent the acid from splattering and splashing up. Slowly pour correct amount of Hydrochloric Acid into the Distilled Water. Use a clean plastic mixing spoon to mix.
- Pour diluted Hydrochloric Acid (4%) into a glass amber bottle for storing. Always label bottles properly (i.e., "Hydrochloric Acid 4%", "Part B", "Acid Activator", etc.)

How to Make CDS (Detailed)

Chlorine Dioxide Solution ($\text{ClO}_2 + \text{H}_2\text{O}$)

(Ensure all items listed in **Table 1** are available.)

#	Items Needed for Making MMS	Where to Purchase
1	Clamp-lid storage container (silicon seal preferred)	Amazon
2	Distilled Water	Purchase Locally
3	Shot Glass	Amazon
4	Syringe (5ml)	Amazon
5	MMS, Sodium Chlorite 25% Solution	Purchase or Make
6	Hydrochloric Acid (HCl) 4% solution	Purchase or Make

Table 1

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<p>Make sure the working area is clean and clear. Place airtight Mason jar on table.</p>	<p>Make sure the Mason jar is clean and dry.</p>	<p>Make sure shot glass is clean and dry. Place shot glass inside of Mason jar.</p>
 <p>1</p>	 <p>2</p>	 <p>3</p>
<p>Push the shot glass to one side of the Mason jar.</p>	<p>Pour distilled water into the Mason jar. Ensure that the water level is a ¼" (6mm) below the shot glass brim. Approx. 250 ml</p>	<p>Use a 5ml syringe to measure Sodium Chlorite (NaClO_2) and Hydrochloric Acid (HCl).</p>
 <p>4</p>	 <p>5</p>	 <p>6</p>
<p>If desired, syringe plunger can be removed to simplify filling. Note, 4% HCl is a weak solution. Hands can be washed when done.</p>	<p>Fill syringe with 5 ml of Sodium Chlorite. Release Sodium Chlorite into shot glass. Make sure it only enters the shot glass.</p>	<p>Fill syringe with 5 ml of Hydrochloric Acid. Release Hydrochloric Acid into shot glass. Make sure it only enters the shot glass.</p>
 <p>7</p>	 <p>8</p>	 <p>9</p>

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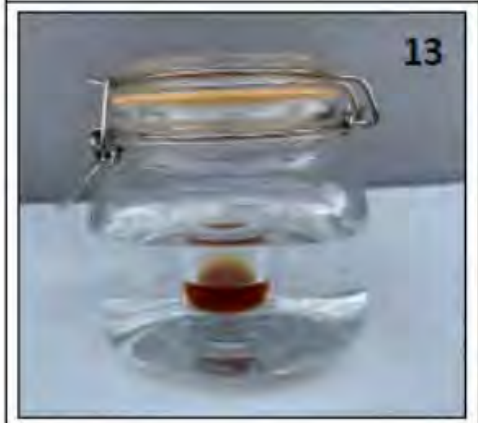





<p>The Sodium Chlorite will begin to react with Hydrochloric Acid to create Chlorine Dioxide.</p>	<p>Close the Mason jar lid to prevent Chlorine Dioxide gas from escaping.</p>	<p>Ensure that the Mason jar lid is locked.</p>
 <p>10</p>	 <p>11</p>	 <p>12</p>
<p>Chlorine Dioxide gas will begin to buildup within the Mason jar and infuse into distilled water.</p>	<p>Place the Mason jar in a cabinet.</p>	<p>Make sure the temperature is well above 51.8° F (11° C). Higher temperature will increase gas off and decrease infusion time.</p>
 <p>13</p>	 <p>14</p>	 <p>15</p>
<p>Wait 12 to 24 hours for Chlorine Dioxide to infuse into distilled water.</p>	<p>Remove Mason from cabinet. Ensure the working area is clean and clear before placing Mason jar on table.</p>	<p>Make sure the Mason jar is unlocked outdoors or in a well ventilated area.</p>
 <p>16</p>	 <p>17</p>	 <p>18</p>

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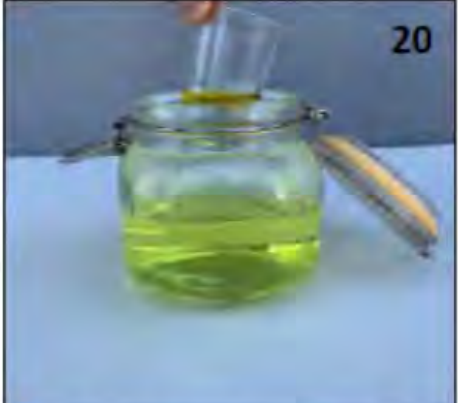










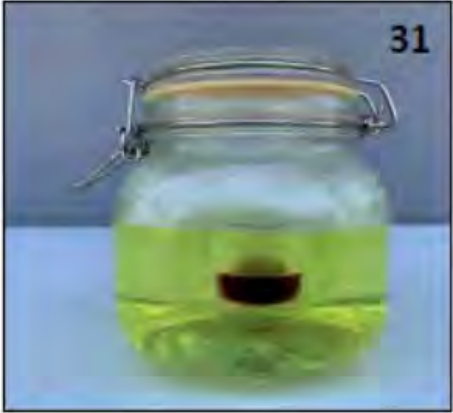


<p>Warning, high concentrations of Chlorine Dioxide gas have built up within Mason jar. Stand back when opening.</p>	<p>Remove shot glass with content.</p>	<p>Close and lock Mason jar to avoid losing Chlorine Dioxide gas.</p>
 <p>19</p>	 <p>20</p>	 <p>21</p>
<p>The contents in shot glass can either be disposed of or used as a disinfectant (i.e. Spray bottle with water).</p>	<p>If desired, pour shot glass contents into spray bottle.</p>	<p>Dilute spray bottle contents with water. Can be used to disinfect floors, countertops, bathrooms, etc.</p>
 <p>22</p>	 <p>23</p>	 <p>24</p>
<p>Replace spray bottle spray handle.</p>	<p>Open lid and place shot glass into Mason jar again.</p>	<p>Ensure that shot glass is placed in the center of Mason jar.</p>
 <p>25</p>	 <p>26</p>	 <p>27</p>

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<p>Fill syringe with 5 ml of Sodium Chlorite. Release Sodium Chlorite into shot glass. Make sure it only enters the shot glass.</p>	<p>Fill syringe with 5 ml of Hydrochloric Acid. Release Hydrochloric Acid into shot glass. Make sure it only enters the shot glass.</p>	<p>The Sodium Chlorite will begin to react with Hydrochloric Acid to create Chlorine Dioxide.</p>
 <p>28</p>	 <p>29</p>	 <p>30</p>
<p>Close lid and lock Mason jar. Chlorine Dioxide gas off and infuse into distilled water.</p>	<p>Place the Mason jar in a cabinet.</p>	<p>Wait 12 to 24 hours for Chlorine Dioxide to infuse into distilled water.</p>
 <p>31</p>	 <p>32</p>	 <p>33</p>







To watch a video that shows how Andreas Kalcker makes CDS, see:

<https://rumble.com/vy17x3-how-to-make-cds-easily.html>

or

<https://www.brighteon.com/98951596-048d-403f-85c3-db5ff006d0ef>

How to Test Chlorine Dioxide Parts Per Million (PPM)

<p>Place 59 ml of distilled water in a glass.</p>	<p>Place 1 ml of Chlorine Dioxide in a glass with distilled water.</p>	<p>Give glass a swirl and before testing Chlorine Dioxide ppm with test strip.</p>
 <p>34</p>	 <p>35</p>	 <p>36</p>
<p>Place test strip in diluted solution for 2 seconds and wait 10 seconds for final results. Compare color to bottle label.</p>	<p>The ppm should be around 50 ppm when diluted with 59 ml of distilled water. This means final concentration is 3,000 ppm.</p>	<p>Store CDS inside a refrigerator. Note, temperatures greater than 51.8°F (11°C) to cause the Chlorine Dioxide to gas off.</p>
 <p>37</p>	 <p>38</p>	 <p>39</p>

How to Prepare a Dose of CDS and MMS1

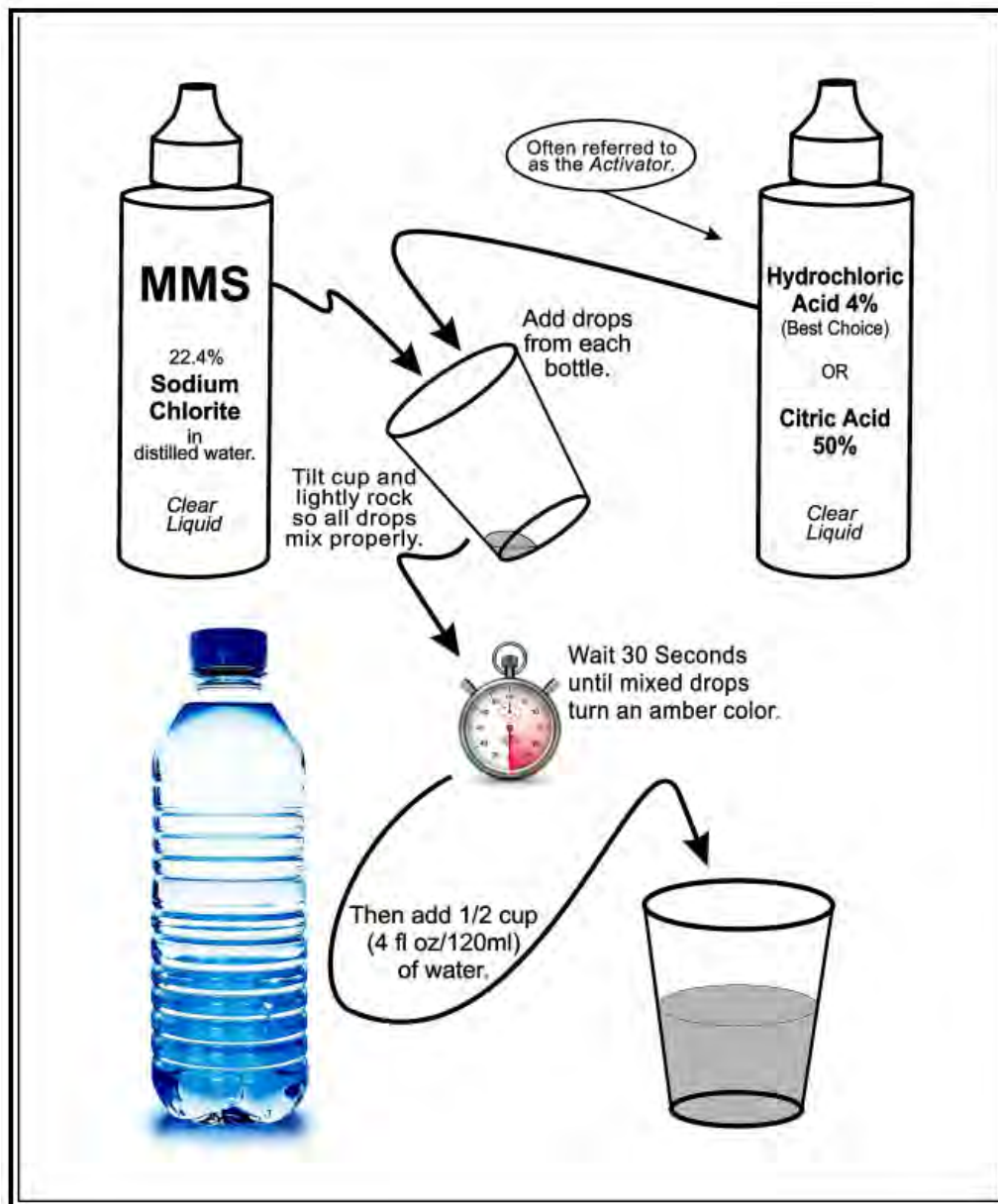
Steps for Preparing a Dose of CDS:

1. Using a syringe with milliliter markings, place desired amount of CDS in a clean, dry glass.
2. Add 4 oz (120 ml) of Distilled/Filtered water to glass.
3. Drink CDS with Distilled/Filtered water.

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How to Prepare a Dose of MMS1



Starting Procedure for MMS or CDS

Do not skip the Starting Procedure and read all of it carefully. This Starting Procedure Protocol must be completed before following protocols 1000, 1000+, 2000, or 3000. It has been found that the Starting Procedure is very necessary and often results in nothing working when skipped. If using CDS, use Andreas Kalcker's Protocol S. Here is a link to Protocol S:

- <https://andreaskalcker.com/en/cds-clo2/cds-protocols.html>

NOTE: Some things that neutralize Chlorine Dioxide are: Vitamin C, Antioxidants, Coffee, Tea, Milk, Sugar, Alcohol (see page 47 of this guidebook.) Also read, "32 Reasons Why MMS is Not Restoring Your Health":

- https://www.mmsinfo.org/infosheets/32_reasons_why_mms_is_not_restoring_your_health.pdf

- ▶ **MMS** is a 22.4% solution of 80% sodium chlorite powder or flakes (NaClO₂) in water.
- ▶ **MMS1** is activated MMS. It is MMS plus an activator; when the two are mixed together they produce chlorine dioxide (ClO₂). (Activators suggested are 4% HCL or 50% citric acid) (MMS1 is called CD by some people)

FOLLOW THESE INSTRUCTIONS:

The first day of the Starting Procedure, drink ¼ drop of activated MMS (MMS1) every hour for 8 consecutive hours. Note that making fresh, hourly MMS1 doses is not necessary when following the Starting Procedure and will only add a lot of unnecessary complications when trying to understand how to use MMS1.

Step 1. Fill a non-metallic kitchen measuring cup with 4 fl oz (120 ml) of water.

Step 2. Use an empty, clean, dry, non-metallic drinking glass. Tilt the glass slightly sideways and drop 1 drop of MMS (i.e., mineral solution, or part A) into the corner of the lowest part of the glass. Then drop 1 drop of activator (i.e., acid, or part B) on top of the MMS drop. Shake the glass a little to mix the drops. Note that the number of dosage drops is determined by only counting the MMS drops alone (i.e., do NOT count the MMS drops *plus* the acid activator drops.)

Step 3. Wait 30 seconds. Pour some of the 4 fl oz (120 ml) of water (preferably, Distilled) into the glass with the drops. Swish slightly, then pour that back into the measuring cup. Mix well. You now have an activated "1-drop dose" of MMS1 in 4 fl oz (120 ml) of water.

Step 4. Pour 1 fluid ounce (30 ml) from the 4 fl oz (120 ml) 1 drop dose of MMS1, into a glass and drink it. You can drink it as is, or add additional water to it. This gives you a ¼ drop dose of MMS1.

Step 5. Discard the remaining 3 fluid ounces (90 ml). You won't be using them. Each MMS1 drink must be ingested within 30 seconds after making it, and one should be sure to never wait more than 60 seconds after making a dose before ingesting it.

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Step 6. On the 2nd and 3rd days of the Starting Procedure, follow steps 1, 2, and 3 (listed on page 30 of this guidebook), each hour, for 8 hours each day. But this time, pour 2 fluid ounces (60 ml) into a glass and drink it. Discard the remaining 2 fluid ounces (60 ml). This gives you a ½ drop dose of MMS1.

Step 7. On the 4th day of the Starting Procedure, follow steps 1, 2, and 3 above, each hour for 8 hours. But this time, pour 3 fluid ounces (90 ml) into a glass and drink it. Discard the remaining 1 fluid ounce (30 ml). This gives you a ¾ drop dose of MMS1. At the end of day 4 you will have completed the MMS1 Protocol Starting Procedure.

Step 8: On the 5th day of the Starting Procedure, follow steps 1, 2, and 3 above. But this time, drink the 4 oz (120 ml) in the glass. You are now starting Protocol 1000, at 1-drop dose of MMS1 hourly, for 8 consecutive hours. From now on, you can follow instructions for Protocol 1000. From this point, those people with cancer should progress forward to Protocol 2000.

Note: We've noticed that when MMS1 users activate their MMS hourly, they have more success restoring their health. Only use an MMS1 all-day bottle if hourly doses can't be made. The original idea behind the Starting Procedure was to get your body used to small amounts of Chlorine Dioxide (CLO2).

Protocol	Day	MMS1
Starting	1	1/4 drop
Starting	2	1/2 drop
Starting	3	1/2 drop
Starting	4	3/4 drop
P1000 (day 1)	5	1 drop

If you're very sick, then your body may only accept very small amounts of CLO2 when dosing begins. Later, you may be able to slowly increase dosages. If you skip the Starting Procedure, and instead begin Protocol 1000 at one drop MMS1 doses, that may be too much for your body. You may experience Herxheimer effects such as: excessive tiredness, upset stomach, vomiting, and diarrhea. Jim Humble believes that MMS1 doses should be made fresh every hour due to reports from users who claim that this method is more effective than hourly dosing from an all-day bottle of MMS1. The Starting Procedure is the first protocol you should follow when using MMS1. However, the Starting Procedure is not intended to help you recover your health from any ailment. Making fresh, hourly MMS1 doses is not necessary when following the Starting Procedure, and will only add a lot of unnecessary complications when trying to understand how to use MMS1. Therefore, you can use an all-day bottle of MMS1 when following the Starting Procedure.

How to Prepare a Daily Bottle

Preparing an all-day bottle of MMS1 is easy. See the graphic (shown on page 29 of this guidebook) to learn how to mix any number of doses of MMS1. If you use a recycled plastic 1-liter pop bottle for your all-day MMS1 hourly dosing, you will want to mark the bottle into 8 equal parts using a felt-tipped pen. That will give you 120 ml (4 fl oz.) hourly doses when dosing for eight consecutive hours. If you begin MMS1 dosing with one-fourth (¼) drop hourly doses, mix a 2 drop MMS1 dose in a dry, clean glass as shown. After 30 seconds of activation time, pour a little water from the 1-liter bottle into the activation glass, and then pour that into the 1-liter pop bottle. Shake well to thoroughly mix MMS1 into the 1-liter of water. (If ¼ drop hourly doses cause any discomfort, then discard the remainder and make a new bottle using a 1 drop MMS1 dose. That will provide 1/8 drop hourly doses. Increase daily dosing at a slower pace with one additional drop added to each daily bottle until you reach 8 drops of MMS1 in the bottle on the 8th day. This will give you a full day's supply of hourly MMS1 1-drop doses, which is the Protocol 1000 beginning hourly dosage.) Again, the number of drops is determined by only counting the MMS drops alone (i.e., do NOT count the MMS drops *plus* the activator drops.)

Binders: What Are They and Why Use Them? (written by Tara W)

What is a Herxheimer Reaction?

Chlorine dioxide is an oxidizer and wreaks havoc on biofilm, chemicals, heavy metals, pathogens, and small parasites. After their destruction, the waste particles circulate in the bloodstream until the liver, kidneys, bowel, lungs, lymphatic system, and skin remove them. If pathogens and toxins are being killed/oxidized faster than the body can remove them, or if detox pathways are compromised, the excess toxins may cause flu-like symptoms, a runny nose, nausea, vomiting, skin rashes, headaches, diarrhea, constipation, tiredness, etc. This is called a Herxheimer reaction and is common when going through a detox program. Although it doesn't feel so great, this reaction is a sign of healing.

What are Binders?

Binders (and chelators, which are binders used specifically for removing heavy metals) are a critical part of a detox protocol. They're used to attract or "grab" toxins, metals, and pathogens for elimination through the kidneys and bowels. Using binders can reduce a Herx reaction and help prevent re-absorption of toxins back into the body. When shopping for a binder, look for "food grade" or "for internal use" to avoid contaminants. ALWAYS drink plenty of water when using binders. Take most binders 2 hours away from meds, and at least 1 hour after protocol is finished for the day. (Unless doing the mold/fungus protocol per Jim Humble's instructions.) Follow the directions on the binder package for your chosen binder.

Bentonite/Montmorillonite Clay

Removes mycotoxins, aflatoxins, pesticides, herbicides, heavy metals, kills candida and E. coli. Take clay at least 2 hours after food, supplements, and meds. Take at least 1 hour after protocol. Can also be applied to skin to draw out toxins transdermally. Drink plenty of extra water when taking clay to avoid constipation.

Chlorella/Spirulina

Removes heavy metals, biotoxins, chemical food additives, candida, xenobiotics, and pesticides. Diarrhea, gas, bloating, or mild headache can occur when starting chlorella due to detox power. Do not take with vitamin C or hot liquids/foods. Can be mixed with cold foods. If choosing chlorella, the bottle should say, "broken cell wall." Spirulina is an excellent source of iron in higher doses (around 10 grams per day).

Diatomaceous Earth

Removes aluminum, viruses, fungi, bacteria, heavy metals, pesticides, parasites, and candida. Provides silica to the diet for strong bones, joints, hair, ligaments, and nails. Able to slice/destroy parasites and candida, while protecting the GI tract and being gentle on the liver. Can be mixed with food and beverages, hot or cold.

Zeolite/Clinoptilolite

Removes metals, including lead, cadmium, arsenic, mercury, nickel, tin, and aluminum. Binds aflatoxins, nitrates, pesticides, glyphosates, histamine, and viruses. Does not dissolve in stomach acid, water, or fat. Passes through the body completely intact. Avoid raw, powdered zeolites. Zeolite must be cleansed of heavy metals and micronized. Research companies for scientific documentation of purity. Don't just buy from anywhere.

Pectin

Removes medication residues, cesium-137 and strontium-90, lead, cadmium, and mercury. Provides fiber and can help normalize bowel movements. Can naturally lower cholesterol, fight diabetes, and support weight loss.

Fulvic/Humic Acid

Helps cells absorb minerals and discard waste. Removes mycotoxins and heavy metals. Excellent source of micro and macro nutrients iron, manganese, magnesium, potassium, and sodium. Improves iron absorption, making iron bioavailable to bone marrow cells for blood formation. Releases hydrogen ions, producing an electric charge which attracts free radicals.

Activated Charcoal

Removes poisons, environmental toxins, heavy metals, intestinal gas, bacteria, viruses, and fungi. Removes radioactive elements: radon, iodine, cobalt, cesium, uranium, thorium, and lead. Take activated charcoal at least 2 hours away from supplements and meds, as it will absorb them. Drink plenty of water when taking activated charcoal, as it can cause constipation and black stools.

Selenium

Binds to and helps remove methylmercury, elemental mercury, thallium, arsenic, and cadmium. Potent antioxidant which supports kidney and liver function. Crosses the blood-brain and blood-cerebrospinal fluid barrier to remove metals. Can remove fluoride from the body, and mitigate fluoride damage.

Silica

Removes aluminum, heavy metals, and chemical toxins. Creates stronger bones, joints, hair, ligaments, and nails. Protects and heals the G.I. tract.

EDTA Chelation

Binds to and removes most heavy metals. Done with medically supervised IV, transdermally with skin cream, or orally (not as effective). May chelate beneficial minerals. Vitamin and mineral supplement is recommended.

Glutathione

Potent antioxidant... do not take at the same time as oxidants. Naturally produced by the body to move toxins and heavy metals out of cells. Raise glutathione with selenium, N-acetylcysteine, alpha lipoic acid, vitamin D3, and SAME. Can be given intravenously under a medical professional's care.

DMSO

Binds to and removes mercury, lead, aluminum, cadmium, arsenic, and nickel. Perhaps the most potent free radical scavenger known to man. Can get inside cells and helps them flush out toxins. Potent anti-inflammatory and pain reliever.

Suggested Adult Binder Dosage and Binder Brands

*This is not medical advice. Do your research or consult your health provider when starting a binder or chelator, especially if on meds, pregnant, nursing, or suffering from intestinal issues. A vitamin and mineral supplement should be taken, separately from binders, to replenish nutrients.

Chlorella/Spirulina

Choose “organic” if possible. Some brands are from polluted water or contain pesticides. It’s important to find a quality supplement with third-party contaminant testing. The powder can be mixed into cold beverages or smoothies. Take 2 hours before or at least 1 hour after protocol. Take 2 hours away from meds. For chlorella, start with 1 gram (1000mg) daily, and work up to 3 grams daily if desired. For Spirulina, start with 1 gram (1000mg) daily, and work up to 8 grams daily if desired. Spirulina can cause a flare-up of symptoms in some people with auto-immune issues. If taking tablets or capsules, follow the directions on the package. Brands we like, as of this writing (always do your own research to be sure): Prescribed for Life, HCL, Micro Ingredients, NOW, Lone Star Botanicals, Triquetra, and Vimergy.

Diatomaceous Earth

Important: The product package must say “food grade” or “safe for internal use.” Start with a ½ teaspoon (2.5 grams) per day. DE can be mixed with smoothies and beverages. One can work up to 1 tablespoon (15 grams) daily, split into morning and evening doses. Drink plenty of extra water when taking DE to avoid constipation. Take 2 hours away from meds. Take 2 hours before or at least 1 hour after protocol. Every few weeks, take a week off of DE to give the body a break. If using DE capsules, follow package directions. Brands we like, as of this writing (always do your own research to be sure): KVLab, Prescribed for Life, Harris, DiatomaceousEarth, Fossil Power, and Earthborn Elements.

Zeolite/Clinoptilolite

Important: The product package must say “food grade” or “safe for internal use.” Avoid raw, powdered zeolites. Zeolite must be cleansed of heavy metals and micronized. Look for scientific documentation of purity. Start with 1 tablespoon (15 grams) of powder per day as a daily detoxifier. Can be mixed with food, smoothies, and hot/cold beverages. Take 2 hours before or 1 hour after protocol. If liquid zeolite/clinoptilolite binder is not effective for easing herx symptoms, try switching to a powder form. Drink at least 4 extra glasses (1 liter) or water per day to avoid constipation. If using zeolite capsules, follow package directions. Brands we like, as of this writing (always do your own research to be sure): Heiltrophen, ZEO Health, Waiora, GlycoLife, Sciences, G-PUR, Coseva-TRS, and TODICAMP.

Pectin

Start with 1 teaspoon (5 grams) per day dissolved into an 8 oz (240 mL) beverage, on an empty stomach. One can slowly work up to 4 teaspoons (20 grams) in 8oz (240 mL) of water. Some people are sensitive to pectin. If dizziness, nausea, joint or muscle pain, weakness, or fatigue occur with the use of pectin, decrease the dose or switch to a different binder. Drink extra water when using pectin. Take 2 hours away from meds. Take 2 hours before or at least 1 hour after protocol. If using pectin capsules, follow the package directions. Brands we like, as of this writing (always do your own research to be sure): Certo, NOW Foods, EcoNugenics, Ball, and Prescribed for Life.

Fulvic/Humic Acid

Important: The product package must say “food grade” or “safe for internal use.” Follow package directions to determine dosage. Always take with filtered water, as chlorine will interfere with effectiveness. Take with food to detoxify contaminants and if stomach sensitivity is an issue. Avoid supplements that say the product is sterilized. Take 2 hours away from medications. Take 2 hours before or at least 1 hour after ending your protocol. Brands we like, as of this writing (always do your own research to be sure): Trace Minerals, Pure Himalayan Shilajit, Inner Vitality, Outback Naturals, Cymbiotika, and Double Wood.

Activated Charcoal

Important: The product package must say “food grade” or “safe for internal use.” Take activated charcoal 2 hours before meals on an empty stomach, first thing in the morning or last thing at night. Take at least 1 hour after your protocol has ended. Do not take it if you are on prescription meds. Activated charcoal can cause constipation, so at least 6 glasses (1 liter) of water must be taken per day. Do not take long term. Do not take activated charcoal if you have intestinal bleeding, intestinal blockage, dehydration, slow digestion, or recent surgery. Brands we like, as of this writing (always do your own research to be sure): Nature’s Way, NOW Foods, Schizandu, Horbäach, and Prescribed for Life.

Selenium

The best forms of selenium are organic, such as selenomethionine or liposomal forms. Brazil Nuts aren’t a reliable source of selenium because their selenium content depends on the soil in which they were grown in. Those with MTHFR mutation should use caution when using selenium, as it can drive selenium levels too high. Those with thyroid issues, AIT (Hashimoto’s), or an iodine deficiency (about 1/3 of the world’s population) should use an iodine supplement (start with 12.5mg) with the selenium to prevent exacerbating thyroid issues. Take 2 hours before or at least 1 hour after ending your protocol. Start with 200mcg of selenium with a meal, and work up to 400-600 mcg if desired. Brands we like, as of this writing (always do your own research to be sure): Thorne Research, NOW Foods, Life Extension, Dr. Mercola, Codeage, and Go Nutrients.

Silica

Important: The product package must say “food grade” or “dietary supplement.” Silica is available in liquid form, capsule form, and infused mineral water. It is sometimes made with plant-based silica from horsetail/shavegrass. Take 15 minutes before a meal or on an empty stomach. Take 2 hours away from medications. Take 2 hours before or at least 1 hour after ending your protocol. Follow the instructions on the package for desired daily amount. Brands we like, as of this writing (always do your own research to be sure): NOW Foods, Solgar, Carlyle, Orgono, Cellfood, Natural Factors, and Swanson.

EDTA

For IV EDTA chelation, follow your health provider’s instructions. IV administration usually requires 20 or more treatments depending on the severity of health problems, a person’s response to therapy, and their diet and lifestyle. EDTA can also be used topically in skin cream. Oral supplementation of EDTA is also common, but it’s not as efficient because of digestion. Brands we like, as of this writing (always do your own research to be sure): SomaHealth (topical cream), and Nutrousa (topical cream). A healthcare professional can advise you on brands/forms for IV treatments.

Glutathione

Can be found in liposomal form, or increased through use of supplements: N-acetylcysteine, alpha lipoic acid, Vitamin D3, and/or SAME. Take these according to pkg directions. Take these supplements 2 hours before starting your protocol or at least 1 hour after finishing your protocol. Brands we like, as of this writing (always do your own research to be sure): Prescribed for Life, Core Med Science, NOW Foods, Cellfood, Pure Encapsulations, and Horbäach.

Zeolite/Clinoptilolite

Important: The product package must say “food grade” or “safe for internal use.” Avoid raw, powdered zeolites. Zeolite must be cleansed of heavy metals and micronized. Look for scientific documentation of purity. Start with 1 tablespoon of powder per day as a daily detoxifier. Can be mixed with food, smoothies, and hot/cold beverages. Take 2 hours before or 1 hour after protocol. If liquid zeolite/clinoptilolite binder is not effective for easing Herx symptoms, try switching to a powder form. Drink at least 4 extra glasses of water per day to avoid constipation. Brands we like, as of this writing (always do your own research to be sure): Heiltrophen, ZEO Health, Waiora, GlycoLife Sciences, G-PUR, Coseva-TRS, and TODICAMP.

DMSO

Important: DMSO must be pharmaceutical grade, or 99.995% purity. Do not use industrial grade. Don't use DMSO if on medications. DMSO is a diuretic, don't use with other diuretics. For topical use, skin must be free of any chemicals, soaps, perfumes, lotions, etc., as DMSO is a solvent and will carry whatever it comes in contact with directly into body tissues and bloodstream. For a complete list of precautions and instructions read: *Forbidden Health* by Andreas Kalcker (Chapters 2, 6, and 7), *MMS Health Recovery Guidebook* by Jim Humble (Chapter 4), and *Healing with DMSO* by Amandha Vollmer (Entire book, and Chapter 4 has instructions and precautions.) Brands we like, as of this writing (always do your own research to be sure): KVLab, Heiltropfen, Dr. Moran's, and DMSO Store.

Bentonite/Montmorillonite Clay

Important: The product package must say "food grade" or "safe for internal use." Always prepare clay for internal or external use with non-reactive materials, such as glass, plastic, or wood, to help protect the clay's electrical charge. Let stand 12-24 hours before use. For internal use: Start with ¼ to ½ teaspoon of clay once a day in 16 oz water. It's easiest to mix clay by shaking it with water in a glass jar/bottle with a lid. To avoid constipation, drink at least 4 extra glasses of water per day. One must have a healthy diet, free of processed foods, to continuously move clay through the intestinal tract. Do not take clay within 1 hour of food, or 2 hours of meds or supplements. Take at least 1 hour after protocol. (Unless following mold/fungus protocol per Jim Humble.) Do not consume for more than 4 weeks in a row. Stop use if digestive issues, constipation, or skin rashes occur. If using clay capsules, follow pkg directions. For topical application: mix 1 part clay to 3 parts water to a consistency of sour cream. Do not store in a metal container. Apply a light coat to the face and/ or body. Dry 20 to 30 minutes then rinse clean with warm water. Brands we like, as of this writing (always do your own research to be sure): Earth's Natural Clay, KVLab, Lone Star Botanicals, Smart Solutions, and Prescribed for Life.

Section 4: Social Networks and Links

Since MMS/Chlorine Dioxide was first introduced to the public by Jim Humble, communities of people have organically evolved around it. These chat groups and forums consist of people helping people and sharing their healing stories and experiences. Here I provide links to social networks that exist for this purpose. This list is not exhaustive, but these are the groups and forums that I have come across in my research. I do not mention Facebook Groups at all because there have been so many of them that have been disbanded by the Facebook thought police.

The Universal Antidote Telegram Channels and Groups

Telegram is an app that can run on your phone or desktop. You can learn about it here:

- <https://telegram.org/>
- Download the Telegram desktop APP here: <https://desktop.telegram.org/>
- After installing Telegram, you'll find these groups. The Universal Antidote Video Channel and Chat Group: <https://t.me/theuniversalantidote>
- TUA Chat Join Link: <https://t.me/joinchat/WTKamcXNaJdQ-ydP> (private chat group where you can ask questions and get answers regarding MMS1 and CDS). If the above join link does not work check in the pinned messages here: <https://t.me/theuniversalantidote>

Other Telegram Channels and Chat

COMUSAV USA is a group promoting CDS in health care and helping people:

- <https://t.me/ComusavUSA>

MMS Health Videos Channel is repository of hundreds of testimonials dating back to 2010. Search for testimony videos by searching keyword “testimony”. This is true for any channel and group:

- https://t.me/mms_health_videos

Chlorine Dioxide Truth is a channel with posted information about MMS1, CDS, and more:

- <https://t.me/chlorinedioxidetruth>

Chlorine Dioxide Testimonies is a chat group where you can ask questions and get answers regarding MMS1 and CD:

- <https://t.me/ChlorineDioxideTestimonies>

MeWe Groups

- <https://mewe.com/join/mmsmiraclemineralsolution>
- <https://mewe.com/join/chlorinedioxidetruth>
- <https://mewe.com/join/coronavirusebolasolutions>

Other CD/MMS Websites

- <https://chlorinedioxidetruth.weebly.com/>
- <https://mmsforum.io/>
- <https://jimhumble.co/>
- <https://mmsinfo.org/>
- <https://clo2.tv/>
- <https://www.kerrrivera.com/autism-protocol/>

MMS Testimonials Website

This website is essential. You can go here and search for any disease or health condition to find testimonials of people who have been helped using Chlorine Dioxide:

- <https://mmstestimonials.co/>

CDS

- <https://andreaskalcker.com/en/>
- <https://www.saludprohibida.com/en/>

COMUSAV is a non-profit group of thousands of doctors, therapists, researchers, and health professionals who are helping others and working with Chlorine Dioxide Solution (CDS):

- <https://comusav.com/en/recursos/>
- <https://comusav.com/en/videoteca-3/>

Curious Human Productions Channels:

- <https://theuniversalantidote.com/>
- <https://t.me/theuniversalantidote>
- <https://www.brighteon.com/channels/curiousoutlier>
- <https://odysee.com/@TheUniversalAntidote:5>
- <https://www.bitchute.com/channel/vrPbyKTAWm0N/>
- <https://tv.gab.com/channel/CuriousOutlier>
- <https://rumble.com/c/c-537305>
- https://www.youtube.com/channel/UCvHthwYiK5greISPBs_cM7Q

Other Important Video Channels:

Molecular Medicines:

- <https://www.brighteon.com/channels/bhstone7>

MMS DIY:

- <https://www.bitchute.com/channel/KWS38tosUq7L/>

CLO2 TV News:

- <https://www.brighteon.com/channels/clo2tvnews>

Section 5: Protocols for MMS1 and CDS




This section of the guide will give you a closer look at the protocols that are used with MMS1 and CDS. Pages 40-85 of this guidebook has links to important books about MMS and CDS protocols via an extensive excerpt of Chapters 4-9 from the book, *Simple Molecular Medicines: Not Cures... Solutions* by Brian Stone. Brian has generously allowed his work to be published as part of this guidebook so that you will have a written guide as well as a video guide to the protocols. You can find Brian's entire book available for free download from his website:

- <https://chlorinedioxidetruth.weebly.com/>

Other Chapters in Brian's book (that are *not* included in this guidebook) provide information about other inexpensive yet effective remedies that people are using to help restore and maintain health.

SIMPLE


MOLECULAR MEDICINES


Not Cures... Solutions

For A Disease


For All Disease




Chlorine Dioxide
(ClO₂, mms, CDS)
Ch 1-11 &



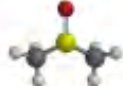
Hydrogen
(H & H₂)
Ch 12-14



Electrically Expanded Water
(Ex-W)
Ch 12-14




Hypochlorous Acid
(HClO)
Ch 6 & 7



Dimethyl Sulfoxide
(DMSO)
Ch 6 & 7

A Guide to Safely & Inexpensively Making & Using These in the Home

Audiobook version at: <https://www.podomatic.com/podcasts/bhstone?> 

Brian Stone
MBA, Ph D, Student of Health - Edition 3.0

CHAPTER 4: CLO2 as a Medicine? (written by Brian Stone)

WHERE TO START

Before starting this chapter, I need to explain again that this Chlorine Dioxide is not an FDA-approved medicine. As I mentioned earlier, the FDA, the Mainstream Media, and several of the Medical Ministries of Health around the world have given warnings about how terrible it is and that we should stay away from it. My guess is that the Pharmaceutical Industry also loathes it but they tend to share their feelings quietly through the FDA and Media. I have discovered that if you Google or YouTube search MMS or Chlorine Dioxide, you will get a whole slew of terrible things about it. However, if you use other internet browsers like “Brave” or “Entireweb” you will find a much more positive and truthful set of information about it. After searching a little bit more, I found that the owners of Google and YouTube are; in part, the same investment banking groups that also own much of the pharmaceutical industries. With this being said, I am not trying to uncover dirt on a situation. (Yes, several books and websites have outlined this conspiracy, but you won’t find many of them on YouTube).

I am just trying to understand why things are the way they are with Chlorine Dioxide as a medicine. The investors simply don’t want one of their multi-billion-dollar investments to openly share information that will cannibalize the other multi-billion-dollar investment. It makes good business sense for them. However, we are talking about lives and quality of lives that are being sacrificed for profits here. So, if you really are not the kind of person who wants to learn more about what is called “alternative medicine”, or you are a generally healthy person with no chronic disease crisis at hand, or you feel like the current medical system is effectively winning the battle against all cancers, food allergies, gastrointestinal problems, pandemics and the like, then you may not care to go much further into this book. However, I’d like to share one more half-page with you below before you move on with your healthy quality of life.

Here is a quick and short list of some things that I (and other close family and friends) experienced when starting Chlorine Dioxide:

1. The MMS1 and CDS versions taste terrible. Bitter, but I can live with it.
2. Brain fog goes away within a day. I can think clearer now. It is just gone.
3. Energy levels go up. I feel like exercising more and I don’t get as winded.
4. The first day I took it, I started sleeping better at night... no insomnia. (family member)
5. Aches and pains in the body stop hurting within a few days.
6. When I work out my muscles, they recover faster with little pain.
7. My chronic stomach pains started going away. (family member)
8. Chest heaviness and anxiety went away.
9. Inflammation goes down and infections start clearing up quickly.
10. Didn’t I used to have hemorrhoids? What just happened?
11. I wondered, “What the heck is this stuff? And why does it do these things to my body?”

Table of Contents

Now, to be fair, there are others in my immediate family who think that I am just being weird with this stinky "Chlorine" thing. However, that group seems to be going to the medical doctor a lot more than I have these past months. (My book... my opinion)

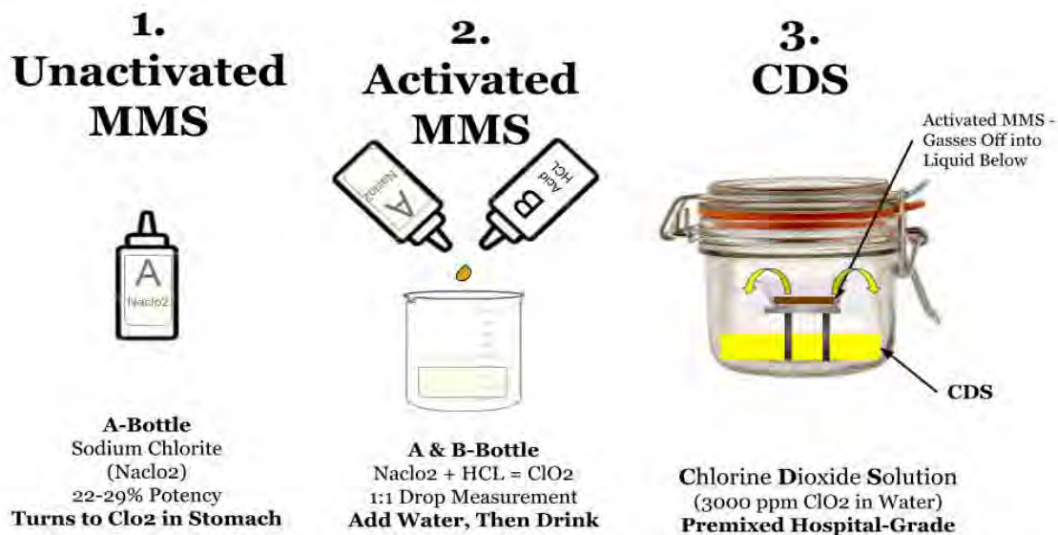
The 3 Ways to Take ClO₂ as a Medicine:

For the next several chapters, I am going to introduce you to the 3 most common formulas that produce Chlorine Dioxide which is used as a medicine. Each method can be measured, mixed, and taken in the home with a few simple tools like a scale, some specific containers, and the raw ingredients. These items can be purchased online or at most local stores. With all three methods, the main ingredient is Sodium Chlorite (NaClO₂) as well as some kind of weak acid like 4% Hydrochloric Acid or Citric Acid.

The Three more COMMON FORMULAS OF CHLORINE DIOXIDE (ClO₂) are known by the following names:

1. Unactivated MMS = (Sodium Chlorite + Water)
2. MMS1 = (Sodium Chlorite + Hydrochloric Acid or other acid + Water)
3. CDS - Chlorine Dioxide Solution = (ClO₂ Gas infused into Water)

Although there are several ways that people produce ClO₂ as a medicine, I made a diagram of three of the most common ones below:



(Always Dilute with Water According to Protocol Amounts)

The above graphics show the three most common ways that are utilized to make and take ClO₂ for medicinal purposes. Each one has its benefits and constraints, but they all allow for the molecular gas to be produced and safely ingested in the body to remove toxins that are knocking the body out of its healthy balance. This book will spend several chapters describing details of these methods, their suggested dosages to drink, and what illnesses you can treat with them. Keep in mind that each of these methods are simply different ways of getting the beneficial gas of ClO₂ inside of the body so that the improvements of health can take place.

FORMULA 1: Sodium Chlorite + Water → (Unactivated MMS + Water)

The first method is the one Jim Humble Discovered in the 1990's. This is simply mixing drops of liquid Sodium Chlorite (NaClO₂) with water and drinking it. This method is simple, easy, and effective when needed. However, there are some important warnings and considerations with using this method that should be considered. These are given in a future chapter of this book with the title "Unactivated MMS" on it.

FORMULA 2: (Activated) MMS1 → (Sodium Chlorite + Mild Acid + Water)

The second method involves mixing, or "activating", Sodium Chlorite (NaClO₂) with a small amount of Hydrochloric Acid (or Citric Acid). This tiny amount of combined fluids is diluted in water and the mix is drunk. However, (activated) MMS1 amounts are typically measured in the number of "drops" of NaClO₂ that are added. This method has been the mainstay of taking ClO₂ as a medicine for over two decades. The flavor of this method is a little strong to the taste (bitter and sour) but it is very effective against diseases and other toxins that cause problems on the body. Everyone who wants to learn about using ClO₂ as a medicine should learn how this is done because it is also simple to do and easy to carry the tiny containers around when traveling.

FORMULA 3: Chlorine Dioxide Solution (CDS)

The third method is made by mixing the Sodium Chlorite with a mild acid (same as Formula 2 above) then allowing for the Chlorine Dioxide molecules to "gas out" of the mixture and into some nearby distilled water. The distilled water soaks up the ClO₂ gas in a similar way that a sponge soaks up liquid. Even though the water and the gas are in the same liquid of CDS, they are separate molecules. Your body knows how to separate the two parts when you drink it in safe, diluted levels. This method takes a bit of practice to make, but it has a lighter taste (a little bitter but not sour) when taking it orally. CDS is measured in milliliters and can be taken in higher potencies than MMS1 because it is easier on the stomach. CDS can be used for additional medicinal treatments like injections and intravenous use. CDS is the more modern method for making and taking ClO₂ and it can be easily made in the home. However, I call CDS the "Hospital-Grade" of ClO₂ because it has been used in hospitals in South America and other parts of the world to successfully treat Covid-19. Ironically, these third-world hospitals have a better survival rate of patients treated with Chlorine Dioxide than our United States' hospitals and pharmaceutical methods.

Link Mexico: <https://www.brighteon.com/13b5678a-1641-4591-bf57-9920f5c41e08>

Link Bolivia: <https://www.brighteon.com/18f49945-bdea-4441-b726-42094688efb2>

Links Peru:

- <https://www.bitchute.com/video/Ak4H6PxtgBeb/>
- <https://www.bitchute.com/video/EueYNDXfQKRd/>

Nicknames /ays to I Protocols licina Way to Make it oxide (Scientific Names

1 Unactivated MMS (but sometimes called "MMS")	Protocol 1	Sodium Chlorite & Water	NaClO ₂ + H ₂ O
2 MMS1, Activated MMS	Protocols 1000, 1000+, 2000, 3000	Sodium Chlorite + Mild Acid + Water	NaClO ₂ + HCL + H ₂ O
3 CDS (Chlorine Dioxide Solution)	Protocol A, B, C... through Z	Chemically Infuse pure ClO ₂ into Distilled or Purified Water	NaClO ₂ + HCL + Distilled or Purified H ₂ O (Infused)

Note: “MMS” is a nickname that people use for Sodium Chlorite AND “MMS1” is for activated Sodium Chlorite. (Yeah, it gets a little confusing sometimes with the nicknames)

Find Your Best Formulation Method and Try It

Although there are several variations of dosages and schedules to take ClO₂, a serious investigator should look at a minimum of 7-9 weeks or more of using this supplement in order to document the results of detoxification and healing. It is also recommended that before starting, you should write down a list of personal health issues that you may have, listing any ailments that you suffer from. In the case of each health issue, there is a complex set of personal and physiological body systems involved. Some of it may come from a lack of restful sleep, poor decisions in life, an unhealthy or stressful environment, or eating foods that are toxic and unhealthy for the body. Anyone could improve how they feel by trying to get enough sleep, avoiding high-stress environments, getting exercise, and eating better. However, if you are already doing these things and still suffer from chronic issues, this is where ClO₂ can help a lot. Chlorine Dioxide does not necessarily attack these complex conditions or medical issues like normal pharmaceutical drugs do. It clears the toxins and pathogens that are causing the imbalance in the body's function. This allows the body to heal itself at a faster rate because this healing is accelerated when the toxic barriers are removed.

The human body is an expert at digesting food, healing from infections, clearing out waste, keeping cancers and tumors from growing, etc. The human body also knows exactly how to produce hormones, enzymes, acids, and antibodies at just the right amounts to keep us functioning properly. All of this is done at a subconscious level regardless of whether we are asleep, playing a video game on our phone, or in a lively conversation with a friend. This assumption is all good and well IF (and this is a big “if”) it is not clouded and hampered by foreign toxins in the body.

Once a high amount of toxins get into the body functions, these complex systems start to get out of balance and malfunction. Sometimes, these imbalances cause parts of the body to work against other individual parts. This state of being “out of balance” is defined by Mark Grenon in his book, *Imagine a World Without Dis-Ease*. He does not call sickness “Disease” but refers to it as “Dis-Ease”. He then goes on to define it by writing that ‘Dis-ease’ is the absence of or removal of ‘ease’/comfort in the body. He then goes on to demonstrate how the medical industry outlines thousands of different types of diseases, syndromes, and conditions. He also explains that there are tens of thousands of types of treatments, medications, and surgical procedures to treat them. What is a toxin? It is defined as, “any substance or organism that can enter the body and hinder the proper function of cells, organs, and body systems in a way that puts them out of their natural balance.” Basically, it is anything that knocks a person out of “homeostatic” balance. What is Homeostasis? Here is a Wikipedia definition:

Homeostasis: the state of steady internal, physical, and chemical conditions maintained by living systems.[1] This is the condition of optimal functioning for the organism and includes many variables, such as body temperature and fluid balance being kept within certain pre-set limits (homeostatic range). Other variables include the pH of extracellular fluid, the concentrations of sodium, potassium and calcium ions, as well as that of the blood sugar level. All of these need to be regulated despite changes in the environment, diet, or level of activity.

In Grenon's book, he explains that Homeostasis and Dis-Ease are opposites. He also explains that Chlorine Dioxide allows for the body to move towards Homeostasis. Now, this is not to discount the importance of getting exercise, rest, proper diet, and avoiding high-stress environments. Those are also important regardless of our age or health, and they are great topics for many other books that are already written.

Starting with Chlorine Dioxide: Guidance from Experienced Users and Experts

Sometimes, people starting out with ClO₂ just jump right in and start taking 3-drop doses. They might think that “more is better” or be impatient to take this new “fad medicine”. We all know people like this. The website <https://mmstestimonials.co/> is set up so that people can make an account and post their own experiences for the world to read about. There are hundreds of accounts at this site, with all types of testimonials for diseases treated with Chlorine Dioxide.

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It's good to learn that taking 5 to 15 drops will not kill you or anything like that. However, in the early days of taking ClO₂, Jim Humble recommended as high as 15-drop doses for people to take for the same sicknesses that are outlined for the Protocol 1000. That means that the dosages used to be as much as 5 times as high as what is now recommended. (The dose recommendation for Malaria is still 15 drops but most others are no more than 3-drop doses now).

People still healed from their illnesses with that many drops of ClO₂. However, it was much more common for a person to have excessive diarrhea and even "projectile vomiting." Some people would get to that point and decide that this system was not for them and then quit taking it. Ironically, they still got at least a little better from detoxing themselves, to a point. In the end, after 24 years of learning from people's dosage amounts and responses, it has been decided that 3 drops will help heal as well as 5, 10 or 15 drops. As a bonus, the journey to healing is more pleasant along the way with these newer amounts.

With the above in mind, there are 3 main rules to follow to help you decide if you should adjust the dosages while taking Chlorine Dioxide. These are called the "Golden Rules" and I will cover them in the page or two below [page 47 of this guidebook]. But first, let me go through what it feels like when you are killing pathogens and flushing them out of your body. It is not a pleasant experience but it is a necessary part of the healing process. I call these "the 3 H's".

Understanding the "Herxheimer" Reaction (or "the 3 H's")

The "3 H's" actually mean very similar things but they are terms used to describe what is happening to your body when you start to remove toxins from it. They are called the **Herxheimer Reaction**, the **Healing Crisis** and the **Homeopathic Aggravation**. (Herxheimer was the guy who helped discover this experience, which also can happen when taking a heavy dose of antibiotics). You can search for these terms on the internet to see some websites that explain more. If you are going to use Chlorine Dioxide and want to understand what to anticipate what you might be experiencing. I will summarize them explaining that you may actually feel kind of sick during the first few days of taking it. This is especially common when you start taking multiple doses per day. According to the Wikipedia description, the manifestations of these "3 H's" are: *hyperventilation* (which sometimes feels like anxiety), *tachycardia* (increased heart rate), *flushing* (a form of hot flashes), headaches, chills, and a slight fever. It's important to know that, first, this is a commonly known medical process that happens. Second, it'll decrease after the first few days of taking hourly doses of ClO₂. You just need to get through this part, even if you need to lower the dosage amounts as you go along. Here is a video that helps to explain this even more: <https://www.brighteon.com/a87c6af6-f3ac-452e-99a7-49d9da58f9b1>

You may also feel a little sick every once and a while in the days after this initial period because the toxins in you are not all attacked at the same time. This probably won't be as intense as it was in the beginning days of starting a protocol, though. The reason for these occasional flare-ups of Herxheimer Reactions is that some toxins and pathogens are deeper in the tissues, or in biofilm, or possibly in the fat within your body. These areas can take some time to be reached by the ClO₂ molecules. As these layers and biofilms are penetrated, more toxins might be uncovered and dissolved. This is normal, and even expected, as you are trying to rid these things from your body through your digestive system. This slight to moderate level of feeling sick is kind of "a guide" for you to know if you should temporarily lower your dosages until your body recovers. This is why I have come up with the saying to "let your gut be your compass" when taking Chlorine Dioxide.

The "GUT RESPONSE": Let It Be Your Compass

When taking ClO₂, there are various symptoms of the Herxheimer response but the more common one is a bit of nausea and diarrhea. So, pay close attention to how you are feeling over each couple of hours after a dose. It is important to know that there's a small and "healthy-level" of this feeling that is common (like you'd feel in Protocol 1000). However, if your body has too high of a level of nausea/diarrhea or other flu-like symptoms, your body begins to weaken and your immunity lowers down. It's kind of like Han Solo, in the movie Star Wars. He paid attention to his gut to let him know if something bad was in the works. Of course, he usually came out fine in the end because he listened to his gut feelings, kept pushing forward, and adjusted as he needed to (which is probably why Han shot that alien first in episode 4).

My First Herxheimer Experiences

When I did my first Startup Procedure and then moved on to the Protocol 1000 (using activated MMS), I really didn't notice much of Herxheimer reaction. Outside of periodic sinus issues, I was in ok health and was mostly curious to see what would happen. It wasn't until about the 2nd or 3rd day taking multiple doses (Protocol 1000) when I had my first "loose bowel" experience. Basically, it feels like you need to go to the bathroom to have a bowel movement and then you find that it is actually a very loose bowel movement. That was about it for me. As the days went on with the protocol, I found that I felt fine in the mornings and by the afternoons, after about the 4th or 5th dosage of 3-drops, I had a very loose bowel movement. It wasn't like that every day but it was an off-and-on experience through the 21 days of the protocol. I will also note that some of these bowel movements had a smell that was not normal for a bowel movement. I bring this up because I have worked with others that have noticed the same chemical-like smell in the loose stools. Chemically speaking, one could question if this smell comes from ClO₂ that was drunk throughout the day. Maybe it had gotten past the stomach (not fully absorbed there) and passed on to the small and large intestines and out of the body when you go to the bathroom. However, I am not sure if this is possible because within an hour and a half, all of the bonded atoms of the ClO₂ mixture would have separated into trace amounts of Oxygen and Chlorine. From there the Oxygen enters the bloodstream and the Chlorine bonds with other atoms to either make Salt (NaCl), Hypochlorous Acid (HClO), or other trace mineral bonds. My best guess is that the chemical smell actually comes from the dead pathogens and toxins that are being flushed out. These could be parasites, fungus, bacteria, or even virus parts that are destroyed and decomposing. Additionally, it could also be from long standing fecal matter that has been decomposing in the colon for much longer periods of time than normal food. There are Colon Flushes that demonstrate this type of material being dislodged from the body. It is also likely that this material is also other broken down toxins exiting the body. Either way, I am pretty sure that telling the world about my diarrhea experiences here is one of the most embarrassing things I have ever done. It is worth it, however, if it helps others to understand and anticipate what might happen to them.

2 Areas of Herxheimer: Bowels vs. Body

Another helpful aspect of understanding Herxheimer reactions is to note that it happens differently in different parts of the body. In the bowels, the first area where you experience it, you may experience nausea and loose stools/diarrhea. However, in the rest of the body, you might experience sore muscles, agitation or anxiety, low fever, higher heartbeat, headaches or overall tiredness. All of these other "flu-like" symptoms would come on after the discomfort in the bowels and may stay for a couple of days or slightly more. Both of these areas (the bowels and the rest of the body) are being affected by the chemical reaction of pathogens being attacked and destroyed as well as the dissolving of toxic materials that are in you. However, the bowels are generally affected more immediately whereas the rest of the body might experience discomfort in the day or two following. It is just good to be aware of what to expect so that you can pass through it with more confidence and understanding. From my experience and that of millions of others, this difficulty is just a short phase that may need to happen in order to feel the benefits that come after. IT GETS MUCH BETTER AS YOU CAUTIOUSLY CONTINUE!

Extreme Herxheimer Reactions

Before moving on from Herxheimer's reaction, I should note that there have been some extreme cases that are worth explaining. These happened where people had large amounts of parasites or experienced food poisoning and took Chlorine Dioxide for recovery. Oftentimes they had been very sick with something for months or years. They were in such a crisis that they were willing to try something very different to treat it. From their first dosages, these people experienced projectile vomiting and/or extreme diarrhea shortly after. If someone had been extremely toxic, this ClO₂-induced vomiting would be an important part of getting the toxins out. In the cases with extreme parasites, the vomit and diarrhea sometimes consisted of actual worms that were in the person's body. As gross as this sounds, the people that extruded the worms felt much better shortly after getting this material out of them. They went on to be pathogen-free after continuing their dosages.

The 3 Golden Rules

1. No Change, 2. Reduce, or 3. Increase Dosage Amounts

The three golden rules are a way to understand if you should adjust your dosage amounts up or down while using ClO₂. It applies to most circumstances where you are taking it. It includes rules for MMS, MMS1, CDS and even another molecule called Hypochlorous Acid which will be described in a future chapter [beginning on page 69 of this guidebook]. These rules are so important that I made a whole tab on my spreadsheet dedicated to what they are. If you understand how these rules work, you will see that it is more a way of thinking instead of a set of strict rules. Here are the rules that you need to think about while drinking doses of Chlorine Dioxide:

Rule #1 (No Change Rule)

If your Symptoms are improving? Do not change anything. Continue with what you are doing.

Rule #2: (Reduce Rule)

If you are feeling worse (with prolonged nausea or diarrhea), reduce your intake by 50%... but keep taking it.

Rule #3 (Increase Rule)

Not getting better and not getting worse? If there are no signs of improvement, go to the next increase in dosage or go to the next level up of protocol. (Highest dosage is still on 3 drops for most protocols)

The golden rules apply to almost any time you are taking doses except for a couple of specific situations. One of these situations is when you have Malaria and the required dosage is a 15-drop mix. This level of drops is relatively high and it may very likely make you feel sick. However, the nature of this disease is such that a strong punch is needed to knock out the parasite that would be infecting you. The other situation is when you think that you have food poisoning or an oncoming sickness. In these two cases, a 6-drop dose is recommended followed by another 6-drop dose. You may decide to take higher doses if the illness seems more severe. Although it is your decision to make, you should strongly consider taking that second dose, even if you are not feeling very well. With food poisoning, for instance, it is possible that puking and having "the runs" is what the body needs to do to get the toxic food out of you. They are efficient and natural ways that your body uses to eject toxins from itself.

What Weakens Chlorine Dioxide

Foods and Supplements to Avoid while ClO₂ is in your body

When taken in your mouth, chlorine dioxide will remain in your body for up to 1.5 - 2 hours before being completely gone and not measurable. By that time, it has turned into Oxygen and Chlorine (which turns to about 2 grains of salt per drop or other trace minerals) and you are ClO₂ free. So, as you take it in the Protocol 1000, you take a dose each hour for eight hours. During this time, you have ClO₂ in your system consistently for about 9.5 - 10 hours each day. During this period, it is helpful to avoid certain things in your body that will neutralize the strength of the molecule. The following is a list of things to avoid while your body has Chlorine Dioxide in it.

Things that Neutralize the Potency of Chlorine Dioxide: Nuts, fruits, vegetables that are high in antioxidants, juice with added vitamin-C or ascorbic acid, alcohol, coffee certain teas, and any other foods high in antioxidants, orange juice (and other strong citrus juices), mineral supplements, vitamin supplements, time-release supplements, coconut juice, dairy products, chocolate (cacao), hydrogen gas, and water (Medicinal).

Now this doesn't mean that you can't have any of these above items while on a protocol. It just means that you shouldn't put them in you during the period of having ClO₂ in your system. You can drink milk, for instance, with ClO₂ but it just neutralizes the effects of the molecule and it does you no good. There have been people who take Chlorine Dioxide for months with no improvement in health because they didn't realize or follow these rules. So, if you need to have things from the above list in your day, take them outside of the dosages. This means either a couple of hours (2 hours) before starting your daily dose or wait until 1 hour after your last dose. In absolute extreme cases, you can try taking a 21-day break from these above items to obtain the most effective effect of the ClO₂ 21-day protocol.

Food and Chlorine Dioxide Dosages

(I get lots and lots of questions about this) As an overall guideline, it is wise to try not to take any Chlorine Dioxide supplements with heavy meals or even with meals in general. Some of the veteran users of ClO₂ do not use it 15+ minutes before any meal (take it earlier than 15 minutes before) and to wait a while after a meal has time to digest (become broken down and prepared to move to the small intestines). They also suggest eating lighter simpler meals during the 3 weeks of the protocols that are suggested. It seems like almost any food has some antioxidants, so choose your meals as best as you can and then don't worry too much about it. I generally try to wait at least a half hour after eating before taking a dose but that doesn't always work out with my schedule when I am on an hourly dose (like protocol C, 1000, 2000 or 3000). I have also had many instances where I was eating some yummy chocolate chip cookies and milk (2 of the definite antioxidants) while on a protocol and suddenly realized "Ooops! I just neutralized my last dose of ClO₂!" My wife is such a great baker though, so I just keep eating the cookie that is in my hand and wait about an hour or two before starting my next dose. Just understand that there is probably not a perfect sequence that fits everyone and, you will need to figure out what works with your physiology and lifestyle.

Chapter 5: Protocol 1

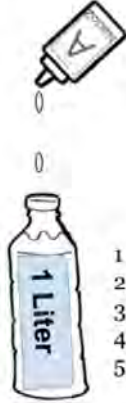
BASIC MMS - Sodium Chlorite + Water (Protocol 1)

Easy Start, No Flavor, No Mixing Acid Activator

The term "MMS" is one that has been given by those who add Sodium Chlorite with water to drink for medicinal purposes. It is also sometimes referred to as "Unactivated MMS" because there is no acid mixed with it when you use it. However, this mix of those two ingredients is not new to the health-supplement industry. It is also called "stabilized oxygen" and has been marketed as a liquid form of chemically-packaged oxygen for decades in their stores. It can also be used alone as a water purifier. When you drink it and it enters the stomach, it becomes activated by the stomach acids and turns into Chlorine Dioxide.

Protocol 1
The Simplest Way to Take Chlorine Dioxide

1 - 5 Drops of NaClO₂
(Per Liter of Drinking Water)



Drops per Liter

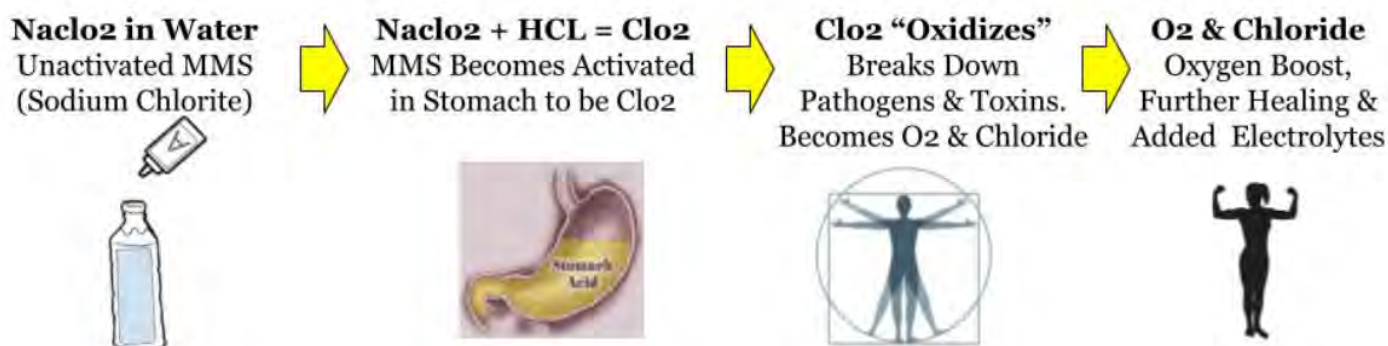
- 1 - Lite: Beginner or low HCL Levels
- 2 - Lite: Beginner or low HCL Levels
- 3 - Medium: Mid-level HCL Levels
- 4 - Heavy: Power User, Normal HCL Levels
- 5 - Heavy: Power User, Normal HCL Levels

Turns to ClO₂ in Stomach

There is one regimen with this type of MMS, called the "Protocol 1" that I have found useful to share, which is taken as a maintenance supplement against general sickness as well as an oxygen enhancer for those that are exercising. You can try this method out to see if it is one that works for your particular needs with Chlorine Dioxide. See the diagram above of the measured amounts and how it is taken.

This formulation protocol is called "Protocol 1" because it was first discovered by one of the Chlorine Dioxide Pioneers, Jim Humble. In his first book written about Chlorine Dioxide, he originally mixed his packed supply of Sodium Chlorite with liquid to have his malaria-stricken workers drink. It was the first discovery by him that demonstrated that this mix was really special. This drawing above [on page 48 of this guidebook] shows how you can take a liter of plain water and add between 1 to 5 drops of unactivated MMS (NaClO₂) to be used for drinking throughout the day. If you are doing a "true" Protocol 1, this becomes your normal drinking water all the time, both day and night. An average person will drink about 2-3 liters of this a day for their water needs, which means that they would drink between 3-15 drops of NaClO₂ per day. Before I get into the actual dosages that a beginner or more experienced user would take, let me show the process of how the Unactivated MMS helps the body as it is ingested.

Protocol 1: Journey in your Body



When Sodium Chlorite is mixed with water in these amounts, it virtually has no flavor or color. It pretty much tastes and looks like water. Don't be fooled by this though. It is potent and will turn to Chlorine Dioxide in your stomach as it gets to the Hydrochloric Acid there. A healthy functioning stomach produces over a liter of this acid every day which translates to at least 800 drops an hour. If you compare this 800 drops of this HCL to the 1-5 drops of unactivated MMS (Sodium Chlorite) that you would be drinking with this Protocol 1, you can easily see that the chemical reaction will make Chlorine Dioxide (ClO₂) within the stomach chamber.

Some initial research that I have done with this shows that each drop of unactivated MMS in drinking water produces about 7 mg of ClO₂ as it is processed in the body. This is a little more than if you were to activate a drop of MMS and it is more than double of what a milliliter of CDS gives you. This means that 1 drop of Unactivated MMS ≠ 1 drop of (activated) MMS1. It also means that a drop of (activated) MMS1 ≠ 1 ml of CDS.

Not the Same Potency

1 drop of (unactivated) MMS ≠ 1 drop of (activated) MMS1

1 drop of (activated) MMS1 ≠ 1 ml of CDS

This version of ClO₂ in the stomach is most potent and pure because it does not "gas off" into the open air like any of the methods of making it. For this reason, it is only recommended in small amounts (1-2 drops of NaClO₂ in water) for beginners trying it out. If you have a lot of experience with Chlorine Dioxide (by using it for prolonged periods or have done multiple protocol detoxes) you may be willing to work your way up to 3, 4, or even 5 drops per liter of drinking water. It is suggested that you never rush yourself when increasing the number of drops, though. Remember that Protocol 1 can be considered the most potent and protocol mix for the following reasons:

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1. There is no “gas off” that occurs when the unactivated MMS mixes with the HCL in your stomach. This means that you are getting a 100% efficient mix of Chlorine Dioxide gas as the ingredients are mixed in your stomach. You can compare this to the other versions of ClO₂ (MMS1 or CDS which are shown in future chapters) [\[beginning on page 58 of this guidebook\]](#) which allow for some of the gas to escape into the air before drinking it.

2. Your stomach may be producing varied levels of Hydrochloric acid at the moment of your drinking Protocol 1, which means that you may have a Herxheimer response when taking a 3, 4, or 5-drop mix of the NaClO₂ with water. Because of the potential for high potency, you would need to be extra vigilant of how your body responds to each drink that you take. Always be looking for a Herxheimer response (especially nausea) and ready to cut the next dose in half - as the “3 Golden Rules” say.

More (Boring) Chemistry Explanations of ClO₂ in You

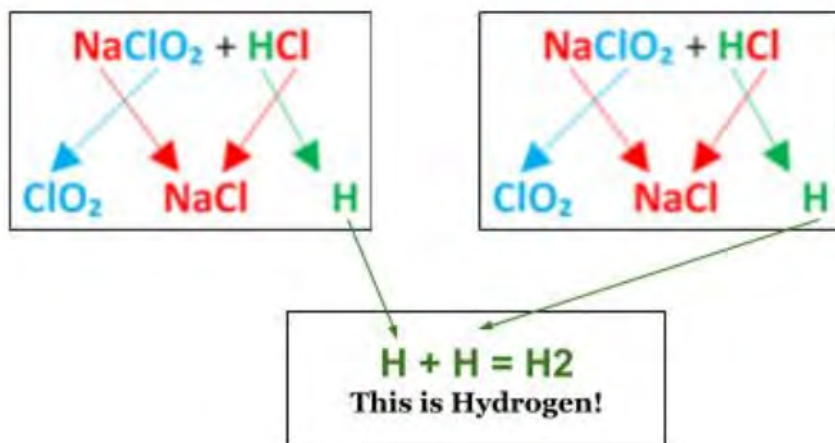
Along with the basic information listed above about this simple way of taking Chlorine Dioxide, I would like to demonstrate my understanding of the chemical reaction that happens as Unactivated MMS (NaClO₂) turns to Chlorine Dioxide in the stomach of a person. This reaction is in a safe and diluted quantity of liquid-drops per liter of water, or 1:20,000 ratio.

As shown in the 3-box diagram below, the unactivated MMS (NaClO₂) molecule combines with the acid (HCL) and actually produces three different things. These are as follows:

Question: NaClO₂ + HCL = ?

Answer:

1. Chlorine Dioxide (ClO₂)
2. Salt (NaCl) 1-2 grains per drop
3. Hydrogen (H)



It is worth noting here that I explain a lot of the benefits of Hydrogen as a medicine in a later chapters of this book [\[although not included in this guidebook\]](#). This includes information on producing it in the home for drinking, putting it on the skin and inhaling the gas (called “Browns Gas”). In fact, I share links to over 600 studies and other articles that show the benefits of this gas as it is ingested in the body. This means that when you drink the Protocol 1, you are also taking Hydrogen in your body which can contribute to your health as well. This hydrogen-based benefit does not occur with MMS1 nor with CDS because the Hydrogen goes into the air and upward very quickly. However, when the chemical reaction takes place in the stomach, the Hydrogen is contained and absorbed by the body. I personally have seen people improve from problems of insomnia and brain clarity and stiff muscles that result from workouts and older age with various levels of this Protocol 1.

Additionally, if consistently taken over time, it will help to improve gastrointestinal “gut” problems as well as very gradually remove toxins from the body. These improvements do not just happen because of magic from the ingredients. They occur because ClO₂ oxidizes any acidic material in the bloodstream/body tissues and selectively kills bacteria that is not conducive to proper digestion in the gut. As it does this work, it leaves behind fresh oxygen atoms and chloride at the very spot of the problem areas. This leftover material also promotes the health and detoxification of that specific area. All other things considered, Protocol 1 has several benefits that come with it and a few cautions that need to be listed here.

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This table below helps to explain this type of medicinal use of ClO₂.

Benefits and Setbacks of doing Protocol 1 for Chlorine Dioxide	
BENEFITS	CAUTIONS / WARNINGS
Tastes Like Water. Yay!!!	Your stomach needs to have a fair amount of Hydrochloric Acid
So Simple and Easy to Start and Do (Compared to other Protocols)	Not as Potent Against Disease that you already Have (Better to use MMS or CDS)
Great for Maintenance Dosages and Slow Detox	Takes Time to Get Used to Full System of Protocol 1 Higher Dosages of 3-5 Drops/ Liter
No Need to Refrigerate the Mix of Water with Sodium Chlorite (NaClO ₂). You can even pre-bottle several day's worth and store them.	Need to Understand That a Little Herxheimer Response is a Part of the Process and it may be a little delayed, compared to MMS or CDS
Most Efficient use of ClO ₂ Mix - None of it "gasses off" into the air	Slower Detox Process Than Protocol 1000 or Protocol C (Activated MMS or CDS)
Additional Hydrogen Atoms Consumed within the Body	
Easy to Transport NaClO ₂ and Mix on the Spot with Small Bottles	

Precautions for Beginners

Before deciding to try Protocol 1 out, you need to be sure that your "gut" or gastrointestinal system is not in any kind of disastrous shape. Some allergy problems or other autoimmune issues should be alright. However, if you are having some serious issues where your body isn't producing enough stomach acids for digestion, you may want to start with the MMS1 or even CDS protocols of Chlorine Dioxide instead of this version. My guess is that almost any reasonably healthy person would be fine to start this out. You would just want to stick to 1 or 2 drops per liter until your digestive system gets used to the chemical process that takes place to translate the unactivated MMS to (activated) MMS1 in your stomach. As I have done variations of this protocol, I noticed that it is very important to pay attention to how your gut responds to each dose so that you know how to regulate the next dose.

Why Not Just Do "Sodium Chlorite + Water" for All Chlorine Dioxide?

I have been asked before about why this method of taking MMS is not the mainstream way to do it. unactivated MMS is easy, simple, convenient, and fast. Yet, the other methods are much more common and widely used, even though they require mixing and special storage techniques. The answer to this has to do with the Hydrochloric Acid (HCL) levels in the stomach. These levels vary from person to person and even from one period of time to the next. To use examples from Jim Humble's experiences, there have been people in other countries that have had serious health problems that did not see very much improvement with using unactivated MMS until they tried using the acid activator method found in the next chapter on (activated) MMS1 [\[beginning on page 57 of this guidebook\]](#). Their bodies, specifically their digestive systems, were in such bad condition that they were not ready to sufficiently change the NaClO₂ into ClO₂. Even with relatively healthy people, the variances in stomach acid levels are difficult to know from the outside.

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If your HCL levels are low in the stomach, you would only want to take 1-2 drops per liter for your drinking water. However, if you are eating nutritiously, getting enough rest and exercise, managing your stress levels, and avoiding the overuse of antibiotics and other medications that destroy your intestinal walls, your HCL levels in the stomach would likely be higher. (Either way, there is probably always enough HCL in the stomach to activate MMS perfectly fine for the body to utilize.) It is just difficult to know where there may be times where the HCL levels are low enough for the individual to feel a little bit of Herxheimer response - uncomfortable stomach cramps or nausea - as the body processes the unactivated MMS (NaClO₂).

Stomach Acid Levels: More Details to Help Understand It

Although I am not a scientist in the area of stomach acid production, I have done a little bit of research to help understand what seems to affect the levels of Hydrochloric Acid, one of the main substances in the stomach used for food digestion (as well as the activation of NaClO₂). Knowing the actual levels of HCL in the stomach is difficult for the average person unless you have some specific testing tools or methods to find this out. The information below is based on some simple internet searches which answer the HCL questions in each column.

Hydrochloric Acid (HCL) Levels in the Stomach

Signs of Low HCL Levels in your Stomach <i>(So you know to possibly keep your MMS drop levels low)</i>	Possible Reasons for Low HCL Levels <i>(Things to consider in your lifestyle)</i>	Ways to Remedy Low HCL levels
Regularly Heartburn/Indigestion	High Stress Levels	Taking Chlorine Dioxide!!! (Of Course) Because it kills bad bacteria including H. Pylori in your stomach
Undigested food in the stools	Unhealthy Diet Practices	Limit processed foods. A balanced diet rich in fruits and vegetables can also increase your stomach acid levels
Feeling unusually full after meals (even small ones)	Eating Food Too Quickly	Drink apple cider vinegar
Bloating and Heavy Belching after Meals	Eating Foods High in Sugar	Eat ginger
Constipation	Prescription Drugs	Eat Easy-to-digest foods (Diet Changes to healthier foods)
Diarrhea on the morning after heavy meals	Preexisting Digestion Problems	Taking Natural Enzyme Supplements
Brittle Hair & Fingernails (from long-term deficiency in HCL)		Eating fermented vegetables such as kimchi, sauerkraut, and pickles – can naturally improve your stomach acid levels

Protocol 1: Startup Suggestions

Easing into the MMS/Sodium Chlorite

In doing the Protocol 1, you can begin in small amounts and ease up in the number of drops over time. However, remember that even a single drop or two a day may have an impact on a person's health as a maintenance dosage (In my case, I noticed a positive difference with just 2 drops of MMS a day). There is no reason to rush the increase in drops any faster than your body will accept them.

Here is a suggested amount for starting up quickly with Protocol 1:

Day 1: Put 1 drop in each of the 2 liters/quarts of water. Drink this during the day as you would normally drink water.

Day 2: 2 drops in each of 2 liters/quarts of water. Drink during the day and drink as you would normally drink water.

Day 3: 3 drops in each of the 2 liters/quarts of water that you would drink during the day

Day 4: 4 drops in each of 2 liters/quarts of water that you would drink during the day, *and ...*

Day 5: 5 drops in each of 2 liters/quarts of water that you would drink during the day.

Always Always Always Remember!: If you start feeling quite sick with nausea, stomach pains or other Herxheimer symptoms, reduce the amount that you drink from the Protocol 1 mix. This is a constant and steady flow of ClO₂ and you should not push the amount that you take. You can regulate your ClO₂ intake by diluting your drinking mix or just drinking less from the mix bottles and some from normal drinking water that you drink. (See below for more on this)

Handling Herxheimer with Unactivated MMS

If at any time while drinking the unactivated MMS dosages makes you feel sick in any way you will just reduce your drops per liter/quart by 1-2 drops and see how you feel. There will be some continuous adjusting up and down of the amounts as you take it. After several days-to-weeks of using unactivated MMS, you will find that you get used to Protocol 1 and find what works for you. You should be able to take 3-5 drops per liter, drinking about 2+ liters of this a day. If you are mixing the Protocol 1 for another person to drink, this brings a new dimension to making and taking the dosages. For instance, with pre-mixing Protocol 1 drinking water for your kids or an elderly family member, you would need to be careful with their body's experience with this and (in the case of sibling children) you may even need to make different potencies for different kids. It takes extra care to monitor that person's response to each dosage and be able to adjust the amounts of drops in the water that is best for their needs. Just remember that 1-5 drops of unactivated MMS per liter will not cause any serious injury to a person. It would just have the potential to be uncomfortable for a short period of time as a person's body adjusts to the detoxing process.

Protocol 1 Benefits: Sample/Examples

A very big "upside" to using the Protocol 1 as your drinking water is that the water serves as two great purposes. One is for Hydration and the other is for promoting healing through oxidation, oxygenation, and chloridation. Even though the results may vary because of the low levels of drops, you can look to see improvements in many areas of your physical challenges. (I say that the results vary because these are low amounts of dosages compared to MMS1 and CDS, which are much stronger against disease). All of this happens in a way where you don't even taste the "medicine" that you are taking. I have created a table of examples of how this could be a game-changer for the health of some individuals.

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Urinary Tract Infections	If you are prone to having Urinary Tract Infections , you drink this and are hydrated while the infection is minimized or avoided completely. (Trip to the Doctor for Antibiotics Averted, 4-day wait time of taking antibiotics before feeling better avoided, Money Saved)
Allergies	If you have chronic and debilitating allergies , you may find that the small amounts of Clo2 cause the allergies to begin to fade and possibly go away. (Trips to Specialists for Meds Averted, Money Saved, tissue paper use reduced, Quality of Life Improved)
Gastrointestinal “Gut” Problems	If you have a messed up Gastrointestinal system where your stomach hurts regularly from eating or digesting food, you may find that this slowly fades away and you can digest foods that used to cause lots of problems. (Trips to the Doctor Reduced and Protocol-1 actually works better than the medications that they give you)
Workout Performance	If you are an athlete who does intense workouts and is looking for better ways to improve performance (with oxygen while exercising) as well as a faster recovery of your muscles (from lactic acid buildup), you may find your performance improves substantially and you recover much faster from workouts. (Trips to the Health Supplement Store Averted, Money Saved)
Brain fog	If you suffer from regular “Brain Fog” related to medications, getting old, (as in my case) chronic sinusitis problems, or even sleep apnea, you may find that this clears up and is mostly reduced, due to your drinking water. (Quality of life improved, able to teach math in front of a class again without losing track of what I was doing)
Home Projects (Physical Labor Recovery)	If you do occasional work around the garden or home projects and are concerned that you are going to be extremely stiff and sore for days after, you may find that this pain and suffering is greatly reduced, due to your drinking water. (Pain and suffering reduced, quality of life improved, extra oxygen boost while working, garden and home DIY projects more successful)
Antivirus (Kills Viruses in the Body)	If you are concerned about getting some kind of virus or other pathogen floating around in the air, you may find that you just don't get sick like others do. (Fear-level lowered, quality of life increased, chance of getting sick lowered dramatically)
Insomnia (From age or a malfunctioning Pineal Gland)	If you have struggles with insomnia and can't fall asleep or if you wake up in the night and find that you cannot fall back asleep even when you know that you are lacking sleep, you may find that you fall asleep easier and sleep more restful through the night. If you do get up in the night, you fall asleep more easily. (Sleep deprivation avoided, restful healing through sleep increased)
Substance Addiction Recovery	You may be trying to offset the “withdrawal” difficulties of some kind of addictive substances and medications . This could be caffeine, opiates or some other foreign drug. You may find that the addictive impulses are lowered because the clo2 breaks the substances down in your body that is contributing to the addiction so that you can flush them out of you faster.

Children and Smaller Adults with Unactivated MMS

Because the Protocol 1 is premixed into drinking water volumes, there is not a great need to adjust the protocol to fit the size of the person taking it. Adults and larger people (like myself) will tend to drink higher amounts of water based on their physical needs. However, smaller adults and children will drink lower quantities of water according to their needs. You can also dilute the water as needed for specific situations. Again, the key for adjusting the potency (between 1-5 drops per liter) is to be very aware of the person's response after each dose and make adjustments.

Protocol 1 as a Molecular "Energy Drink" for Athletic Workouts

As you take the Protocol 1 on a regular basis, you will probably find that this flavorless water does some special things to help your exercise or athletic workouts. It doesn't matter if you are just working in the garden on your hands and knees, lifting heavy materials on a construction site or running a marathon. Using this protocol before, during and after workouts has some noticeable benefits that you will probably realize if you are paying attention to your body while on it. First of all, it removes lactic acid by oxidation. This means that the creation of lactic acid (from working your muscles) and the removal of it (through oxidation of acids in your bloodstream) are done simultaneously as you drink and exert yourself. Secondly, it gives the body a flow of Oxygen to the bloodstream. This is not Oxygen that you breathe through your lungs, it is the Oxygen that is created chemically from the NaClO_2 . The "Na" goes on to create things like a tiny amount of salt in the body. The O_2 breaks apart and goes straight into the bloodstream. It is literally like drinking a packaged form of Oxygen that will help you with your exercise. (I have always wanted to give some of the Protocol 1 to athletes at the midpoint/halftime of a game to see how it boosts their performance to the end). The next thing that ClO_2 will do while in the body is release the Chlorine atom which becomes Chloride, a natural electrolyte in the body which benefits blood flow and cell health, among other things. This helps with the re-circulation of the fluids in the body system and helps with faster recovery. Lastly, the Hydrogen atoms are released in the system which also can help with digestion and other body functions.

When you understand how NaClO_2 works in the body (turning into ClO_2 , then O_2 and Cl) it is easy to see that this will enhance the performance and recovery of someone as a pre- or post-workout drink. It is also nice to know that there is no residue of chemical material or toxic substance that is left behind when you take it in your water. It simply turns to Oxygen and Chloride; items that are already preexisting in the body. For those that are new to using this, I would suggest keeping the level of NaClO_2 drops on the lower end (1-3 drops) because of the possibility of having a Herxheimer reaction while on a jog or playing football. It might be very inconvenient if you suddenly need to go to the bathroom while being out and about doing these things. In the end, it takes practice to learn how your body works with the Protocol 1. (I should also note that you can use MMS1 and CDS as Energy-Enhancing Supplements. They just have the stronger sour/bitter taste comes with their formulation).

Do Foods or Supplements Neutralize the Potency of Protocol 1?

The short answer is YES. As explained earlier [on page 47 in this guidebook], there are foods that will neutralize the potency of unactivated MMS, because of the Chlorine Dioxide that will be entering the bloodstream. The same things, like chocolate, milk, and other foods high in antioxidants will cause the water to be temporarily neutralized for an hour or two. However, keep in mind that this water is in a lower dosage and it is more consistently taken throughout the full day compared to the other methods and formulas of Chlorine Dioxide. Where activated MMS and CDS are taken for 8-10 hours a day for 21 days, you would be taking a Protocol 1 all day for months on end or longer (See future chapters for more information on these protocols) [pages 59-83 of this guidebook].

How I Do Protocol 1?

I have used different variations of the Protocol 1 for over 6 months now with good success. I have tried it with my cycling workouts, in my typical work days as well as while doing construction work. I have found that I get that steady stream of energy and endurance while working which lasts beyond the end of the workday as I continue to drink my Protocol 1 water.

I have also noticed that the more activity that I am doing, the less I notice that I have any Herxheimer response. (The Herx response is typically mild anyway; just a little itty bitty cramp in my stomach). In other cases where I take a bigger drink and sit still in a chair for a long period, I tend to be more aware of any slight stomach cramps. It is not painful or anything, just a little noticeable. Just be careful to not take something like an eight-gulp drink of this if you are new to it. It puts a lot of stress on your stomach to absorb that much NaClO₂. Learn as you go.

CLO₂ Energy vs. Sugar/Caffeine Rush

As for the increases in energy while using ClO₂, I point out that it is not the same as what you would get from caffeinated energy drinks or high sugar soft drinks. Those things give you a boost of energy followed by a drop-off where you feel fatigued. Unactivated MMS is flavorless in water and provides pure Oxygen to your muscles, organs and brain, without any drop off of energy or strength after. (This is NOT the same as any type of energy drink or caffeine soda.) Over time, with Protocol 1, the mini-cramps disappear and I am just drinking from my water bottle like normal. Once and a while, when I have an empty stomach, I do get a small burp that has the scent of ClO₂. But it is not very noticeable. I put the drops in the water and mostly regulate how much I drink by the number of “sips” that I take. For me, usually a 4-sip drink is normal, especially in the mornings when I wake up. Occasionally, I will take 5 - 8 after exercising and I usually only take about 2 or 3 when I want to clear my throat. If I ever happen to feel that my stomach is having a little cramp, I may sip only 1 or 2 from the bottle and then get a drink of normal water for any extra thirst. That way, I am lowering my intake of Protocol 1 but still getting water, as needed. So, what is the solution to taking Protocol 1 around foods or supplements that might weaken or neutralize the Chlorine Dioxide? It is to space these items apart from your drinks within reason. Don't worry too much about it but try as best as you can to steer clear of things. For instance, if you know that you are going to have some chocolate cake with milk after dinner (or before, hehe!), then you may try to have a Protocol 1 drink of about 100-200 ml's (or about 2-6 sips, for me) at least 15 minutes before having the cake. This will get at least some of the supplement in your bloodstream before the chocolate neutralizes it. Additionally, if you are going to have a meal that may have some antioxidants in it, try to space at least 10-15 minutes or more between a drink of the Protocol 1 water before eating food. You do the best that you can with your situation and just keep consistent with the daily usage. In the afternoons/evenings, I should include that I stop my Protocol 1 drinking and do Hydrogen Therapy. This is a part of my current experiments with my body where I am testing out this and that method to learn more. I talk about this later in this book in greater detail [\[section not included in this guidebook\]](#). Because Chlorine Dioxide and Hydrogen offset each other, I make sure to space these treatments apart by at least 1-2 hours.

Summary: What Protocol 1 Is and Isn't

In summary, the Protocol 1 water is a quick and simple way to take Chlorine Dioxide in less potent dosages. Because there is no taste in the water, it IS a great way for a beginner to try out Chlorine Dioxide and see if there are any noticeable impacts at the lower levels of 1-2 drops per liter. For the more experienced user of ClO₂, it is a way to keep from getting sick on a “maintenance” level of dosages. Protocol 1 is probably NOT as potent as the MMS1 or CDS protocols can be (which will be discussed in later chapters) [\[pages 59-83 of this guidebook\]](#) but it does seem to be a great supplement to help not get sick and to have a boost to oxygen energy in the body. The Protocol 1 may NOT be as well-known, but it IS extremely convenient. Remember that 1 drop of NaClO₂ in water is NOT the same as a 1-drop mix of MMS1. It IS probably more potent. Additionally, 1-drop dose of MMS1 IS also probably more potent than a milliliter of CDS. For me, Protocol 1 IS the most practical way to take Chlorine Dioxide on a daily basis.

Special Thanks to My Sources on Using Unactivated MMS (Sodium Chlorite)

I would like to thank these individuals for teaching the world about how to use Sodium Chlorite in the unactivated Way (NaClO₂ + water), Scott McRae, Jonathan Cuppett, Dr. Robert Young, and Jim Humble (of course).

Chapter 6: Protocol 1000 and 1000+ “Activated” MMS1

I want to now dive deeper into showing the most common “MMS1” method of making ClO₂. This is the system of making and taking it for over 20 years and it still is used extensively today. As shown in the cartoon drawing below, you mix liquid drops from the A bottle (NaClO₂ liquid) with the B bottle (an acid like Hypochlorous Acid or Citric Acid). Then, you dilute this mix of drops with water and take it in or on the body. This method was developed by some of the pioneers like Jim Humble and a partner that I mentioned earlier, Mark Grenon. These Protocols are numbered 1000, 1000+, 2000, 3000 and 4000.

Activated MMS



Mix 1-3 Drops A & B Substance

Wait 20-30 seconds

Add 4 oz Water (120 ml)

Then, Drink

The general idea is that you are trying to introduce the chlorine dioxide to your gastrointestinal system as well as your bloodstream in low and consistent levels. The important part is to follow the recommended dosages and methods carefully and consistently and only make minor adjustments after you are accustomed to the protocols. These pioneers have over a decade of experience with this and have personally helped thousands and thousands of people. As a part of my preparation for this book I have read several books and taken tedious notes on the main protocols that were developed and revised over time. I have also listened to and watched hundreds of hours of Grenon’s pod/video casts to review the systems and results from actual people that he has worked with. Additionally, I began taking my own dosages and recording my experience with it to verify similar effects.

Finally, because of my positive experience with taking Chlorine Dioxide, I started my own video channel so that I could both learn and demonstrate to others how to make and use this to help better their health. However, my intent here is not so much to show what I have done and experienced with it. It is more to show what millions of others have done and accomplished through their use of it. The niche that I am trying to fill here is to give a short (around 100-150 pages) reference guide that can be used to make and use these simple molecules like ClO₂ in the home.

I also want this information preserved to the public because over the past 3-4 years, most of the videos and books by Jim Humble, Mark Grenon, Andreas Kalcker and Kerri Rivera have all been silently banned from YouTube, Amazon.com, Vimeo, Twitter, and Facebook. These people have, in many cases, had their bank accounts, emails and other payment accounts closed because of their work. Grenon has even been put in jail for suggesting that ClO₂ can stop Covid-19 and giving people this Chlorine Dioxide in return for their donations to his cause. Additionally, Kalcker has had his Doctorate degree rescinded and all of the above individuals have been attacked greatly by the Media. (I think it’s nice that the “Powers That Be” work in tandem with their partners so that us common people can see the breadth of their influence). I don’t think that you should be afraid of all of this. It clearly demonstrates how far these powerful groups will go to hide the truth. This stuff really works man!

The Top 3 “Activated MMS” Regimens - In Sequence

As mentioned earlier, the three main activated MMS protocols that have been most commonly used over the past 20 years are listed on the next page.

I will explain the basics of each one and post a link to a video where I explain more about it and show how it is mixed and taken [see: [Lesson 1, page 4 of this guidebook](#)]. If you have already read through and watched the video on how to properly make a single drop of ClO₂ to drink, then you are ready to learn about these three. They are as follows:

1. **STARTUP PROCEDURE** 1-14 days
2. **PROTOCOL 1000** (or 1000+) 21 or more days
3. **MAINTENANCE SCHEDULE** at least 2-4 weeks or indefinitely

Regimen 1 - Startup Procedure (or Startup Protocol)

The startup procedure was formed as a means to give the body very tiny doses of ClO₂ in order to slowly ramp up its ability to do further detoxification cleansing. The key is to take a dose of drops and then wait to see if you have any nausea/diarrhea, and then take another dose an hour later. It usually starts by having a person make a 1-drop mix of MMS1 and only drinking a quarter or half of that drink and waiting to see how the body responds (You can throw out the rest of that drop mix because it will be less potent the next time you are ready to take some). If you don't suffer from any excessive nausea or diarrhea over the next 60 minutes or so of taking a quarter or half of a drop mix, you can take another ¼ - ½ drop mix and wait. The idea here is to try to take these tiny dosages over and over up to 5-7 times a day to get your body accustomed to the removal of pathogens and other toxic materials. Each person will respond at different levels to this kind of dosage because everyone has different levels of toxicity. One person may be very healthy and have little response and another person may have a slight kidney infection (excessive bacteria in their system without knowing it) and feel the nausea more than another. Also, if someone happens to be very sick and their body is in really bad shape, they will want to go slower than the suggested amounts just to make sure that their body has time to flush out the kill-off of pathogens and toxins. Remember that Chlorine Dioxide is not masking pain or symptoms like pharmaceutical drugs might be programmed to do. It is literally removing the sources of the problem which must be flushed out of the body. As this is done, the pain or discomfort begins to go down. Typically, the reduction of pain is faster with it than it is with antibiotics.

Numbering System for Counting the MMS Drops

Another key to understand is how the "Drop" measurement is counted when making MMS1.

Some people may wonder why it is called a 1-drop mix when there are actually 2 drops used to make it. The main thing to remember is that the number of drops measured only refers to the Sodium Chlorite drops and not the acid activator. That way, a 3-drop mix requires 6 drops to make (3 of sodium chlorite mix and 3 of acid activator) but we only count the drops of liquid Sodium Chlorite. Now that you have learned the basics about mixing a drop, it is time to see how to mix it make actual MMS1.

The first time someone begins a Startup Procedure, it may seem more like a biology class lab where you are mixing a certain dose over and over and looking at the clock to see when you should take your next drink. However, after you have some experience with it and understand what you are trying to do (detox your body at slow incremental levels without putting yourself into nausea/diarrhea shock), you realize that there is more of an art to it. The key is to get your dosages and schedule right and then pay attention to your body's response. In the end, you are really trying to get your body accustomed to where you can take 8 doses of 3 drops each. This is the Protocol 1000 level, which comes after the Startup Procedure.

I have a video below that walks through what to expect if it is your first time taking Chlorine Dioxide:

<https://www.brighteon.com/e9a9a5b2-cd25-4188-8d50-9fd9abacf7cc>

First Time Taking ClO2 Video - Starting Procedure:

Additionally, I have put down a few different schedules that you could consider following as a part of your startup schedule. These are just ideas on how to do it and not any type of prescription that has been done. Startup “Slow and Easy” Suggestion: I recommend something like this if you don’t have any looming disease that needs to be addressed quickly. Wait 60 minutes between drops and always be ready to lower your dosage or stop for the day if you start feeling extra Herxheimer Reaction. (See Chapter 4 to review about Herxheimer Reactions)

Important: The charts below are Brian Stone’s suggested method. You may never need to get to 3-drop doses. Always follow the “3 Golden Rules”. Some people get well with 1 drop doses and some people need more. I’ll state it one more time. Memorize the “3 Golden Rules” so that you always follow them.

Day	First Dose	Second Dose	Third Dose	Fourth Dose	Fifth Dose
1	1/4 Drop	1/4 Drop			
2	1/2 Drop	1/2 Drop	1/2 Drop		
3	1/2 Drop	1/2 Drop	1/2 Drop	1/2 Drop	1/2 Drop
4	1 Drop	1 Drop	1 Drop	1 Drop	1 Drop
5	2 Drops	2 Drops	2 Drops	2 Drops	
6	3 Drops	3 Drops	3 Drops	3 Drops	3 Drops
7 - 8th day	Start with Protocol 1000 (3 drops each hour for 8 hours - 24 total drops)				

Startup “Let's Get Going Quick” Suggestion

I recommend something like this if you really want to push it and get to the Protocol 1000. Keep in mind that if you are sick with something like a UTI, or something more serious, the ClO2 will start quickly to work on cleaning out your body of infections, toxins, bacteria etc. This means that you might feel a little sick (nausea and diarrhea or more) during these first days. You don’t want to make yourself feel “sicker” because of the ClO2, so be ready to lower the dosage drops or stop for the day if you start feeling sick.

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Always keep this in your mind while taking ClO₂. Every person is their own “Petri dish” of differing pathogens and other toxins which responds a little differently to the dosages. We all have differing levels of bacteria, viruses, infection and the like in us and we can’t just give a standard dosage for someone during the Startup Protocol. It doesn’t matter if someone looks healthy or physically fit.

Day	First Dose	Second Dose	Third Dose	Fourth Dose	Fifth Dose
1	¼ Drop	¼ Drop	1 Drop	1 Drop	1 Drop
2	1 Drop	2 Drops	2 Drops	3 Drops	
3	2 Drops	2 Drops	3 Drops	3 Drops	3 Drops
4	Start with Protocol 1000 (3 drops each hour for 8 hours - 24 total drops) Remember the Golden Rules of Taking Chlorine Dioxide!				

If they are full of toxins or candida, it may not always show. It is not a race to dump as many drops into you as fast as possible. If you have that mentality, you may end up exhausting your body from excessive diarrhea and vomiting so that you can’t heal very well. You are trying to have a steady flow of the correct dosages for your body at that particular time. Let your body’s response to the CD tell you if the amount is correct up until you reach the maximum of 3 drops per dose.

Who decides if that amount needs to be temporarily lowered? YOU DO! So, pay attention to how your body is responding to the dosages. Any schedule, like the one above, is just a recommendation that you can follow to get started. From that starting point, you then adjust your dosages based on how your body is accepting the detoxification. Again, never more than 3 drops for a protocol and always be willing to lower the next dose if you are feeling more than a slight “healthy” level of slight discomfort. If you push it too much and make yourself sick from Chlorine Dioxide, you could weaken your body to the point where it needs to spend more of its resources on recovering from excessive diarrhea and vomiting. And, if you are critically ill, taking it will add a little to the illness because your body is flushing out the killed pathogens and neutralized toxins that are infesting you. Always be willing to lower the dosages to keep your body from getting sicker than you felt before you even started taking it.

Working with Children

If you are working with children and want to use Chlorine Dioxide, I would suggest that you first have some experience with taking it yourself. It would really help if you understood how to take it and what it tastes like before asking a child to take it. Below [\[on page 61 of this guidebook\]](#) is a table of reduced amounts of drops that can be taken by children if they are sick and starting out. Remember that 1/8th of a drop is really a half ounce liquid that was originally mixed with 1 drop in 4 ounces. To make this, you would make a 1-drop mix in 4 ounces and then only give a half of an ounce of that cup. It is based on their weight and is barely enough to even taste at all. I have taken these amounts and the ClO₂ actually tastes less like Chlorine than tap water from the municipal systems.

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This table below was taken from recommendations from Mark Grenon and Jim Humble's books. They have worked with parents and medical clinics treating children with Chlorine Dioxide for over 10 years each.

Starting Procedure MMS1 Dosage Guide for Children				
Drops Per Hour	Day 1	Day 2	Day 3	Day 4
Babies less than 7 lbs (3.2 kg)	1/8 drop	1/8 drop	1/4 drop	1/2 drop
Children 7-24 lbs (3.2-11 kg)	1/8 drop	1/4 drop	1/4 drop	1/2 drop
Children 25-49 lbs (11-23 kg)	1/4 drop	1/4 drop	1/2 drop	3/4 drop
Children 50-74 lbs (23-34 kg)	1/4 drop	1/2 drop	1/2 drop	3/4 drop
Children 75-100 lbs (34-45 kg)	1/4 drop	1/2 drop	1/2 drop	3/4 drop

Regimen 2 - Protocol 1000

The basic detox and procedure for so many illnesses. Now that you understand some of the ins and outs of what to expect with starting Chlorine Dioxide, the next thing to do is learn about the most commonly used protocol. The title of a "Protocol" is just a term that means something that is formally measured and done in the same way. Protocol 1000 is done by doing the following steps:

1. Do the Startup Procedure for enough days to be comfortable to take multiple doses in a day.
2. Start the Protocol 1000: Mix 3 drops of the NaClO₂ (mix bottle A) with 3 drops of the acid activator (mix Bottle B) in a dry glass or clay coffee mug. Be sure that the drops are placed on top of each other so that they mix.
3. Let the drops sit for 20-30 seconds.
4. Add 4 oz of water or approved juice (Simply Apple or Simply Cranberry are my favorites.)
5. Drink the dosage.
6. Wait 60 minutes.

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7. If don't you have a Herxheimer Reaction, or it's not too bad, go to the next step. If you are having more than just a little nausea or diarrhea, reduce the next dose by half, but keep taking it.
8. Do all of the above again until you have taken a total of 8 doses in a day.
9. Do this daily for 21 days or longer until the illness has been remedied.

Here is a basic schedule of how your day might go with the Protocol 1000

	Dose 1	Dose 2	Dose 3	Dose 4	Dose 5	Dose 6	Dose 7	Dose 8
Option 1	10am	11am	Noon	1pm	2pm	3pm	4pm	5pm
Option 2	6am	7am	8am	9am	10am	11am	Noon	1pm
Option 3	Noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm

If you were to follow the Protocol 1000 instructions exactly, you will have taken a total of 504 drops of ClO₂ over a 21-day period (24 drops a day x 21 days = 504). That is just under an ounce of Sodium Chlorite drops. But remember, the goal for the Protocol 1000 is NOT to get all of the drops into your body in 21 days. If you just drink and drink and drink 3-drop doses every hour like the instructions say, without paying attention to how your insides are feeling, you may actually weaken your digestive system from too much diarrhea which will then weaken the rest of your body. (Healing will not slow down). It is not a race to finish 504 drops and you shouldn't rush things when your body is telling you that it is struggling to get a load of toxins out. The goal IS to give your body a consistent amount of ClO₂ that it can handle for 21 days or longer. Many doses will be 3 drops but several might be 2 or 1 drop depending on your level of nausea/diarrhea. Pay attention to how your body is responding and adjust the next doses accordingly. I have seen people go too fast through their Startup Procedure, then they panic when they have Herxheimer reaction symptoms while doing a protocol. For example, one man with a skin condition thought he was having an allergic reaction with Chlorine Dioxide because he was experiencing some burning on his skin and some heart beat issues (tachycardia). He stopped taking it and decided to use it on his skin for a while instead of drinking it.

Another woman asked if she should stop taking it in the first few days because she was feeling anxiety and hot flashes; things that she didn't normally feel before. A third woman started feeling stressed and agitated by her third day and decided that she would not continue taking it because she felt that she had too much going on to focus on the dosages. Regardless of what symptomatic experiences you might have while starting this, just remember two things. First, the symptoms of the H's are expected and you can prepare to anticipate them. Second, you are in charge of the dosages and should lower them when you are feeling the stress on your body system. Cut it in half if you need to, or more on the following dose. Just keep the flow of CD going, no matter how small. You will get over this part and start to feel much better soon. The Protocol 1000+ is explained later in this chapter [beginning on page 65 of this guidebook].

There is an instructional video that talks about the Protocol 1000 and the Protocol 1000+ here:

<https://www.brighteon.com/c0b9ffb5-1669-4e7c-959f-66b5522cb499>

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The table below shows many of the types of diseases that the Protocol has been used to treat.

What Can the Protocol 1000 Treat?

Acid Reflux	Bipolar Disorder	Diabetes	Fibroids	Hemorrhoids	Kidney Diseases	Restless Legs Syndrome
Acne	Brain Injury	Diarrhea	Fibromyalgia	Hepatitis	Kidney Stones	Rheumatoid Arthritis
Allergies	Bronchitis	Diverticulitis	Fracture	Hives	Mad Cow Disease	Rheumatic Fever
ADHD	Bursitis	Down Syndrome	Flu & Covid-19	Hyperglycemia (High Blood Sugar)	Migraines	Ringworm
Altitude Sickness	Canker/Cold Sores	Drug Abuse	Gallbladder Disease	Hypertension (High Blood Pressure)	Mononucleosis	Rosacea
Alzheimer's Disease	Carpal Tunnel	Dysfunctional Uterine Bleeding	Gallstones	Hyperthyroidism	Osteoarthritis	Severe Acute Respiratory Syndrome (SARS)
Andropause	Celiac Disease	Dyslexia	Generalized Anxiety Disorder	Hypothyroidism	Osteomyelitis	Sinus Infections
Anorexia Nervosa	Cholesterol	Dengue Fever	Genetal Herpes	Influenza	Osteoporosis	Skin Rash
Shingles	COPD	Eating Disorders	Genital Warts	Insulin Dependent Diabetes Mellitus	Ovarian Cyst	Smallpox
Arthritis	Congestive Heart Failure	Eczema	Glomerulonephritis (Nephritis)	Iron Deficiency Anemia	Parkinson's Disease	Staph Infection (MRSA)
Asperger's Syndrome	Crohn's disease	Endometriosis	Gonorrhea	Irritable Bowel Syndrome	Peptic Ulcers	Strep Throat
Asthma	Candida	Enlarged Prostate	Gout	Itching	Pink Eye	Syphilis
Back Pain	Conjunctivitis (Pink Eye)	Epilepsy (Seizures)	Herpes	Joint Pain	Polio	Tuberculosis (TB)
Bad Breath	Deep Vein Thrombosis	Erectile Dysfunction	Headache	Juvenile Diabetes	Pneumonia	Ulcers
Baldness	Depression	Eye Problems	Heart Disease	Juvenile Rheumatoid Arthritis	Psoriasis	UTI & Yeast Infections

Now, after reviewing this above list you might be inclined to say “What the...? How can something that helps Syphilis also help with ADHD? What the heck does a UTI have to do with diabetes or restless leg syndrome? You’re crazy, man!”, or something like that. Remember that Chlorine Dioxide is not a cure to these diseases! It is a pathogen and toxin cleaning crew that neutralizes the poisons in your body and then leaves a load of Oxygen and some Chlorine for your body to accelerate its healing and tissue recovery. After it does its work, your body has to flush out these neutralized toxins and pathogens. This happens with every dose that you take and the ClO₂ is all gone out of your body within 1.5-2 hours. With each dose that you take, your body is given better leverage to be able to heal itself. It is the body that heals itself when it is not disrupted by the pathogens and other toxic material that enters in it. Give it a chance to prove itself and you will see what it can do.

Protocol 1000 with Children

As I mentioned earlier in the Startup Protocol, any parent or guardian should have experience taking Chlorine Dioxide on their own before using it with their kids. It’ll help you to be more knowledgeable and compassionate towards what they are tasting and ingesting. You should also get over all of the FDA warnings and just use some common sense and actual science data instead of the fear tactics that they use. It is very clear that modern pharmaceutical companies use Chlorine Dioxide to treat people’s sickness, as shown in Chapter 2 [chapter not included in this guidebook]. I am not giving medical advice here but I am encouraging you to learn and experience a simpler way towards healing from sickness.

Here is a table demonstrating suggested amounts that you can give a child for the Protocol 1000. Notice that the drops are again based on the weight of the child and that you would start with a single drop mix of ClO₂ and then only give a portion of that 4-ounce drink to them.

Protocol 1000 MMS1 Dosage Guide for Children	
Weight	MMS1 Drops Per Hour
Babies weighing less than 7 lbs (3.2 kg)	1/2 drop per hour the first day of Protocol 1000, then work up to 3/4 drop per hour for the remaining 21-day period of protocol.
Children 7-24 lbs (3.2-10 kg)	1/2 drop per hour to start and work up to 1 drop per hour for the remaining 21-day period.
Children 25-49 lbs (11-22 kg)	Start with 3/4 drop per hour and work up to 1-1/2 drops per hour for the remaining 21-day period.
Children 50-74 lbs (22-33 kg)	Start at 1 drop per hour and work up to 2 drops per hour for the remaining 21-day period.
Children 75 lbs (34 kg) and over	Start at 1 drop per hour and work up to 3 drops per hour for the remaining 21-day period.

DMSO: The “Plus” in the Protocol 1000+

The Protocol 1000 and 1000+ are very similar except for one thing. The Protocol 1000+ includes something called DMSO, Dimethyl Sulfoxide, to be taken at the same time as the 8 Chlorine Dioxide dosages a day. It comes in a clear liquid form or gel that has a percentage tied to it. The highest percent will be something like 99.999% whereas you can also buy it at lower potencies like 70% or lower. You can also easily dilute DMSO from a higher level to a lower level with Distilled Water. It is considered to be a “jack-of-all-trades” substance that treats several things in the body like inflammation, bruising, sprains, concussions, carpal tunnel, respiratory diseases and even strokes. There were a lot of research articles produced during this time showing that it was safe and very helpful against multiple diseases. It was a hot new drug back in the 1960’s that mysteriously was shot down by the FDA and not allowed to be used with general medical prescriptions in the U.S. However, because of its usefulness, it was heavily used since then for livestock and veterinarian work. It is also quietly used in many professional sports because it is simple to have on hand and it also helps to heal injuries faster. There are some great videos that cover the controversy on it along with its effectiveness. There are also several good books on how to use it which are very helpful. Lastly, you can find DMSO online to purchase, at walmart.com or at a store where they sell livestock equipment and feed.

DMSO is made from tree sap and other materials within pine and other trees that are used in making paper. Some websites call it a “bi-product” of the paper industry but I think that this is a misinforming way to describe it. To call it a bi-product of an industry makes it sound like it is some kind of waste material that is a pollutant or garbage to be thrown away. With this logic, we could say that apple cider vinegar is a bi-product of the farming industry because it comes from rotting apples. In the cases of DMSO and apple cider vinegar, they are inexpensive to produce, they do wonders for the body’s health and no one is going to make a lot of money selling it. That is why you don’t see it in the medicine aisle in a grocery store. However, it really does wonders for the body if you understand how to use it.

DMSO is used medically in three different ways. It is either taken through the mouth, put on the skin “topically” or given through a needle. In this book I only focus on drinking it and putting it on the skin. With each of these methods for taking it, you need to understand that the dosages of DMSO are usually very small. Drops or, at most, a teaspoon. You can take it with water or another liquid without any other medicine. Most of the ClO₂ dosages that I have used with DMSO have had it at 70% dilution but you can try it at a higher level if you are experienced with taking it. It also has one conspicuous side effect. It is said that the DMSO liquid tastes like oysters and leaves your breath smelling a little like garlic for some hours after. So, you may not want to use this stuff before going on a date.

A penetrating solvent, anti-inflammatory, a carrier and a healer all-in-one, DMSO is also a natural solvent and anti-inflammatory ointment. If you put it on your skin, it immediately starts to work its way through the pores and other layers into your bloodstream where it helps to bring inflammation down and allow for faster healing. It doesn’t kill your skin, but if the potency is 99% and you put too much on you, it could make the skin have a bit of a burn like a sunburn. I could tell a funny story about my wife’s face and DMSO but she wouldn’t appreciate it. She survived it though. Now she only takes it if I give her a foot massage with DMSO and coconut oil. It is a great soother and relaxer after a long day on the feet. (I am leaving this reference to her to see if she ever reads this book.) For this reason, it is good to make sure that your skin is not too sensitive to it and that you only put on a small amount at a time.

I usually put it on my ankle or leg and let it work its way through my body internally. Once it is on your skin or in your mouth, it can penetrate both skin, flesh, organs, veins and even the material around the brain known as the blood-brain barrier. It only takes between 5-15 minutes to do this and the inflammation and pain are greatly reduced. Additionally, with all of this, it is a muscle and body-tissue relaxer. It literally calms a person down within minutes of taking it on the skin or orally. The penetrating power of it is one of the reasons why it works so well. Once it is in your system, it gets to places that even your bloodstream can’t easily reach. If you take DMSO orally, you can do it alone or diluted with most other liquids. Don’t be afraid of it though. It really is great stuff!

When it is mixed with other medicines, DMSO has the ability to push the medicine more thoroughly through all parts of the body beyond just the bloodstream.

Hard to reach areas inside the brain, in the tendons and ligaments are all better accessed when you take a medicine with DMSO. Additionally, you can put a medicine, like Chlorine Dioxide, on your skin and then apply DMSO to push it into that area of flesh in your body and into your bloodstream. This has been very helpful for specific area-treatments of arthritis or tumors.

Other DMSO Research

In some future edition of this book, I will probably dedicate a whole chapter of the book to DMSO. If you didn't look at it scientifically, you could say that it is magical as it works against chronic pain, bruising, wounds, concussions, arthritis, any inflammation, frostbite, burns, cancers, stroke recovery (especially right after), and the overall healing of damaged tissue. Back in the 1960's-70's, DMSO was a very promising substance to be used for medicinal purposes. There was a lot of research put out with it from the U.S, Russia, Japan and other countries at this time and they were having great success with treating the above health issues in this paragraph. In Mark Grenon's second book on Chlorine Dioxide, he says that it has the ability to reduce "autoimmune antibodies that damage or destroy human tissue" and that "it prevents free radicals from destroying lubricating fluid in the joints." However, the FDA has mysteriously only approved one or two medical uses for it. I also found that DMSO was turned down at least three times for Investigational New Drug (IND) applications. Yet I have not found anything dangerous about it other than the need to be careful about the quantity and skin sensitivity (as with any medicine).

It is used in medical research for the preservation of live materials and transportation of transplant organs. It preserves live flesh very well, especially against cold temperatures. There are several stories about professional athletes still using this since that time. However, they are very careful about discussing what additives and supplements they use. It is a touchy subject because of the various banned substances. (I couldn't find DMSO being banned by any sports organizations though) Veterinarians use it quite a bit when working with animals. It is especially used with horses in horse racing. I put a tab in my spreadsheet link with some of the more practical uses of DMSO. It is called "DMSO Treatments". Feel free to spend some time online reading through the benefits of it from the natural medicine practitioners. I still think that there is some magical pixie dust in it, too. Here is a DMSO video explaining what it is and how to dilute your own from 99.99% to a lower potency: <https://www.brighteon.com/c1e41e0c-b609-4ae6-9652-ffa21474cda7> and a DMSO video on why I always carry it around with me: <https://www.brighteon.com/a3711b16-9668-45db-9895-81aad097cff6>

Fortunately, you can still find books on DMSO from amazon.com. If you search on YouTube, you will find a strange "filtered" set of responses because that is how youtube works these days. For better video information on how it is used for natural healing, you will need to look through alternative video sites like Bitchute, Brighteon, Rumble etc. Below are a list of books out there that teach more on DMSO as well.

DMSO Books for More Learning:

- *DMSO: Nature's Healer* by Morton Walker
- *Healing with DMSO* by Amanda Vollmer
- *The DMSO Handbook* by Hartmut Fischer
- *DMSO The Universal Healing Wonder* by Steven Carson
- *The DMSO Handbook for Doctors* by Archie Scott *(I have this one)
- *Dimethyl Sulfoxide (DMSO) in Trauma and Disease* by Stanley Jacob and Jack de la Torre

Regimen 2 (Continued) - Protocol 1000+ : The DMSO Boost

Because the Protocol 1000+ dosages of Chlorine Dioxide are identical to the Protocol 1000, I will refer you to the schedule of the Protocol 1000 [beginning on page 61 of this guidebook] to review what amount is needed. Simply a 3-drop mix of ClO₂ with 4 oz of water every hour for 8 doses. The addition of DMSO is done by adding drops of 70% DMSO to the drink after the 4 oz of water have been added. It is important to remember the timing of this. First mix the drops, wait 20-30 seconds, add 4 oz of water and THEN ADD DMSO. Then you drink it. How many drops of DMSO? Well, I would suggest only starting with 1 drop for a dose of ClO₂. You need to see how your body responds before increasing it. If you seem ok with it, you can increase it to 2 drops of DMSO on the next protocol 1000+ dose. Use the same Golden Rules with DMSO as you do with Chlorine Dioxide. If you feel sicker with the DMSO drops than you did before taking any of the supplements, then ease back on the DMSO drops. If you are feeling ok with the current drops, then you can increase DMSO. In the end, you can put up to 3 drops of DMSO for every 1 drop of CD (3-to-1 ratio of DMSO-to-CD). In other words, if you are taking a protocol 1000+ dose of 3 drops of CD, you can also take up to 9 drops of DMSO with that drink. Overall, I like to think of the DMSO as the escorting guards of Chlorine Dioxide. If the Chlorine Dioxide were some kind of heavyweight boxer heading to the ring, the DMSO is the crew of bodyguards that push people and things out of the way so that the boxer can get to the ring more quickly and easily. Lastly, in the case of people with liver cancer, you would need to check for the slight chance of the body not being ready for DMSO. I cover this issue in my DMSO video at about the 32-minute mark: <https://www.brighteon.com/c1e41e0c-b609-4ae6-9652-ffa21474cda7>. Here is the link to the review video of the Protocol 1000 and 1000+: <https://www.brighteon.com/c0b9ffb5-1669-4e7c-959f-66b5522cb499>

Regimen 3 - The Maintenance Schedule

The maintenance schedule is pretty simple and straightforward as regimens go with Chlorine Dioxide. It is a Chlorine Dioxide dosage to be taken regularly if you are not on a specialized protocol. It is suggested to be taken for months, years, or even indefinitely to help your body keep its immunity up and fend off attacking pathogens. It does not necessarily make it so you never get sick, but it does make you stronger against the possibility of getting sick. Below is a table that shows how much and how often you could take this Maintenance Dose. Your age and your weight are the main factors that decide how many drops and how often.

Maintenance Dosage Recommendations	
Suggested to be taken at bedtime	
CHILDREN	Daily Dosage
12lbs or less (5.5 kg or less)	1 drop daily
12-24lbs (5.5-11kg)	2 drops daily
25-49lbs (11-23kg)	3 drops daily
50-74lbs (23-34kg)	4 drops daily
ADULTS	Daily Dosage
Adults 60 years and over, 100 to 200lbs	6 drops daily
Adults 60 years and over, 200lbs and over	8 drops daily
Adults under 60, 100 to 200lbs	6 drops 3x a week
Adults under 60, 200lbs and over	8 drops 3x a week

Remember that the “Drops” are a mix of the Sodium Chlorite and the acid activator. If you are above 200 pounds, you take an 8-drop dose. However, if you are under 200 pounds, you take a 6-drop dose. If you are over 60 years old, you would take the dosage every day. Under 60 years of age would only need the dosage every two to 3 days. For children, and small people, the table shows how you would adjust your drop amounts based on their weight. Hopefully this is a pretty straightforward description of how you would give your kids a dose. I personally do not have any experience with giving little kids dosages because mine are all older. Ironically, my children who have taken Chlorine Dioxide decided only to take it when they were having some kind of chronic health problem. The others are not as interested. I guess that is how we sometimes learn to change our paradigm... from pain and crisis. Below is a video explaining the basics of the Maintenance dosage.

Maintenance Schedule Basics

- <https://www.brighteon.com/07c9ce92-bd75-43ef-8570-3338cb7f8979>

So, for me, a guy under 60 years old but over 200 pounds, I mix 8 drops of the A and B bottles and let it activate for 20-30 seconds. Then, I add a cup of liquid to drink it. I do this three times a week (or every other day because I forget when I took it last) because I am only in my 50's. This number of drops in a drink is pretty potent and the taste is strong. Because of this, I made a video that shows how to take the maintenance dose in a capsule to bypass the nasty flavor.

Maintenance Schedule with Capsules

- <https://www.brighteon.com/60ee946c-3230-45c5-8524-11074af83063>

Maintenance Dose vs. Protocol 1

I also want to add here that it is possible to replace this Maintenance Schedule with the Protocol 1 that is explained in the earlier chapter on unactivated MMS [beginning on page 48 of this guidebook]. I have done them both (Protocol 1 and the Maintenance Dose) separately and have found them to both be effective. I actually prefer the Protocol 1 because of the more constant dosing of the Chlorine Dioxide as well as the fact that it doesn't taste sour/bitter. There have been people who question how long you should be on Chlorine Dioxide in general. Their real question may be trying to find out when to stop taking it. I have found two sides of people to answer this question. First, the people who suggest not taking it for long periods of time are those who have either taken it here and there and are just being careful. I have not found anything that shows that it is dangerous to take for extended periods of time. On the other hand, there are several people that have either testified online or actually written books about Chlorine Dioxide who continue to take it for years and decades. The fact that these people are still alive and fairly healthy tells a lot. For me, I tend to side on taking it indefinitely. When I look at the byproducts of it (salt or Hypochlorous Acid, and Oxygen), I don't see any danger in having trace amounts of that in me for the rest of my life. Additionally, I do see myself taking on more toxins and pathogens at a daily rate for the rest of my life through air pollutants, non-organic foods, metals, glyphosate laced foods and the normal viruses and bacteria that are constantly floating around. It just makes sense to me to give my immune system greater help in my life's journey. Especially since it is going to cost me a one-time total of only \$200-300 in materials for the whole rest of my life to pay for it. I paid more than double of that amount per month to give my family medical insurance when I self-employed back in the early 2000's. Below is a video that also talks about how long one should take Chlorine Dioxide.

- <https://www.brighteon.com/afe3e938-9c48-4d0d-990f-b56b650a7b59>

Also, I have a video of an older man, Alan Keys, who gives his experience with taking ClO2 regularly:

- <https://www.brighteon.com/e2d2da04-03f0-4066-a456-2bc16b7d6df6>

Chapter 7: More (Activated) MMS1

Protocols 2000, 3000, and 4000

If you are faced with a more deadly and intensive disease, you would need to understand a new chemical compound that is administered along with Chlorine Dioxide. For the sake of distinguishing this new compound with MMS, it is common to call the original MMS with the title “MMS1”. This is the normal Chlorine Dioxide that I have referred to. The newer chemical compound can be referred to as “MMS2” or by its chemical name of “Hypochlorous Acid”. These two chemical compounds are completely different, but useful, so I will distinguish them below.

Chlorine Dioxide (MMS1) = ClO₂ (2 Oxygen atoms with 1 Chlorine atom)

As a review, Chlorine Dioxide is a chemical bond that is made by mixing Sodium Chlorite (NaClO₂) with an “acidic activator”. These activators can be Citric acid, lemon juice, Hydrochloric Acid or another acid. The mixing of these two parts for drinking is typically done in a dry cup and left alone for 20 or more seconds before diluting it with water and drinking it. This is called MMS1.

Hypochlorous Acid (MMS2) = Ca(ClO)₂ + H₂O (Calcium Hypochlorite + Water)

Hypochlorous Acid is another chemical compound used with the protocol system for treating diseases. It also has a nickname of “MMS2” that is often used by people. It is made by mixing a chemical called Calcium Hypochlorite Ca(ClO)₂ with common water (H₂O) where a chemical reaction takes place leaving Hypochlorous Acid. Making this compound is done differently than Chlorine Dioxide because it is taken in capsule form and the mixing and activating is done in your stomach, rather than in a dry cup. Calcium Hypochlorite is usually sold and stored in a dry powder form and placed in a gel-capsule to be taken with at least 4-8 ounces of water. As the capsule dissolves in your stomach, it mixes with the water and the chemical change takes place. The only reason that the title is similar to Chlorine Dioxide/ MMS1 is because the both of them can be taken internally for health purposes. However, the guidelines for taking Hypochlorous Acid are different. I’ll explain more about that below.

Hypochlorous Acid is a stand-alone treatment that can be taken completely separate or alongside Chlorine Dioxide (see Protocol 4000 to learn about it as a stand-alone dose) [beginning on page 77 of this guidebook]. I could also write a whole booklet about how it is used and what it does. However, my purpose here is just to show how it is used with Chlorine dioxide in the dosage protocols. I use the word “alongside” because it shouldn’t be taken at the exact same time, but separated by 30 minutes or more. When I get to the schedule for Protocol 2000 you will see how this is done.

What does Hypochlorous Acid Do?

Hypochlorous Acid is a chemical that your white blood cells produce in your body. It is used to fight fungus, viruses and bacteria that are in the body and also helps to kill off infections quickly. This is very similar to Chlorine Dioxide in what it does to pathogens; however, it does it in a different way and it is not affected by specific foods or drinks like ClO₂. You can buy Hypochlorous Acid in its “unactivated form” of Calcium Hypochlorite in capsules online to take yourself or you can easily make your own if you know how. The following sheet was published by Jim Humble to demonstrate how to make your own with the help of gel-capsules. See “Making Calcium Hypochlorite/Hypochlorous Acid (MMS 2) from Home” instructions for optimal use here:

- <https://drive.google.com/file/d/1zUqhQRWSLUAmwXHLwFRLqHCVN1m2dBct/view>

Video on making and taking MMS 2 - Calcium Hypochlorite:

- <https://www.brighteon.com/ad96f4b8-b49c-4d69-b0b3-a8d13a3d736a>

I encourage anyone who wants to understand how Hypochlorous Acid is helpful in our bodies to do their own online study of what it is and how powerfully useful it is to use it as a supplement. (Of course, you would be buying it as Calcium Hypochlorite and taking it as a pill with water to activate it in your stomach). You can also go to patents.google.com and look up something like “hypochlorous acid medical health” and browse several of the 60,000+ hits that you would find to understand how the medical industry uses this.

To Buy or to Make Calcium Hypochlorite Capsules?

As mentioned earlier, you can buy Calcium Hypochlorite pill form online as shown in this bottle here. You will probably not find them on the major seller sites (amazon.com or ebay.com) but there are suppliers that run their own webpages that will sell you a bottle for about \$20. Similar to Chlorine Dioxide bottles, the Calcium Hypochlorite (MMS2) labels on the bottles will probably describe them as water purifiers because they also can be used for that. It is the same situation with Chlorine Dioxide where the laws of several countries won't allow for things to be labeled as “medicinal”. For me, it is kind of like how many view Epsom salt. There are about 50+ things that you can do with Epsom Salt for your health and around your house. However, the only legal medicinal wording on the package is for “Laxative” purposes. Even the epsomsaltcouncil.org website cannot answer the question, “Is Epsom salt safe to use?” Their official answer is, “Please consult your doctor first, just to be safe.”

- <https://www.epsomsaltcouncil.org/faq/>

It is not because this council has no clue if it is safe or not. It is because the Epsom council organization has to play by the rules that the government and pharmaceutical industries have created for non-prescription medicines that can be sold inexpensively.

Anyway, back to making your own Calcium Hypochlorite capsules. If you choose to make your own capsules, it will probably cost you between 1/6th and 1/10 of the amount compared to ordering a bottle of pills online. However, to make your own, you will need to buy several items listed below. First of all, you'll need gel-tab capsules and Calcium Hypochlorite powder. You can probably find this powder through some high-end pharmaceutical retail stores online. However, it is also commonly sold in hardware and swimming pool supply stores and labeled as basic “Pool Shock”. Remember that this chemical is also NOT Clorox Bleach Sodium Hypochlorite. It is Calcium Hypochlorite, a very different chemical that can also be used in swimming pool disinfecting (aka Pool Shock at a level that is higher than 68% Calcium Hypochlorite). Both the capsules and Calcium Hypochlorite items can be ordered online or at various stores. Just be sure that it has at least a 68% or better amount of Calcium Hypochlorite in it and that it is the most basic mix without any extra fancy additives. If you read the label of the shock bag, you'll see that there are other salt-like chemicals in the mix but they are not harmful, as they are made to interact with the human body without harming it. You will also save a lot of time if you buy some tools called a “micro spatula” and a “capsule holder” to fill your empty capsules. (You can also use a popsicle stick as a spatula too.) These are easily found for sale online. Lastly, you will want a dry bottle or water-tight Ziplock bags to keep the filled capsules dry and away from humidity. Overall, you will pay about \$25-30 in materials and tools to start making your own Calcium Hypochlorite capsules. With that, you should be able to make 5 or more bottles of capsules, which is the equivalent of \$100 or more of what you would pay online. Not bad, considering you paid about \$7 for the actual Calcium Hypochlorite materials.

There are Capsule Holders that can hold 6 capsules to fill with the Calcium Hypochlorite powder. You take the empty capsules and pull them apart into the two sections. Place one half in the holes of the holder and the other half over the little stubs sticking up. The capsule holders are usually sized according to the capsules themselves.

There are also different sizes of capsules. I recommend using the zero “0” size capsules because they are not too big, but they can fit the recommended amount of Calcium Hypochlorite as recommended. When you fill the powder into the capsules, you will want to fill them into various amounts as listed here. 1/16th-full, 1/8th-full, 1/4th-full and 1/2^{-full}. The reason for having the different amounts is because the same “3 Golden Rules” that apply for taking Chlorine Dioxide function for Calcium Hypochlorite. You start small with the 1/16th-full pills and work your way up to the 1/2^{-full} pills as a maximum.

Now, there is a chance that some dosages could go higher than the ½-filled level but I am still not familiar enough to recommend this. I am open to more information from others to help me give a safe recommendation for others to take while always following the Golden Rules of taking dosages. It is also a good idea to use the Startup Procedure for using Calcium Hypochlorite like with Chlorine Dioxide. In this case, though, you are regulating how much powder is in the capsule compared to liquid drops that you are mixing and drinking. I also put together a video about what Calcium Hypochlorite (MMS2) is and I demonstrate how to make your own capsules with it in your home. Once you see how this is done and try it yourself, you'll see that it is really not that hard. Here it is:

- <https://www.brighteon.com/0f304c9f-bbee-4636-bb60-db3ead54efdf>

Other Miscellaneous Calcium Hypochlorite Information

When taking higher doses of Calcium Hypochlorite, you may find that it gives you some Chlorine-smelling burps. I personally don't think that these are very pleasant, but they are not dangerous. Also, they can be minimized by eating a meal or snack right after taking the capsule. Calcium Hypochlorite capsules can also be taken by themselves and many take one or two daily as a supplemental help to keep immunities up. It is not unheard of for people to take one pill in the morning and another one at night. People also like it because it is easy to carry around and store and there is no mixing on the spot before taking it. It is also fairly easy to find in almost any part of the world.

Calcium Hypochlorite Capsule Rules:

1. Always take it in dry form in a capsule. The capsules can be purchased online but they are also very inexpensive to make in your home. Again, here is a link to my video on making your own capsule dosages to take, Calcium Hypochlorite Capsules DIY:

- <https://www.brighteon.com/0f304c9f-bbee-4636-bb60-db3ead54efdf>

2. Always drink 6-8 ounces (200-250 ml) of liquid with a Calcium Hypochlorite capsule. This is very important so that the H₂O will mix and activate the powder in your stomach and create the Hypochlorous Acid. Personally, I drink 6-8 oz of water with the pill and then drink another 3-4 oz about 4 minutes later just to make sure that I am getting enough water with the Calcium Hypochlorite. You never want to take one of these pills on too little water. It is very uncomfortable on the stomach and you will burp extra strong smelling gas that is unpleasant. Ideally, you might want to take a capsule with water just before a meal. Then, drink more water with the meal.

3. You can eat food before and after taking Calcium Hypochlorite capsules. The rules of no milk or other drinks/foods with this do not apply. This is because the only activator for Calcium Hypochlorite is water. Food has no effect on the pH or electrical level of this chemical compound of it. It is suggested that you take a capsule before a meal to reduce or eliminate any Chlorine-smelling burps.

4. **Never take Calcium Hypochlorite capsules with DMSO at the same time.** This is a safety precaution between the two chemicals. When DMSO mixes with Calcium Hypochlorite (DMSO + / Ca(ClO)₂) you will get a chemical reaction that heats up and creates a lot of gas. If this were to happen in your stomach, it would NOT be comfortable and you would probably want to drink a lot of water to dilute the reaction (or just throw it up out of you). There are some times where you might take DMSO on the same day as Calcium Hypochlorite. Just be sure that there is an hour or more between any of these 2 dosages. If you store DMSO and Calcium Hypochlorite powder, you should also store them in different areas so they don't mix in storage. Also, keep the Calcium Hypochlorite bags in another bag to make sure that moisture doesn't seep in and start activating it while in storage.

5. Be careful not to spill the powder on your carpet, colored clothing or towels. It changes the color if it is mixed with water. It doesn't ruin the fabric, just changes the color. Don't fear this though. You are diluting it down to a safe level when you take it. It is just something I learned the hard way with my own rags and things. See Jim Humble's book excerpt on Calcium Hypochlorite (MMS 2):

- <https://drive.google.com/file/d/1Vjh2Pa0TUsYxN23j8mheD5Bbn1M23IHo/view>

Calcium Hypochlorite or Chlorine Dioxide: Which Do I Prefer?

If I could only pack one of these two items for a trip, I would probably still take the Chlorine Dioxide because it has a few more uses than Calcium Hypochlorite. (Of course, I am new to both of them and don't have decades of experience.) Chlorine Dioxide also has some residual effects on the body in that it gives the blood a boost of Oxygen and the Chlorine can be a building block for the body to make hypochlorous acid inside itself. However, if I ever run out of all other medical supplies and antibiotics, I now know that I can go to any hardware or swimming pool supply store to get the basic shock to make more capsules. I have not written about this as of yet, but Calcium Hypochlorite can also be used as a very good water purifier as well. I will post a few links at the back of the book under this chapter if you wish to learn more from the YouTube videos on it. You can also just look up "Calcium Hypochlorite Water Purification" on YouTube. A few Calcium Hypochlorite water purification YouTube videos:

- <https://www.youtube.com/watch?v=A4d7DZqW-Fg>
- <https://www.youtube.com/watch?v=3kMimYOCQXI>
- <https://www.youtube.com/watch?v=QMkU-LCH6hw>

Protocol 2000 and What It Can Treat

Now that you understand some of the basics about Calcium Hypochlorite, you are ready to learn how it is used in the Protocol 2000. This protocol works on the areas deep in the body tissues that are greatly malfunctioning and out of homeostatic balance. The results of these kinds of diseases are various types of cancers, tumors, long-term arthritis buildup, malfunctioning organs (such as a pancreas) and even areas of the brain. In this protocol, the person takes alternating doses of Chlorine Dioxide and Calcium Hypochlorite separated by periods of an hour for a total of ten times each day. This process is typically done for 21 days or more depending on the severity of the disease and the body's recovery time. Considering what these two chemical compounds do, it is kind of like giving the pathogens and toxins in the body a punch and a kick over and over in succession throughout each day for several weeks. Although I am not an expert on treating these types of diseases, I have reviewed the many testimonials from people who have healed while taking Chlorine Dioxide and Calcium Hypochlorite. Many of these cases are found at the mmstestimonials.co web page where the individuals from all over the world share their own experiences.

Below is a summary of the kinds of diseases that the Protocol 2000 has been used to treat.

What Can the Protocol 2000 Treat?

Alzheimer's Disease	Bone Cancer	General Cancer	Fibroids	Juvenile Diabetes	Lyme Disease	Parkinson's Disease
Arthritis	Brain Cancer	Cervical Cancer	HIV/AIDS	Leukemia	Mesothelioma	Prostate Cancer
Autism	Brain Tumors	Colon Cancer	Hyperglycemia	Liver Cancer	Multiple Sclerosis (MS)	Skin Cancer
Bladder Cancer	Breast Cancer	Diabetes	Insulin Dependent Diabetes Mellitus	Lung Cancer	Ovarian Cancer	Stomach Cancer
		Ebola*				Testicular Cancer

The Ebola virus has a slightly higher level of doses with the Protocol 2000 process. This amount is discussed in the following video link on the “Next Possible Pandemic”

Did You Just Say “Cancer”?

You will notice from this list that there are a lot of cancers and some tumors listed here. You may also think that this is a bit crazy to think that three atoms in a molecule would actually work against cancer. It has taken me months of study and testing (without actually having cancer myself) for me to be able to explain how it does eliminate both cancers and tumors. Although there is no way for me to give a suitable explanation in this short book, here is my attempt to give some science bullet points on what this molecule does to tumors and cancers. I encourage you to verify these types of things on your own.

- First, it kills off viruses that contribute to the causes of several cancers. If you just google “cancers and viruses” you will find that there are many viruses that actually cause cancer. In fact, viruses are linked to about 20% of all cancers. I never knew this before learning about Chlorine Dioxide. I figured that cancer came from bad genes, bad luck or just eating paint chips and cigarette smoking. As we learn more about causes of cancer, we find that luck has less and less to do with getting it. It is more about toxins that enter the body and wreak havoc on our healthy balance of Homeostasis. With Chlorine Dioxide, you can kill off the viruses that are harming you and remove these causes of cancer.

- Oxygen and cancer do not coexist. The two do not exist in the same space for long. When you enrich your body system with oxygen for a continued period of time (like in the Protocol 1000, 1000+, 2000 or 3000) you flood your system with higher levels of something that kills cancer cells. These types of treatments have shown success for years now.

- Chlorine Dioxide molecules attack acidic organisms in the body. One of these common organisms are tumor tissue cells. Tumors are known to have an acidic surface as well as pockets of acidic material inside of them. As ClO₂ comes across tumor tissue, it begins to break it down and the parts are washed out through the body's system. (Remember the “5.4 septillion grenades” I gave earlier?) There are also cases where people have had cancer tumors in their lungs or esophagus that were literally coughed up in small bits at a time while taking it. It is not like surgery where you get cut open and the cancer is cut out and everybody hopes that it doesn't grow back and spread. It is also not like chemotherapy where you put literal poison into your body and hope that it kills the cancer while it slowly kills you. Chlorine Dioxide finds cancer and tumors at the molecular level and tears it out molecule by molecule. Then your body works to flush out all of the damaging material that was growing inside of you. It is slower than surgery but much more thorough. It doesn't poison the body like Chemotherapy either. Healthy tissues are untouched by ClO₂ molecules. It also costs less than 1/1000th of the cost of either of those two options.

- ClO₂ also breaks down various non-virus materials in the body that are also known to cause cancer. Some of these materials are glyphosate, mercury and other metals that we collect from the air, water and foods that we consume. As I write later editions of this book, I will elaborate more scientific studies on how this happens. Overall, the science behind why Chlorine Dioxide helps to cause “Spontaneous Remission” of cancers, is still coming out through improved information. However, I do think that the many testimonials are helpful to show that it does work, even when we don't fully understand all of the details. Here are about 100 testimonials from people all over the world who have recovered from cancer through using Chlorine Dioxide:

- <https://mmstestimonials.co/cancer>

The medical and scientific community may look at the hundreds of recovery stories and brush them off as “anecdotal” or “empirical evidence” in an effort to diminish their validity. However, if hundreds of anecdotal experiences point in the same direction of improved health or “spontaneous remission” as the medical field calls it, then I propose that this data of healing deserves looking into more and further testing. The real judge of whether or not Chlorine Dioxide helps with these diseases is not the medical professional or the scientific data point in an accredited journal paper. It is the person that was sick that is now healthy and recovered from the illness who writes their testimonial.

Sample Protocol 2000 Schedule

Below is a sample schedule of how the Protocol 2000 could be taken. The schedule is very intensive because you have to be on-time with each dose and take them correctly.

Protocol 2000 Sample Schedule	
ClO₂ “MMS 1” in Blue, Ca(ClO)₂ “MMS 2” in Red and Meals in Purple	
8:00 AM Breakfast	1:00 PM ClO₂ + DMSO
9:00 AM ClO₂ + DMSO	1:30 PM Ca(ClO)₂ Capsule
9:30 AM Ca(ClO)₂ Capsule	2:00 PM ClO₂ + DMSO
10:00 AM ClO₂ + DMSO	3:00 PM ClO₂ + DMSO
11:00 AM ClO₂ + DMSO	3:30 PM Ca(ClO)₂ Capsule
11:30 AM Ca(ClO)₂ Capsule	4:00 PM ClO₂ + DMSO
12:00 AM ClO₂ + DMSO	5:00 PM ClO₂ + DMSO
12:30 PM Lunch	5:30 PM Ca(ClO)₂ Capsule
	6:30 PM Or later, Dinner

Always remember that as you start taking Chlorine Dioxide (ClO₂) or Calcium Hypochlorite (Ca(ClO)₂), you should use the principles of the Startup Procedure for both compounds so that you don't overwhelm your body with a die-off of toxins. This would lead to excessive nausea, throwing up, diarrhea and overall not feeling well. Take it slow and constant to get your body ramped up to the dosages. It will make the experience much less traumatic on the body. Another thing that should be followed is that you want to take ClO₂ in sequence for about 3 days before starting Calcium Hypochlorite in this schedule. For a detailed explanation of this, see the link to the Spreadsheet Reference for ClO₂ Information link at the bottom of each page in my book. If you look at the tab titled Protocol Summary, you can read through the row that explains the Protocol 2000 (I believe it is row 11):

<https://docs.google.com/spreadsheets/d/1v5thZf3FTXQ3IA8jN1NOMOEa0Ns7ETfPVR8liPGo7i4/edit#gid=229079204>.

The actual times that are listed are only a suggested schedule. You could start later in the morning and end later so long as you have the proper amount of time between the dosages. This sequence and timing between the dosages is critical because it is several low-dosage waves to the toxins that are consistent and steady. If you happen to get behind or delayed on a dosage, don't try cramming more dosages in the same amount of time. Just continue with your dosages and finish them on a revised schedule after the delay. Also, remember that the Calcium Hypochlorite Ca(ClO)₂ capsule and the DMSO liquid should NEVER be mixed nor be taken at the same time [see the Calcium Hypochlorite section beginning on page 71 of this guidebook]. Always keep at least a half-hour between the Calcium Hypochlorite and “ClO₂ + DMSO” doses so that your body can process each one separately.

How Much Calcium Hypochlorite Ca(ClO)₂ Should be in Each Protocol 2000 Dose?

There is no set dosage amount for each Ca(ClO)₂ dose other than a maximum of a ½-filled capsule size “0”. This means that you can take lower-filled capsules to start off with until your body is ok with taking a higher level. Remember that Ca(ClO)₂ is a powder made up of Calcium Hypochlorite that is packed in a capsule. If you filled these capsules yourself (as demonstrated earlier in this book or in my video), you should have made several capsules filled at the 1/16th-level, 1/8th-level, 1/4th-level and the 1/2-level. Start with the smaller level capsules and work your way up to the ½-level ones.

How Many DMSO Drops Should I Take with Chlorine Dioxide in a Protocol 2000 Dose?

Remember that you can add DMSO drops to your ClO₂ mix just before drinking it down. This means that you would need to first activate the ClO₂ Drops for the dose, then add water or juice to dilute it and then add drops of DMSO. Well, there is actually no set amount of DMSO drops to take with ClO₂ as long as you only put a maximum of 3-drops of DMSO for every 1-drop of Chlorine Dioxide mix. This means that you could potentially put up to 9 drops of DMSO for each 3 drops of (activated) MMS1 protocol dose. However, and this is a big “however”, DMSO is powerful stuff! Be very careful with how much you are adding. This is not a time to be tough and blast through the dosage levels. If you do, you may pay a heavy Herxheimer’s-Reaction price with trips to the bathroom... if you make it to the bathroom.

Always start low with it and work your way up. Also, don’t feel bad if you only get a single drop of DMSO into each Chlorine Dioxide dose. That may be plenty enough for your body to work with. When I take MMS2, here is a longer demonstration of how I make the tablets, take the pills and drink liquids and eat food to make the experience easier: <https://www.brighteon.com/ad96f4b8-b49c-4d69-b0b3-a8d13a3d736a> Additionally, here is a video explanation of how the Protocol 2000 works: <https://www.brighteon.com/ba491d92-639b-433e-83cf-aedcaa6f2d74>

Protocol 3000 (with DMSO) and What It Can Treat

This protocol is very similar to the Protocol 1000 in that you take 3-drop doses of Chlorine Dioxide every hour, 8 times a day. The difference is that it also includes the applications of Chlorine Dioxide to the skin (in a higher concentration of drops) along with DMSO to push the ClO₂ into the body in specific areas. These areas are the ones where growths like tumors, cysts, rashes, boils, arthritis or other body dysfunctions are occurring. It is quick and attacks toxins from both sides of the skin layer; outside and inside. This is used when a person has one or more life-threatening illnesses and their time is running out to live. Oftentimes this protocol is started after the Protocol 1000 or 2000 have not quite been able to get a handle on things. It is also used when a person has been through other medical treatments (i.e.: 1 or more rounds of chemotherapy or radiation for cancers or tumors) and their immune system is very low. It is one of the most intensive protocols because it requires a lot of help from another person to do the skin applications and oftentimes, the sick person is too weak to move around and help to do it themselves. You will notice that some of these conditions are simpler or concentrated in a specific area (such as arthritis or gout) whereas others might be spread around several parts or the whole body (as in the case of fibromyalgia or HIV/AIDS).

Protocol 3000 Diseases

Acne	Bone Cancer	Breast Cancer	General Cancer	Colon Cancer
Arthritis	Brain Cancer	Bronchitis	Carpal Tunnel Syndrome	Fibromyalgia
Back Pain	Brain Tumors	Bursitis	Cervical Cancer	Gout
Bladder Cancer				HIV/Aids

This is a good time to restate again that Chlorine Dioxide does not cure the body of disease. It simply clears out most of the pathogens and toxins that are stopping the body from healing on its own. This is done through the process of oxidation, which reaches every part of the body through the bloodstream. When these toxins are removed, the body can then start winning the battle towards homeostasis (aka good and balanced healthy function). In the cases of the several of the above conditions, it is worth mentioning that in some cases, a protocol 2000 or 1000 will work and the body heals on its own. However, the protocol 3000 is often used as a last and final resort to try to slow down and hopefully reverse the worsening condition.

Applying Chlorine Dioxide + DMSO to the Skin

Protocol 3000 uses ClO₂ and DMSO in a sequence that helps to push them both into the skin. As you recall from earlier in this book, DMSO acts as a natural penetrating solvent into tissues as well as an anti-inflammatory agent. It does other good things too but these two things are important for this Protocol. The ClO₂ is mixed at a much higher drops/dose of 20 drops into 1 ounce of water. The DMSO is suggested to be a 70% concentration (30% distilled water) unless you have used it before and know that you can go higher up to 99%. Now, if you mix the DMSO with the liquid Chlorine Dioxide, they tend to start canceling out each other's effects. This is because Chlorine Dioxide is an oxidizer and the DMSO is an antioxidant. So, don't mix the two in the same cup before applying it to the skin. However, if you spread the 1 ounce on your skin and let it sit for a minute or so, then put several drops of DMSO on top of the Chlorine Dioxide area, you can get them into your skin and tissues beneath that area with less of that oxidizing/antioxidizing reaction. This gets the two of these substances directly around the tissue that is suffering and malfunctioning. This also gets the ClO₂ and DMSO into your bloodstream as well over time. By doing this on a regular basis, as well as taking Chlorine Dioxide drops by mouth, you are attacking the diseased areas from both inside and outside of the skin layer. [Use clean hands when applying DMSO, and do NOT use rubber gloves. Ideally, store DMSO in an amber glass bottle.]

DMSO and Skin Wear

One of the downsides of putting DMSO on your skin is that it tends to wear out the skin a bit. If you were to put a 99.9% DMSO liquid on the same skin area every day, the skin would weaken and become either brittle or leathery. It is not permanent damage because the skin will regenerate itself over time. If you are just trying to get it into your bloodstream, then put it on your ankle or heel area where the skin is thicker (Be sure that the skin and your hands are clean before you put it on because of its solvent characteristics). In the case of the Protocol 3000, you are putting this on your skin several times. In order to not wear out the same skin areas with DMSO, it is suggested that you put this ClO₂-DMSO layered mix on different parts of the body each time. In my video about this, and my spreadsheet explanation, it gives the sequence of Inner Left Arm, Inner Right Arm, Left Chest, Right Chest, Left Abdomen, Right Abdomen, Left Inner Thigh, Right, Inner Thigh. It doesn't matter what order of body part you do as long as you understand that you are trying to not wear out the skin on that area. Additionally, if you have something like tumors or gout, you'll want to use the ClO₂-DMSO on or around the area that is swollen or inflamed. You can decide how and where as long as you understand what it is that you are trying to do.

Skin Treatment Schedule

There is a suggested sequence of days to do the skin treatments. This is outlined in my spreadsheet link (Protocol Summary tab line 12):

- <https://docs.google.com/spreadsheets/d/1v5thZf3FTXQ3IA8jN1NOMOEa0Ns7ETfPVR8liPGo7i4/edit#gid=229079204>

Additionally, my video on the Protocol 3000 is found here:

- <https://www.brighteon.com/911a26a7-42be-42f6-ad08-f444e260df11>

Even though Calcium Hypochlorite is powerful and helpful, it is not used in the Protocol 3000. This is because it reacts with DMSO in a negative way that can cause problems when you are trying to recover from a disease. If you did happen to take the two at the same moment, you would probably want to drink a good amount of water to dilute it because the chemical reaction will cause discomfort in your stomach and a lot more burping than with normal MMS2. My guess is that you might get nauseated and throw up, both of them because your body doesn't want to deal with that kind of party in your tummy.

There are, however, situations where someone has become so sick with a disease that their immune system is too far gone to be recovered. Sometimes it is because they waited too long to get help or other times it is because of multiple treatments of things like chemotherapy or radiation that weaken several other systems or organs. I also understand and believe that here are instances where it is simply a person's time to leave this world and nothing that we do will change that. I bring this up because taking Chlorine Dioxide is no guarantee that a weakened person will recover or survive. It definitely does its work effectively but there is a bigger picture of things that is happening with each of our lives. I also want to share Jim Humble's thoughts on using ClO₂ with the extremely sick. In his first book, he wrote something to the effect of, "even if a person has only 2 hours left to live, try it out to see if it will help". I was touched by his willingness to do all that he could to help regardless of all other indicators in a person's physical health. In his opinion, there is no Hospice care to help someone die over the next weeks in their home. There was no "putting them on morphine" because there was nothing left that the medical professionals could do. With Chlorine Dioxide, there is always something to try until the end of one's life.

Protocol 4000: Hypochlorous Acid as a "Stand-Alone" Medicine

Although Protocol 4000 has the highest number/level, it is actually one of the simplest and easiest protocols that exist. It should also be noted that there is absolutely no Chlorine Dioxide in this protocol. It is all Ca(ClO)₂ (Calcium Hypochlorite) capsules taken in a simple sequence throughout the day. This also means that there are no bottles of liquid to carry around when you are taking it. Just capsules to be taken with water. The Protocol 4000 is also considered a "stand alone" protocol that could be used for a variety of diseases. It was discovered by Jim Humble and used in a testing phase when he was doing work in Africa with Chlorine Dioxide. He actually ran out of Chlorine Dioxide on one of his trips and only had the Calcium Hypochlorite tablets to share with those that were sick. He knew that it would help but wasn't sure to what extent it would work. In the end, he learned that this tablet form of medicine could be used to treat most of the same kinds of diseases that ClO₂ could. It was especially effective with prostate issues for men.

However, one key difference with Calcium Hypochlorite is that I don't believe that it has the same blood oxygenation effect you find with ClO₂. It is now widely used because it is easier to find and transport the raw materials for it and it is easier to store. Just keep the powder and capsules dry and away from moisture. Although there are different variations to doing the Protocol 4000, one schedule for this is to take a single capsule every two hours over a 12-hour period. That is a total of up to 6 doses in a day over a period of 21 or more days. The amount in the capsules will vary depending on how your body is doing with the Calcium Hypochlorite. It is recommended that you start with the smaller levels (1/16th or 1/8th-full in a size 0 capsule) and work your way up until you acclimate to the highest 1/2-full capsules. I have not made a video for this protocol as of the writing of this section of the book but I do have a video on how to prepare the capsules for Calcium Hypochlorite here: <https://www.brighteon.com/0f304c9f-bbee-4636-bb60-db3ead54efdf>

Full MMS Protocols Links

- <https://t.me/JimHumbleProtocols>
- <https://jimhumblebooks.co/>

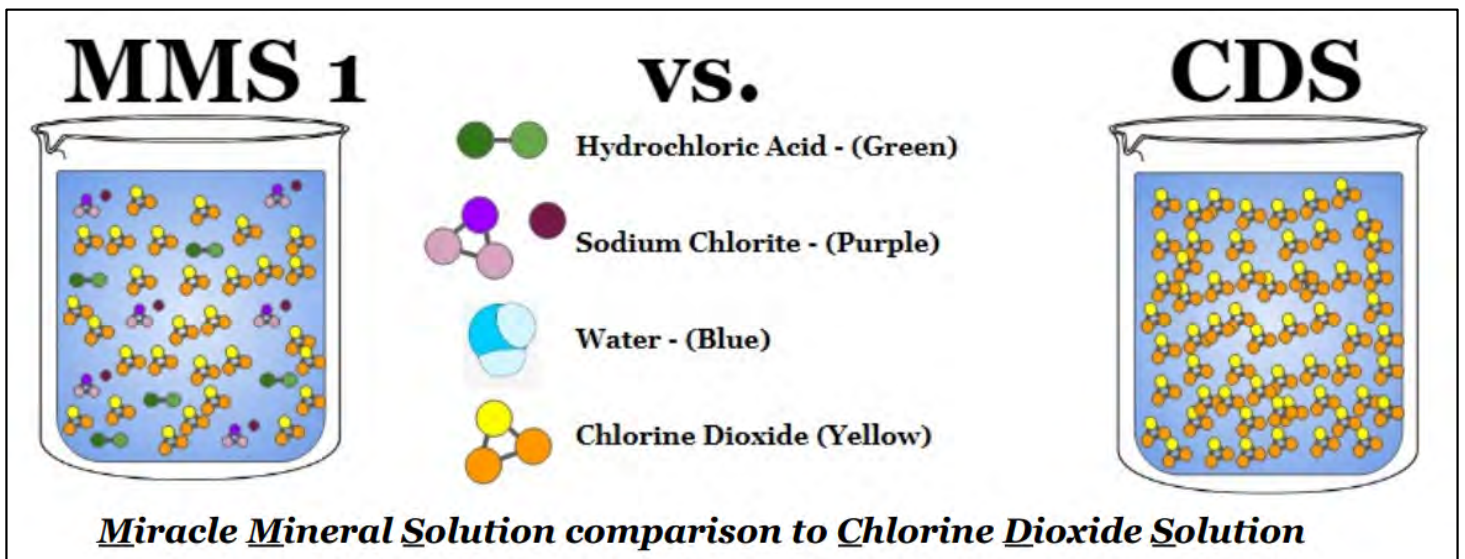
(I am posting the links below because almost every time I check the above website for book purchases, the website is offline. This information is too essential to be offline.) Please make every attempt to support the authors by purchasing their books:

- <https://bluejaybooks.co/>
- https://www.jahealthadvocate.com/uploads/2/4/5/9/2459046/mms_health_recovery_guidebook_1_october_2016.pdf
- https://drive.google.com/file/d/1ABncAyttoYA6_6k1xwkwT547cDqjDYyl/view?u%20sp=sharing

Chapter 8: Chlorine Dioxide Solution

(CDS) "Hospital Grade ClO₂"

CDS is the simple mix of Chlorine Dioxide gas that is absorbed (but not chemically bonded) into water. I call it the "Hospital-Grade" version of Chlorine Dioxide because it is the most pure level of ClO₂ that can be made. Although it is made from Sodium Chlorite and an activator acid, it does not have any traces of the initial raw ingredients in its composition. This is made possible by extracting the individual ClO₂ molecules into the air from its source liquid and having them become absorbed into another measure of water. I will demonstrate how this is done later in this chapter. For now, I have made a diagram below that hopefully demonstrates the slight difference between the two.



The main purpose of this diagram is to show that first, both solutions have the ClO₂ gas absorbed in them and second, there are trace amounts of NaClO₂ and HCL in the MMS1. For the most part, the two liquids do similar good things in the body when correctly prescribed. However, there are some slight differences in what they do. My intent in this chapter is to clarify the chemical difference between these two and not focus much on the slight differences (or debate) on which one is more effective for what situation. I call CDS the "Hospital-Grade" Chlorine Dioxide because it is the only version of it that has actually been approved to be used in some hospitals throughout the world. In the countries of Bolivia, Mexico, and Ecuador, there are documented usages of it to treat Covid-19 which have given results between 99.6-100% success among gravely infected patients. The few that actually died of Covid-19 while using ClO₂ were actually so far deteriorated before starting that they were not able to recover from the effects of the infection. We can probably thank some of the scientists and the thousands of doctors who pushed for allowing CDS to be used as an experimental medicine during the height of the Covid-19 deaths that occurred in the summer of 2020. If it wasn't for the pandemic crisis, we would probably never have had a chance to see how well it works against diseases in a hospital setting.

Why is MMS1 Not Approved for Hospital Use?

The answer seems to have nothing to do with scientific evidence or testimonials that show that it helps against disease. It has more to do with hospital administration rules, overall politics and how the “business of medicine” is conducted. I guess I could sum it up by doing some math on how much a hospital charges for its most basic medicine. In a typical U.S. hospital you would pay at least \$15 for a single Tylenol pill which may add up to about \$90 a day for normal 2-pill doses. That same \$90 could also be used to buy the ingredients to make your own ClO₂ to last over 25 years. So, in the end, the cost of a single day's amount of an over-the-counter drug is the same as a quarter of a century of medical treatment for headaches, something that ClO₂ can do. If you look at the math on the cost of ClO₂, it is a “Business Model Killer” of many of Western Medicine’s drugs and hospitals. (Ok, I am ranting again with dollars and sense.)

CDS vs. MMS1: What is the Difference?

There is actually a fair amount of debate on how much MMS1 will equal the dosages of CDS. Where MMS1 is measured in single drops of Sodium Chlorite, CDS is already mixed and is taken in levels of milliliters. It is possible to find some kind of standard by measuring the parts per million in each of these mixes. Another item that is theorized is that MMS1 is actually time-releasing more ClO₂ as the minutes pass after mixing it in a cup. If you were to measure these amounts, it could be charted on a graph where the ClO₂ is increasing as the minutes pass while it sits in a cup with 4 ounces of water. Compare this to the accepted view that CDS is a more stable and non-changing amount of ClO₂ molecules in water. Either way, I have come up with an amount that I feel is close enough for the average person to understand. It is shown in the formula below:

1 Drop MMS1 = 1-2 mls of CDS

(Always drink with at least 4 oz of water)

This video helps to explain this comparison:

- <https://www.brighteon.com/71cedc6f-83fc-446f-be2b-e9cad4a14c36>

This basic translation formula means that if you need to take a 3-drop mix of MMS1, which is the most common dosage for any of the protocols, then you would be taking 3-6 mls of CDS with water as an equivalent. If you are taking a 15-drop mix for malaria, you would be taking 15-30 ml of CDS.

Now, Why Don't I Just Say “1 ml or 2 mls” Instead of 1-2 mls?

Because there is a fair amount of variance between peoples experience with taking CDS that I just want to give an idea of what people are describing in their testimonials. In my case, I figure that I need to take my weight into account, which would make me want to take closer to 2 mls for each 1-drop mix.

How CDS Was Derived

CDS was developed by a German biophysicist named Andreas Kalcker, who came across Chlorine Dioxide some time in the early 2000's. He had learned about the many claims of what it had done for others and he wanted to see if it would help with his arthritis. He tells his story in this video:

- <https://www.bitchute.com/video/3uRfiw8Jr8Ta/>

I find it entertaining that even Kalcker was reluctant to try this new “bleach” medicine at first. Yet, he gave it to his old and sick dog to see what it could do before trying it out. If a few drops of this stuff could get his old dog to go running around in the garden in one day, it was worth testing it out on himself.

Comparing MMS1 with CDS

MMS1 (for activated “Master Mineral Solution”)	VS	CDS (for “Chlorine Dioxide Solution”)
“CD”, “NaClO ₂ ”, or “activated MMS”	Nicknames	“CDS”, and “CDI” (when diluted with saline for IV injection)
Yes	Contains Chlorite (ClO₂)?	Yes
Yes	Contains Sodium Chlorite (NaClO₂) and Hydrochloric Acid (HCL)?	No
Most any disease	Disinfects and treats what?	Most any disease (although MMS1 is used more often to treat autism)
No (because it burns)	Used with IV injections?	Yes (with saline in a lactated ringer serum at 15 drops per minute)
In drops. Note that most of Jim Humble’s protocols call for activated drops of MMS1, except for Protocol 1 (unactivated MMS drops) and Protocol 4000 (MMS2 capsules)	How are doses measured?	In milliliters (ml or mls)
Stronger	Effects on stomach?	Milder on stomach
Yes	Causes Herxheimer reaction?	Yes (but less effect)
Separated A and B bottles, out from sunlight	Container storage	Air-tight bottles, cold, out of sunlight
Part A = 22-29%, Part B = 4-5%	Potency when stored properly	3000 parts per million (PPM)
At least 2-4 years in liquid form	Storage life	5-7 months (if sealed, cold, and dark)
Sour and bitter	Taste	Bitter
Protocol 1, 1000, 1000+, 2000, 3000, and 4000	Regimens for taking	Protocol A,B,C ... X, Y, Z
1990’s	When discovered	2000’s
Jim Humble and Mark Grenon	Developer	Andreas Kalcker
MMS Heath Recovery Guidebook	Recommended Book	Forbidden Health: Incurable Was Yesterday

Updated January, 2023

Kalcker was so impressed with the results that he began a lifelong mission to learn about, test and teach others about what Chlorine Dioxide could do. As a part of his research and study, he filed for patents on the making and using of ClO₂ for medicinal purposes. His primary patent demonstrates how he used his newly developed ClO₂ liquid, called CDS, for the treatment of cattle and infections. He also filed for a couple of other patents that demonstrate how to use CDS for infections and intoxication. Probably the most benevolent thing that Kalcker did with these patents was to make them free to the public for use without his permission or profit. In other words, he did not guard his trade secret of ClO₂’s benefits for himself. He shared it with the world for free.

Making, Storing, and Using CDS

There are a few different ways to produce CDS that I am aware of. However, the basic idea is that you want to take the raw molecules of ClO₂ from one liquid solution (activated Sodium Chlorite) and insert them into some clean water. The final product from this process is that you have a pure version of just water blended with ClO₂ without any of the raw ingredients like Sodium Chlorite or Hydrochloric Acid. In order to do this, you will need an airtight container that can hold water in the bottom and a smaller open container that can hold the activated Sodium Chlorite. The airtight container needs to be small but big enough to hold the water as well as the smaller container at the same time while being sealed. You can use plastic, glass, or nonporous pottery containers as long as you can get a tight seal on it. Do not use metal because the ClO₂ can react with the metal and start to oxidize it while you make CDS.



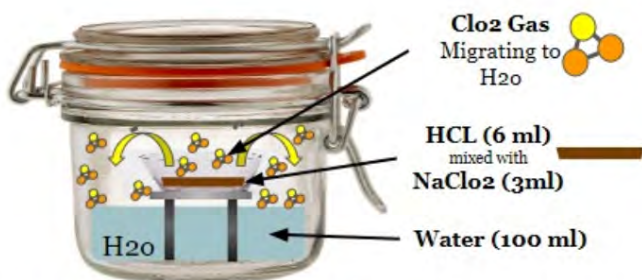
Open Container
Glass/Plastic/Ceramic
 At least 32 sq cm (5 sq in) flat surface area

Airtight Container
Glass/Plastic/Ceramic
 At least 110 sq cm (17 sq inches) flat surface area

Items needed

Above is a sample picture of a “canning jar” that can be used. Note that amount of “surface area” that is suggested for both containers. The more surface area for each liquid, the more effective and faster the transfer of ClO_2 molecules takes place. Once you have found a container that would work for this, the next step is to put the clean water (preferably, Distilled Water) into the base of it. Then, place the smaller container inside the bigger one. I drew a little grey table under my container to show that I suggested having the smaller container in the air so that a maximum of water surface area was exposed to the air.

Next, (as the below left side picture shows), put the 6 mls of Hydrochloric Acid (4-5%) and the 3 ml of Sodium Chlorite (22.4 - 29%) into the smaller container. Yes, this mix is different from the normal 1:1 ratio of the A and B bottle. It is double the acid to more quickly activate the Sodium Chlorite in a short period of time. As soon as you add the A and B mix into the smaller container, quickly and carefully close the larger container so that it is completely sealed. Keep it that way for 3 hours.



Add A & B mix and H₂O
 (Cl₂ Gas Going into H₂O)



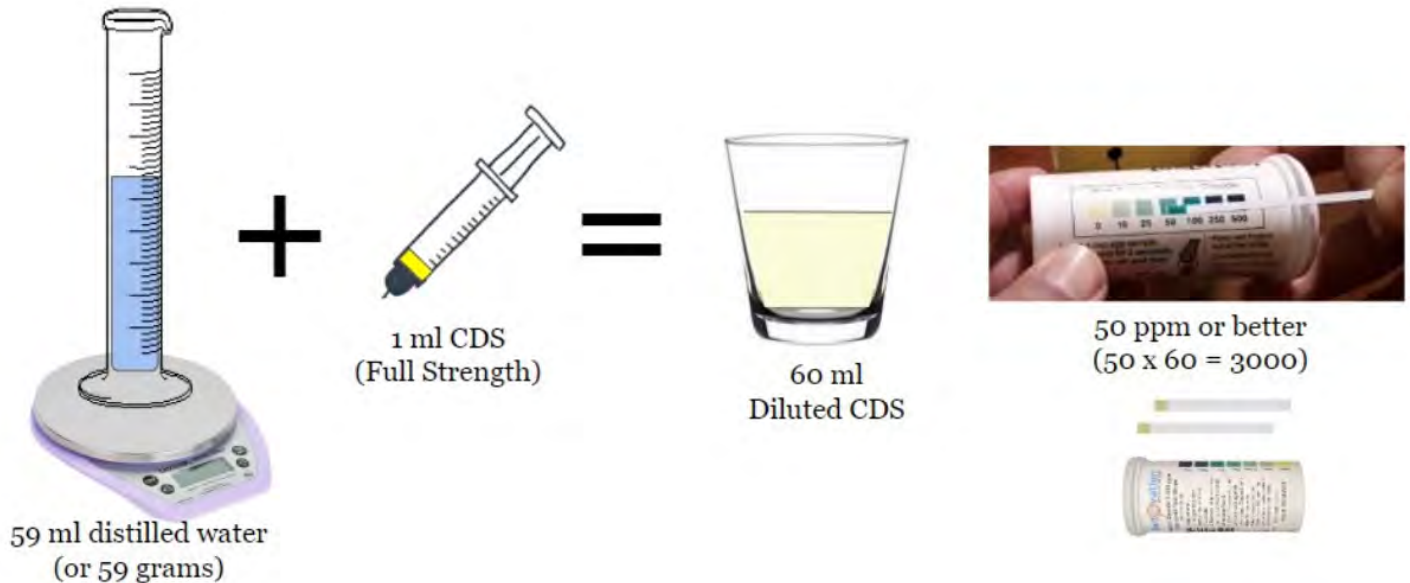
After 3 Hours
 (Water Saturated with Cl₂)

Following the 3 hour period, you are ready to open the larger jar. However, be sure that you are in an open area with good ventilation. The odor that comes out of the jar will be very strong. When you open the jar, you can remove the smaller container and place it somewhere enclosed (because of the odor). The CDS is what remains in the larger container. It started out as water and it is now CDS at a ppm of 3000 or more [See pages 23-27 of this guidebook].

Testing Your CDS Batch

Once you have mixed and completed a “batch” of CDS, it is helpful to test the potency of the molecules in the measurement of “parts per million”, or ppm.

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Because most test strips don't measure as high as 3000 ppm, it is necessary to dilute the CDS down by a 59:1 ratio of H₂O:CDS. The diagram below helps to demonstrate how much of each that you mix into a separate cup (shown as the shot glass) to test with the strip. The end of the above video shows how this is done as well after I made the batch of CDS. If you use this 59:1 ratio, you can get a reading and multiply it by 60 to get your actual CDS ppm. Although the above description shows a traditional way for making CDS, there are some newer methods that have proven to be just as effective (yet simpler and quicker) for making your own CDS. So, below, I put the link to a couple of videos that show these methods. I personally learn faster from the videos and if you watch it first, the below steps will make more sense. Making CDS in 3 hours video with Tupperware (English and Spanish Subtitles):

- <https://www.brighteon.com/1dac22c7-3ca8-48a1-be36-c6a42bd035ed>

Making CDS in 14 hours with Water Bottles Video (My favorite method that I currently use):

- <https://www.brighteon.com/20b5ab70-043b-423f-a297-c4e3434e70e1>

Storing CDS

If you are going to store the full potency CDS for an extended period of time, you will want to make sure that the liquid is stored in a glass container that is airtight, cold (below 11 Celsius or 51 Fahrenheit) and out of direct sunlight. If you happen to freeze CDS, you can still use it by thawing it out. If kept this way, it should last up to 6-7 months. I have learned by personal experience while traveling that 1 day in the sun will almost completely neutralize its ppm level. However, if you keep it in an airtight container at room temperature (out of sunlight), it still holds its potency pretty well.

MMS1 or CDS? Which Do I Prefer?

There is some debate on social media platforms about which form of ClO₂ is best. MMS1 is the traditional pioneer version which has stood the test of time for decades now. However, CDS has some benefits and is being allowed in some hospitals to treat patients. There are even other versions of ClO₂-liquid such as CDH or CDI which are also useful to learn about. Because of CDS's proximity to hospitals, it may be easier to conduct more formal research on its benefits. However, the research would mostly be confirming what has been tested with live patients for decades. ClO₂, in the form of MMS1 or CDS works excellently against disease and toxins in the body without hurting it. My personal preference depends on my situation. If I am in my comfortable home and all the power and water is working with no signs of disruption to my life, then I prefer CDS.

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I can keep it in the fridge all set to take as I need it with less of a smell and a little better taste. However, if I am out camping or traveling or if there is any chance of a catastrophe or emergency or I need to transport ClO₂ to someone that is in a secluded area, I prefer MMS1. It is self-contained, can be held in plastic bottles for long periods of time and can be kept in warm areas without losing its potency. In the end though, I always have both around in case I need it. I recommend to anyone that they learn how to measure and use both of these just in case. Once you have used both of them for a while, it is not hard to remember the basics.

CDS Protocols: One-Page Reference

PROTOCOL	DOSE AMOUNT	FREQUENCY	NOTES
A: Amateur	3 drops MMS1	2-3 doses per day (morning and night)	Also for maintenance: 3-drop dose MMS1 in 200 ml of water
B: Basic	3 drops MMS1	8 doses per day for 21 days	Same as Protocol 1000
C: CDS	10 ml CDS per 1 liter water	1 ml per hour for 10 hours	1 ml CDS per 100 ml of water
D: Dermatological	CDS spray or rub on	Up to 1 spray per hour	Can be diluted in water to 10% CDS
E: Enemas	10 drops MMS1, or 10 ml CDS per 1 liter warm water	Every 2-3 days for 1-2 weeks. Hold for 3 minutes	1 part seawater can be added to 3 parts fresh water. Never add DMSO to enema
F: Frequent	1 ml CDS per 10 ml water	1 dose every 15 minutes	Drink 8 doses within 1 ¼ hours
G: Gas (Cup)	6-8 drops MMS1 in cup	Once per hour as needed	Cover area with cup for 1-3 minutes
G: Gas (Bag)	30 drops MMS1 in cup	Up to 3 times per day	MMS1 cup inside bags taped around person
H: House	10-12 drops MMS1 (or 10 ml CDS) inside room	Evaporates over a few hours	6 drops per 100 sq. ft (undiluted, or with spoonful of water)
I: Insect Bites	CDS on gauze pad	Multiple times until dry	Soak gauze or paper in CDS, apply directly to bite
J: Joyful (Mouth)	10 ml CDS per 200 ml water	Brush and mouth wash once per day for 3 minutes	Initially done 3-4 times per day. Rinse mouth afterwards. Can add DMSO
K: Kit (DMSO)	20 drops of each: MMS1, water, and DMSO	Up to 10 times on different skin spots	Add water to MMS1, then apply DMSO with clean hands
L: Lavatory (Bath)	30-60 drops MMS1 per full bathtub of water	Once per day for at least 20 minutes	Can add 3-parts DMSO to 1-part MMS1 to very clean tub. Can also add 2 TBSP Borax.
M: Malaria	15 drops MMS1 in water (or 20 ml CDS in 200 ml water)	2 unique doses taken 1 hour apart	(If not malaria but a virus like dengue, use Protocol F instead)
N: Nipper (Kids)	1 drop MMS1 per 12 kilograms of body weight in 100 ml of water	8 doses per day	Can also use 1 ml CDS per year of age in 200 mls of water
O: Ophthalmolgy	50 ml saline + 5 ml CDS + 3 ml DMSO in dark bottle	Add 5 drops to eye/nose every 2 hours	Use PE dropper, store in cool area, and use within 3 days before solution weakens
P: Parasites	(See: <i>Forbidden Heath</i> book by Andreas Kalcker)	Protocol involves: castor oil (or epsom salts), CD enemas, diatomaceous earth, mebendazol, neem, and/or pyrantel pamoate	
Q: Quench (Burns)	Alternate sprays of Sodium Chlorite and CDS	Repeat every 30 minutes depending on wound	Rinse Sodium Chlorite with water after 3 minutes from skin spray
R: Rectal	6 drops MMS1 per 150 ml warm water	Try to hold in for 3 minutes before evacuation	Remove air from rubber irrigator prior to using, and use as often as needed
S: Sensitive	1 ml CDS per 500 ml of water to start	Drink throughout the day	Eventually increase (1 ml at a time) to 10 ml CDS in 1 liter of water
T: Terminal	(See: <i>Forbidden Heath</i> book by Andreas Kalcker)	Protocol is intense and followed for about 9 weeks. CDS is preferred, and MMS1 drops as an alternative	
U: Urgent	6 drops MMS1 per 200 ml of water	2 unique doses taken 2 hours apart	(You can substitute 1 ml CDS per 1 drop of MMS1 in same amount of water)
V: Vaginal	10 drops MMS1 (or 10 ml CDS) per 1 liter of warm water	Use in plastic irrigator, try to hold in for 3-5 minutes	For ½-liter bottle size, use 6 drops MMS1 (or 6 ml CDS)
W: Wow!	(See: <i>Forbidden Heath</i> book by Andreas Kalcker)	For updated testimonials for numerous uses of Chlorine Dioxide in treating various ailments, see: https://mmstestimonials.co/	
X: DetoX (Metals)	Use Protocol B for 3 weeks, then rest for 1 week	Repeat the treatment for 3 whole months	(Protocol B is the same as Protocol 1000)
Y: HYpodermic	5-10 ml CDI (or 10 ml CDS in lactated ringer serum at 15 drops per minute)	Use 22 caliber vial, repeat treatment as needed	Inject 5-10 ml CDI bubbles (at 50 ppm concentration) close to the affected area

CDS Protocol Links

- <https://t.me/AndreasKalckerProtocols>
- <https://andreaskalcker.com/en/cds-CIO2/cds-protocols.html>
- <https://docs.google.com/document/d/19MxkCOT6JJGUziX0FY6TeXfeNjXhmX7XI1Qm5GFZAg0/edit#>

Andreas Kalcker Book: *Forbidden Health*:

- Printed Version: <https://cleanhandsnj.com/>
- Digital Version: <https://t.me/AndreasKalckerProtocols/21>
- <https://t.me/ChlorineDioxideTestimonies/260979>

Chapter 9: What to Do About That Bitter Taste

“Ah dad! I can smell it again. Are you taking more of that stuff?” That is what my kids say as I mix a dose of Chlorine Dioxide at the kitchen table and they walk by. They think that I am a weirdo who is a wanna-be-chemist. But hey, if I wanted to be a chemist, I would do it for the money. Not for some sour and bitter tasting snake oil home-brewed concoction and a free book to give away. Being around this smell and flavor is a price to pay when taking your personal health more so into your own hands. It is also about healing from diseases for pennies, instead of hundreds or thousands of dollars. (Oh, sorry. I’m ranting again) But truth be told, most protocols for Chlorine Dioxide tastes terrible! Unless you are doing Protocol 1, the protocols for the MMS1 versions are both bitter and sour and the CDS versions are just bitter. You can get somewhat accustomed to the taste but it never gets sweet. It’s not just the Chlorine flavor of it but also the jolt that you get in your body as the flavor hits your brain. The taste issue is probably the number one complaint about ClO₂ that I have heard from people who are trying to treat minor illnesses. Interestingly, if you are really sick, the taste tends to not be as much of an issue. Maybe it is because you have felt some real pain and the little annoyances, like sour flavor, are not so bad. So, in response to the complaints by the newbies about the flavor, I made a short chapter that will help someone prepare a way to minimize the flavor issues. Here are my top 6 ways to deal with the taste as a drink:

1. Hold your nose: Grit your teeth and hold your nose for about 30 to 45 seconds while taking the dose. You don’t have to physically pinch your fingers on your nose but just don’t breathe through your nostrils. Then, while still holding your nose, drink a little water or approved natural juice to wash it down after you have swallowed the mixed dosage. Also, rinse your mouth with that second swig of water. I start with this method because when taking a protocol, there are always times where you have nothing else but a glass of water or a drinking fountain to dilute and drink your ClO₂. Maybe you are at school or work or running errands and you know that it’s time to take another dose. If you can master this method, you will be prepared for any situation where you need to take a dosage.

2. Eat a slice of an apple with the drink: Apples do not completely cover the taste of Chlorine Dioxide but they do have a kind of magical power to mask the jolt of chlorine-like flavor. If you are taking multiple doses a day (like with a protocol), you may want to cut an apple up into slices and take it around with you in a little bag. Then, you can eat a slice with each dose. Especially if you take a small bite of an apple before drinking your dose and chew it up in your mouth spreading out the apple throughout your mouth. Then, drink the dose and swallow the drink with the first bit of apple. Immediately after that, put the rest of the slice of apple in your mouth and chew it up, spreading it out. Then swallow everything. It might also help to not breathe through the nose during this. You can see what works best for you with an apple.

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3. Mix your dose with juice: Not just any juice. It needs to be a natural juice that fits 3 important requirements. First, it cannot be juice “from concentrate”. Second, it cannot have any added vitamin C or Ascorbic Acid. Third, it cannot be coconut water or orange juice. (My guess is it can't be any citric juice but I don't remember if the books that I have read stated that). Now, as you walk the aisles of a store looking for a juice that falls within this simple set of requirements, you will probably see that there are only 1 or 2 brands in the whole store in the U.S. Most stores carry the brand Simply Juice which makes several flavors. However, if you actually read the labels on the back of this brand, you will find that only the cranberry and apple flavors fit the need nicely. It is not an inexpensive brand but the juice is very good. It also does a good job at covering most of the flavor of a 3-drop dose, the normal dosage for most protocols. You can also make your own juice to drink with ClO₂ but it should just be a basic squeezed non-citric juice. Homemade apple, watermelon, cranberry are examples of this. Overall, you want something that is sweet but doesn't have too much vitamin c (an acid) or antioxidants (like coconut water) in it. Here, I have a video that demonstrates how the Chlorine Dioxide content doesn't change if you mix the activated drops with the right kind of juice. PPM testing with juice mixes video:

- <https://www.brighteon.com/2ca23311-3197-4422-a237-6e0f03260b91>

4. Gel capsules: For me, this is my favorite way of taking ClO₂. Put the dosage into a capsule and take it with 4oz or more of water. Within about 2 minutes from the time the capsule touches a liquid, it dissolves and lets the medicine out in your stomach. If you use these correctly, you have absolutely no flavor to deal with. You can find them on amazon.com for about \$10 for a 1000-pack and they come in various sizes. I usually buy the “0” size because it easily fits the 3-drop dosage for most protocols. This size will fit about 10-12 drops of liquid depending on the type of dropper that you are using. If you are taking a “Maintenance Dose” of 6 drops, this means that you will actually mix 12 drops into a dry cup (6 Acid and 6 NaClO₂) to activate before putting it in the capsule. However, if you are heavier like me and need to take the 8-drop Maintenance Dose, I would need to use 2 sets of capsules to take. (Maybe I should buy the bigger “00” or “000” size huh?) This method of taking CDs also requires a little more work and timing. You cannot just put the A and B drops directly into the capsule to mix. If you do, two things could happen. First, the drops could melt the capsule before you are done waiting the 20-30 seconds. Second, because of the initial chemical reaction, the capsule could actually pop (explode) if you put the cap on too soon. In my video, I explain the recommended way to use capsules for ClO₂ dosages. There is a sequence that is easy to learn, once you see it and try it out.

5. Here is a capsule video on how to take it:

- <https://www.brighteon.com/20ebe101-5047-4104-b999-2af691a2b9b8>

6. Stevia sweetener drops: This natural sweetener comes in drops or crystal form. It is a low-calorie additive that comes from the stevia plant leaves. It doesn't take much of this to sweeten the flavor of the various versions of CO₂ and make them easier to drink.

7. Mix it with soda as a last resort: I know! I know! Soda has acids up and down with the flavoring and content. It also has a ton of sugar and corn-based sugar which is not healthy. However, there is something in the carbonation that helps to preserve the ClO₂ as it goes into the stomach which is a good thing. Also, if you are helping your child take a dose for something like malaria or autism, and a soda is the only motivation that will get them to take it, then use it. Basic brands that I have read that are used are 7up, Orange Fanta and Ginger Ale. You can also use non-flavored soda water. Whatever brand you take, be sure to check and see if the illness is improving over time. This is really the most important thing for someone that is sick. Improvement.

[End excerpt from the book, *Simple Molecular Medicines: Not Cures... Solutions* by Brian Stone]

To download a copy Brian Stone's free book, visit his website:

<https://chlorinedioxidetruth.weebly.com/>

About the Author

The Curious Outlier is a Jesus follower, dad, and registered nurse with 25 years of critical care experience. He chooses to remain anonymous, but you can reach him at theuniversalantidote@protonmail.com. The Curious Outlier loves educating and inspiring other humans to find their full potential for life, health, and spiritual well-being.

Final Note: This life is short and there is a greater purpose to life. The purpose of life is to know and experience God. This is what all humans were made for. God loves us and has a plan that we all should know Him and experience Him fully. To learn how you can know and experience God please visit:

<https://www.everyperson.com/>

