

MMS Miracle Book



By Tammy Olson

MMS Miracle Book
A Journal of Protocols
&
Testimonies
By: Tammy Olson

Disclaimer

The information written in this manual is for educational purposes only and is not recommended as a means of diagnosing or treating illness. I recommend that you consult your physician in all matters regarding your health. The author does not dispense medical advice, nor does she prescribe any remedies or assume any responsibility for those who choose to treat themselves. The author shall not be liable or responsible for any loss or damage allegedly arising from any information, procedure or suggestion in this manual. While the author has made every effort to provide accurate information at the time of publication, she does not assume any responsibility for errors, or for changes that occur after publication.

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Introduction

My incredible journey with MMS began four years ago. A good friend of mine came across Jim Humble's discovery while researching the internet. He immediately began making the MMS in his home. I remember when he brought the first bottle of MMS and the jar of citric acid to my family. He was passionate about this product and proceeded to explain how to mix up the MMS and the citric acid activator so that my family could use the product. I remember trying the product and immediately being turned off by the smell and the taste. My family was definitely not into this latest alternative product. So for the next year, the MMS lived in my cupboard, untouched.

We moved to Washington seventeen years ago from Hollywood, California. My husband and I were both in the music business. I worked for Capitol Records in the artist development department. I had worked in the entertainment business for ten years before moving to Washington State. My husband was signed to a record label at the young age of 19. We were riding the wave during the height of the eighties rock era! We lived smack dab in the middle of Hollywood. To most it would seem like a glamorous life of private parties, celebrity friends, concerts and special privileges. Basically, sex, drugs and rock and roll! But when you're living in the fast lane, you soon burn out! When I look back, it was a very significant time in my overall journey. Our life drastically changed after we moved to Washington. We laid down the rock n' roll life style and picked up a whole new journey with Christ at the helm. This has been the wildest ride of my life to date.

After four years with a motorcycle ministry, church and other Christian activities I still felt alone and a mess inside. I told God that if I didn't know his voice, I was heading back to Hollywood, where at least I could find significance in my career. I had read that if I seek him with all my heart, I would find him, so I took the challenge and He showed up! Over the last 10 years, I have come to know God in the most supernatural way! He took me on a healing journey that changed the core of my inner being transforming me along the way.

That's how I met my friend, who introduced me to the MMS. He was very significant in the early part of my spiritual journey. We have remained close friends for over 15 years. When he phoned me and asked me if I would consider a position as a customer care representative with his now successful MMS manufacturing company, I initially said no! I wasn't someone who would work to promote something that I didn't believe in. He

challenged me to pray about the position before I made my final decision.
By the next morning, I knew that I would be accepting his offer.

The Discovery

It all began in the summer of 1996. Jim Humble was hired to lead a mining expedition through the jungles of South America. Two of his men were bitten by mosquitoes that carry the protozoan parasite which can cause malaria. They were without any of the anti-malarial medicines that are commonly carried on these types of expeditions and a two day journey to the nearest medical facility.

Jim had brought a bottle of stabilized oxygen which is a liquid solution of sodium chlorite often used for purifying water. Since sodium chlorite is used to purify water, he assumed that theoretically, it should work in purifying the body of any unwanted parasites. Having nothing to lose, he gave both his men some of the stabilized oxygen. Within hours, the men were back on their feet, feeling completely healed. This raised some questions in Jim's scientific mind. Did this water purifier really kill the Malaria? This vicious parasite infects and kills over a million people each year. And so this was the beginning of Jim's search for what soon became one of the greatest discoveries of all time.

He began experimenting with his mixture of stabilized oxygen on the local natives who had contracted the disease. He found that sometimes it worked right away, while other times it took repeated applications to see complete healing and then other times it didn't work at all. Over time, Jim suspected that the stabilized oxygen, which contained sodium chlorite (NaClO_2) seemed to be producing small amounts of chlorine dioxide (ClO_2) when mixed with stomach acids. If this was true, Jim was onto something bigger than he could have imagined. ClO_2 is one of the safest, most powerful pathogen killers known and used in our world today.

He soon came to the conclusion that the stabilized oxygen itself was not strong enough, as the amount of ClO_2 being released was minuscule at best. This explained why the stabilized oxygen worked in some cases and was not effective in others. His findings would prove to be more astounding than he could have ever imagined. Miracle Mineral Supplement was ready for more extensive testing. The new solution was primarily made up of the sodium chlorite solution in distilled water (see below), that when activated with a food acid (citric acid, lemon juice, lime juice or vinegar) generated chlorine dioxide (ClO_2). Jim's conclusions showed that this mixture is safe for human consumption.

Miracle Mineral Supplement is often referred to as MMS or Miracle Mineral Solution. It is comprised of 72% distilled water, 22.4% sodium chlorite; this is less than 5.32% sodium chloride and less than 0.28% each of sodium hydroxide and sodium chlorate.

This mixture produces Chlorine Dioxide (ClO₂), which is a chemical compound that consists of one chlorine ion bound to two ions of oxygen. Oxidizing agents are chemical compounds that readily accept electrons from “electron donors.” They gain electrons via chemical reaction. This is important because relative to chlorine dioxide, all pathogens are electron donors. Chlorine dioxide is extremely volatile. You might call it “hot tempered,” but in a very beneficial way. This volatility is a key factor in chlorine dioxide’s effectiveness as a pathogen destroyer.”

After 75,000 documented malaria cases cured by this new discovery, Jim Humble realized that this could be one of the greatest discoveries of the 21st century. After more testing over the next several years, Jim concluded that ClO₂ was effective on other conditions caused by pathogens, including certain types of mold, viruses, bacteria and fungi; and diseases like, HIV/AIDS, Cancer, Herpes, Pneumonia, Arthritis, Lyme disease, Asthma and Flue (even Bird and Swine Flu).

The Journey Begins

I have compiled these experiences and information about MMS and organized it into protocols based on the most effective usage. After speaking with thousands of people and hearing their testimonies, I realized the need for diversity in protocols depending on the individual and his or her condition. This led me to document these specific protocols based on the information that I had gathered over the last couple of years.

This is an account of my numerous miraculous experiences as a customer care representative with an internet company that provided MMS to the world. I am not a medical doctor and cannot recommend any of the protocols or procedures written in this book for personal use. I know that it is my responsibility to share this information with the world as it was given to me from amazing and courageous people whom I have been honored to walk with over the last two and a half years. These are true encounters with real people. This journey has changed the way I view our culture today and it gives me great hope for mankind and the human spirit. All of these brave warriors, who were willing to think outside of the paradigm of our society, used Jim Humble's protocol along with the MMS (ClO2) to rid their bodies of pathogens (bacteria, viruses, fungus, yeast, parasites) and other toxic materials.

Initially, when I accepted this position, I had no idea how many diseases and other medical conditions are actually pathogen based. I had read Jim Humble's writings, but it is was not until the testimonies from thousands of people came through my life that I began to realize how the magnitude of this discovery could actually change the world and ultimately bring new hope to many people who had lost all hope!

Intuitively, I always sensed that many people were asleep, spiritually, emotionally and physically. Every time I walked into a Walmart, I felt like standing on a pedestal and screaming "Wake up People!" Here in the United States it feels like we have become the "Walmart" generation or the walking dead. We have been raised to believe everything we are told, I call it being brainwashed! My husband calls it the "the dumbing of America." Television and other media outlets have captured our minds. We have become complacent, living in mediocrity, settling for less. This state of complacency has overflowed into every aspect of our existence; including our physical, emotional and spiritual lives. Once I recognized that complacency was becoming a part of my attitude, I began a long spiritual journey through the wilderness of my own heart. At one point, I called it a

bloody journey, as my heart was excavated of the things that hindered me from knowing the Truth. It's important to know that truth sets you free! As the Apostle John in 8:32 stated, "Then you will know the truth and the truth will set you free". This phrase is simple, but the act of pursuing truth is difficult. Venturing off the cliff is not easy. Once the decision to stop complacency is made, the work begins. It is necessary to prepare oneself to stand and fight for what one believes in. As a result of my daring to believe, I have experienced a great emotional transformation, physical well being and a deeper spiritual walk.

I have always made it a point to stay physically active, partly out of vanity and partly to maintain good health. As a little girl, Jack Lalanne was my hero. He inspired me to incorporate exercise as a part of my everyday life. Even from a young age, I saw the physical benefits of a consistent exercise regimen.

Instinctively, I have always eaten healthy. When I hit my forties, food choices became especially important. If I ate the wrong foods, my body reacted badly. I struggled with constipation most of my life. It wasn't until I embarked on this journey, that I realized my body was infected with an overgrowth of Candida.

What I didn't know was how pathogens can live in our bodies for years, hiding under the radar of conventional blood tests and other allopathic procedures. These unwanted hosts, hide out, waiting for our immune system to become compromised, then they make their attack, with a goal of overtaking our bodies which can lead to grave illness and/or death. Don't underestimate the intelligence and capabilities of even the smallest parasite! They can become powerful, invading vital organs and debilitating the immune system. Some of the stories in this book will literally open your mind and hopefully alter your perceptions.

Over the last two and a half years, I have been given the privilege of receiving an education that has proven to be invaluable. This education did not come from a conventional classroom setting, but from health care professionals, self educated individuals and everyday people like you and me, who have been willing to share his/her experiences and testimonies as they followed Jim Humble's protocol to rid their bodies of the pathogens that caused a variety of medical conditions in their physical bodies. I had spent my days speaking with these amazing people, as they shared experiences with MMS (C102). This is why I feel called to write this journal, to share the information that has been passed on to me with all who are interested in

using Jim Humble's Miracle Mineral Solution and following his protocol. As I mentioned earlier, I am not a medical professional; this is my personal experience and the experience of those who have graciously shared their lives with me. I'm hoping that these stories will inspire you to take a good look at your own health issues and the options that might be out there. Many individuals have come to this crossroad, most in a crisis situation, and chose the road of personal responsibility! Educating yourself is much easier today through the internet, the thousands of books written on the subject, whether resource books, self help or biographies, like Suzanne Summers; and numerous seminars. There are also webinars which offer extensive interviews and speaking engagements with professionals from around the world. I have found that many times, people choose this journey, when they have finally had enough. They have decided to take a stand for themselves, realizing that no one can represent them better than they can represent themselves. In my case, it is God that directs my path and he has led me here to share this valuable information with you.

Daily, calls would flood in from people all over the globe. Initially, most of the calls were from non-medical people, but soon, I was receiving calls from alternative health care professionals and medical doctors from all over the world, with extraordinary stories of healing. I have written down the methods that they used and some of the testimonies that I received during my tenure. At this point, I would like to make it clear that I am not trying to dissuade people from seeking medical advice. Certainly, there is a necessity for our advanced medical procedures. This is information that is being passed along as an educational tool about MMS as an alternative for those who believe that the two can co-exist.

The Body's Immune System

A pathogen is a biological agent that causes disease to its host. Our bodies are equipped with a natural order of defense against many of these pathogens. The human immune system, along with some friendly bacteria, present in the body's normal flora was created to combat these microorganisms.

Our bodies have three basic means to defend against an invasion of pathogens. The first is a phagocytic immune response in which white blood cells destroy foreign particles by engulfing and ingesting them. The second defense is the humoral immune response. The body sends highly specific protein antibodies into the blood stream to destroy the pathogens. And the third defense mechanism is the cellular immune response which uses T-lymphocytes which can turn into special killer T-cells or cytotoxic T-cells that can attack the pathogens. When our immune system is compromised, the pathogens that were normally held at bay can now proliferate and cause harm to our bodies.

In the last decade, our immune systems have been compromised by our food and water sources and even the air that we breathe. Antibiotics and other prescription drugs given by a physician can cause a myriad of problems in the immune system. For example, large amounts of antibiotics can lead to bone marrow suppression. Many of our commonly prescribed antibiotics can cause hemolytic anemia which is a deficiency of red blood cells in response to certain toxins or infectious agents. Over-the-counter pain medications such as ibuprofen can cause neutropenia, which is an abnormal decrease in the new blood cells. Aspirin can cause GI upset, anemia and it is found to exacerbate irritable bowel disease and Crohn's disease.

There are so many illnesses that are caused by immune dysfunction. Here is a list of examples based on body systems:

Respiratory System - cough (dry and productive), abnormal lung sounds, hyperventilation

Cardiovascular System – hypotension, anemia

G.I. System – colitis, diarrhea, irritable bowel disease, Crohn's disease (research is showing that environmental agents such as pesticides, food additives, tobacco and radiation can bring on irritable bowel disease)

G.U. System – Frequency and/or burning on urination, blood in urine

Musculoskeletal System – joint, mobility, edema, pain, ataxia (loss of muscle coordination)

Skin – rashes, lesions, dermatitis, edema, inflammation, discharge

Neurosensory System – cognitive dysfunction, hearing loss, visual changes, headaches and/or migraines

The importance of nutrition is gaining recognition in the health community. Vitamins are essential for cell proliferation and maturation of immune cells. Having either an excess or deficiency in vitamins can lead to an impaired immune function. Trace minerals such as copper, iron, manganese, selenium and zinc are essential for proper immune function. Having an excess or deficiency of these elements can cause immune dysfunction.

Lifestyle factors also affect the immune system. As mentioned earlier, poor nutritional status, smoking, excessive consumption of alcohol, illicit drug use, STD's, occupational and/or residential exposure to environmental radiation and pollutants have all been associated with an impaired immune system.

The Basic Protocol

There are two different methods of taking the MMS internally. Jim's first protocol, which was used for the first two and a half years after his discovery, became known to the world. After gathering more data, he changed it to a second method of use; the every hour protocol which he recommends today. The new protocol uses a lower drop amount taken every hour. Jim feels it is more effective since the MMS only stays active in the body for one to one and a half hours. Taking a lower dose every hour does not give the pathogen a chance to regroup. This protocol has been proven very effective over the last year. I have spoken with several medical professionals and individuals that prefer to follow Jim's original protocol due to their additional supplement requirements and time limitations. I have included both of the protocols below; through trial each person can choose the more effective protocol for their situation.

The Fifteen Drop Protocol (Original Protocol)

Purchase one bottle of MMS from the internet or a local health food store. The MMS must be activated in order to produce the Chlorine Dioxide from here on referred to as ClO₂. A bottle of the one to one Citric Acid Activator Solution can be purchased on the internet as well. If purchased at a health food store it should be in a kit, whereas if purchased through the internet it is sold individually. The one to one Citric Acid Activator Solution is the new activator made with a stronger amount of citric acid. Simply put, it means one drop of MMS to one drop of the activator. Another option to activate the MMS is to use fresh lemon juice, fresh lime juice or apple cider vinegar rather than the citric acid. If one of those is chosen, the ratio will be five drops of the juice or vinegar for every one drop of MMS. When using the one to one Citric Acid Activator Solution you will only activate the MMS for 20 seconds, no longer than one minute, before adding water or juice. If you choose to use the lemon, lime or vinegar, the activation time is three minutes, no longer than ten minutes, before adding water or juice.

Now that you have the MMS and have chosen the activator solution, you are ready to begin. Always start with a dry glass when activating the MMS. On the first day put one drop of the MMS and one drop of the Citric Acid Activator Solution in the glass and let it set for 20 seconds. Add 4 ounces of water or juice to the activated solution (ClO₂). If you choose to use juice, make sure that it is organic and that it does not say "added vitamin C or ascorbic acid" on the label. Either of these additives will cancel out or deactivate the Miracle Mineral Solution (ClO₂).

(Note: If you are using the old Citric Acid 10% activator solution, fresh lemon juice, fresh lime juice or apple cider vinegar, you would mix 5 drops of the of the activator with one drop of the MMS and let it set for 3 minutes before adding the water or juice)

Take this MMS (ClO₂) dose in the morning, afternoon and evening. Some individuals have chosen to take the MMS twice a day, morning and evening. Most people increase their dosage by one drop of MMS each day, working their way up to fifteen drops. For example, on day two activate two drops of MMS with the two drops of the one to one Citric Acid Activator Solution or five drops of the other activators listed above. Let the solution set for 20 seconds and add your water or juice and drink. You can add from 4 to 8 ounces of water, it won't affect the strength of the MMS. I prefer to use 4 ounces and get the MMS down as quickly as possible. Some people prefer to increase the drops of the MMS each time they take their next dose. So, they would start with one drop of MMS activated (ClO₂) in the morning and then add 2 drops of MMS activated (ClO₂) at their afternoon dose and 3 drops of the MMS activated (ClO₂) in the evening. This is a faster way to build up to the desired drops. Although for some individuals, the transition is too quick and their system needs more time to adjust. Remember, this is an individual process. The best advice is to listen to your own body. If you stay at one drop for a week, that is perfectly fine.

For the basic protocol, it is recommended that once you have worked your way up to the 15 drop dose twice or three times daily, it should be continued for one week. This is for a basic cleanse to rid the body of any unwanted pathogens. If at any time during this process, one feels nauseated or experiences diarrhea which is a symptom of a healing crises, drop back one or two drops and stay there for a day or two. For example, if you are taking 10 drops of MMS activated with 10 drops of the one to one Citric Acid Activator Solution and you feel nausea, go back to 8 drops. It is best to stay at the 8 drops of MMS for one or two days. When you feel better begin working back up. As you read further you will notice how different conditions require that a person take the MMS for longer periods of time.

Jim Humble suggests that a person's weight should be considered when calculating the amount of MMS drops to be taken by an individual. He recommends 3 drops of MMS for every 25 pounds of body weight as the maximum dose. For example, if a person weighs 120 pounds then the maximum dose would be 14 drops of MMS using the original protocol. Although, I have spoken with a 250 pound man who only took 10 drops twice a day for a longer period of time and reported great results. Many

people are very sensitive and have found that they feel better at two to three drops of MMS (ClO₂) morning and evening for a longer period of time. The main idea is that everybody is different. When following the basic cleanse, it is important to find what works for you and stick with it. For other life threatening conditions, it will be important to work up to the higher drops.

If one feels nauseated, eating an apple will help to soothe the stomach. Eating something simple one half hour before or after the MMS dose will not interfere with the effectiveness of the MMS protocol. Examples of simple foods are bananas, salad, toast, vegetables, etc. It is suggested to wait one and a half hours after the MMS (ClO₂) dose before eating a full meal. It is possible that the MMS will go after the toxins in the stomach instead of any parasites existing in your system. Plus, you may become sick from the food interacting with the MMS.

If you need to stop the MMS (ClO₂) from working completely take 3000 mg of vitamin C within five minutes after taking the MMS dose. This will completely de-activate the MMS. You can also mix two teaspoons of baking soda in a glass of water and drink. The baking soda solution will also de-activate the MMS. If you inadvertently switch the drops or add too many of either solution, you should immediately take either the vitamin C or the baking soda and water solution. Be sure to drink plenty of water as it will help to flush the toxins out of the body. I have spoken with several individuals who mixed up the dose and took 75 drops of MMS with 15 drops of the citric acid activator solution and became extremely sick. They immediately started vomiting and having diarrhea. They became very nauseated and experienced flu-like symptoms most of the day. I cannot emphasize enough the importance of drinking plenty of water to flush those toxins out of the system. Although uncomfortable, it usually passes within a day.

The Three Drop Protocol (New Protocol)

Jim's new three drop protocol is an every hour protocol. As stated above, this protocol keeps the MMS at a consistent level in your body for an eight hour period. Therefore, the pathogen does not have a chance to regroup. The individual wanting a basic cleanse from parasites, heavy metals or other toxins will take 3 drops every hour, eight hours a day for a period of one week. Jim taught me the water bottle method when I was with him in the Dominican Republic. Based on your schedule, you can activate the MMS every hour. But, if you have a busy schedule, the water bottle delivery method is a great alternative. I have explained this method below.

Once you've purchased your MMS and the Citric Acid Activator Solution, get a 32 ounce or one liter bottle, either glass or plastic is fine. You will need a Sharpie or permanent marker. Turn the bottle on its side and take a measuring utensil, either a ruler or measuring tape, and mark off eight equal portions. This will give you eight, four ounce portions to take hourly.

Step One – Start with a dry glass and put 8 drops of the MMS and 8 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas escapes. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two – Start with a dry glass and put 16 drops of the MMS and 16 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle up with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after Step Two, move on to Step Three. Sometimes it is best to stay at Step Two for a couple of days before moving on to Step Three. I'm leaving the choice to the reader based on their individual sensitivity level. If you are sensitive, I would recommend that you stay at this level, at least a week, until you feel comfortable to move on. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three – Start with a dry glass and put 24 drops of the MMS and 24 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass up with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle up with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. Once you have reached the three drops, eight hours a day (24 drops activated in the water bottle), follow this protocol one week for the basic cleanse.

If you tend to be more sensitive, the following is a protocol that is easier on your system. This may require a person to stay on the MMS protocol for a

longer period of time depending on the state of a person's health or medical condition

Step One – Start with a dry glass and put 5 drops of the MMS and 5 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas seems to escape. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two – Start with a dry glass and put 10 drops of the MMS and 10 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water or juice to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. If you feel fine after Step Two, move on to Step Three. Sometimes it is best to stay at Step Two for a couple days before moving on to Step Three. Adding fresh mint to the water it covers the taste of the MMS very well.

Step Three – Start with a dry glass and put 15 drops of the MMS and 15 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. Once you have reached the 3 drops, five hours a day (15 drops activated in the water bottle) stay there until your system is cleaned out. If you add fresh mint to the water it covers the taste of the MMS very well.

It is recommended that you eat small meals on the half hour while following this protocol. For example, if you take the MMS dose at 12:00 p.m., eat a small meal at 12:30 p.m. This will give the digestive system a chance to process the MMS prior to the food intake. Do not take any vitamin C supplements during this protocol. It is best to wait two hours after the last dose to take any vitamins or whole food supplements that may contain vitamin C. It is very important to drink plenty of water during the MMS

protocol. I would suggest a minimum of eight ounces of water each hour to help flush the body during the cleansing process. If one chooses this protocol, it is important that he or she drink the MMS every hour. The MMS stays active in your body from one to one and a half hours. This method is very powerful as it keeps the ClO2 in your body continuously, not giving the pathogen a chance to regroup. Of note, Jim Humble believes this is the best method to follow.

Maintenance Dosage

Jim Humble believes that it is important to continue on a maintenance dose after completing the initial protocol. I concur with his findings, as I have testimonies from many individuals who have not experienced any health issues as a result of following the maintenance protocol. It is recommended that a person take 6 drops of the MMS activated (ClO2) twice a week as a maintenance dosage. If an individual is older (70's or 80's), Jim suggests that a person consider taking 6 drops of MMS activated (ClO2) everyday. Many individuals have devised their own maintenance protocol. A 72 year old man in Canada takes 3 drops every day. He claims that he has not been susceptible to cold or flu since. A woman in the United States adds 15 drops of the MMS activated (ClO2) to her bath every night, she too has experienced a dramatic positive change in her continued health.

Other people follow the original or 3 drop protocol for one week, every three to six months. They feel it is easier to do the basic cleanse all at once. Many people have a hard time remembering to take the MMS every week or each night. My point again, is to consider what works best for your lifestyle.

I have included a description of the healing crises, also called the Herxheimer reaction. This will help you navigate through your own cleansing process with some additional information.

Healing Crises or Herxheimer - This reaction occurs when the body tries to eliminate toxins too fast. The more toxic one's systems is, the more severe the detoxification, also called healing crisis. Healing Crises or Herxheimer reaction is characterized by a temporary increase in symptoms during the cleansing and/or detox process, which may be mild or severe. You may feel worse and therefore conclude that the treatment is not working. But these reactions are signs that the treatment is working and that your body is going through the process of cleaning itself of impurities, toxins and imbalances.

As the person is experiencing the healing crises, past conditions or injuries may resurface. People often forget the diseases or injuries they have had in the past, but are usually reminded during the crisis. There are a wide variety of reactions that may manifest during a healing crisis, the most common are:

Increased joint or muscle pain

Diarrhea

Extreme fatigue and/or its opposite, restlessness

Cramps

Headache (believed to be caused by buildup of toxins in the blood or dehydration)

Aches, pains

Arthritic flair up

Insomnia

Nausea

Sinus congestion

Fever (usually low grade) and/or chills

Frequent urination and/or urinary tract discharges

Drop in blood pressure

Skin eruptions, including: boils, hives, and rashes.

Cold or flu-like symptoms

Strong emotions: anger, despair, sadness, fear, etc.

Anxiety

Early on, when I went through the original protocol myself, it became evident how difficult it is to work up to the fifteen drop dosage. I vomited at the 12 drop mark. I had no desire to even smell the MMS the following day. If this happens, consider taking a couple days off and then resuming the protocol at 8 to 10 drops and work back up. Interestingly, during this time, a doctor from the United Kingdom called me. She had purchased the MMS and was using it herself, before recommending it to her patients. She had been taking the MMS for her musculoskeletal system. Because her system was sensitive to all kinds of supplements, medications and foods, she had only worked her way up to two drops of MMS twice a day. After two weeks on this dose, the pain in her joints was almost gone. She told me that Americans always think in excess, often doubling dosages, expecting quicker results. Most supplements don't work that way, especially MMS. Her advice was to treat each person based on his or her own physiological reaction. When I spoke with her a few months ago, she had been taking the MMS for a couple months, her pain was completely gone. This led me to an important realization to incorporate into the MMS experience; each person

has individual requirements and should tailor his/her MMS consumption to fit his/her needs. The individual should establish an amount that will work for them.

The Enema Protocol

Constipation is an abnormal infrequency of defecation. Passing stool can be difficult and painful. It is estimated that 4.5 million Americans are clinically constipated (Stessman, 2003). This condition can be caused by certain pharmaceutical medications (anti hypertensives, tranquilizers, opioids, antidepressants, iron preparations, etc). There is a great reason to stay off med's! Rectal disorders, obstruction, metabolic, neurologic and neuromuscular conditions (like diabetes, multiple sclerosis, Parkinson's, Irritable Bowel Syndrome, Diverticulitis are all diseases that are commonly associated with constipation. Of course, dietary habits have a huge impact on bowel habits, low intake of fiber and fluids is detrimental. Exercise is also an aid in preventing constipation. Chronic use of laxatives leads to problems in normal bowel elimination and has become a major health concern in the United States.

It is believed the insertion enema is just as effective as intravenous infusion, since it also carries the MMS directly into the plasma as well as the red blood cells. This is the opinion of many medical professionals. Taking the MMS by mouth delivers the MMS only after it has been digested and released into the blood stream, whereas when taking MMS through an enema it is directly absorbed into the mucosa or rectal tissue.

Before administering the enema, I recommend a pre-cleanse enema with about 32 ounces of water. Jim suggests that you add a tablespoon of salt or ½ cup of aloe vera to the pre-cleanse enema. Do not add coffee to this pre-cleanse enema. It is recommended that a person repeat the cleaning enema two to three times if necessary. As with other enemas, hold the water in the colon for as long as possible, messaging the lower abdomen to move the liquid higher up in the colon. Let the enema drain from the colon after holding it in for at least one minute.

Step One - Activate one drop of MMS and one drop of the one to one Citric Acid Activate Solution in a dry glass and let set for 20 seconds. Add four ounces of tepid water and pour into the enema bag or insertion container. Lay on your back or your left side and bend up your legs while inserting the MMS into your rectum. Let the MMS solution soak into the colon walls. Because this is an insertion enema, the goal is to allow the four ounces of fluid to be absorbed into the rectal wall, rather than expelling it. Use the 15 drop protocol as your example with the enemas. Start with one drop and slowly work up to the 15 drop dose. It is okay to perform two enemas a day in place of the oral method of use. Reduce the amount of MMS if you experience diarrhea or nausea.

A gentleman from the England emailed me. He had suffered for several years with severe hip pain. After trying numerous natural remedies with no success, he decided to try the MMS. He initially took the MMS orally with

little improvement. He decided to give himself an enema with 15 drops of MMS activated. He wrote to share his testimony, claiming that the hip pain was completely gone within an hour after he administered the enema. The enema seemed to reach the epicenter of the problem. That was my first exposure to an enema with activated MMS (C102).

Right around that time, I received a call from a naturopath practitioner who had reached the 7 drop dose of MMS, following the oral protocol. He told me that he had experienced diarrhea and vomiting at this dose. He told me that his wife had a hydrocolon therapy business that she operated out of their home. Since then, I have experienced colonics and now realize how “cleaned out” this man must have been compared to most Americans. He said, “Tammy, I had my wife give me a colonics treatment with 15 drops of MMS activated.” He claimed that he retained the MMS in his colon for 15 minutes. He then proceeded to tell me about the worms that came out of his colon. His wife had said that it would have taken several sessions to get those critters out without the MMS. When I experienced my first colonics session about a year later, the woman who administered my colonic showed me some pictures of the worms that eventually were flushed out of a clients colon. She said that it took 13 sessions to get those worms out. I thought about how powerful the MMS had been at killing off the worms in the doctor’s case. I have since had many other colon hydrotherapists use the same technique with the very same results! If you want to see these worms go to <http://coloncaredallas.com>.

I had already completed the 15 drop protocol. It took me about a month to get to the initial 15 drops three times a day. I had struggled with constipation most of my life. I remember my grandma making prune pie, so I assumed that it was hereditary. When you work in the natural health industry, you soon learn that “Death starts in the colon”! It wasn’t long after the doctor called me with his colonics testimony that I decided to experiment with enemas. It is difficult to find a hydracolon therapist willing to put MMS in a colonic in my area, so this was my immediate alternative. I had developed a relationship with an RN in Oregon who was on fire for MMS. Between he and another medical professional, we found a good protocol that would work for me. I mixed 15 drops of the MMS with 75 drops of the Citric Acid Activator Solution to make the enema. I let it set for the three minutes and then added it to 32 ounces of warm water for the enema. I did a pre-cleanse enema, with 32 ounces of water before I put in the MMS formula. I laid in the bath tub and administered the enema. I held it in as long as I could and massaged my colon pushing the mixture as deep into the colon as I could. I repeated this procedure every day for five days. I was shocked at what came out of my colon, but also relieved! I knew I had made tremendous progress in my journey toward a healthy colon!

Cold/Flu

The common cold is also known as viral rhinitis. In a broad sense, the term common cold refers to URI or upper respiratory infection. Laryngitis, rhinitis and pharyngitis distinguish the site of the symptoms. The term flu is used when the causative germ is influenza. As far as MMS protocols are concerned, all of these illnesses can be treated using the cold and flu protocol. The reason colds are highly contagious is because the virus is shed about two days before symptoms appear. Adults in the United States average two to three colds per year (American Lung Association, 2005). Women are more susceptible than men. Colds are so common; as many as 200 different viruses may cause a cold.

Experience shows that the best protocol for the cold and flu is Jim's new 3 drop, every hour protocol. This protocol keeps the MMS (ClO₂) at a consistent level in your body for an eight hour period. Therefore, the pathogen does not have a chance to take hold. One can either activate the MMS hourly in a dry glass or follow the water bottle protocol below.

Once you've purchased your MMS and the Citric Acid Activator Solution, get a 32 ounce or one liter bottle, either glass or plastic is fine. You will need a Sharpie or permanent marker. Turn the bottle on its side and take a measuring utensil, either a ruler or measuring tape, and mark off eight equal portions. This will give you eight, four ounce portions to take hourly.

Step One – Start with a dry glass and put 8 drops of the MMS and 8 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas escapes. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. It is best to work your way up to the 3 drops as soon as possible.

Step Two – Start with a dry glass and put 16 drops of the MMS and 16 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated

all day. If you feel fine after Step Two, move on to Step Three. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three – Start with a dry glass and put 24 drops of the MMS and 24 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass up with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. Once you have reached the three drops, eight hours a day (24 drops activated in the water bottle) stay here until the condition is eradicated from the body.

My personal experience with the use of MMS (ClO₂) for colds and flu has been very successful. My son is 14 years old and in school full time. Like all young kids in school, he is very susceptible during the cold and flu season. If he comes home complaining about a sore throat or other symptoms, I will immediately start giving him three drops of MMS, activated with three drops of the Citric Acid Activator Solution every hour. If I catch it right away, it normally takes 3 or 4 dosages and he is completely healed. In my experience, if you wait a day or two to take the MMS, it will take about eight hours of the 3 drop dosage to wipe out the flu. In some cases it has taken a couple of days.

When the 30 drop hot tub bath method first came out, I had just gotten back from a trip. I remember clearly when the virus entered me. It hit me as I was walking down the stairs of my friend's house. When I got off the airplane, my body ached. I had the chills and I felt a fever coming on. This was my opportunity to test this new Hot Tub Bath protocol. I mixed 30 drops of MMS with 30 drops of the Citric Acid Activator Solution and let it set for 20 seconds. If you are using the 10% Citric Acid Activator, lemon juice or lime juice or apple cider vinegar, you would mix two and a half teaspoons of the activator with the 30 drops of MMS and let it activate for 3 minutes. I drew a hot bath and added the MMS (ClO₂) to the bath tub. I also added about ¼ cup of DMSO and ¼ cup of Magnesium Oil. I soaked in the bathtub for about 20 to 30 minutes. When I got out, I was completely exhausted and went straight to bed. When I woke up the next morning, the virus was completely gone. The MMS had entered my body transdermally and pulled the virus right out.

In the summer 2009, when the H1N1 (Swine Flu) warnings were circulating around the globe. I gained great insight and lots of information during the

fall flu season. Several doctors warned me about the H1N1 vaccination. One health care professional actually warned me that if they were offering the intranasal vaccination in any pharmacy that I happened to physically be in, I was to take my family and run out of the store. Although it sounds alarmist, the pharmacist explained that the vaccine contains live virus which becomes airborne as soon as the spray is administered into the nose.

As a precaution, many healthcare practitioners have told me that if vaccinations became government enforced, a person could take the MMS (about six to ten drops, activated) before the vaccination and the same dosage after the vaccination. They recommended continuing taking the MMS (3 drops dosage) for six to twelve hours after receiving the vaccination to prevent the virus from actually penetrating the body. Many naturopathic doctors believe that this will pull the virus and other toxins from the vaccination out of your body.

I spoke to many people who had contracted the H1N1 virus and used the MMS 3 drops protocol. Many of these people experienced a successful recovery within one to two days. I spoke with a gentleman, who had two young children, both diagnosed with the H1N1 virus. He said he gave them one drop an hour for four hours and the virus was gone. Jim Humble suggests that when you are giving MMS to children, always administer 3 drop of MMS for every 25 pounds of body weight. So, if the child is 75 pounds, your maximum amount of MMS per dosage would be 9 drops of MMS activated.

I spoke with a woman from Texas who had two small boys. She gave her sons a bath every night and added 6 drops of MMS, activated (ClO2) to their bath water. She claimed this regimen kept them free from colds and flu the entire year. On a personal note, my son came down with a severe flu much like the H1N1 on his birthday last year. Using the five to one ration, I gave him 6 drops of MMS, activated with 30 drops of the Citric Acid Activator, every hour for four hours. He vomited and had some diarrhea. By the end of the afternoon, he was 70% better and by the next day he was 100% better. Most of his friends in school, who had the same flu, were out sick for eight days.

I once spoke with a woman whose father was a well know physician in Columbia. After her father's death, she came to the United States and received her Nursing Degree. She worked in an elderly care facility. She told me that they were killing the elderly people in those facilities. She said that these people would come to the facility vibrant and full of life. After all

the medications and treatments that this nursing home administered, they would soon become very sick and die. As a result, she quit practicing medicine as a registered nurse. She went to school and became a naturopath. She had phoned about taking the MMS for bronchitis, as her 85 year old mother was suffering from this condition. After conferring with Jim Humble, he recommended that she activate 1 to 2 drops of the MMS in a dry glass. Do not add water, just let the solution activate and then slowly inhale the ClO₂ gas. Please see the warning below that I copied off of Jim Humble's website:

You will be inhaling small amounts of the ClO₂ gas from a cup into your nose or mouth. OBSERVE THE CAUTIONS LISTED BELOW.

Do not drink the mixture in this protocol because no water is added to the activated MMS in this instance. Do not exceed a 2 or 3 drop mixture. Remember, it is the ClO₂ gas generated by MMS that is the entire germ-killing benefit. Unlike the MMS mixture that you drink, this intranasal method the pure ClO₂ gas probably provides the quickest and most germicidal way to move the gas quickly to places in the head and sinuses where it can easily find germs and kill them.

However, a severe warning is stated - DO NOT OVERDOSE. DO NOT DEEP BREATH THE ClO₂ gas into your lungs for any length of time. Your lungs can rapidly absorb the ClO₂ gas just as easily as oxygen, causing unexpected depletion of oxygen. Take breaks and breathe normal air periodically while doing this procedure. This warning will be repeated several times. IF YOU OVERDOSE AND DEEP BREATH YOU MAY DAMAGE YOUR LUNGS.

This woman followed Jim's instructions and cleared up her mom's bronchitis. Jim believes this protocol is effective because the gas goes into the lung cavity where the virus is housed. You will smell the ClO₂ gas right after activating it. Hold the glass under your nose and slowly breathe in the gas. Then pause a minute and let the gas circulate into your nose and sinus cavity. Slowly breathe in deeply so that you move the ClO₂ deeper in to your lungs. Jim suggests that you hold your breath for a few seconds. He suggests that you don't inhale more than one to two dosages at one sitting. I would even venture to say that you start with one drop the first time and then move your way to two drops the next time you activate the MMS. It's always best to take it slow. The ClO₂ gas immediately enters your system and kills unwanted pathogens. This may result in a person experiencing a healing crisis, due to the large amount of die off in the

system. As discussed previously, a healing crises isn't harmful, just very uncomfortable.

There have been many success stories since this woman called me. Many people have followed this protocol of inhaling the ClO₂ gas method to go after unwanted pathogens in their lungs and even sinus cavity. I must warn you that I have spoken with a few individuals, who inhaled too much of the ClO₂ gas and did burn their lungs. There was no permanent damage, but it was uncomfortable for a couple days. It is really important to follow Jim Humble's warnings and take it slow.

The people who have followed Jim's original protocol to rid the bodies of pathogens and then continued his recommended maintenance dose of 6 drops of MMS activated (ClO₂) once or twice a week remained virus free. Thousands of elderly people, who have suffered with reoccurring colds and flu, claim they are now able to make it through the whole year unaffected. Jim Humble takes 6 drops of MMS (ClO₂) a day for his maintenance dose. A good friend in Canada takes three drops a day and claims that he has not been sick in a few years. It is about finding the right dose for your body. Once again, consistency seems to be the key factor.

Asthma and other Respiratory Conditions

Asthma is a chronic inflammatory disease of the airways. This inflammation causes a cough, tightness in the chest, wheezing and shortness of breath. The Center for Disease Control states that in 2002, fourteen million adults and six million children were diagnosed with asthma in the United States.

Many things in our environment can trigger asthma. Air pollution, cold, heat, strong odors like perfume and smoke, can all bring on an asthma attack. The inability to get airflow through the lungs is both exhausting and frightening.

Allergies are the main predisposing factor for asthma. Chronic exposure to substances that irritate the airway or allergens increase the chance of asthma. MMS can be used to clear the airways and free the bronchial tubes of pathogens and toxins.

When taking the MMS for asthma, allergies and other respiratory conditions, most people follow the normal protocol. With this particular condition there is a need to stay on the protocol until it is overcome. I have copied the eight hour and the five hour protocols below for your convenience. A person can activate the MMS hourly in a dry glass or use the water bottle method which is explained below. Many people also use Jim's original protocol found at the beginning of this book.

Once you've purchased your MMS and the Citric Acid Activator Solution, get a 32 ounce or one liter bottle, either glass or plastic is fine. You will need a Sharpie or permanent marker. Turn the bottle on its side and take a measuring utensil, either a ruler or measuring tape, and mark off eight equal portions. This will give you eight, four ounce portions to take hourly.

Step One – Start with a dry glass and put 8 drops of the MMS and 8 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas escapes. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two – Start with a dry glass and put 16 drops of the MMS and 16 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle up with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after Step Two, move on to Step Three. Sometimes it is best to stay at Step Two for a couple of days before moving on to Step Three. I'm leaving the choice to the reader based on their individual sensitivity level. If you are sensitive, I would recommend that you stay at this level, at least a week, until you feel comfortable to move on. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three – Start with a dry glass and put 24 drops of the MMS and 24 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. Once you have reached the three drops, eight hours a day (24 drops activated in the water bottle) stay here until the condition is eradicated.

If you tend to be more sensitive, the following is a protocol that is easier on your system. This may require a person to stay on the MMS protocol for a longer period of time depending on the state of a person's health or medical condition

Step One – Start with a dry glass and put 5 drops of the MMS and 5 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas seems to escape. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water up to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two – Start with a dry glass and put 10 drops of the MMS and 10 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water or juice up to the fifth line. Now you

can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. If you feel fine after Step Two, move on to Step Three. Sometimes it is best to stay at Step Two for a couple days before moving on to Step Three. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three - Start a dry glass and put 15 drops of the MMS and 15 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water up to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. Once you have reached the three drops, five hours a day (15 drops activated in the water bottle) stay there until your system is cleaned out. If you add fresh mint to the water it covers the taste of the MMS very well.

It is recommended that you eat small meals on the half hour while following this protocol. Do not take any vitamin C supplements during this protocol. It is best to wait two hours after the last dose to take any vitamins or whole food supplements that may contain vitamin C. It is very important to drink plenty of water during the protocol. I would suggest a minimum of eight ounces of water an hour to help flush the body during the cleansing process. If one chooses this protocol, it is important that he or she drink the MMS every hour. The MMS stays active in your body from one to one and a half hours. This method is very powerful as it keeps the C102 in your body continuously, not giving the pathogen a chance to regroup. Of note, Jim Humble believes this is the best method to follow.

As I sit here and ponder the thousands of testimonies that I received over the course of my journey with MMS, I am so thankful for Jim Humble and his tenacity and courage to get this discovery out to the world. I once received an email from a man who had suffered for years with a severe lung condition. He said that he could not even leave his apartment to walk down the block to his local store only a few blocks away. He wrote me an email to share his testimony. Only one week after starting the MMS protocol, he could walk to the store without losing his breath. This was the first time that he had walked to the store in over a year. He was so excited about continuing on the MMS. Thousands of calls and emails came in to the company. All of them praising Jim Humble and his discovery. These kinds of email confirmed that I was very blessed to be part of this amazing discovery.

I once spoke with a man who called for some input on his re-occurring sinus infection. He told me that he added one drop of the MMS activated with the Citric Acid Activator Solution to his nasal irrigation syringe. He irrigated his nasal cavity every 20 minutes with the one drop solution. After four or five irrigations, two green pea-size parasites dropped out of his nostril. He was sure this was the cause of his recurring condition.

I have spoken with several individuals who have used neti pots with one drop of MMS to flush their sinus cavity. Many people have put a few drops of the MMS (ClO2) in a humidifier running all night. I encourage people to be creative in their methods of getting the ClO2 into the sinus and brochial cavity. All of these methods have worked well for respiratory conditions.

Many people who had battled with asthma since childhood started calling in. They gave me testimonies of complete healing from this serious condition. Even my co-worker who had taken the 3 drop protocol for five hours a day had a miraculous experience with his asthma. He said that he no longer needed his inhaler even though he had depended on it for most of his life. The MMS had cleared up his asthma. These people did not inhale the MMS, as in the case of the person with brochitis. The oral protocol is what most people take for this respiratory condition.

Allergies plague many people in our country today. Hundreds of individuals who used the MMS protocol and have experienced complete relief from the myriad of symptoms caused from allergies.

Ears, Eyes and Nose

When using the MMS for eye infections, there is a solution that has been proven to work. Mix 6 drops of the MMS with 6 drops of the one to one Citric Acid Activator Solution (30 drops of the 10% solution, vinegar, lemon juice or lime juice). Let the solution activate for 20 seconds and add 1/8 cup of water. Take an eye dropper and put a few drops in each eye. Make sure to wash the eye out after three to five minutes with eye wash or clean water.

My daughter is 25 years old and she owns a coffee stand. One of her employees contracted conjunctivitis or “pink eye” and as expected, she passed it on to the other employees. They all went on a week of antibiotics to combat this infection which can stem from a virus or a bacteria. My daughter asked me what I would recommend. I told her to take 3 drops of the MMS activated with the 3 drops of the Citric Acid Activator Solution every hour. She had never taken MMS before this incident. She immediately went on the 3 drops per hour dosage and in four hours her pink eye was cured, completely gone.

Many people use the MMS drops for ear infections. The MMS can be activate the same way as you do for the eyes. Once again, mix 6 drops of MMS with 6 drops of the Citric Acid Activator Solution and let it set for 20 seconds. Add 1/8 cup of water and drop a few drops in each ear. Anybody with small children or likes to swim, knows how painful swimmer’s ear can be.

Mouth and Gum

Using MMS for tooth and gum disease has become more and more widespread over the last few years. Originally, we followed Jim Humble's 6 drops of MMS activated with 30 drops of the Citric Acid Solution protocol. Then add ¼ cup of water or less and brush or swish around your teeth and gums. This solution stays activated for about four hours. If the person had a serious condition it was recommended that they brush their teeth with the MMS three to four times a day, until the infection was gone. I had hundreds of calls from elderly folks, who had battled long and hard to restore health to their gums after being ravished with disease. Last year, the dosage went up to 10 drops of MMS and 50 drops of the activator solution (which would now be 10 drops of MMS to 10 drops of the one to one Citric Acid Activator Solution). Once again, add about 1/8 cup of water.

My very first testimony was from a missionary who lived in Africa. She had suffered with terrible pain from two abscessed teeth. The infection in her mouth had caused her unbearable pain. I will never forget her call, she had used the MMS (C102) 6 drop protocol with water for brushing and swishing in her mouth. After one day, she had already seen a considerable change in her infection. By the end of the second day, she was pain-free and her infection showed signs of improvement. This dear woman did not have much money or the insurance to pay for the necessary dental work. This was a gift from God to her and she was so grateful for the MMS.

A 72 year old woman called and told me that she had battled with a serious periodontal disease since she was a young child. She had been experimenting with the 6 drop protocol, brushing and swishing with the MMS (C102) every morning and evening for about a month. She called to tell me that her periodontist was surprised to discover that her gums were healthier and pinker than they had ever been! She attributed this breakthrough to her use of the MMS (C102).

Soon after, I received a phone call from a woman in New York City. Her dental hygienist was recommending the MMS (C102) to her patients. The hygienist told her that several of her clients used the MMS for their periodontal disease and experienced amazing results. Every three months these people came in for an additional treatment which costs \$150.00 above their normal cleaning fee. This woman told me that after taking the MMS many of them no longer needed the expensive treatments. I have spoken with several people who suffered with severely abscessed teeth. They used a water pick to flush the MMS (C102) deep into the infected area. This is a very effective method of combating deeper infections of the mouth and gum.

A couple of months ago, I received testimony from a gentleman in his seventies. He said "Tammy, do you want to know how I take my MMS daily?" Of course, I love hearing everyone's stories, it strengthens my faith

in the product. He proceeded to tell me that he does not ingest the MMS orally. He mixes up 10 drops of the MMS with 10 drops of the Citric Acid Activator Solution and adds about 1/8 cup of water. He puts the MMS in his mouth and swishes for ten minutes twice a day. He was happy to report that not only were his gums healed after one month of this regimen, but his tooth decay was reversed. He also found that his mental state was changing. He could think clearer and his memory was sharper; as many others have expressed an improvement in mental status during their initial protocol period. This man was experiencing a physical change just by swishing for ten minutes morning and evening!

One of the medical practitioners who believes in MMS called me not too long ago to shared her experience. She had extensive dental work on her teeth; bridges, caps and veneers. She explained that she had an infected tooth so she brushed and gargled with the MMS 10 drop protocol. It cleared up her infection right away. Since then, she has prescribed it to many of her patients. One piece of information that really caught my attention. The MMS whitened her caps and veneers. Normally, this is not the case with teeth whitening agents. In fact, I have two caps and cannot use the over the counter or professional teeth whitening formulas. These whiteners actually turn my caps grey. I have to say that since I have been diligent with my MMS swishing and brushing, my teeth, even my caps look much whiter.

Many people are not willing to ingest the MMS for fear of becoming sick. I spoke with a family who started with brushing their teeth with MMS (C102) every day for one month. They saw so many changes in their bodies, just from that simple routine. They decided to take one drop of the MMS (C102) orally once a day for one month. Many of their chronic conditions began to clear up. This family built up to 3 drops a day when they called me to share the good news. My neighbor and I were discussing this very point the other day. If a person took one drop of MMS (C102) every day, they would eventually see results. I have spoken to so many people who started with swishing in the mouth and now believe wholeheartedly in this product.

Topical uses for the MMS

Jim's new topical protocol is as follows. Purchase a two ounce spray bottle either glass or plastic works. Mix 20 drops of the MMS with 20 drops of the one to one Citric Acid Activator Solution in a dry glass. Let the mixture set for 20 seconds and add a small amount of water into the glass. Transport the mixture into the two ounce spray bottle. Fill the rest of the bottle with water and shake. This solution will stay activated for three to four days. You can spray it on your skin or infected area four to five times a day. Spray liberally, it can't hurt!

Initially, it was recommended to activate 6 drops of MMS with 6 drops of the Citric Acid Activator Solution. After activating the MMS, add ¼ cup of water and apply topically to the infected area. This solution will stay activated for four hours. Six months later the protocol changed to 10 drops of MMS activated with 10 drops of the Citric Acid Activator Solution. Activate this solution for 20 seconds and add the ¼ cup of water. Again, this solution will stay activated for four hours. Both of these protocols work well. Normally, I find out if the person using the MMS has sensitive skin to determine the strength of the solution. For most people the ten drop dose is adequate.

My first experience using MMS topically was on my son with his Herpes Simplex I cold sore. He battled with these outbreaks every four to six months for years. I activated 10 drops of the MMS with 50 drops of the Citric Acid Activator Solution (10 drops of the one to one Citric Acid Activator Solution) and let it set for three minutes. I added about 1/8 cup of water and applied it directly on the cold sores with a cotton swab. I did this every hour for about four hours. The next day the sores were already drying up. I continued this procedure a second day and by the third day the cold sores were completely gone. He has not had a outbreak in almost three years.

I went to meet Jim Humble, earlier this year. This man is truly genuine with no hidden agenda or motive. He is the real deal! I was sincerely moved by his passion and desire to heal the planet. He lives in a modest apartment about 50 miles from Haiti on a small compound. This is where he seems to feel the most comfortable. He doesn't have access to the organic foods that we in the United States enjoy. There are no grocery stores stocked up with the latest and greatest beauty aids! He seems to donate all his funds and time to reinvesting into peoples' lives around the world. He truly touched my life and I will never forget the time that we spent together. Here are a couple things that really stood out to me about Jim's physical health. His skin was extremely healthy. Typically, eighty year old skin can appear abnormally thin with lots of dark age spots that easily bruise. I can't even describe how healthy Jim's skin looks, almost that of a forty year old man. Jim's skin was not at all thin or riddled with age spots, as far as I could see. He made up the two ounce spray bottle solution, while I was with him. He

told me that he sprays his body and face about five times a day. He uses this as a way to refresh himself during the day. I really believe the MMS topical spray is a contributing factor to his healthy skin.

Something else very fascinating about Jim. This man does not eat a raw food diet or even organic foods. He really doesn't have access to those luxuries that we take for granted. He also enjoys a couple soda pops each day. This is the ultimate sin in our country and with raw food activists around the world. He does take the MMS (C102) every day. We went on a hike with him almost every day during my stay in the Dominican Republic. On the second hike, he invited 20 people from around the world who were attending his first class. We headed out for our hike, up a fairly large mountain. We hiked up the mountain for about three hours that day. Jim's energy exceeded much of the younger hikers who ended up back at the compound long before the end of the hike. When asked how he maintains his stamina and continued health, he attributes it to his daily exercise and MMS (C102) useage. I have spoken with hundreds of elderly folks who have followed Jim's protocol and now stay on the maintenance dose, claiming they would not go a day without it. They felt more energy than they had in years. Many of them were off all of their pharmaceutical medications. It was an honor to spend time with a man of such rare qualities in this day of self absorption and hidden agenda's!

Many of our skin conditions manifest from internal issues within our bodies. One gal who was using the MMS for Hepatitis C had been on the original protocol of 15 drops of MMS (C102) three times a day. After two weeks on the protocol, she called to share her story. She had a large cyst that was growing on the inside of her eye lid. It had become so large that she could barely see out of her eye. During the MMS protocol for Hepatitis C, the cyst completely melted away. Many people who had warts, mainly planters warts, have used the MMS internally and would tell me that their warts would just fell off. Some people have used the MMS topically on their warts with the same results, eventually they just fell off.

I spoke with a naturopathic pratitioner who purchased the MMS and the Citric Acid Activator Solution. She called o tell me that she had suffered for fourteen years with eczema and nasal drip. These conditions worsened when she went to bed at night. Her hands would itch so badly that she was constantly scratching. Her sinuses would drip all night. Her husband and she both had a difficult time sleeping. She took one drop of MMS activated and that first night her hands did not itch and her nose did not drip. Her husband was so impressed that it prompted him to try the MMS. Over the next month she purchased over 300 bottles of MMS and Citric Acid Activators kits for her customers.

When the hot tub bath first came out in Jim's writings, I was working with a registered nurse who had surfed the beaches of Southern California all his life. As a result, he had fungi and other forms of bacteria growing all over

his skin. Here is what he did for one week – activated 30 drops of MMS with 2 ½ teaspoons of the Citric Acid Activator Solution (or 30 drops of the one to one Citric Acid Activator Solution). He added the MMS (ClO₂) to his hot bath, with 1 cup of Epsom salt and ¼ cup of DMSO. He sat in the bath for twenty minutes. After the first day, he emailed me raving about how amazing his skin looked. I was so excited that I followed the same protocol. I used pure magnesium oil instead of the Epsom salt. This is an amazing bath and I recommend it for anyone with skin issues.

I had a conference call with a doctor and a cancer patient scheduled for early morning. As I was wheeling the trash container to the road, it fell over and crushed my foot. During the entire call, my foot was dangling under the table. I felt a throbbing sensation and when I looked down it was swollen and red. My foot was actually pulsating with pain. I elevated my foot and put 10 drops of MMS activated with 50 drops of the 10% Citric Acid Activator Solution and I let it set for three minutes (if you use the one to one Citric Acid Activator Solution it would be 10 drops of the MMS and 10 drops of the Citric Acid Activator, activate for only 20 seconds). I added a tablespoon of DMSO to the mixture and rubbed it into my swollen foot. In about 10 minutes the pain and swelling were completely gone. My foot healed in record time. I am absolutely convinced that the MMS, combined with the DMSO, healed my foot.

My 15 month old grandson had suffered with eczema. My daughter was putting the hydrocortisone cream all over his skin as prescribed. One night when I was babysitting, he was scratching his little body. I lifted his shirt to find his whole body was infested with eczema. Immediately, I put 6 drops of MMS activated with 6 drops of Citric Acid Activator Solution in a dry glass. I drew up a warm bath, not even four inches in the bottom of the tub. I added the MMS mixture. I gave him a little splash bath for about ten to fifteen minutes. The next morning my daughter called me, she was ecstatic, he didn't have one red mark on his skin. The eczema had completely cleared up.

So many people have called me with amazing testimonies about skin cancer. The recommended protocol is 10 drops of MMS activated with 10 drops of the Citric Acid Activator Solution. Let this solution activate for 20 seconds and add 1/8 cup of water. Apply this mixture with a cotton ball on the affected area. This mixture will stay activated for four hours. Even more effective, is substituting DMSO for the water after activating the MMS. DMSO is an antioxidant, so you only have five minutes to apply this mixture, otherwise it will cancel out the MMS. It is necessary to make a new mixture every time you use it topically, if you use the DMSO. The DMSO is very effective as it carries the MMS deeper into the infected area. These individuals continued to use the MMS on their carcinoma until it completely disappeared. I have had call after call with success stories pertaining to skin cancer.

Here's a crazy testimony -- I have worked with a retired anesthesiologist for a couple of years. He was so excited about the MMS find. He was deathly allergic to bee stings and so was very panicked when he was stung. He activated the 6 drops of MMS and the 30 drops of the Citric Acid Activator solution (6 drops of activator if you are using the new one to one solution). He did not add water, but put it directly on the bee sting and covered it with a bandage. Initially, the bee sting turned bright red, but in a couple days it was completely healed. It's clear that it pulled out the stinger before any of the toxins entered the blood stream. Therefore, he avoided any respiratory complications. I don't recommend using the MMS without adding water as it can burn the skin, but many people have and claim that it produced good results. My sister-in-law put it on her wart and covered it with a bandage. It fell off and has since healed.

Any skin problem that is caused by a bacteria, virus, fungus or other pathogen could be cleared up by the MMS (ClO2). It's just a matter of finding which method works best for you and once again making a conscious effort to stay diligent.

Fungus/Yeast/Candida Albicans

This brings us to the subject of yeast in the body, specifically Candida, which is genus of yeast. Some Candida species have the potential to cause disease. The most significant member of the genus is Candida albicans which is commonly known as "thrush" or Candidiasis. Candida refers to a broad spectrum of symptoms: GI distress, rashes, sore gums, vaginal yeast infections, hay fever, weight gain and flatulence. These problems are caused by an overgrowth of intestinal Candida albicans. This yeast can spread throughout the body via the digestive tract and bloodstream. Over the last few decades, the existence of opportunistic infections can be related to the increase of antibiotic use. The rise in yeast infections is directly related to the rise in the use of antibiotics.

Some causes attributed to Fungus and Yeast Overgrowth:

- Steroid hormone medication such as cortisone, or corticosteroids, often prescribed for conditions such as rashes, eczema, or psoriasis, as well as for systemic conditions such as rheumatoid arthritis
- Prolonged or repeated use of antibiotics which are frequently given for urinary tract and ear infections, sinusitis, bronchitis, and other infections; Candida overgrowth can be triggered at a very young age when children are first being treated with antibiotics
- Ulcer medications such as "Tagamet" and "Zantac" which reduce the amount of acid in the stomach and intestines
- Oral contraceptives and estrogen replacement therapy
- Immune-damaging illnesses such as diabetes
- Suppressed immune system from AIDS/HIV, radiation and chemotherapy, and organ transplant surgery
- A high sugar and starch diet; fungus and sugar

Sugar in the diet can greatly contribute to fungus overgrowth. Yeast thrives on sugar. Both brewing and winemaking depend on yeast to digest sugar, producing alcohol as a waste product. Starches (carbohydrates) in breads, pasta, and potatoes are converted rapidly by our digestion process into sugar. Carbohydrates begin to break down into sugar with our saliva and simple carbohydrates can be converted into sugar in minutes. A diet that is high in sugar and starch feeds yeast and some strains of yeast like Candida can grow very quickly.

Antibiotics may be the single greatest cause of Candida, because antibiotic treatment for infections kills the "good" intestinal bacteria, as well as the targeted infection-causing bacteria. Normally, yeast that is present in the

gastrointestinal tract is held in check by the presence of "beneficial flora" that controls yeast and other potential invaders by crowding them out and by producing natural antifungal substances.

Healthy bacterial colonies in the intestines can usually withstand one or two short episodes of antibiotics without serious harm. If the use of antibiotics is frequent or prolonged as with a course for acne treatment or a more difficult infection, then the spread of *Candida* becomes inevitable, especially if the death of the bacteria is accompanied by a diet that promotes the growth of yeast. A vicious cycle may develop as a result. Antibiotics foster the growth of yeast, which suppresses the immune system. An individual with suppressed immune function is much more susceptible, not only to *Candida*, but to bacterial infections. These infections are then treated with antibiotics, which in turn, increase the growth of *Candida* and so on.

Candida albicans may cause tinea cruris more commonly known as "jock itch", athlete's foot, constipation, diarrhea, bloating, poor digestion, burping, gas, fingernail and toenail infections, diaper rash and thrush in infants. It can also cause vaginitis which is an inflammation and invasion of the vaginal mucosa. A similar condition termed stomatitis is common in people who wear dentures. *Candida* can adhere to denture resin. High sugar levels in the diet can also increase the adhesiveness of the yeast; this can lead to a yeast infection commonly known as thrush.

In some of these conditions, the infection and its cause are obvious. One of the best examples of this disease is termed thrush, a white, furry speckling of the tongue and the back of the throat caused by a rapid and uncontrolled growth of *Candida*. This is common in newborn babies, perhaps resulting from passage through an infected birth canal from a mother with vaginitis. It is also common in AIDS patients and people who have had a prolonged course of antibiotic therapy. People undergoing chemotherapy and/or radiation often experience thrush.

Systemic *Candida* is a more serious condition because yeast cells proliferate in the circulatory system. This can occur after invasive surgical techniques, including the insertion of intravenous catheters to which the yeast cells adhere, providing a base from which the cells can bud and be disseminated. When transported by the blood stream, *Candida* can infect almost any organ of the body, and can be fatal. The layman's definition of systemic yeast is yeast growing throughout the body and blood. This very rarely happens, but when it does the results can be deadly. Victims most commonly are immunosuppressed and those with artificially suppressed immune systems

for organ transplantation and cancer therapy. In the immune-compromised, fungus and yeast travels through the bloodstream to the heart, lungs, brain and other organs, growing violently and sometimes uncontrollably.

After reading the above information I hope it becomes very clear how serious this condition can be to a person's health. In my opinion, it is best to stay on a protocol that offers the least amount of ClO₂ with the most consistent dose. That is why the 5 hour protocol is most effective. Many people are infested with fungus and yeast which can co-exist in the system for years. As a result, when the MMS army goes in and attacks the enemy, the healing crisis is more severe (see healing crises and Herxheimer).

Step One – Start with a dry glass and put 5 drops of the MMS and 5 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas seems to escape. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water up to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two – Start with a dry glass and put 10 drops of the MMS and 10 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water or juice up to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. If you feel fine after Step Two, move on to Step Three. Sometimes it is best to stay at Step Two for a couple days before moving on to Step Three. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three - Start a dry glass and put 15 drops of the MMS and 15 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water up to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. Once you have reached the three drops, five hours a day (15 drops activated in the water bottle) stay there until your condition is eradicated. If you add fresh mint to the water it covers the taste of the MMS very well.

It is recommended that you eat small meals on the half hour while following this protocol. If you take the dose at 9:00 a.m. you can eat at 9:30 a.m. Do not take any vitamin C supplements during this protocol. It is best to wait

two hours after the last dose to take any vitamins or whole food supplements that may contain vitamin C. It is very important to drink plenty of water during the protocol. I would suggest a minimum of eight ounces of water an hour to help flush the body during the cleansing process. If one chooses this protocol, it is important that he or she drink the MMS every hour. The MMS stays active in your body from one to one and a half hours. This method is very powerful as it keeps the ClO2 in your body continuously, not giving the pathogen a chance to regroup. Of note, Jim Humble believes this is the best method to follow.

Personally, I have suffered from constipation, poor digestion, yeast infection and bloating. When I first started on Jim Humble's protocol it took one month to work up to 10 drops of MMS twice a day. When I got to the ten drop dosage, I was nauseated and had to back down to 8 drops twice a day for a couple days. After a few days, I started to working back up to the 15 drops again. I took 12 drops and vomited yellow mucous; I knew this was a good thing. I continued on the MMS for a couple months. Then I spoke with a medical practitioner who had his wife put the 15 drops of MMS in his colonics. After speaking with the doctor, I was determined to rid my body of this crazy parasite. After giving myself a 15 drop enema once a day for a week, I finally had a breakthrough. After years of knowing these ruthless invaders were coexisting in my system, it was a relief to know they were gone. My muscle tone had improved. Even my skin and hair felt and looked healthier. Now, when I take my vitamins, it feels like I am feeding my body and not the parasites. My energy level has increased and I feel so clean from the inside out. I actually can see a difference in my appearance from using the MMS.

My co-worker had a serious case of eczema and psoriasis. The every hour protocol had just come out on Jim's website and he was encouraging everyone to use this protocol, rather than his original protocol 15 drops protocol. My co-worker decided to try this protocol for his skin problems. But, after trying to take the 3 drops of MMS activated (ClO2) every hour for eight hours a day, it was too much. It was impossible for him to take that much ClO2 without him experiencing a severe healing crisis. Eventually, he discovered that the 3 drops of MMS activated (ClO2) every hour, five hours a day was more tolerable to him. He stayed on the MMS 3 drop protocol, five hours a day for two months. His skin was completely cleared up. He lost 35 pounds without changing his diet. His sinus problems and asthma cleared up. He no longer needs an inhaler. This was encouraging to me. It was rewarding to see someone close to me benefit so drastically from the MMS. I can't emphasize enough the importance of finding a dose that your system can tolerate and stick with it until all the symptoms are gone.

Many individuals taking MMS for specific issues were excited when they experienced unexpected benefits. For example, thrush, weight loss, eczema,

psoriasis, toe fungus, athlete's foot, intestinal problems, chronic fatigue, brain fog and many other conditions all cleared up. During this time, I noticed an increase in woman using MMS in their douches on a regular basis. This procedure has been proven effective for yeast infections and even bladder infections. Of note, many people brought to my attention that while using the protocol they experienced cravings for foods high in sugar and/or carbohydrates. These foods actually feed the fungus and yeast. Every organism fights to live. When killing the fungus in your body, it starts screaming out for the very foods that cause these cravings. It's hard to resist when you're having a sweet tooth or other cravings, but you can find alternatives to satisfy them. Even people that have been on strict diets, designed for fighting the Candida, find themselves overwhelmed with cravings they thought they had long overcome. I say – Don't feed the enemy!

Malaria

This is a vicious parasite that attacks millions of innocent victims each year. We don't feel the devastation of this silent killer in the United States, but it is a leading cause of death in humans on our planet today. Malaria is a mosquito born infectious disease, caused by a eukaryotic protist of the genus Plasmodium. This is a widespread disease in tropical and subtropical regions. Each year there are approximately 350 to 500 million cases of Malaria, killing between one and three million people. A majority are very young children in the sub Saharan-African region.

Jim's new 3 drop protocol is an every hour protocol. As stated before, this protocol keeps the MMS at a consistent level in the body for an eight hour period. Therefore, the pathogen does not have a chance to regroup. Jim taught me the water bottle method when I was with him in the Dominican Republic. A person can activate the MMS hourly in a dry glass or use the water bottle method which is explained below.

Once you've purchased your MMS and the Citric Acid Activator Solution, get a 32 ounce or one liter bottle, either glass or plastic is fine. You will need a Sharpie or permanent marker. Turn the bottle on its side and take a measuring utensil, either a ruler or measuring tape, and mark off eight equal portions. This will give you eight, four ounce portions to take hourly.

Step One – Start with a dry glass and put 8 drops of the MMS and 8 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas escapes. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two – Start with a dry glass and put 16 drops of the MMS and 16 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. After Step Two, if you're not feeling any ill effects move on to Step Three. Sometimes it is best to stay at Step Two for a couple of days before moving on to Step Three. I'm leaving the choice to the reader based on their

individual sensitivity level. If your system is sensitive, I would recommend that you stay at this level at least a week, until you feel comfortable to move on. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three – Start with a dry glass and put 24 drops of the MMS and 24 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Now you can drink four ounce portions every hour by drinking to the next marked line. This solution will stay activated all day. Once you have reached the 3 drops, eight hours a day (24 drops activated in the water bottle), stay at this dose until the all symptoms are gone.

When I first started working with MMS, most of the success stories were from Jim's work with malaria. Jim had already cured over 75,000 people who carried insidious infection! I spoke with several people who had travelled abroad and contracted this parasite. They had taken the malaria drugs that were prescribed during their initial flare-up. Unfortunatley, these people never felt 100% again. They complained of being very susceptible to colds and flu each season. They struggled with ongoing bouts of pneumonia and other viral conditions, because their immune system was still compromised. I'm happy to report that after a few months on the MMS protocol these people felt like they were getting their lives back. It was exciting to witness people regain their health after facing a life threatening illness.

Another memorable call came from a prominent financial advisor who shared her life changing story about MMS. She had originally purchased the MMS for a trip to South America but ended up going to Tanzania to establish an orphanage. With her paticular talents, she was needed to instruct the local people on the management of the orphanage. She met a married couple who had contracted malaria and battled with it for years. Although they were on the medication, they were not getting any relief from their symptoms. She gave the couple the MMS according to Jim Humble's original malaria protocol. She administered one dose and a few hours later administered them a second dose. To her surprise, when the couple came into work the next day, they were completely healed. The couple's skin tone had changed from dark, which is indicative of people with malaria, to a lighter, brighter tone. There was a noticeable improvement in their health. This inspired her to put all the kids in the orphanage who suffered with malaria on the MMS protocol. When she called me, she was in the process of sending five bottles of MMS and five of Jim's books to the nuns at the orphanage. They learned to make MMS from scratch per Jim's instructions in his book, Breakthrough. Last time I spoke to this woman, she was planning to move back to Tanzania and dedicate her life to helping others.

I have known many pastors and missionaries who have contracted this deadly disease while on a mission. It has been a thrill to have helped these people get started on Jim Humble's protocol and eventually be cured from malaria. I hope that these stories and others will inspire you.

Lyme Disease

Lyme disease is an infectious disease caused by at least three species of bacteria belonging to the genus *Borrelia*. Certain ticks carry this bacteria and spread it when they bite. Lyme disease affects many of the body's systems. The symptoms are wide-ranging in scope which is one of the reasons it can be difficult to diagnose. It starts with a red rash that spreads around the area of the initial tick bite, resembling a bullseye. Fatigue, muscle and joint stiffness, swollen lymph nodes and headaches are all first stage signs of the disease. In addition to causing arthritis, Lyme disease can also cause problems with the heart, brain and nervous system. The number of reported cases, as well as the geographical area in which it is found has increased significantly over the last few years.

We are susceptible to so many parasites that completely alter our health and manifest horrific symptoms. I learned from experts in the medical profession about Lyme. When a person is diagnosed with Lyme disease, the doctor often prescribes antibiotics to combat the bacteria. The Lyme then forms a cyst around itself to protect it from the antibiotic. As soon as the Lyme forms the cyst, the symptoms cease and the person feels like they have been cured. But the Lyme is hiding out, waiting until the immune system becomes compromised and then it comes back full force attacking the vital organs. Many times the Lyme will go right to the brain.

Jim's new 3 drop protocol is an every hour protocol. As stated before, this protocol keeps the MMS at a consistent level in your body for an eight hour period. Therefore, the pathogen does not have a chance to regroup. Jim taught me the water bottle method when I was with him in the Dominican Republic. Based on your schedule, you can activate the each hour dose individually. But, if due to scheduling conflicts this would be difficult, the water bottle delivery method works great. Below, is an explanation of this protocol.

Once you've purchased your MMS and the Citric Acid Activator Solution get a 32 ounce or one liter bottle, either glass or plastic is fine. You will need a Sharpie or permanent marker. Turn the bottle on its side and take a measuring utensil, either a ruler or measuring tape, and mark off eight equal portions. This will give you eight, four ounce portions to take hourly.

Step One – Start with a dry glass and put 8 drops of the MMS and 8 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas escapes. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounce portions every hour using the marked lines as your guide.

This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two – Start with a dry glass and put 16 drops of the MMS and 16 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after Step Two, move on to Step Three. Sometimes it is best to stay at Step Two for a couple of days before moving on to Step Three. I'm leaving the choice to the reader based on their individual sensitivity level. If you are sensitive, I would recommend that you stay at this level, at least a week, until you feel comfortable to move on. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three – Start with a dry glass and put 24 drops of the MMS and 24 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. Once you have reached the 3 drops, eight hours a day (24 drops activated in the water bottle) stay here until the condition is eradicated from the body.

Bob was a commercial pilot, when he contracted Lyme disease in 1988. The doctors prescribed antibiotics and soon he felt relief. At the age of 72, the Lyme came back full force and went straight to his brain. He lost his sharpness and ability to think clearly. Many people refer to this as brain fog. This disease was especially devastating as Bob had to quit flying. Hoping for the best, he started on the MMS protocol at 1 drop twice a day. By the time Bob reached 5 drops twice a day, he regained his mental sharpness. He and his wife called me with this amazing news; both in tears. I continue to feel so blessed to know these people and witness their continued enthusiasm about the MMS.

One day, I received a phone call from a very articulate, well-educated woman. She talked about her battle with Lyme disease. At one point during the disease process, she could no longer speak. She sat silently in front of the window in her living room, drooling for hours. With the help of her family, she started on the MMS protocol and eventually worked up to 9 drops of MMS (ClO2). After two weeks on this protocol, she was able to speak again. I didn't fully comprehend the severity of the situation, until

her cousin called me in tears giving her testimony. Again, I was profoundly grateful that I was instrumental in helping her.

The protocol for Lyme disease is either the original 15 drop protocol or the new 3 drop protocol. For both of these protocols, I have given you detailed instructions in the early part of this book. A person's health issues and the severity of the Lyme disease will determine how long to continue on this protocol. The length of treatment could be from one month to nine months. It used to be longer than the cancer protocol, but this year has changed my perspective as I have had many testimonies from people who experienced relief after only a few weeks on the MMS. *Again, it's all about consistency. Whatever works best for you is where you stay. Even if you start with three to five hours a day, stay with it and stay consistent.*

Morgellons

This unusual parasite-like infection wasn't named until 2002, after the Center for Disease Control was inundated with people reporting irritating sores with black fibrous particles that felt like something was crawling, stinging and biting all over the body. The structure of the Morgellons is a fiber-like or a seed-like granule. The unfortunate victims of this disease complain of symptoms of short term memory loss and problems with fatigue and even hallucinations and poor concentration. These skin lesions are painful, itching and burning all the time. The patient states that the sensation of bugs crawling under the skin is the most disturbing part.

Morgellons disease is a poorly understood condition. It is especially devastating to experience these symptoms and not receive confirmation from the medical community. About two and a half years ago, I spoke with a woman who described symptoms of Morgellons. This was my first experience with this parasite. She had been mistreated by the medical community, who was ill-equipped to diagnose and/or treat this pathogen. She started an MMS oral protocol and added the hot tub bath protocol which thankfully brought relief from her symptoms.

The every hour protocol works the best for this condition. You can activate every hour in a dry glass. But, if due to scheduling conflicts this would be difficult, the water bottle delivery method works great. Below, is an explanation of this protocol.

Once you've purchased your MMS and the Citric Acid Activator Solution, get a 32 ounce or one liter bottle, either glass or plastic is fine. You will need a Sharpie or permanent marker. Turn the bottle on its side and take a measuring utensil, either a ruler or measuring tape, and mark off eight equal portions. This will give you eight, four ounce portions to take hourly.

Step One – Start with a dry glass and put 8 drops of the MMS and 8 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas escapes. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two – Start with a dry glass and put 16 drops of the MMS and 16 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS,

fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after Step Two, move on to Step Three. Sometimes it is best to stay at Step Two for a couple of days before moving on to Step Three. I'm leaving the choice to the reader based on their individual system's sensitivity level. If you are sensitive, I would recommend that you stay at this level, at least a week, until you feel comfortable to move on. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three – Start with a dry glass and put 24 drops of the MMS and 24 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. Once you have reached the 3 drops, eight hours a day (24 drops activated in the water bottle). Stay at this dosage until the Morgellons is gone.

The hot tub bath protocol seems to be very effective for this condition. Here is the bath protocol. Mix 30 drops of MMS in a dry glass with 30 drops of the Citric Acid Activator Solution. Let this mixture set for 20 seconds. Draw up a hot bath and pour the activated mixture into the bath tub. Lay in the hot bath for at least 20 minutes. The MMS will enter the body transdermally and battle the parasite. When I have experienced any kind of itching or feel under the weather, I have taken this bath. It always wipes out any traces of virus and completely stops the itching. While I was in the Dominican Republic visiting Jim Humble, I stayed at a hotel that was filthiest, bug infested place I've ever seen. It was the most disgusting hotel I have ever slept in! In fact, I did not sleep a wink. I was surrounded by insects all night. The next day, while sitting on the airplane a bug crawled out of my hair. The minute I arrived at the hotel in Miami, I took a 30 drop hot tub bath and soaked for at best a half hour. After which, I was completely free from any itching or crawling critters! I soaked my entire body, face and even hair in the MMS bath, afterwards I felt like a new woman!

A story that stands out in my mind came from Jim Humble. This case prompted him to create a new protocol, specifically for this woman. A woman had Morgellons so severely, they were coming out of her ears and nose. In fact, when she ate food, she could feel them in her mouth. This is the worst case that either Jim or I had ever heard of. Here is the ingenious protocol that brought this woman relief. He activated 40 drops of MMS with the 40 drops of the Citric Acid Activator Solution. He taped two large heavy duty trash bags together. If you are a small person, one would be sufficient.

Jim actually tested this method himself, by sitting in the bag and placing the activated MMS in a glass between his legs. He did not add water to the MMS. He closed the trash bag around his neck and kept it tightly closed for about ten to fifteen minutes. The gas from the ClO₂ actually filled the bag. He gave this unfortunate woman this protocol to follow and blessedly, this labor intense method was successful at getting rid of the Morgellons.

I have received calls from around the United States from people complaining of symptoms of Morgellons. Most don't even know that they have Morgellons. They are frustrated and desperate, most have seen numerous specialists to no avail. By the time they speak with me, they have already purchased the MMS and are calling to express their gratitude. One situation stands out among the many, it was a woman who live in New York. She had sores all over her body. These sores which may be present anywhere on the body are unsightly and painful. They bleed a thick heavy stream of blood that is difficult to contain. She had one on the middle of her forehead for a year. Today, after using the MMS, her sores are healed. She can now keep the Morgellons under control. She originally followed the protocol and now uses 6 drops of MMS, activated (ClO₂) a day as a maintenance dose.

I received an urgent call from a woman in Oklahoma. She was taking care of five people who all had Morgellons, one of which was a five year old little girl. This woman was so determined that she even had the MMS shipped overnight. When she called the next day, she was thrilled. She had discovered the "epicenter" of the infestation. She told me something that I will never forget. When a person is in fear or anxious, it "feeds" the Morgellons and speeds up the breeding process. This is relevant in many other conditions that are afflicting our world. Fear and anxiety fuels the pathogen, actually increasing it's stamina! This is a great example of how powerful our minds are. We must stand firm and know that the mind, body and spirit all work together in the war against pathogens! This woman was so excited that she able to cure all five of these people from the Morgellons.

Crazy Parasites

The definition of a parasite is an organism that depends on another organism or host, for food and shelter. For example, tapeworms live in the digestive system. They have no digestive system of their own. The parasite gains all the benefits in this relationship whereas the host suffers from disease, infections and other discomforts as a result of the parasite attack. The major parasitic infections come from a species of protozoa, helminths or worms and anthropods. As a parasite attacks the host and multiplies, it puts stress on the normal functions of the host. The host becomes ill due to the parasitic invasion. The host immune system attempts to destroy the parasite but in most cases it overwhelms the immune system, causing serious disease and even death.

Experience shows that the best protocol for the parasites is Jim's new 3 drop, every hour protocol. This protocol keeps the MMS (ClO₂) at a consistent level in the body for an eight hour period. Therefore, the pathogen does not have a chance to take hold. You can either activate the MMS hourly in a dry glass or follow the water bottle protocol described below.

Once you've purchased the MMS and the Citric Acid Activator Solution, get a 32 ounce or one liter bottle, either glass or plastic is fine. You will need a Sharpie or permanent marker. Turn the bottle on its side and take a measuring utensil, either a ruler or measuring tape, and mark off eight equal portions. This will give you eight, four ounce portions to take hourly.

Step One – Start with a dry glass and put 8 drops of the MMS and 8 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas escapes. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. It is best to work your way up to the three drops as soon as possible.

Step Two – Start with a dry glass and put 16 drops of the MMS and 16 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated

all day. If you feel fine after Step Two, move on to Step Three. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three – Start with a dry glass and put 24 drops of the MMS and 24 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. Once you have reached the 3 drops, eight hours a day (24 drops activated in the water bottle) stay here until the parasite is eradicated from the body.

People all over the world are battling parasites. One couple from Las Vegas was using the MMS for heavy metal detoxification. Both were following Jim Humble's original protocol. The husband, who had worked in the mines of Colorado about a year earlier came down with a mysterious eye infection. It started in one eye and eventually moved to both eyes. He went to doctors and specialists for help, but no one could figure out what was the cause of this mysterious infection. His wife said both eyes were swollen, red and watering all the time. He actually looked about ten years older. After a week on the original protocol, he felt an itch in the corner of his eye. As he rubbed the corner of his eye, it felt as though something dislodged from the back of his eye socket. Later on that day his eyes were completely cleared up. He started to cough as it felt like something was stuck in his throat. As he was clearing his throat, he coughed up what looked like a piece of chicken about 2" x 4" in diameter. When he stopped at the next truck stop, he picked up the napkin and the piece of chicken had shrunk, as he turned it over, he was shocked to see what looked like a parasite. This parasite had been stuck to the back of his eye, causing all of the symptoms.

I received a call from a naturopathic practitioner, who had been diagnosed with a heartworm in her lung. She started taking the MMS according to Jim Humble's original 15 drop protocol. After about a week, she passed the heart worm. I was very excited to know the protocol extended itself to heartworms.

Fibromyalgia

Fibromyalgia is a syndrome that involves chronic fatigue, general muscle aches and stiffness. Two percent of the population in the United States is affected by this illness, with woman having a higher prevalence of this disease. Fibromyalgia has the potential to cause serious depression and other psychiatric disorders because the affected person has endured the illness over a long period of time before it is diagnosed. The patient is dealing with innumerable symptoms causing physical discomfort and mental anguish.

People suffering with fibromyalgia should follow the every hour protocol. One can activate the drops each hour in a glass or use the water bottle method to house the entire days dose. Most victims of fibromyalgia are already taking several types of medications. Therefore, it is better to start the MMS in small doses, 1 to 2 drops of the MMS activated only two or three hours a day. Follow the protocol written below but cut it back to an every hour dose for only two or three hours each day. The goal is to work your way up to the five hour mark.

Once you purchased your MMS and the Citric Acid Activator Solution, get a 32 ounce or one liter bottle, either glass or plastic is fine. You will need a Sharpie or permanent marker. Turn the bottle on its side and take a measuring utensil, either a ruler or measuring tape, and mark off eight equal portions with the marker. This will give you eight, four ounce portions.

Step One – Start with a dry glass and put 5 drops of the MMS and 5 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas seems to escape. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water up to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two – Start with a dry glass and put 10 drops of the MMS and 10 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water or juice up to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. If you feel fine

after Step two, move on to Step Three. Sometimes it is best to stay at Step Two for a couple days before moving on to Step Three. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three - Start a dry glass and put 15 drops of the MMS and 15 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water up to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. Once you have reached the 3 drops, five hours a day (15 drops activated in the water bottle) stay there until the condition is eradicated from the body. If you add fresh mint to the water it covers the taste of the MMS very well.

It is recommended that you eat small meals on the half hour while following this protocol. Example, if you take your first dose at 9:00 a.m. it is okay to eat something at 9:30 a.m. Do not take any vitamin C supplements during this protocol. It is best to wait two hours after the last dose to take any vitamins or whole food supplements that may contain vitamin C. It is very important to drink plenty of water during the protocol. I would suggest eight ounces of water an hour at the minimum to help flush the body during the cleansing process. If one chooses this protocol, it is important that you drink the MMS every hour. The MMS stays active in your body from one to one and a half hours. This method is very powerful, as it keeps the ClO2 in your body

On a personal note, I have many friends who suffer from this debilitating condition. It was exciting when the phone calls came in from people who had overcome severe pain due to fibromyalgia after following Jim Humble's protocol. This is another condition that requires a person to start slow. Due to all the pharmaceutical medications that have been prescribed, they seem to have an higher toxicity rate. Jim always suggests that when taking pharmaceutical medications, one should wait at least two hours before or after taking the MMS. Most pharmaceutical medications have toxins that saturate deeply into the body tissue. The ClO2 pulls those toxins out of the tissues. As a result, a person may experience more of a healing crises. As I have stated numerous times, taking it slower, eliminates unnecessary symptoms during your protocol.

Arthritis

Arthritis is the inflammation of a joint. For the purpose of this book, I will keep the focus on rheumatoid arthritis which is a more serious, debilitating disease. Chronic in nature, rheumatoid arthritis is characterized by inflammation and degeneration of the connective tissues. The exact cause of this condition is unknown but it is thought to be caused by immunological abnormalities. Rheumatoid arthritis is an autoimmune disease which means it occurs when the body's tissues are mistakenly attacked by its own immune system. People who have autoimmune diseases have antibodies in their blood that target their own tissue. Rheumatoid arthritis can effect multiple organs of the body. It is typically a progressive disease that has the potential to cause joint destruction and funtional disability.

Many individuals started with one drop of MMS (ClO₂) in the morning and one drop of the MMS (ClO₂) in the evening. Working up slowly to the desired drops. Otherwise, the every hour protocol for five hours a day has been proven very successful.

If you tend to be more sensitive, the following is a protocol that is easier on the system. This may require a person to stay on the MMS protocol for a longer period of time depending on the state of a person's health or medical condition

Step One – Start with a dry glass and put 5 drops of the MMS and 5 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas seems to escape. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water up to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two – Start with a dry glass and put 10 drops of the MMS and 10 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water or juice up to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. If you feel fine after Step Two, move on to Step Three. Sometimes it is best to stay at Step

Two for a couple days before moving on to Step Three. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three - Start a dry glass and put 15 drops of the MMS and 15 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the bottle with water up to the fifth line. Now you can drink four ounce portions every hour for five hours, using the marked lines as a guide. This solution will stay activated all day. Once you have reached the 3 drops, five hours a day (15 drops activated in the water bottle) stay there until the condition is eradicated from the body. If you add fresh mint to the water it covers the taste of the MMS very well.

People who had suffered with arthritis for many years started calling and writing with stories of relief after using the MMS protocol. They were calling to report complete freedom from pain. Many people who are ridden with this painful affliction seem to be pretty toxic. As a result, they have been prescribed many different medications and often times have other underlying conditions as well. I have spoken with several people who started with one drop of MMS, activated (ClO₂) twice a day. They stayed on this small amount for a week and then move to two drops a day for a week. This worked well for them. It didn't interfere with their medications and it was a small enough dosage, not to induce a healing crises. These people's systems could not handle an overload of toxins. With this disease, It is especially important to get to know your own body. By paying attention, you will know exactly how many drops to take. Once you find that formula, stick with it.

My brother-in-law was in a car accident several years ago. He came out of the hospital with inflammation on his knees and ankles. He was burdened with the pain for a couple years. He came to me requesting MMS. He wanted the MMS to cleanse his body of any pathogens and other toxins that may have accumulated in his system over the years. He has always been a health conscious individual, so this made perfect sense to him. Two weeks later, he came to my office filled with excitement as the inflammation was completely gone and he was now pain free!

I spoke about MMS at a political convention in Libby, Montana. I remember when we were setting up our booth a man came to me and was so thankful for Jim's discovery. He had battled arthritis in his hands for years. He showed me how he could now move his fingers and the pain was gone! His hands had once been crippled and he could not straighten out his fingers. His pain was gone! After working with many arthritis sufferers, I found this protocol is very effective, activate 10 drops of the MMS with the 10 drops of the one to one Citric Acid Activator (50 drops of the 10% Citric Acid

Activator, lemon, lime or vinegar). Remember, if you are activating with the new one to one solution let it set for 20 seconds to a minute. If you are using the 10% solution or lemon juice, lime juice or vinegar, activate for three minutes. Once the solution is activated, add one to two tablespoons of DMSO. Do not add any water to this mixture, just the DMSO. In this case, DMSO is a carrier for the MMS. Ironically, DMSO also reduces pain and inflammation in the muscles and other parts of the body. It goes deep in the tissue and aids in healing infected areas. One can purchase and read more about the DMSO on the internet. After you add the DMSO to the MMS (ClO2) mixture, immediately rub it into the area affected with arthritis. Either use your finger tips or a cotton ball. The DMSO carries the MMS deeper into the tissue. This mixture must be applied within five minutes after mixing. The DMSO is an antioxidant and the MMS is an oxidant.

Type II Diabetes

Diabetes is growing to troubling numbers in the United States. Between 1980 and 2002, the number of Americans with diabetes has more than doubled. The numbers are staggering. Today we can safely assume that well over 30 million people are affected by this condition.

Type II diabetes results from the body's resistance to insulin and its inability to secrete insulin effectively. When food is digested it is broken down, all the sugar and starches become glucos which in turn fuels the body. Insulin is necessary for the body to use glucos for energy. When glucos builds up in the blood, instead of going into the cells, it causes diabete. The tissue has become desensitized to insulin. To overcome this resistance to insulin and to stop the blood levels of glucose from becoming too high, insulin must be secreted into the bloodstream. Type II diabetes is associated with slow progressive glucose intolerance that can go undetected for years. Often a person will discover diabetes during an exam for a different issue. This can cause problems to go undetected while they increase in severity.

Once you've purchased your MMS and the Citric Acid Activator Solution, get a 32 ounce or one liter bottle, either glass or plastic is fine. You will need a Sharpie or permanent marker. Turn the bottle on its side and take a measuring utensil, either a ruler or measuring tape, and mark off eight equal portions. This will give you eight, four ounce portions to take hourly.

Step One – Start with a dry glass and put 8 drops of the MMS and 8 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas escapes. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two – Start with a dry glass and put 16 drops of the MMS and 16 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after step two, move on to Step Three. Sometimes it is best to stay at Step Two for a couple of days before moving on to Step

Three. I'm leaving the choice to the reader based on their individual sensitivity level. If you are sensitive, I would recommend that you stay at this level, at least a week, until you feel comfortable to move on. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three – Start with a dry glass and put 24 drops of the MMS and 24 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. Once you have reached the 3 drops, eight hours a day (24 drops activated in the water bottle) stay here until your symptoms are gone.

A man called to share his incredible testimony about the MMS and diabetes. He had been a Green Beret for 33 years. He had suffered with Type II diabetes for over 20 years. Over the past couple of years, his feet had become completely black and numb with neuropathy. He had read Jim Humble's writings and decided to try the MMS. He devised his own protocol, activating 10 drops of the MMS with 10 drops of the Citric Acid Activator Solution (50 drops at that time with the 10% solution). He took the 10 drops of MMS twice a day, morning and evening, for one month. After one month, his feet were completely healed and his neuropathy was gone! His blood sugar was normal and he was now off of his medication. What an amazing outcome for someone who had suffered so greatly.

Word gets around, about six months later calls began flooding . I had a phone conversation with a 71 year old gentleman. Although, his neighbor had used the MMS for his type II diabetes with great success, He felt apprehensive. He went ahead and purchased the MMS and began the protocol. A few weeks later, he called back with tremendous news. His physician had lowered his insulin to ½ the dosage and only after two weeks on the MMS.

People following the protocol were able to stabilize their blood sugars. Many Type II diabetics were using the MMS for a completely different condition. They had the added benefit of consistently lower blood sugar levels. I remember a call from somebody so excited to tell me she ate pancakes and did not need insulin to control her blood sugar. The funny thing was, she was taking the MMS for arthritis. How wonderful to “kill two birds with one stone”!

Once again, the key is to stay consistent. I have a better time staying consistent when I stay at the smaller drop dosage every hour or even a couple times a day. Here is another piece of valuable information that I have learned over the last few years. If a person is overweight, it seems best

to work his/her way up to higher drops dosage. The calculation for an overweight person is 3 drops of MMS for every 25 pounds of body weight. Example – if a person weighs 280 pounds, you would take 280 divided by 25 which equals 11.2 X 3 drops = 33.6 or a maximum of 33 drops per dosage if taking the 15 drop dose. This is important as many people with type II diabetes are overweight.

Herpes, Shingles, HPV, HIV and Viral Conditions

Herpes Simplex is a cutaneous viral infection with painful vesicles and erosions on the lips, buccal membrane, tongue and/or palate. These vesicles appear in the form of blisters commonly referred to as cold sores. Once a person is infected with this virus it can lie latent for a period of time. There is an incubation period of two to twelve days that is activated by over-exposure to sunlight, wind, cold, heavy alcohol use and physical or emotional stress.

HPV — Human Papilloma Virus is a virus that causes genital warts. This infection is very common; some studies state that half of sexually active people will contract the HPV virus. The HPV virus inhabits the mucous membranes such as in the genital area. They will appear raised or flat, either pink or flesh colored. An outbreak will normally consist of one or more warts. Woman who are infected with certain strains of HPV are at great risk of developing cervical cancer. This virus is often asymptomatic but can lead to grave illness.

Shingles occurs when the virus that causes chicken pox reactivates. Shingles is an extremely painful rash that runs along the nerve track. The virus often lays dormant in the person's system until he/she ages or their immune system becomes weakened by stress, injury or certain medications. Symptoms include headaches and sensitivity to light, flu like symptoms, itching and tingling, fluid filled blisters. It takes two to four weeks for the blisters to heal without treatment.

HIV (human immunodeficient syndrome) of all the STD's in our society today, HIV is the most alarming. HIV is transmitted in body fluids such as blood, seminal fluid, vaginal secretions, amniotic fluid and breast milk. The pathophysiology of HIV is very complex and for the purpose of this booklet, I will keep the information brief and on point. Once the blood system has been infected with HIV, a person will be diagnosed through blood tests that detect antibodies to HIV in the plasma. Most patients are asymptomatic when initially diagnosed. As the virus progresses, symptoms are widespread and involve most organs.

The best protocol to follow for these conditions is the every hour protocol. You can activate every hour in a dry glass. But, if due to scheduling conflicts this would be difficult, the water bottle delivery method works great. Below, is an explanation of this protocol.

Once you've purchased the MMS and the Citric Acid Activator Solution, get a 32 ounce or one liter bottle, either glass or plastic is fine. You will need a Sharpie or permanent marker. Turn the bottle on its side and take a measuring utensil, either a ruler or measuring tape, and mark off eight equal portions with the marker. This will give you eight 4 ounce portions.

Step One — Start with a dry glass and put 8 drops of the MMS and 8 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas seems to escape. So after you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two — Start with a dry glass and put 16 drops of the MMS and 16 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after Step Two, move on to Step Three. Sometimes it is best to stay at Step Two for two or three days before moving on to Step Three. I'm leaving the choice to the reader based on their individual sensitivity level. If you are sensitive, I would recommend that you stay at this level until you feel comfortable to move on.

Step Three — Start with a dry glass and put 24 drops of the MMS and 24 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. Once you have reached the three drops, eight hours a day (24 drops activated in the water bottle) stay here for three to four weeks.

When taking the MMS for herpes, it is common to experience a severe outbreak. Especially, when you have reached the higher drops, which is usually after one week. Many people have outbreaks in places they have never had them before. It is important to keep up the good work and stay on the protocol. The MMS is irritating the virus after so many years of coexisting in a comfortable, non threatening environment. It's amazing how resilient microorganisms are, they don't want to die. They will fight back.

HPV and Herpes can also be very difficult to eliminate from the body. I have observed a couple instances where the individuals have been extremely diligent, with little results. In this case, Jim recommends the fourth stage cancer protocol (see cancer protocol), including the MMS2. This means that one would follow the every hour protocol, but work up to as many drops of MMS an hour as possible without feeling sick. The

fourth stage cancer protocol suggests 10 hours of continuous MMS doses instead of 8 hourly doses. Once you have reached the highest dose, add in the MMS2. MMS2 can be purchased at several internet sites, but Jim recommends <http://mineral-solutions.net>. His recommendations are to start with ¼ capsule of the MMS2. Simply open the capsule and pour out ¾ of the MMS2 and then take the ¼ capsule internally. The MMS2 should be taken every 2 ½ hours, during the MMS every hour protocol or four doses a day. Jim believes the MMS2 goes deeper into the tissue. The MMS2 is always taken in addition to the MMS drops.

The MMS has proven very effective in combating the Shingles virus. I have received countless testimonies from those who have followed Jim's protocol for Shingles and today are free from this painful condition. Once again, the key is diligence and consistency. Depending on the toxic level of the body at the time of the MMS protocol, will determine the length of time required to eradicate the virus. For example, if a person is taking pharmaceutical medications and suffers with other medical conditions, it will normally take longer to overcome the virus.

The HIV/AIDS protocol changed summer of 2009 to the every hour protocol as a result of the success that Jim experienced in Africa. I have spoken with people who increased the dose to 6 drops an hour and experienced success after three weeks. One should increase the dose if they are overweight. To distinguish the proper dose, calculate 3 drops of MMS for every 25 pounds of body weight. The success that Jim had with HIV and AIDS was based on the person's health. They no longer had any symptoms associated with the virus and they were all in good health. We see the same results here in the United States, people are living asymptomatic and their health is greatly improved.

One testimony that stands out from all the others is a woman that I worked with. I originally sent her the MMS as she was in and out of the emergency room with an undiagnosed bacterial infection. They were pumping her full of antibiotics yet she was still sick after two weeks and quickly becoming despondent. She started the original 15 drop protocol right away and within a few days felt much better. This motivated her to further research the MMS for a condition that she had lived with for years, genital herpes. It's been my experience that many people feel unnecessary shame associated with this condition. Shame can be debilitating to all of us, keeping us from freedom both physically and emotionally. Feeling alone and isolated only feeds our shame and low self worth. It keeps us trapped in the lie. The truth is there are millions of people who have experienced this particular issue. My friend took the MMS and followed Jim's protocol for genital herpes, it's been two years and she has not experienced an outbreak of the virus. Now she is able to share her testimony with thousands of people around the world.

A gentleman shared his testimony with me about his battle with genital herpes. His wife had been unfaithful during their twenty-something year

marriage and as a result he contracted the virus from her. He followed the herpes protocol and has been free from any outbreaks for three years. Even though he experienced physical relief, he still suffered from the lingering emotional pain. I encouraged him to speak with others about his experience to help him fully heal from the emotional anguish sometimes caused by this virus.

I would like to share on final testimony. I spoke with a gentleman who endured painful outbreaks of herpes around his mouth. The lesions were so dense they resembled a goatee. He was taking the MMS according to Jim Humble's protocol every hour, eight hours a day. He had worked his way up to the higher drops, for three weeks with no results. Understandably, he was frustrated. As we talked, he mentioned that he was taking 10,000 mg of vitamin C daily. Jim's recommendation is to take vitamin C four hours away from the MMS dose. Because his dose was so large four hours was not enough time. After consulting with Jim, I suggested that he stop the vitamin C completely while taking the MMS. In his desperation, he took 10 drops of MMS (C102) for ten consecutive hours. I would not recommend this protocol for anyone. On a side note, as a young man, he had a history of steroid use for body building. As a result, he had tumors on his head and on his chest. After taking the MMS at the higher dosage, he noticed that the tumor on his head had shrunk and the two on his chest had softened. Thank God there was a wonderful outcome, despite the unorthodox method that he used.

Hepatitis C

Hepatitis C is a virus transmitted by exposure to infected blood and blood products. This can occur through sex with an infected partner or use of contaminated equipment or drug paraphernalia. The virus incubates between 15 to 160 days before attacking the blood stream. Hepatitis C is a chronic condition that increases the risk of hepatic cancer. Because hepatitis C is chronic, it is affected by the carrier's immune system.

During my tenor, hepatitis C was the subject of the most testimonies that I received. Whether one chooses to follow the 15 drops original protocol or the new 3 drops protocol, the key here is consistency. You may be able to slack off on other conditions, but this takes a commitment to follow the protocol to the best of your ability. The people who have called me with great success stories all followed Jim's protocol for one month (7 days a week). The every hour protocol seems to be the easiest to follow, especially, now with the ability to activate the MMS in the water bottle. So let me go over it again.

Once you've purchased your MMS and the Citric Acid Activator Solution, get a 32 ounce or one liter bottle, either glass or plastic is fine. You will need a Sharpie or permanent marker. Turn the bottle on its side and take a measuring utensil, either a ruler or measuring tape, and mark off eight equal portions. This will give you eight, four ounce portions to take hourly.

Step One — Start with a dry glass and put 8 drops of the MMS and 8 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas escapes. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after the first day, move on to Step Two.

Step Two — Start with a dry glass and put 16 drops of the MMS and 16 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel fine after Step Two, move on to Step Three. Sometimes it is best to stay at step two for a couple of days before moving on to Step Three. I'm leaving the choice to the reader based on their individual sensitivity level. If you are sensitive, I would recommend that you stay at this level, at least a week, until you feel comfortable to

move on. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three — Start with a dry glass and put 24 drops of the MMS and 24 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. Once you have reached the three drops, eight hours a day (24 drops activated in the water bottle) stay at this dose for one month.

It was the summer of 2008, when we first started getting calls from people infected with hepatitis C. My first testimony was from a gentleman who had followed the protocol for one month, before testing his viral load. He was so excited to learn there were no traces of the virus in his blood. I too was amazed. The calls started coming in every week. Over the next six months, I had many calls confirming that the month protocol was the most effective. One woman had suffered with this virus for over 28 years. She tested negative for the virus after completing Jim's protocol. She could not believe the findings, so she retested, the second test confirmed she was virus free. I was so blessed to be the person to hear her story first hand!

Of all the information that I gathered about hepatitis C, the main element for success is consistency. A common element in all of the successful testimonies is a commitment to diligence and an unswerving in dedication to following Jim's protocol. People who called and said, "Well, I took the MMS this day, but forgot to take it the next" had a lower rate of success.

Here is one of my best testimonies regarding hepatitis C. A man had contracted hepatitis C during wartime while getting vaccinated. In the early days, before disposable syringes, there were high incidents of cross contamination. Many of these men became infected and never realized the connection until years later. This gentleman and his friends have long since retired and now live as neighbors in a small community. He went for his normal check up and the prognosis was not good! His viral load was through the roof; his liver was enlarged and filled with tumors! His friend had done some research on the internet and found the MMS. The infected man went on the 15 drop protocol, three times a day for one and a half months. When he called me with the results, my heart soared. His liver was normal! There were no tumors! His viral load went from being high to normal! What a miraculous testimony!

That same week, I had a gentleman call that heard about the MMS (Cl02) from one of the young ladies at his church. He was a Seventh Day

Adventist. I have found that many Seventh Day Adventists take the MMS according to Jim Humble's protocol. She gave him a copy of Jim's book and a bottle of MMS along with the Citric Acid Activator Kit. He read the book and began taking the MMS. He lived in a small, single wide trailer on twelve acres of land. This gentleman told me that he could barely get from the bedroom to the bathroom down the hall before he started taking the MMS. Soon his symptoms improved. A few months later at his follow-up appointment the doctor shared something that had a profound effect on me. After diagnosing his patient, the doctor could smell the odor of death coming from him. This is not unusual in the medical profession many experienced physicians are familiar with this phenomenon. Amazingly, after completing the MMS protocol the doctor no longer smelled the odor. The physician told this man that in all his years in practice, he was the first patient that did not die, after smelling this odor on them. The doctor was astounded at the changes in his condition. When I spoke with this man, he was still waiting for the results of his viral load. He was very confident that the MMS has killed the virus!

Cancer

The term cancer encompasses a group of distinct diseases. The causes, manifestations and prognosis differ considerably, depending on the specifics of the cancer. More than 1.3 million Americans are diagnosed with cancer each year (Gemal, Murray, Ward, et al., 2005). It is the second leading cause of death in the United States. Over 560,000 Americans die from malignant cancer each year. Cancer presents with abnormal cells transforming by genetic mutation of DNA. These abnormal cells proliferate and infiltrate surrounding tissue.

Original Cancer Protocol:

Purchase one bottle of MMS through the internet or in your local health food store. You will need to activate the MMS in order to produce the ClO₂. A bottle of the one to one Citric Acid Activator Solution can be purchased on internet as well. Normally, it will be in a kit (MMS and Citric Acid Activator Solution) if purchased at a health food store. If purchased on the internet it is usually sold separately. The new one to one Citric Acid Activator Solution is made with a higher percentage of citric acid. As a result, you mix only one drop of Citric Acid Activator with one drop of MMS and let set for 20 seconds before adding juice or water.

After purchasing the MMS and the Citric Acid Activator Solution, you are ready to begin. Always start with a dry glass when activating the MMS. On the first day, put 1 drop of the MMS and 1 drop of the Citric Acid Activator Solution in a dry glass and let it set for 20 seconds. You will notice the mixture turns a dark yellow and an odor much like bleach rises from the glass. Add four ounces of water or juice to the MMS (ClO₂) and drink. If you choose to use juice, only use organic juice without added vitamin C or ascorbic acid. Either of these additives will cancel out or de-activate the MMS (ClO₂). I have found that fresh juicing fruits and vegetables covers the taste very well and is a good way to get those raw vegetables in your diet!

(Note: If you are using the old Citric Acid 10% activator solution, fresh lemon juice, fresh lime juice or apple cider vinegar, you would mix 5 drops of the of the activator with one drop of the MMS and let it set for 3 minutes before adding the water or juice)

Take this MMS (ClO₂) dose in the morning, afternoon and evening. Most people add a drop each day, working up to fifteen drops. For example, on day two, activate 2 drops of MMS with the 2 drops of the Citric Acid Activator Solution. Let the solution set for 20 seconds, add water or juice and drink. A person can add four to eight ounces of water without affecting the strength of the MMS (ClO₂). I prefer to use four ounces to

get the MMS down as quick as possible. Some people prefer to increase the drops of the MMS at each dose. Starting with 1 drop of MMS activated (ClO2) in the morning, 2 drops of MMS activated (ClO2) in the afternoon and 3 drops of the MMS activated (ClO2) in the evening. This is a quicker way to build up to the desired drops.

If at any time during this process, one feels nausea or experiences diarrhea which is a symptom of a healing crises, back down 1 or 2 drops and stay there for a day or two. Example — if you are taking 10 drops of MMS (ClO2) and you feel nausea; go back to 8 drops of MMS (ClO2) at the next dose. It is best to stay at the 8 drops of MMS (ClO2) for one or two days. When you feel better begin working back up.

Jim Humble suggests that weight is used to calculate the maximum number of drops to be taken. It is recommended to calculate 3 drops of MMS for every 25 pounds of body weight as a rule of thumb. Example — if a person weighs 280 pounds, take 280 divided by 25 which equals 11.2 X 3 drops = 33.6 or a maximum of 33 drops per dosage if following the original 15 drop protocol.

If one feels nausea, eating an apple will help to soothe the stomach. You can eat something simple one half hour before or after the MMS dosage with this protocol. Examples of simple foods are a banana, salad, toast, vegetables, etc. These types of foods will not interfere with the MMS (ClO2). It is suggested to wait an hour and a half after the MMS (ClO2) dose before eating a full meal as it is possible that the MMS will go after the toxins in the stomach instead of the parasites in your system. Plus, you may become sick from the food interacting with the MMS.

If you need to stop the MMS (ClO2) from working completely take 3000 mg of vitamin C within 5 minutes after taking the dose. This will completely deactivate the MMS (ClO2). You can also mix two teaspoons of baking soda in a four ounce glass of water and drink. The baking soda solution will also deactivate the MMS. If you inadvertently switch the drops or add too many of either solution, you should immediately take either the vitamin C or the baking soda and water solution. I have spoken with several individuals who mixed up the dose by mixing 75 drops of MMS with 15 drops of the Citric Acid Activator Solution. They become extremely sick and immediately started vomiting and experiencing intense diarrhea. Usually, the nausea and flu like symptoms last most of the day. If this happens, it is important to drink plenty of water. It will help to flush the toxins and the “die off” or dead pathogens out of the system. Although uncomfortable, it usually passes within a day.

The original cancer protocol has proven to be very effective when followed between three to five months, depending on the severity of the cancer. When taking additional supplements and medications, it is recommended

to wait two to three hours before or after the MMS dose. Large doses of vitamin C will deactivate the MMS. It is recommended to avoid vitamin C during the MMS protocol. If vitamin C is part of the regimen, wait at least four hours before or after your MMS (ClO₂) dose. Time released vitamin C will need to be eliminated completely during the MMS protocol. If a person experiences nausea, vomiting or diarrhea, back down two or three drops. Stay at the lower drops until the person feels stable enough to continue working slowly up to the required dose

The New Cancer Protocol:

Jim now recommends the new every hour protocol for cancer. One can activate every hour in a dry glass or use the water bottle delivery method, which I have explained below. For cancer patients, Jim suggests following this protocol for **ten hours a day**.

Once you purchase the MMS and the Citric Acid Activator Solution, get at least a 40 ounce bottle, either glass or plastic is fine. You will need a Sharpie or permanent marker. Turn the bottle on its side and take a measuring utensil, either a ruler or measuring tape, and mark off ten equal portions with the marker. This will give you ten 4 ounce portions.

Steps One — Start with a dry glass and put 10 drops of the MMS and 10 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. I have found that if you let it set longer than a minute it starts to lose strength as the ClO₂ gas seems to escape. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. This will give you four ounce portions every hour for ten hours. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you feel good after the first day, move on to Step Two.

Step Two — Start with a dry glass and put 20 drops of the MMS and 20 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. This will give you four ounce portions every hour for ten hours. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. If you don't experience any healing crisis symptoms, move on to Step Three. Sometimes it is best to stay at Step Two for a couple days before moving on to Step Three. I'm leaving the choice to the reader based on their individual sensitivity level. If you are sensitive, I would recommend that you stay at this level until you feel comfortable to move on. Adding fresh mint to the water covers the taste of the MMS very well.

Step Three — Start with a dry glass and put 30 drops of the MMS and 30 drops of the Citric Acid Activator Solution in the glass. Let the mixture set for 20 seconds, no longer than a minute. After you have activated the MMS, fill the glass with water. Pour the mixture of MMS and water into the empty bottle. Then fill the rest of the bottle with water. This will give you four ounce portions every hour for ten hours. Drink four ounces every hour using the marked lines as your guide. This solution will stay activated all day. Increase the drops until you reach the maximum amount of ClO₂ tolerable without becoming ill. Example, add another drop on day four, activate 40 drops of MMS with the 40 drops of the Citric Acid Activator Solution. This breaks down to 4 drops of MMS (ClO₂) an hour for a ten hour period. When battling cancer, the suggested hourly dose is 6 to 8 drops of MMS, no more than 10 drops.

If a person has stage four cancer, Jim suggests adding the MMS2 to the protocol. The MMS2 capsules can be purchased on the internet. During my two and a half years of gathering information, none of the cancer testimonies that I received included the use of MMS2. Jim believes the MMS2 goes deeper into tissue and as a result is extremely effective against tougher conditions. He suggests that only individuals with stage four cancer or other more stubborn conditions should use the MMS2 in addition to MMS (ClO₂).

The protocol suggests taking one MMS2 capsule every two and a half hours during the 10 hour MMS (ClO₂) protocol. Take the MMS2 dose on the half hour, after you have taken your MMS (ClO₂) dose. He also recommends starting with a quarter capsule of the MMS2 on the first day. To take a quarter capsule, open the MMS2 capsule and pour out $\frac{3}{4}$ of the contents. Jim suggests that you move the individual's intake up to a half capsule dose the second day. If the individual does not experience any adverse reactions, continue to the full dose. It is suggested that food intake should be limited to a half hour between doses. It is believed this protocol will cure stage four cancers within half the time of the original protocol without the MMS2.

I recommend that you research the importance of good nutrition and a diet rich with vitamins and minerals. Consider this an opportunity to choose healthy living over ignorance by taking responsibility for your health. Here are a few ideas for a healthy diet. Raw vegetables and vegetable juices, fruit (fresh and dried but rehydrated—avoid sulphurated), whole grains, lightly cooked vegetables, sweet potatoes, beans, yogurt and kefir, small amounts of organically raised meat, small amounts of poached fish, nuts and/or nut milks, herb teas, vegetable soup, and cruciferous vegetables. Many cancer experts recommend a 70% raw food diet; however, others seem to feel that a 50% raw food diet is more beneficial. Check with your own nutritionist.

Another reason for eating organic foods is of special interest to women wanting to prevent or fight breast cancer. Pesticides mimic the action of

estrogen in your body in that they can lock onto receptors in the breasts and stimulate cell division. Even small amounts of pesticides can be dangerous to women, because they tend to concentrate to high levels in fat cells, and breasts are comprised mostly of fat cells.

Here are some foods to avoid -- Coffee, certain types of tea (caffeinated), sugar, white flour, white rice, milk, oils (except olive oil), liquor, fried food, meat from animals that have been raised with hormones or antibiotics, citrus (one or two oranges is maximum), vitamins that are not indicated for you specifically, refined salt ([Celtic Sea Salt® Brand](#) has been given the ok by many naturopaths and nutritionists), cocoa, over-processed foods, foods with additives and drugs (these include all over-the-counter remedies, i.e., pain relievers, antacids, cough and cold medicines). Keep in mind that these are just general guidelines. For example, some people need animal proteins. Some need citrus. Only a thorough chemical analysis can tell you specifically what to eat and what to avoid. However, everyone with cancer should avoid all sugars and any foods containing partially hydrogenated oils (which means you must learn to read labels as the food industry is slowly slipping these fats into nearly everything: frozen foods, cream soups, cocoas, cheese products, you name it).

When a woman is diagnosed with breast cancer, there is strong evidence that the topical application of MMS has been very effective. This is in addition to the internal dosage discussed above. The protocol followed by many women who reported a reduction of tumors is as follows. Mix 10 drops of MMS with the 10 drops of the Citric Acid Activator Solution. Let this set for 20 seconds and add 1 tablespoons of DMSO. You can purchase the DMSO on the internet. Since the DMSO is an antioxidant and the MMS is an oxidizer, you only have about 5 minutes to apply the solution directly on to the tumor or infected area. The DMSO acts as a carrier of the MMS (ClO₂) by taking it deeper into the tissue. Apply this mixture two to three times a day.

Last year, I spoke with several women who used the MMS protocol for breast cancer. One of the callers said she followed the original MMS protocol of 15 drops activated, three times a day for a period of one month. When she went for her pre-operative appointment, she was sent home as the cancer was completely gone. Obviously early detection produces quicker results when starting on the cancer protocol. I have also received amazing testimonies from woman who used the MMS for stage four breast cancers.

When I first started working with MMS, my friend Tim had stage four colon cancer. He had gone the gamut with two years of chemotherapy and radiation. By the time I brought the MMS to his home, the hospice nurse had been called in to help his family prepare for his death. Tim was hardly able to get to the bathroom. He was on high doses of morphine for the pain. His stomach was bloated from the cancer growing so rapidly, after stopping the chemo treatments. His wife expected him

to pass away any day. They had accepted the death sentence and had given up hope for any healing. My husband wanted me to take them the MMS. I was not very familiar with the effects of the MMS at that time and my confidence in the MMS was shaky.

Never the less, I brought Tim's wife the MMS and explained the cancer protocol. Along with the MMS, I also gave him some of Dr. Miller's Holy tea. The Holy Tea is formulated from a medical herb called Holy Thistle. It is a detoxifying tea. Tim really liked taking this tea with the MMS, as it helped to pull the "die off" out of the body and eliminated the gas and cramping from his bloated stomach. He started taking the MMS that first day. He worked up to 15 drops of MMS (C102), three times a day within a week. After the first week, his appetite came back full force! By five weeks, he was building his grand kids a fire pit, telling them "Grandpa is going to live." I was shocked and that's when my journey with MMS and cancer began.

Millie's husband Bill was diagnosed with stage four lymphoma. Millie had purchased the MMS after researching about the product on the internet. She put her husband on a healthy diet, special herbs and the MMS (C102). She also used black salve to pull out some of the tumors. Bill soon became known as the "Miracle Man" of Indiana. He went from experiencing the symptoms of a terminally ill man to golfing eighteen holes a day, cutting down trees with an axe and living a normal active life. Millie was so inspired that she began speaking with many cancer patients for me. I knew many people attempting alternative remedies, needed to hear from someone they could relate with. There's no substitute for firsthand experience. Bill and Millie became valiant warriors that year, educating and offering prayers and loving encouragement to countless cancer victims, even in the midst of their own crisis. On December 27, 2008, Millie called to tell me that Bill had just received the test results from his PET scan. He was cancer free. When her doctor asked her what she had done to help Bill, she smiled and said, "I'm just giving him vitamins!"

Over the next year, I spoke with many cancer survivors. One email particularly touched my heart as it was written by a boy about his mother's struggle with lung cancer. Although young, he took it upon himself to get the MMS and administer it to his mom. While the doctors were pumping her full of chemo, he was following the MMS protocol. Ultimately, the cancer was eradicated from her body. He attributed the healing to the MMS (C102).

A wonderful woman named Sue had learned about Jim Humble's MMS protocol from a healer in her area. She had purchased her MMS in early December. During that period, her husband, John had been diagnosed with stage four pancreatic cancer. At the time of his diagnosis, he was seventy two years old. She placed him on Jim's MMS cancer protocol. It

was February 2, 2009, when I received the most wonderful news imaginable. John had received his PET scan results and he was cancer free! This testimony claimed the most rapid recovery period for cancer that I had received to date. It was not too long after the news of Patrick Swayze's death from the same type of cancer. This seemed so sad and senseless to me.

I received a call from a retired veterinarian who had purchased 50 bottles of the MMS along with the Citric Acid Activator Solution. During our conversation, he explained, six months earlier, he had been diagnosed with stage four liver cancer. Prior to his own diagnosis, he had spent a great deal of his professional life searching for a cure for cancer. Once he was diagnosed, he began researching alternative remedies for his condition. He told me that the chemistry made perfect sense to him. He started the cancer protocol and after three months, he was given a clean bill of health. It was his goal to give the fifty kits away to help other people. Talk about paying it forward!

I have been so blessed and touched by the hundreds of cancer victories over the last couple of years. If I had to choose one testimony that especially touched my heart, it would be this one. I received a call from a doctor who had a patient with stage four rectal cancer. This patient had been through a grueling two and a half years of chemotherapy, radiation and other experimental treatments. Her tumor was so large that it was actually tearing her rectum. When it became clear the treatments were not successful, she was sent home to make arrangements for her death. The doctor requested that I assist in a conference with her the following day. He explained that she was pretty distraught after all that she had been through. He was hoping that I could share some testimonies and explain the cancer protocols. I will never forget that day. The thought of the call makes my heart sink. It's not easy to offer information on a remedy that may or may not help with their particular infirmity. I did not take this lightly as this is someone's hope, heart and their very life. I am someone who values truth, love and the human heart! We spoke for about a half an hour. She agreed to try the MMS (C102) and follow Jim's original cancer protocol. It was about two and a half months later, on the night of Thanksgiving eve, that I received the call. It was her doctor letting me know that she had just received her test results and she was cancer free. My God, I thank you so much for giving me the honor of being part of this amazing story! I literally feel so blessed that I have been able to meet such wonderful and courageous people. I will always cherish the memories of my journey with these people.

Children/Pregnant and Nursing Mothers

On the topic of children, most people have questions/concerns about the MMS and the safety of administering the MMS to children. Obviously, we have established that I have treated my own children and grandchild with MMS for their health conditions. When it comes to children, Jim advises using weight as the guideline for dosing. Prudence is the key, start very low at one drop. It's my experience that small children can use MMS as long as the dose is very carefully measured. Definitely no more than three drops per twenty five pounds of body weight. I have spoken to many people who have given their children MMS (C102) for all kinds of health problems, ranging from eczema, asthma to the common cold.

This year a medical researcher from Southern California called me informing me how little we know about the far reaching effects of the MMS (C102). He had been researching the MMS and was really excited about the ability of MMS (C102) to cross the blood brain barrier (which is the separation of the body circulating blood and the cerebrospinal fluid in the central nervous system). He strongly believed that because of this finding, the MMS would prove to be the cure for some forms of autism as well as Alzheimer's disease. Let's keep our eyes open for the wave of new discoveries on the horizon. I just read about a person who took the MMS for Alzheimer's and now has their memory back.

The fact that many companies that manufacture MMS place warnings labels on the bottle for pregnant or nursing mothers angered Jim Humble. He has stated quite clearly his belief that pregnant and nursing mothers can use MMS safely. In fact, he has treated pregnant women and children all over the world with MMS. These victims may have died from Malaria and other deadly diseases if it were not for the MMS.

Pets and other Animals

Animals can also receive the benefits of the MMS (ClO₂) treatment. As with humans, tailor your protocol to the suspected illness of the animal. For example, if your dog has a tumor, consider applying the MMS topically. Mix 10 drops of MMS with 10 drops of the Citric Acid Activator and let it set for twenty seconds. Add water or DMSO to the activated solution. Apply this mixture topically to the infected area. When giving pets MMS orally, the rule of thumb is 3 drops of MMS for every 25 pounds of body weight. Example, if a dog weighs 75 pounds, start him off at the lower drops of MMS and work up to a maximum of 9 drops of the MMS activated with 9 drops of the Citric Acid Activator Solution. This dose can be administered to the pet orally three times a day. When giving the MMS to your small pets adding chicken or beef broth to the solution to disguise the taste works great. Some people use oral syringes when administering the MMS to their pets. They activate the MMS and then add a small amount of water to the activated solution, then squirt the MMS (ClO₂) down the back animal's throat.

Horse owners often put larger doses of MMS (ClO₂) in the horse's water troughs and/or feeders. Some horse and livestock owners have even inserted the activated MMS (ClO₂) rectally, much like an insertion enema. In cases where there are visible tumors, mix 10 drops of MMS with 10 drops of the Citric Acid Activator solution and add a tablespoon of DMSO to the mixture. Add enough DMSO to cover the infected area. Apply this solution three to four times a day to the tumor or infected area. Since the DMSO is an antioxidant and MMS is an oxidizer, the solution must be applied immediately after mixing or it will deactivate. Use the topical solution in addition to the oral method for tumors.

Many people have used the MMS (ClO₂) for their horses with thrush and other diseases common to the breed. They claim to have saved thousands of dollars in veterinary expenses, since discovering the MMS. Farmers use the MMS to de-worm their horses and other livestock. This makes perfect sense, especially after the testimony from the hydro-colon therapist!

I once spoke with a woman who put out food and water for the raccoons each fall and winter. When the newborn raccoons came to eat in the winter months, they looked sickly and bald. She had purchased the MMS for herself and thought she would put some in their water bowls. She called me so excited, the baby raccoons all grew thick healthy fur and looked better than ever.

In the case of mites, infections or other conditions related to the ears, Jim recommends activating one to two drops of MMS and adding about 1/8 cup of water. Take an eye dropper and put a few drops in the

animal's ears. You can also make up the same solution and put one drop in each of the animal's eyes. Make sure when putting MMS drops in the eyes, to rinse out the eyes after 5 minutes with fresh water or an eye wash solution.

Bathing your pets in the MMS is the same as the 30 drop hot tub bath method. Fill the wash tub with warm to hot water, and then add the activated MMS. Place the pet in the tub and pour the water over the pet massaging it into the skin. Continue bathing the pet for 20 minutes. Another option is to make up the topical spray solution and spray it directly on the skin. Mix up 20 drops of MMS with 20 drops of the Citric Acid Activator Solution, activate for 20 seconds. Add a small amount of water to the solution and pour into a two ounce spray bottle then fill the bottle with water. This solution will last for 3 to 4 days. You can spray this on the animal four or five times a day. The ideas are endless and extremely effective

Disinfecting your home

Another great way to use the MMS is as a disinfectant in your home. Here is how, activate 40 drops of MMS with 40 drops of the Citric Acid Activator Solution in a glass bowl or saucer. Do not add water, place the container with the activated MMS in a bedroom, bathroom or any other room that needs to be disinfected. I placed this mixture in a saucer on the middle of my bed. Not only was my mattress rid of any critters, but the whole bedroom felt completely clean. This mixture can be placed in the shower or bath tub. Watch the mold melt off the cracks and crevices. You can also take the same mixture of 40 drops of MMS or more, depending on the severity of the mold, and activate it with 40 drops of the Citric Acid Activator Solution. Place it in a spray bottle with about 2 to 4 ounces of water and spray the mold directly.

I spoke with health food store owner, who raved about MMS, he gave some great pointers to pass along. He sprayed his counters with the activated MMS. He told me it was great for the counters after cutting meat and other foods that leave traces toxins. He told me it was a great disinfectant! I also spoke with a woman that made up the MMS in a spray bottle and used it on her plants in her yard. She told me that it kept the bugs off of her plants. I tried it last summer and it works great. You can really think of so many ways to use this product to cleanse your environment.

Conclusion

In an era when all seems hopeless, there are still people like Jim Humble, who would risk it all to get this amazing discovery out to the world! I have had the pleasure of meeting this incredible man who impacted thousands of lives with his discovery. A true heroine with the courage to stand for justice and the passion to fight for freedom and truth! Which is actually a call to all of us as brothers and sisters. We too can stand together and make a difference in our own communities. They can try and tear MMS down, but it's too late, the world already knows! Even though, I lost my job suddenly due to unforeseen circumstances, I will continue stand by MMS. I don't know where my journey will lead to next, but the imprint this experience made on my heart, has forever changed my perspective. Isn't that really what life is all about, growing and changing. Discovering our true identity and ultimate call to love each other. Laying down our own agendas and stepping out of the box to help change the world.

MMS will keep evolving and changing as time goes on. Just like one medical researcher stated last year, "You don't know what you have here. MMS is going to cure 95% of the worlds medical conditions." There are many more breakthroughs yet to be uncovered with this simple solution. I wrote this journal to stand by Jim Humble by sharing my experience with MMS and confirm it's miraculous effects! I am so grateful for the opportunity to work with such incredible people. I feel honored to be part of the beginning foundations of MMS. I shed many happy tears, prayed with so many wonderful people and have been personally touched by these incredible testimonies. I met brave men and woman around the world both in and out of the medical profession, who are willing to risk it all for the possibility of curing disease and the prevention of unnecessary death. It has inspired me to follow my heart and find my place in helping impact our world! One of my favorite quotes is "I am royalty, I have destiny, I have been set free, I'm gonna change the world!"

So go and change your world!

