

How To Use Master Mineral Solution - Protocols

This text is reproduced from: <http://humblemiraclemineral.com/miracle-mineral-procedure/>

**You can Get your MMS from: www.humblemms.co
(Delivery Worldwide)**

First an obligatory disclaimer:

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Miracle Mineral Solution is a 28% solution of sodium chlorite in distilled water. Miracle Mineral Solution is a water purification product. It is NOT a mineral supplement nor is it sold as a mineral supplement of any kind. Though often referred to in acronym (i.e. "MMS"), an important distinction must be made between Miracle Mineral Solution and the "MMS Protocol" established elsewhere and detailed exhaustively by third party sources.

You need to know that MMS is for water purification only. Any other use is on you. While it is true that when Miracle Mineral Solution is activated, the chemical compound chlorine dioxide is produced, Miracle Mineral Solution is NOT chlorine dioxide. If your privately intended use for Miracle Mineral Solution is to activate it (i.e. convert it to chlorine dioxide) it is advised you thoroughly read all related material, consult a healthcare professional and study various third party resources, some of which, are made available here and on the above website for your safety and convenience.

All of the Protocols below are taken directly from Jim's site and do not come from us. They are straight from him. We are republishing them here in the interest of ease-of-reference.

NOTE: Whenever drops of MMS are mentioned, they are *activated* drops. You can make activated MMS in either of two ways — using 50% citric acid or 10% citric acid, **we supply 50% Citric Acid.**

Master Mineral Solution - Normal Dosage

Note: When following the suggestions below, keep this sentence in mind: Always activate one MMS drop with one drops of one of the food acids, either citric acid solution (50% strength), unfiltered vinegar, fresh lemon or lime juice.

In a cup or small glass always mix 1 drops of one of those food acids to each one drop of MMS. Swirl and wait at least 30 seconds (keep it covered if possible for highest potency), then add 1/3 to 2/3 to a full glass of water or fruit juice such as 100% Grape Juice or Pineapple Juice (but without any vitamin C and not from concentrate) or using a juicer, juice apples or pineapples (but not oranges) — then drink it. After adding the juice or water it is best if you drink immediately, but you can drink some, then wait as long as 30 minutes before drinking the second half without losing a lot too much of the beneficial ClO₂ gas.

1. All methods for taking MMS starts with one or two drops. Never start with more than one or two drops. People who are very sick and/or sensitive should start with 1/2 drop (drink only half the glass of a one drop dose). Activate the MMS drops as given above.

2. If you proceed OK with no nausea on the first dose, increase by one drop for the second dose. If you notice nausea reduce the amount of MMS for the next dose. It is important to understand that the chlorine dioxide (not the same as chlorine) that does all the good in your body only lasts a little more than one hour and then it is gone. Therefore to really do any good against the pathogens you are trying to kill, you need to keep giving the MMS to your body continuously to the extent possible. Every two hours is usually OK. However, some people may prefer a morning and evening dose at first, then adding in a noon time dose while getting acclimated to the process. Some people want to ramp up faster than others, so proceed at your own speed.

Increase the number of drops taken each two hours very slowly and if you begin to feel sick (or feel nausea or diarrhea) reduce the number of drops you take. Do not make yourself feel worse. THERE IS ABSOLUTELY NO VALUE IN EXPERIENCING NAUSEA. You always take the maximum amount of MMS that you can possibly take without getting nauseous or having diarrhea.

Note: If you notice diarrhea, or even vomiting, that is not a bad sign. You are killing pathogens faster than your liver can process them for elimination. Therefore slow down the killing process. The body is simply throwing off poisons and cleaning itself out. Everyone says that they feel much better after the diarrhea. You do not have to take any medicine for the diarrhea. It will go away as fast as it came. It will not last. It is not real diarrhea as the body is just cleaning out, and it is not caused by bacteria or virus. When the poison is gone, the diarrhea will be gone.

You must not continue to take so much MMS that it causes continued diarrhea or nausea. If diarrhea continues more than two days, keep reducing the dose and putting more hours between doses until there is no diarrhea. You lose too much water, minerals, and vitamins with continued diarrhea. That will slow your desired improvements or recovery from illness.

During the Diarrhea stage watch for possible and unexpected parasites dropping into the toilet. There are dozens of types and varieties. Watch for small eggs which were going to hatch into parasites. If you see them, you should not assume that this is the last of them because if you skip days of MMS benefits, the parasites can reappear a month later unless you continue with more complete detoxification. Avoid time gaps and keep a small amount of MMS circulating day and night to the extent possible. With parasites you will want to achieve complete clearance.

3. Continue to follow the procedure given in 2 above until you reach 10 drops taken every 2 or 3 hours – if possible – ALWAYS STAYING JUST UNDER THE NAUSEA BARRIER. Continue at three or more doses per day for at least one week and then reduce the drops to 4 to 6 drops a day for older people and 4 to 6 drops twice a week for younger people – known as “maintenance” mode.

If nausea does occur, please read the article “How to avoid Nausea Completely.” It describes the signals that let you predict where the nausea barrier may be. It offers two ways to stop nausea if you missed the signals (apples are very good), and how to control it at <http://MMS-articles.com>

Note: Once you have completed step 3 above most of the viral, bacteria, mold, and yeast load will be gone from your body. Your body will be clean and cleared of the pathogens you picked up and hosted since childhood. You no longer have to worry about feeding the microorganism load. You can base your diet on nutrition, rather than not feeding the load.

Diabetes often goes away as inflammation of the pancreas diminishes. Your body will be able to easily absorb vitamins and minerals and many other nutrients it might have been missing up to this time. You should feel better as time goes by. Do not quit taking the MMS, Be sure to take vitamins and minerals and other nutrients that you know are good. MMS supplies no nutrients, so your normal program of nutrition should be maintained between doses or at night.

For Children the protocol is essentially the same. One should usually start at 1/2 drop. Just make a one drop drink and pour out 1/2 of the drink before giving it to the child. Then increase from 1 to 2 to 3 drops as given above, but do not go beyond 3 drops for each 25 pounds (11.4 kg) of body weight. With a baby start with 1/2 drop every 2 or 3 hours and stop when the baby is well.

If the baby or child should become nauseous wait an extra hour or two before giving another dose and also give a smaller dose. Give smaller doses until the baby or child can tolerate more, but do not stop giving doses until they are well. Children that are sick with the flu or other diseases should have 1/2 drop every hour during most of the day.

Clara's 6 and 6 Protocol

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

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

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

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

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

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

So this is "Clara's 6 and 6 protocol" for MMS. It is simple. It's for most conditions, such remedy for flu, colds, pheumonia, physical pains either immediate or chronic, and most other home sicknesses. This has been adjusted for the 50% Citric Acid we supply.

1. In a cup or glass mix 1 drop of MMS with 1 drop of 50% strength Citric Acid. Swirl and wait 30 seconds for activation to be completed.
2. Add 1/2 glass of water or juice that does not have added ascorbic acid or vitamin C (Vitamin C prevents proper functions of this solution). Drink this whole amount as quickly as possible. You should also use a juice that does not have added vitamin C or from concentrate. **Use**

apple juice, grape juice, pineapple juice, or cranberry juice.

3. If you felt absolutely no change during this first hour, go ahead and go to 2 drops on the second hour. (Always use 1 drops of 50% strength citric acid for each drop of MMS, and of course, the 30 seconds wait) Go to 3 drops on the third hour if you have not felt any change in nausea) The nausea is not bad. It indicates that the MMS is killing pathogens. But do not cause yourself nausea by taking more. Over time increase to a maximum of 6 drops MMS with 6 drops of the citric acid. If you weigh over 200 pounds then 10 drops might be the maximum.

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

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

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

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

Miracle Mineral Supplement Protocol 1000

From Jim's site: PROTOCOL 1000 is basically taking 3 drops of activated MMS each hour, for 8 hours a day, for 3 weeks. However many people cannot start taking that many drops and should start with only 2 or even 1 drop and hour. This is determined by how sick they are to begin with. If one is feeling very sick then start with 1 drop an hour or even 1/2 drop and hour, but then begin taking more if you feel that you can. The rule is, if you feel that the drops are making you feel worse, take less and if they are not making you feel worse then take a little bit more the next hour, but never more than 3 drops an hour.

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

(1) **(preferred method)** add 1 drop of 50% citric acid for each drop of MMS that is in your glass, swirl or shake to mix, wait 20 seconds, add 1/2 to 1 glass of water or juice and drink, or

(2) add 5 drops of 10% citric acid for each drop of MMS in the glass, and then shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink, or

(3) add 5 drops of vinegar for each drop of MMS in the glass, shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink, or

(4) add 5 drops of full strength lemon juice for each drop of MMS in the glass, shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.

Do not use orange juice. Do not use juices with added vitamin C or ascorbic acid added. Do not use concentrated juices that must have water added to them. Fresh juices are best.

Making A 'One Day' Take-Out Dose Bottle

But if you don't want to make up a single dose each hour, you can make 8 doses in the morning, and keep the solution in a closed container such as a pop bottle all day. Just follow

the above instructions multiplying all the figures by 8 and then put that liquid in a closed container. Mark the bottle the outside of the bottle into 8 divisions with a marker pen, this makes it easier to see where you are up to. Take 1/8th of it each hour. Don't worry the MMS will last hours longer than is needed.

Now, these are the important instructions you must be sure to follow: You must not make yourself sicker than you already are: Do not cause yourself a lot of nausea, or pain, or diarrhea. When you notice any of these symptoms coming on take less MMS. Try not to stop taking MMS, just take less. Go from 2 drops an hour of activated MMS to one drop an hour. Or if you are already take only one drop an hour, then take 1/2 drop an hour, or even 1/4 drop an hour. Do not cause yourself diarrhea if you can avoid it by taking less MMS. Pain, diarrhea, nausea and other discomforts cause loss of energy, which in turn causes slower healing and slower recovery. On the other hand try to increase the amount of drops you are taking until you are taking 3 drops an hour, but do not go over 3 drops an hour. CONTINUE THIS UNTIL YOU ARE WELL.

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

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

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

Miracle Mineral Supplement Protocol 2000

From Jim's site: PROTOCOL 2000 is for Cancer and other life threatening diseases. It basically is taking as many drops of activated MMS each hour as a person can take without becoming any sicker, or feeling worse, or developing diarrhea. It must be done for 10 hours a day, for 3 weeks or until well. It is best to start off with only one drop an hour and quickly build up to as many drops as you can take, again let me say without without feeling worse. Remember all drops must be activated as given below. Please take this to heart, do not make yourself sicker than you already are. Take as many drops as you can, but easy dose it. Making yourself sicker uses up energy and makes the recovery go slower.

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

(1) (preferred method) add 1 drop of 50% citric acid for each drop of MMS that is in your glass, swirl or shake to mix, wait 20 seconds, add 1/2 to 1 glass of water or juice and drink.

(2) add 5 drops of 10% citric acid for each drop of MMS in the glass, and then shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.

(3) add 5 drops of vinegar for each drop of MMS in the glass, shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.

(4) add 5 drops of full strength lemon juice for each drop of MMS in the glass, shake or swirl to mix, wait 3 minutes, add 1/2 to 1 glass of water or juice and then drink.

Do not use orange juice. Do not use juices with added vitamin C or ascorbic acid added. Do not use concentrated juices that must have water added to them. Do not use nectars, that is juices made from grinding the pulp of fruits. Fresh juices are best.

Always use 5 drops of one of these food acids to each one drop of MMS, mix in a empty dry glass and wait at least 3 minutes, then add 1/3 to 2/3 glass of water or juice and drink. (You

can expand the 3 minutes out to 10 minutes, and after adding the juice or water you can wait up to an hour before drinking.)

Vitamin C and antioxidants will counteract the MMS. If you ever get too nauseous, this will act as an antidote. If you add Vitamin C to your diet normally, try to give at least 3-5 hours in between the Vitamin and MMS.

Miracle Mineral Supplement Protocol 3000

Directly from Jim's site: The 3000 protocol is often confused with the MMS bottle protocol for external application of MMS. The 3000 protocol is used to allow the MMS along with DMSO to be absorbed through the skin penetrating tumors entering the blood and even penetrating bone.

The goal with life-threatening situations is to quickly get MMS circulating in the blood while trying to stay under the nausea level. One way to achieve this is by adding DMSO to activated MMS, so that it can act as a carrier for sending MMS directly into the skin and muscles and thus into the blood. Experience and testing have proven that DMSO is carried directly to any cancer in the body and it then penetrates the cancer cells.

This is not speculation; it has been proven through testing. The theory is that when DMSO is carrying MMS, it will take it into the cancerous cells, thereby killing the virus that makes the cells cancerous. Many cancers have been healed in this way, and I hear about it since many people have phoned me stating that their cancer is gone.

When using this treatment, always also take MMS by mouth, as in Protocol 1000 or 2000.

Clara Beltrones in Mexico has used Protocol 3000 quite extensively and she helped to develop it. Along with Protocol 2000, she has used it with many cancers.

ALLERGY WARNING: A very few people are allergic to DMSO or have very weak livers and can experience significant problems with DMSO. To test whether or not you are allergic to it, perform this test:

- Carefully wash and dry your arm;
- Add one drop of DMSO to one spot on your arm and rub it in;
- Give it about 15 minutes to soak in and then wait several hours.

If there is no pain in your liver area, it is probably safe for you to use DMSO, which will be the case for 99 out of 100 people. However, to be safe, wait 24 hours to make sure you have no reaction to the DMSO.

If you do have a bad reaction to DMSO, you need to work on improving your liver. Begin taking a half drop of MMS₁ each hour using Protocol 1000. Continue with the half drop until you feel it is safe to take more. This will clear up your liver and probably other problems that you have.

The MMS/DMSO treatment described below is an accelerated skin technique that pushes MMS into the blood plasma. In the case of cancer it should be used in addition to a normal oral regimen of MMS.

DMSO Procedure Steps

1. Make an MMS solution by activating 20 drops of MMS with 20 drops of 50% citric acid or 100 drops of 10% citric acid. Wait 20 seconds for the 50% citric to activate or 3 minutes for the 10% citric to activate. Add this solution to only one ounce of water and then spray or spread some of it liberally over one arm. (See step number 4 below for extra sick people).
2. At this point, it is best to spray 70% DMSO over the top of the MMS on the same area and then gently rub and spread it. If you pre-mix the DMSO with the MMS, which is practical sometimes, it will have a shelf life of about 6 hours only. You can put a plastic bag over your

hand to rub the solution into your body, or you can just use your bare hands.

- Do not use rubber gloves or other medical gloves. You could get rubber into your body as the DMSO melts the rubber.
- If you notice a burning sensation, the best technique is to place a teaspoon of water on the burning area and rub it in. Keep that up until it is no longer burning.
- You can rub olive oil and aloe vera juice on the skin after the DMSO application. Use a different part of the body each time you apply the MMS/DMSO combination. Over 8 hours, use one arm first, then the other arm, then a leg, then the other leg, then your stomach, then back to the first arm.
- If the burning is severe, add distilled water to the DMSO up to 50% and more, and also to the MMS, as either one can cause the burning. Add enough distilled water so that the burning does not occur.

3. Repeat this process once every other hour the first day, and once every hour the second and third days. Then quit for 4 days and do the same thing the next week. Remember, when you quit for 4 days, continue taking MMS by mouth. After the second week you can go for 4 days a week if there is no problem with your skin.

4. For extra sick people who should take smaller doses, it would be best to start out using only a small area of the body. I suggest using an area about the size of your palm or the back of your hand, no larger. Use a small area like this for several days before going to a larger area such as the entire arm or leg. Use a larger area only if there is no bad reaction in the smaller area. Or instead, use the added distilled water trick mentioned above.

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

NOTE: Whenever drops of MMS are mentioned, they are *activated* drops. You can make activated MMS in either of two ways — using 50% citric acid or 10% citric acid, **we supply 50% Citric Acid.**

Miracle Mineral Supplement Spray Bottle Protocol

Directly from Jim's site: The MMS spray bottle is used for external MMS protocols, i.e. cancers, fungus, skin problems, infections, tumors, oral diseases, etc. The 3,000 Protocol is MMS1 used with DMSO as a carrier to penetrate the skin and tissue and as an alternative to the oral protocols. Use this MMS spray bottle for general hygiene as well.

Miracle Mineral Supplement Side Effects / Challenges

Nausea: Whenever you notice nausea, reduce the dose by one drop, or bad diarrhea reduce by 2 or 3 drops. Usually reduce for one or two times before going back the amount that it took to make you nauseous.

Diarrhea: If you notice diarrhea, or even vomiting that is not a bad sign. The body is simply throwing off poisons and cleaning itself out. Everyone says that they feel much better after the diarrhea. You do not have to take any medicine for the diarrhea. It will go away as fast as it came. It will not last. It is not real diarrhea as the body is just cleaning out, and it is not caused by bacteria or virus. When the poison is gone, the diarrhea is gone.

Continue to follow the procedure given in 2 above. Until you reach 15 drops twice a day without nausea. At that point increase to 3 times a day. Stay at 3 times a day for at least one week and then reduce the drops to 4 to 6 drops a day for older people and 4 to 6 drops twice a week for younger people.

Note: Once you have completed the steps above most of the viral, bacteria, mold, and yeast will be gone from your body. Your body will be clean. You no longer have to worry about

feeding disease.

Diet/Nutrition: You can base your diet on nutrition, rather than not feeding the disease. The diabetes will be gone, thus you no longer need to worry about sugar. You won't have to worry about the pancreas over reacting thus giving you a shock of insulin. Instead it will give you just enough insulin to knock the blood sugar lever to the right level.

Your body will then be able to easily adsorb vitamins and minerals and many other nutrients it might have been missing up to this time. You should feel better as time goes by. Do not quit taking the MMS.

Miracle Mineral Supplement For Children?

Because MMS boosts and enhances the immune system, it can be taken by anyone with an active immune system. Start with 1/2 to 1 drop per day mixed with 2 drops lemon or lime juice. Wait 30 seconds, add water and drink. Pineapple, apple or grape juice can be added as long as there is no added Vitamin C.

Pregnant: If you are pregnant do not take MMS. A developed immune system is required for MMS.

Disclaimer: All products are being provided for those people that want to accept responsibility for their own health and do their own research. This information is presented for educational purposes only and is not intended to be construed as medical advice, nor is it intended to lead anyone away from a qualified health practitioner. We make absolutely no claims of any cure for any disease. Using Master Mineral Solution is for personal experimental investigation. We cannot take any responsibility for those who may want to treat themselves beyond the benefit recommended as a mineral solution. If you have a medical condition, we urge you to be supervised by a qualified health care professional of your choice. This product has not been evaluated by the FDA.

Taken from Jim Humble's website : <http://www.mmsanswers.org/>

Acid Reflux Disease	Protocol 1000
Acne	Protocol 1000, Protocol 3000 application to affected area once per day,
	spray solution (10 drops per ounce) application hourly for another 8-9 hours, bag protocol once per day to treat areas other than face
Allergies	Protocol 1000. Depending on type of allergy, once daily baths, bag
protocol,	
(using no	spray bottle protocol (10 drops per ounce) and/or inhalation therapy
	more than 2 activated drops MMS and breathing very lightly)
ADHD	Protocol 1000 (Attention Deficit Hyperactivity Disorder)
Altitude Sickness	Protocol 1000 in advance of exposure to high altitude is best, but at sudden onset administer 6 and 6 protocol and then go to protocol
1000	
Alzheimer's Disease	Protocol 1000 and then 2000 if no progress in 2 weeks
Andropause	Protocol 1000
Anorexia Nervosa	Protocol 1000
Arthritis	Protocols 1000 and 3000 for at least 2 weeks.
Aspergers Syndrome	Protocol 1000
Asthma	Protocol 1000 and inhalation therapy (caution: use no more than 2
activated	
	drops MMS and breathe lightly)
Autism	Protocol 2000 (increase dose amounts very slowly), enemas with or
without DMSO	
Athletes Foot	(Fungal Infections) Activate 15 drops of MMS with 15 drops of Citric
Acid and add to basin with warm water. Soak the feet in the water for 15 minutes, dry	
thoroughly	
	with a hairdryer. Sometimes needs Aztec Clay (Bentonite) if it doesn't

respond well to MMS.

Back Pain	Protocol 1000, protocol 3000 applied once only to affected area,
enema protocol	
Bladder Cancer	Protocols 2000 and 3000
Bone Cancer	Protocols 2000 and 3000, bath protocol, bag protocol, enema
protocol, inhalation	therapy (use no more than 2 activated drops MMS and breathe
gently)	
Bad Breath (Halitosis)	Protocol 1000, tooth and tongue brushing with 10 activated drops
	MMS per ounce as a water solution
Baldness	Protocol 1000 Spray mixture (10 activated drops per ounce) on scalp
once per hour for 10 hours per day.	
Bipolar Disorder	Protocol 1000
Brain Cancer	Protocols 2000 and 3000, bath protocol, bag protocol, enema
protocol, inhalation therapy	(use no more than 2 activated drops MMS and breathe gently)
Brain Injury	Protocol 1000
Brain Tumors	Protocols 2000 and 3000, bath protocol, bag protocol, enema
protocol, inhalation therapy	(use no more than 2 activated drops MMS and breathe gently)
Breast Cancer	Protocols 2000 and 3000, douche with 25 activated drops in one liter
water every other day (this has been successful for women because it gets the MMS to the	
breast via the cervix), bath protocol, bag protocol, enema protocol, inhalation protocol (use no	
more	than 2 activated drops MMS and breathe gently)
Bronchitis	Protocol 1000, inhalation therapy (use no more than 2 drops
activated MMS and breathe gently), protocol 3000 one time only per day to chest	
Burns	Directly apply unactivated MMS to burn only 3-5 minutes, then rinse it
off. If you do not understand any part of "rinse it off", then do not do this!	
Bursitis	Protocol 1000, protocol 3000 only 1-3 times per day to affected
areas, bath protocol (30 activated drops in bath)	
Cancer	Protocols 2000 and 3000, bath protocol, bag protocol, enema
protocol, inhalation protocol (use no more than 2 drops of activated MMS and breathe gently)	
Canker / Cold Sores	Protocol 1000, spray bottle protocol (10 activated drops per ounce)
Carpal Tunnel Syndrome	Protocol 1000, Protocol 3000 application to affected area 1-3
times per day	
Celiac Disease	Protocol 1000, enema protocol
Cervical Cancer	Protocols 2000 and 3000, douche protocol, enema protocol, bath
protocol, bag protocol, inhalation protocol (use no more than 2 activated drops MMS and	
breathe gently)	
Cholesterol	Protocol 1000
Chronic Obstructive Pulmonary Disease (COPD)	Protocol 1000, inhalation therapy (use no
more than 2 activated drops MMS and breathe lightly)	
Cold	Take VIT D3, Echinacea, Zinc, Citrus Fruits, CoEnzyme Q10,
Resveratrol. An MMS bath soak can help using 30 activated drops, but injection is not so	
effective.	
Colon Cancer	Protocol 2000 and 3000, enema protocol, bath protocol, bag protocol,
inhalation therapy (use no more than 2 activated drops MMS and breathe gently)	
Congestive Heart Failure	Protocol 1000
Cradle Cap	Spray scalp with spray bottle solution (10 drops MMS per ounce
water)	
Crohn's Disease	Protocol 1000, enema protocol
Candida	Protocol 1000, enema protocol, bag protocol, douche
protocol for females, bath protocol	
Conjunctivitis	Prepare a solution of 4 activated drops MMS in 1/2 cup water and
drop 2-3 drops in each eye every hour until well; protocol 1000	
Dandruff	Spray scalp with spray bottle solution (10 activated drops
MMS per 1 ounce water)several times per day. Causes bleaching over time.	
Deep Vein Thrombosis	Protocol 1000
Depression	Protocol 1000
Diabetes	Protocol 1000, if no results in 2 weeks, then 2000 for as long as it
takes	
Diaper Rash	Spray affected area with spray bottle solution (10 activated drops per
ounce water)	
Diarrhea	6 and 6 then protocol 1000
Diverticulitis	Protocol 1000

Down Syndrome	Protocol 1000
Drug Abuse	Protocol 1000
Dysfunctional	Protocol 1000 Uterine Bleeding, douche protocol
Dyslexia	Protocol 1000
Dengue Fever	Protocol 1000
Ear Infections	Activated 4 drops MMS and add 1/2 cup water. Drop several drops into affected ear and allow to penetrate deeply lying on your side.
Eating Disorders	Protocol 1000
Eczema	Spray bottle protocol (10 activated drops MMS per ounce water), protocol 1000
Endometriosis	Protocol 1000, douche protocol
Enlarged Prostate	Protocol 1000, enema protocol
Epilepsy (Seizure)	Protocol 1000
Erectile Dysfunction	Protocol 1000
Eye Problems	Activate 4 drops MMS and add 1/2 cup water. Use a dropper to put several drops in each eye every hour for 10 hours, protocol 1000
Fibroids Protocol	1000, then 2000 if no results in 2 weeks
Fibromyalgia	Protocols 1000 and 3000
Fracture	Protocol 1000
Flu	6 and 6 protocol, then protocol 1000, inhalation therapy (use no more than 2 activated drops MMS and breathe gently)
Gallbladder Disease	Protocol 1000
Gallstones	Protocol 1000
Generalized Anxiety Disorder	Protocol 1000
Genital Herpes	Protocol 1000, spray bottle protocol
Genital Warts	Protocol 1000, spray bottle protocol, douche protocol
Glomerulonephritis (Nephritis)	Protocol 1000
Gonorrhea	Protocol 1000, douche protocol for females
Gout	Protocol 1000, protocol 3000 to affected joints
Gum Disease	Apply solution of 4 activated drops MMS with 1/2 cup water with toothbrush 3 times per day after meals. Brush gums, gumline and tongue well. In serious cases, may also apply DMSO with toothbrush once per day for deeper penetration.
Herpes	Protocol 1000, spray bottle protocol
Headache	6 and 6 protocol, then protocol 1000
Heart Disease	Protocol 1000
Hemorrhoids	spray bottle protocol, enema protocol, protocol 1000
Hepatitis	Protocol 1000 Build up to 15 for 1 - 3 weeks
HIV/AIDS	Protocol 2000, protocol 3000, bath protocol, bag protocol
Hives	Protocol 1000, spray bottle protocol, bath protocol, bag protocol
Hyperglycemia (High Blood Sugar)	Protocol 1000, after 2 weeks may switch to protocol 2000 if needed
Hypertension (High Blood Pressure)	Protocol 1000
Hyperthyroidism	Protocol 1000
Hypothyroidism	Protocol 1000, 50-100mg iodine supplement daily
Influenza	6 and 6 protocol, protocol 1000
Insulin Dependent Diabetes Mellitus	Protocol 1000, may switch to protocol 2000 after 2 weeks if necessary
Iron Deficiency Anemia	Protocol 1000, may also need vitamin B12 and/or iron supplements
Irritable Bowel Syndrome	Protocol 1000, enema protocol
Itching	Spray bottle protocol
Jock Itch	Spray bottle protocol, also use Colloidal Silver for healing open sores, and Comfrey Cream for lumps, then Hydrocortisone as well as taking Protocol 1000, takes 3 weeks to clear.
Joint Pain	Protocol 1000, protocol 3000 application once per day to joints
Juvenile Diabetes	Protocol 1000, may switch to protocol 2000 after 2 weeks if needed
Kidney Diseases	Protocol 1000
Kidney Stones	Protocol 1000 with lots of water
Leukemia	Protocol 2000, protocol 3000, bath protocol, bag protocol
Liver Cancer	Protocol 2000, protocol 3000, enema protocol, bag protocol, bath protocol, inhalation protocol (use no more than 2 activated drops and breathe gently)
Lung Cancer	Protocol 2000, protocol 3000, inhalation therapy (use no more than 2 activated drops and breathe gently), bag protocol, bath protocol, enema protocol
Lyme Disease	Protocol 2000, protocol 3000, bag protocol, bath protocol

Lymph Node Cancer	Protocol 2000 and MMS2 can take up to 3 months
Mad Cow Disease	Protocol 1000
Malaria	Give 15 drop dose, then wait 1-4 hours and give another 15 drop dose
Mesothelioma	Protocol 2000, protocol 3000, inhalation therapy (use no more than 2 drops and breathe gently), bath protocol, bag protocol
Migraine	6 & 6 protocol, then protocol 1000
Mononucleosis	Protocol 1000
Multiple Sclerosis (MS)	Protocol 2000
Osteoarthritis	Protocol 1000, protocol 3000
Osteomyelitis	Protocol 1000, bag protocol
Osteoporosis	Protocol 1000
Ovarian Cancer	Protocol 2000, protocol 3000, bag protocol, bath protocol, douche protocol, enema protocol, inhalation protocol (use no more than 2 activated drops and breathe gently)
Ovarian Cyst	Protocol 1000, douche protocol
Parkinson's Disease	Protocol 1000, may switch to protocol 2000 after 2 weeks if necessary
Peptic Ulcers	Protocol 1000
Pink Eye	Protocol 1000 Prepare a solution of 4 activated drops MMS in 1/2 cup water and drop 2-3 drops in each eye every hour until well
Polio	Protocol 1000
Pneumonia	Protocol 1000, inhalation therapy (use no more than 2 activated drops and breathe gently)
Prostate Cancer	Protocol 2000, protocol 3000, bath protocol, bag protocol, enema protocol, inhalation protocol (use no more than 2 activated drops and breathe gently)
Psoriasis	Protocol 1000, bag protocol, bath protocol
Restless/ Legs Syndrome	Protocol 1000
Rheumatoid Arthritis	Protocol 1000, protocol 3000
Rheumatic Fever	Protocol 1000
Ringworm	Protocol 1000, Gas Protocol (Activate 6 drops MMS in a clear glass and place the mouth of the glass over the boil right-side-up in such a way that no liquid touches the skin. Leave in place for 5 minutes and NO MORE. Cover with vaseline and a bandage and wait at least 4 hours before doing it again.)
Rosacea	Protocol 1000, spray bottle protocol
Severe Acute Respiratory Syndrome (SARS)	6 and 6 Protocol, then protocol 1000, inhalation therapy (use no more than 2 activated drops and breathe gently)
Scabies	Protocol 1000 and topical MMS with DMSO on skin, this drives the critters out, allow skin to heal for 4 days, use Comfrey Cream/ Colloidal Gell on Sores.
Sinus Infections	Protocol 1000, also mix 4 activated drops MMS with 1/2 cup water and drop at least several drops into each nostril while lying down on your back on a bed and hanging your head over the edge, allowing the solution to penetrate deeply
Skin Cancer	Protocol 2000, protocol 3000 (apply solution directly to lesions), bag protocol, bath protocol
Skin Rash	Protocol 1000, spray bottle protocol, bath protocol, bag protocol
Smallpox	Protocol 1000
Staph Infection (MRSA)	Protocol 1000, gas protocol (Activate 6 drops MMS in a clear glass and place the mouth of the glass over the boil right-side-up in such a way that no liquid touches the skin. Leave in place for 5 minutes and NO MORE. Cover with vaseline and a bandage and wait at least 4 hours before doing it again.)
Stomach Cancer	Protocol 2000, protocol 3000, enema protocol, bag protocol, bath protocol
Strep Throat	Protocol 1000, brush teeth and tongue and gargle with a solution of 10 activated drops MMS per ounce water
Sunburn	Spray bottle protocol once per hour
Syphilis	Protocol 1000, douche protocol for females, spray bottle protocol
Testicular Cancer	Protocol 2000, protocol 3000, bath protocol, bag protocol
Tooth Decay	Brush teeth, gum line and tongue with 10 activated drops MMS per ounce water solution; activate 3 drops in a small glass or plastic container and place your mouth over the opening in such a way that none of the solution enters

your mouth while you breathe through your nose. DO NOT INHALE FUMES. Just let the fumes into your mouth for 5 minutes and NO MORE.

Tuberculosis (TB) Protocol 1000, inhalation protocol (use no more than 2 activated drops MMS and breathe gently)

Ulcers Protocol 1000, spray bottle protocol for skin ulcers; gas protocol for skin ulcers (Activate 6 drops MMS in a clear glass and place the mouth of the glass over the boil right-side-up in such a way that no liquid touches the skin. Leave in place for 5 minutes and NO MORE. Cover with vaseline and a bandage and wait at least 4 hours before doing it again.)

Urinary Tract Infection (UTI) Protocol 1000

Vertigo Protocol 1000, mix 4 activated drops MMS in 1/2 cup water and drop 3-4 drops into ears every hour while laying on your side for 5 minutes (cover and keep the solution to use throughout the day)

Warts Use 1:1 strength activated MMS and soak wart for at least 40 seconds a few times a day. Also combined with DMSO can help the skin penetration. see <http://myhealthoptimizer.com/>

Yeast infection Protocol 1000, douche protocol for females, spray bottle protocol (Candida)