

Standard MMS Protocol by Jim Humble (Reprinted by Permission)

NOTE: When following the instructions below, keep this paragraph in mind. Always activate the MMS drops with one of the *food acids; fresh squeezed lemon juice drops, lime juice drops, or citric acid solution drops. To make citric acid solution, mix one level tablespoon of citric acid and nine tablespoons of water. Store it in a separate bottle with a lid. Always use 5 drops of one of these food acids to each one drop of MMS (1:5 ratios). Mix in an empty dry glass and wait at least 3 minutes, then add 1/3 to 2/3 glass of **water or juice and drink. Note, you can extend the 3 minutes out to 10 minutes, and after adding the water or juice, you can wait up to an hour before drinking.

1. All protocol for taking MMS in the Americas 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 *Y* drop. Activate the drops according to the direction provided above.
2. If you do OK and do not notice 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. Do two doses a day, one in the morning and one in the evening on a light stomach (not empty, but not full - some bread or a banana is good). Continue to increase by one drop each time you take a new dose. When you notice nausea, reduce the dose by one drop. If you experience bad diarrhea, reduce by 2 or 3 drops. Usually reduce for one or two times before going back to the amount it took to make you nauseous or have bad diarrhea.

Note: If you experience diarrhea or even vomiting, this 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 is not real diarrhea as the body is just cleaning out, and it is not caused by bacteria or a virus. When the poison is gone, the diarrhea is gone.

3. Continue to follow the procedure given in step 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.

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. You no longer have to worry about feeding the microorganism load. You can base your diet on nutrition, rather than not feeding the load. Your body will be able to adsorb vitamins, minerals and 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.

For Children: The protocol for children 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 never go beyond 3 drops for each 35 pounds (11.4 kg) of body weight. With a baby start with 1/2 drop and increase to one drop up to 2 drops, but no more. So, if you give 1/2 drop in the morning wait until the afternoon before giving 1 drop and then the next morning for 2 drops. 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.

**Vinegar may be used as an MMS activator instead of lemon, lime, or citric acid To use vinegar, follow the same instructions as above, but instead of using citric acid, use *Y* teaspoon of 5% acetic vinegar for every 1-6 drops of MMS. For 7-15 drops of MMS use *y* teaspoon of vinegar.*

***You may use any non-citric juice in place of water (no orange or grapefruit) Juice must contain no added vitamin C or ascorbic acid (naturally occurring is OK). Examples of good juices would be Apple, Pineapple, Cranberry or Grape. RW Knudsen's "Just Concord" is a good choice.*

Warnings: Do not use MMS full strength. Do not exceed the recommended applications. Keep out of the reach of children. Use water to wash MMS from your skin or eyes. Keep out of direct sunlight. Caution: If you are taking prescription medications, pay attention. A strengthened immune system may recognize them as the toxins they are and attempt to neutralize their effects. It is recommended to keep a two hour window between the use of medications or supplements and MMS.

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