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MMS



Bottle of citric acid 50% and sodium chlorite 22.4%

#### **Master Mineral Solution**

MMS is sodium chlorite 22.4%. MMS1 or Activated MMS is chlorine dioxide. The chlorine dioxide is made with sodium chlorite 22.4% mixed with an activator. Activators most commonly used are 50% citric acid or 4% HCl (hydrochloric acid)

MMS2



Calcium hypochlorite

#### **Master Mineral Solution 2**

MMS2 is calcium hypochlorite, turning into hypochlorous acid in water.

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## Mixing a Basic Dose of MMS1

In order to mix a basic dose of MMS, you will need MMS (a 22.4% solution of sodium chlorite in purified water), and an acid activator.

### Acid activators

**Citric Acid and Hydrochloric Acid (HCl):** MMS needs a food-grade acid to “activate it” and the two combined produce MMS1 (chlorine dioxide). There are several acids that can activate MMS, including the juice of a fresh lemon or lime, or vinegar. However, in this document when we refer to using an acid to activate MMS we mean using either 50% citric acid, or 4% HCl (hydrochloric acid). When using these two acids in these percentages always use 1 drop of acid to 1 drop of MMS. Both of these acids, in these percentages, are a 1-to-1 ratio with MMS. In other words, mix 1 drop of either of these acids to every 1 drop of MMS. The standard activation time for mixing these drop-for-drop doses using 50% citric acid or 4% HCl is 30 seconds.

We prefer HCl as the **activator of choice** because it is the same acid that is produced naturally in your stomach. Many people consider it has a better taste and is easier on the stomach.

**Note:** For more information on various other acid activators and how to use them, a **Pre-Release copy of Jim Humble’s latest book**, The MMS Health Recovery Manual, is **available at:** <http://jhbooks.org>

## Instructions on Mixing a Basic Dose of MMS1

The Genesis II Church of Health and Healing has various sacramental protocols. These protocols use varying numbers of drops depending on several factors. Below we will only discuss the basic concept of mixing a basic dose of MMS1.

### Step 1

- Always use an empty, clean, dry, drinking glass.
- Tilt the glass slightly sideways and drop your drops of MMS so they go to the corner of the bottom part of the glass. Always hold the dropper bottle or pipette (eye dropper) straight up and down when dropping drops.
- If using a 50% solution of citric acid or 4% solution of HCl (hydrochloric acid), add the same amount of activator on top of the MMS drops. (For each drop of MMS add 1 drop of acid.)

### Step 2

- Swirl the drops a little as you count to 30 seconds; in this amount of time the mixture should turn amber in color.

### Step 3

- Then add 1/2 cup (4 ounces/120 ml) of drinking water.
- Drink your dose while fresh, in less than one minute.

**Be careful:** Some chlorine dioxide gas is likely to escape when MMS and activator are mixed and are not in a sealed container. It is best to avoid getting a direct whiff of it. Do not mix your dose directly under your nose or mouth. There are times when breathing in the gas in small amounts are called for and it can be very healing to the lungs and sinuses, but avoid this unless you are under a specific protocol requiring it and know what you are doing, (as it is easy to inhale too much).

## Food and Drink to Avoid When on an MMS Protocol

When taking MMS1 or MMS2 avoid alcohol, chocolate, coffee, decaffeinated coffee, caffeinated drinks, tea (black, green and many herbal teas) milk, coconut water, orange juice, tangerine juice or any drinks with added Vitamin C (ascorbic acid).

Do not take foods or supplements that are particularly high in antioxidants such as moringa, as these things cancel out the effectiveness of MMS. This is not to say you cannot have any of these foods if you are taking MMS. However when on a particular protocol it is better to wait until you finish your MMS doses for the day before consuming the above items, or take them first thing in the morning, then wait two hours before starting MMS dosing. Space them out by at least two hours after your last daily dose, or two hours before starting your daily dosing.

**Note:** This is basic counsel on how to mix a dose of MMS1. For more information on various other liquids that are compatible mix with MMS, instructions how to eat while on an MMS protocol, nutritional supplements and MMS, and much more **a Pre-Release copy of Jim Humble's latest book**, the *MMS Health Recovery Manual*, is available at: <http://jhbooks.org>