

MMS: Miracle Mineral Supplement

In mid 1996, deep within the mining jungles of South America, a United States scientist named Jim Humble made an almost accidental discovery... a discovery that would change the course of human health history forever. Out of one small mining team's struggle for survival, came a simple, yet all-prevailing cure for nearly every pathogen-borne disease known to mankind. *pathofgen - any agent, esp. a microorganism, able to cause disease:*

It started with malaria. Caused by a protozoan parasite, this disease kills over one million people every year. After more than 75,000 documented successful treatments of this disease, many of which took effect in less than four hours, it was discovered to have similar effects on diseases caused by viruses, bacteria, fungi and proteins; diseases like: AIDS, Hepatitis A, B & C, Typhoid, BSE (mad-cow disease), Cancers, Herpes, Pneumonia, Tuberculosis, Arthritis, Asthma, Colds and Flus... including H5N1 ("Bird Flu").

In the summer of 2007, this man heroically stepped out of the shadows to make this information freely available to all humanity. He believes the long-term availability of this substance may soon be heavily controlled by "the powers that be". The ingredient(s) are few... the chemistry, simple... the science, sound... the materials (right now)... abundant.

Chances are, however, you've never heard of this substance from your doctor. Few medical doctors are practicing chemists. Sadly, you won't find it at your local pharmacy anytime soon. Nature can't be patented. Pharmaceutical companies profit from "treatments" not cures. Ironically, however, this substance has already been approved for varied uses by the FDA. Used in many industries for the eradication of pathogens outside the body, its safety for human consumption has hardly been disclosed to the public. Taken as suggested, it serves to destroy all known pathogens within the body... on contact, leaving behind only a negligible trace of sodium.

What is this mystery panacea? A simple and stabilized dioxide ion which, once in the human body, becomes the most powerful killer of disease that has ever been known. It can be bought and easily prepared in your own kitchen. A single bottle can last an entire family a year. Taken orally, it can save your life, or the life of someone you love. There are a hundred reasons why everyone should have at least one bottle, if not more, on-hand. Learn more about Jim Humble's story and his amazing gift to humanity, called "Miracle Mineral Supplement" at www.miraclemineal.org.

Jim Humble's Home Page - <http://jimhumble.biz/>
MMS Answers - by Jim Humble - <http://mmsadvisor.com/>
Visit Dr. Ned - <http://drned.com/>

- 1 - The Hidden Story of Cancer www.brianpeskin.com -- www.yes-supplements.com
- 2 - Disease Free Living For Life! www.ashnow.com/drned
- 3 - Real Live Nutrition www.urilife.com/drned
- 4 - Back to Basics www.uriinternational.com/drned
- 5 - Lypo-Spheric Vitamin C: 10 - 20 times more powerful www.healthspotlight.com
- 6 - "The Millionaires Book" - Your road map to success. www.drned.com/Charles%20F.html
- 7 - Home Schooling. Curriculum Excellence. www.robinsoncurriculum.com/
- 8 - Inflation Proof Money. www.libertydollar.org/default.asp?REFERER=NRC94973
- 9 - Advanced Medical Facility Top medical care. www.sanoviv.com
- 10 - Ted Van Valey's Dental Articulator. www.orbixdental.com

Project Camelot interviews Jim Humble, the man behind MMS: Miracle Mineral Supplement [VIDEO]
<http://www.youtube.com/watch?v=PGjUp1zoov8>

List of infectious diseases

From Wikipedia, the free encyclopedia

List of human infectious diseases arranged by name.

List of Infectious Diseases in Humans

Infectious Disease	Causative Agent
Acinetobacter infection	<i>Acinetobacter baumannii</i>
Actinomycosis	<i>Actinomyces israelii</i> , <i>Actinomyces gerencseriae</i> and <i>Propionibacterium propionicus</i>
Adenovirus infection	Adenoviridae family
African sleeping sickness (African trypanosomiasis)	<i>Trypanosoma brucei</i>
AIDS (Acquired immune deficiency syndrome)	HIV (Human immunodeficiency virus)
Amebiasis	<i>Entamoeba histolytica</i>
Anaplasmosis	<i>Anaplasma</i> genus
Anthrax	<i>Bacillus anthracis</i>
<i>Arcanobacterium haemolyticum</i> infection	<i>Arcanobacterium haemolyticum</i>
Argentine hemorrhagic fever	Junin virus
Ascariasis	<i>Ascaris lumbricoides</i>
Aspergillosis	<i>Aspergillus</i> genus
Astrovirus infection	Astroviridae family
Babesiosis	<i>Babesia</i> genus
<i>Bacillus cereus</i> infection	<i>Bacillus cereus</i>
Bacterial pneumonia	multiple bacteria
Bacterial vaginosis (BV)	multiple bacteria
<i>Bacteroides</i> infection	<i>Bacteroides</i> genus
Balantidiasis	<i>Balantidium coli</i>
<i>Baylisascaris</i> infection	<i>Baylisascaris</i> genus
BK virus infection	BK virus
Black piedra	<i>Piedraia hortae</i>
<i>Blastocystis hominis</i> infection	<i>Blastocystis hominis</i>
Blastomycosis	<i>Blastomyces dermatitidis</i>

Bolivian hemorrhagic fever	Machupo virus
<i>Borrelia</i> infection	<i>Borrelia</i> genus
Botulism (and Infant botulism)	<i>Clostridium botulinum</i> ; Note: Botulism is not an infection by <i>Clostridium botulinum</i> but caused by the intake of botulinum toxin.
Brazilian hemorrhagic fever	Sabia
Brucellosis	<i>Brucella</i> genus
<i>Burkholderia</i> infection	usually <i>Burkholderia cepacia</i> and other <i>Burkholderia</i> species
Calicivirus infection (Norovirus and Sapovirus)	Caliciviridae family
Campylobacteriosis	<i>Campylobacter</i> genus
Candidiasis (Moniliasis; Thrush)	usually <i>Candida albicans</i> and other <i>Candida</i> species
Cat-scratch disease	<i>Bartonella henselae</i>
Cellulitis	usually Group A <i>Streptococcus</i> and <i>Staphylococcus</i>
Chagas Disease (American trypanosomiasis)	<i>Trypanosoma cruzi</i>
Chancroid	<i>Haemophilus ducreyi</i>
Chickenpox	Varicella zoster virus (VZV)
Chlamydia	<i>Chlamydia trachomatis</i>
<i>Chlamydophila pneumoniae</i> infection	<i>Chlamydophila pneumoniae</i>
Cholera	<i>Vibrio cholerae</i>
Chromoblastomycosis	usually <i>Fonsecaea pedrosoi</i>
Clonorchiasis	<i>Clonorchis sinensis</i>
<i>Clostridium difficile</i> infection	<i>Clostridium difficile</i>
Coccidioidomycosis	<i>Coccidioides immitis</i> and <i>Coccidioides posadasii</i>
Colorado tick fever (CTF)	Colorado tick fever virus (CTFV)
Common cold (Acute viral rhinopharyngitis; Acute coryza)	usually rhinoviruses and coronaviruses.
Creutzfeldt-Jakob disease (CJD)	CJD prion
Crimean-Congo hemorrhagic fever (CCHF)	Crimean-Congo hemorrhagic fever virus
Cryptococcosis	<i>Cryptococcus neoformans</i>
Cryptosporidiosis	<i>Cryptosporidium</i> genus
Cutaneous larva migrans (CLM)	usually <i>Ancylostoma braziliense</i> ; multiple other parasites
Cyclosporiasis	<i>Cyclospora cayetanensis</i>
Cysticercosis	<i>Taenia solium</i>
Cytomegalovirus infection	Cytomegalovirus
Dengue fever	Dengue viruses (DEN-1, DEN-2, DEN-3 and DEN-4) – Flaviviruses

Dientamoebiasis	<i>Dientamoeba fragilis</i>
Diphtheria	<i>Corynebacterium diphtheriae</i>
Diphyllobothriasis	<i>Diphyllobothrium</i>
Dracunculiasis	<i>Dracunculus medinensis</i>
Ebola hemorrhagic fever	Ebolavirus (EBOV)
Echinococcosis	<i>Echinococcus</i> genus
Ehrlichiosis	<i>Ehrlichia</i> genus
Enterobiasis (Pinworm infection)	<i>Enterobius vermicularis</i>
<i>Enterococcus</i> infection	<i>Enterococcus</i> genus
Enterovirus infection	Enterovirus genus
Epidemic typhus	<i>Rickettsia prowazekii</i>
Erythema infectiosum (Fifth disease)	Parvovirus B19
Exanthem subitum	Human herpesvirus 6 (HHV-6) and Human herpesvirus 7 (HHV-7)
Fasciolopsiasis	<i>Fasciolopsis buski</i>
Fasciolosis	<i>Fasciola hepatica</i> and <i>Fasciola gigantica</i>
Fatal familial insomnia (FFI)	FFI prion
Filariasis	Filarioidea superfamily
Food poisoning by <i>Clostridium perfringens</i>	<i>Clostridium perfringens</i>
Free-living amebic infection	multiple
<i>Fusobacterium</i> infection	<i>Fusobacterium</i> genus
Gas gangrene (Clostridial myonecrosis)	usually <i>Clostridium perfringens</i> ; other <i>Clostridium</i> species
Geotrichosis	<i>Geotrichum candidum</i>
Gerstmann-Sträussler-Scheinker syndrome (GSS)	GSS prion
Giardiasis	<i>Giardia intestinalis</i>
Glanders	<i>Burkholderia mallei</i>
Gnathostomiasis	<i>Gnathostoma spinigerum</i> and <i>Gnathostoma hispidum</i>
Gonorrhea	<i>Neisseria gonorrhoeae</i>
Granuloma inguinale (Donovanosis)	<i>Klebsiella granulomatis</i>
Group A streptococcal infection	<i>Streptococcus pyogenes</i>
Group B streptococcal infection	<i>Streptococcus agalactiae</i>
<i>Haemophilus influenzae</i> infection	<i>Haemophilus influenzae</i>
Hand, foot and mouth disease (HFMD)	Enteroviruses, mainly Coxsackie A virus and Enterovirus 71 (EV71)

Hantavirus Pulmonary Syndrome (HPS)	Sin Nombre virus
<i>Helicobacter pylori</i> infection	<i>Helicobacter pylori</i>
Hemolytic-uremic syndrome (HUS)	<i>Escherichia coli</i> O157:H7
Hemorrhagic fever with renal syndrome (HFRS)	Bunyaviridae family
Hepatitis A	Hepatitis A Virus
Hepatitis B	Hepatitis B Virus
Hepatitis C	Hepatitis C Virus
Hepatitis D	Hepatitis D Virus
Hepatitis E	Hepatitis E Virus
Herpes simplex	Herpes simplex virus 1 and 2 (HSV-1 and HSV-2)
Histoplasmosis	<i>Histoplasma capsulatum</i>
Hookworm infection	<i>Ancylostoma duodenale</i> and <i>Necator americanus</i>
Human bocavirus infection	Human bocavirus (HBoV)
Human ewingii ehrlichiosis	<i>Ehrlichia ewingii</i>
Human granulocytic anaplasmosis (HGA)	<i>Anaplasma phagocytophilum</i>
Human metapneumovirus infection	Human metapneumovirus (hMPV)
Human monocytic ehrlichiosis	<i>Ehrlichia chaffeensis</i>
Human papillomavirus (HPV) infection	Human papillomavirus (HPV)
Human parainfluenza virus infection	Human parainfluenza viruses (HPIV)
Hymenolepiasis	<i>Hymenolepis nana</i> and <i>Hymenolepis diminuta</i>
Epstein-Barr Virus Infectious Mononucleosis (Mono)	Epstein-Barr Virus (EBV)
Influenza (flu)	Orthomyxoviridae family
Isosporiasis	<i>Isospora belli</i>
Kawasaki disease	unknown; evidence supports that it is infectious
Keratitis	multiple
<i>Kingella kingae</i> infection	<i>Kingella kingae</i>
Kuru	Kuru prion
Lassa fever	Lassa virus
Legionellosis (Legionnaires' disease)	<i>Legionella pneumophila</i>
Legionellosis (Pontiac fever)	<i>Legionella pneumophila</i>
Leishmaniasis	<i>Leishmania</i> genus
Leprosy	<i>Mycobacterium leprae</i> and <i>Mycobacterium lepromatosis</i>

Leptospirosis	<i>Leptospira</i> genus
Listeriosis	<i>Listeria monocytogenes</i>
Lyme disease (Lyme borreliosis)	usually <i>Borrelia burgdorferi</i> and other <i>Borrelia</i> species
Lymphatic filariasis (Elephantiasis)	<i>Wuchereria bancrofti</i> and <i>Brugia malayi</i>
Lymphocytic choriomeningitis	Lymphocytic choriomeningitis virus (LCMV)
Malaria	<i>Plasmodium</i> genus
Marburg hemorrhagic fever (MHF)	Marburg virus
Measles	Measles virus
Melioidosis (Whitmore's disease)	<i>Burkholderia pseudomallei</i>
Meningitis	multiple
Meningococcal disease	<i>Neisseria meningitidis</i>
Metagonimiasis	usually <i>Metagonimus yokagawai</i>
Microsporidiosis	Microsporidia phylum
Molluscum contagiosum (MC)	Molluscum contagiosum virus (MCV)
Mumps	Mumps virus
Murine typhus (Endemic typhus)	<i>Rickettsia typhi</i>
Mycoplasma pneumonia	<i>Mycoplasma pneumoniae</i>
Mycetoma	numerous species of bacteria (Actinomycetoma) and fungi (Eumycetoma)
Myiasis	parasitic dipterous fly larvae
Neonatal conjunctivitis (Ophthalmia neonatorum)	most commonly <i>Chlamydia trachomatis</i> and <i>Neisseria gonorrhoeae</i>
(New) Variant Creutzfeldt-Jakob disease (vCJD, nvCJD)	vCJD prion
Nocardiosis	usually <i>Nocardia asteroides</i> and other <i>Nocardia</i> species
Onchocerciasis (River blindness)	<i>Onchocerca volvulus</i>
Paracoccidioidomycosis (South American blastomycosis)	<i>Paracoccidioides brasiliensis</i>
Paragonimiasis	usually <i>Paragonimus westermani</i> and other <i>Paragonimus</i> species
Pasteurellosis	<i>Pasteurella</i> genus
Pediculosis capitis (Head lice)	<i>Pediculus humanus capitis</i>
Pediculosis corporis (Body lice)	<i>Onchocerca volvulus</i>
Pediculosis pubis (Pubic lice, Crab lice)	<i>Phthirus pubis</i>
Pelvic inflammatory disease (PID)	multiple
Pertussis (Whooping cough)	<i>Bordetella pertussis</i>
Plague	<i>Yersinia pestis</i>

Pneumococcal infection	<i>Streptococcus pneumoniae</i>
Pneumocystis pneumonia (PCP)	<i>Pneumocystis jirovecii</i>
Pneumonia	multiple
Poliomyelitis	Poliovirus
<i>Prevotella</i> infection	<i>Prevotella</i> genus
Primary amoebic meningoencephalitis (PAM)	usually <i>Naegleria fowleri</i>
Progressive multifocal leukoencephalopathy	JC virus
Psittacosis	<i>Chlamydophila psittaci</i>
Q fever	<i>Coxiella burnetii</i>
Rabies	Rabies virus
Rat-bite fever	<i>Streptobacillus moniliformis</i> and <i>Spirillum minus</i>
Respiratory syncytial virus infection	Respiratory syncytial virus (RSV)
Rhinosporidiosis	<i>Rhinosporidium seeberi</i>
Rhinovirus infection	Rhinovirus
Rickettsial infection	<i>Rickettsia</i> genus
Rickettsialpox	<i>Rickettsia akari</i>
Rift Valley fever (RVF)	Rift Valley fever virus
Rocky mountain spotted fever (RMSF)	<i>Rickettsia rickettsii</i>
Rotavirus infection	Rotavirus
Rubella	Rubella virus
Salmonellosis	<i>Salmonella</i> genus
SARS (Severe Acute Respiratory Syndrome)	SARS coronavirus
Scabies	<i>Sarcoptes scabiei</i>
Schistosomiasis	<i>Schistosoma</i> genus
Sepsis	multiple
Shigellosis (Bacillary dysentery)	<i>Shigella</i> genus
Shingles (Herpes zoster)	Varicella zoster virus (VZV)
Smallpox (Variola)	Variola major or Variola minor
Sporotrichosis	<i>Sporothrix schenckii</i>
Staphylococcal food poisoning	<i>Staphylococcus</i> genus
Staphylococcal infection	<i>Staphylococcus</i> genus
Strongyloidiasis	<i>Strongyloides stercoralis</i>

Syphilis	<i>Treponema pallidum</i>
Taeniasis	<i>Taenia</i> genus
Tetanus (Lockjaw)	<i>Clostridium tetani</i>
Tinea barbae (Barber's itch)	usually <i>Trichophyton</i> genus
Tinea capitis (Ringworm of the Scalp)	usually <i>Trichophyton tonsurans</i>
Tinea corporis (Ringworm of the Body)	usually <i>Trichophyton</i> genus
Tinea cruris (Jock itch)	usually <i>Epidermophyton floccosum</i> , <i>Trichophyton rubrum</i> , and <i>Trichophyton mentagrophytes</i>
Tinea manuum (Ringworm of the Hand)	<i>Trichophyton rubrum</i>
Tinea nigra	usually <i>Hortaea werneckii</i>
Tinea pedis (Athlete's foot)	usually <i>Trichophyton</i> genus
Tinea unguium (Onychomycosis)	usually <i>Trichophyton</i> genus
Tinea versicolor (Pityriasis versicolor)	<i>Malassezia</i> genus
Toxocariasis (Ocular Larva Migrans (OLM))	<i>Toxocara canis</i> or <i>Toxocara cati</i>
Toxocariasis (Visceral Larva Migrans (VLM))	<i>Toxocara canis</i> or <i>Toxocara cati</i>
Toxoplasmosis	<i>Toxoplasma gondii</i>
Trichinellosis	<i>Trichinella spiralis</i>
Trichomoniasis	<i>Trichomonas vaginalis</i>
Trichuriasis (Whipworm infection)	<i>Trichuris trichiura</i>
Tuberculosis	usually <i>Mycobacterium tuberculosis</i>
Tularemia	<i>Francisella tularensis</i>
<i>Ureaplasma urealyticum</i> infection	<i>Ureaplasma urealyticum</i>
Venezuelan hemorrhagic fever	Guanarito virus
Viral pneumonia	multiple viruses
West Nile Fever	West Nile virus
White piedra (Tinea blanca)	<i>Trichosporon beigelii</i>
<i>Yersinia pseudotuberculosis</i> infection	<i>Yersinia pseudotuberculosis</i>
Yersiniosis	<i>Yersinia enterocolitica</i>
Yellow fever	Yellow fever virus
Zygomycosis	Mucorales order (Mucormycosis) and Entomophthorales order (Entomophthoramycosis)

See also

- Lists of diseases
- Infectious disease
- Virus disease
- List of infectious diseases causing flu-like syndrome
- Transmissible spongiform encephalopathy
- List of ICD-9 codes 001-139: infectious and parasitic diseases

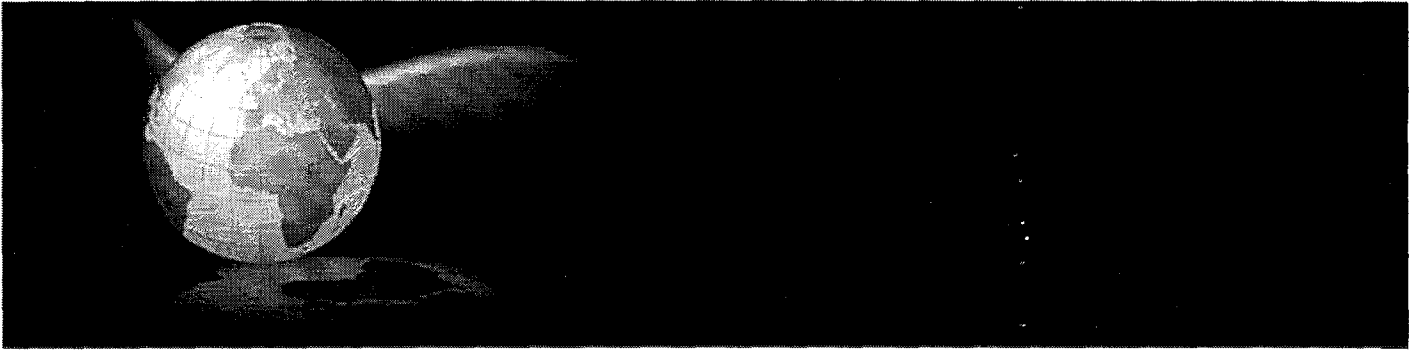
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Categories: [Sexually transmitted diseases and infections](#) | [Infectious diseases](#)

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Fundamentals of Using MMS

Spreading MMS Across the World With Your Help.

The Fundamentals for using MMS are These:

Fundamental One:

Repeated small doses are more effective than large morning and evening doses. It has been demonstrated more than 1000 times that small doses administered often, up to once each hour, are more effective than large doses administered once or twice a day.

We now know that the chlorine dioxide chemical generated by MMS does not remain in the body more than one or two hours at most. The size of the dose does not seem to make a great deal of difference to the amount of time that MMS remains active in the body. That basically is because it doesn't matter if it is a large amount or small amount it still deteriorates into mostly just table salt in an hour or two.

So in reading the various methods of using MMS elsewhere on this web site, keep in mind - it is going to be much more effective to take MMS either each hour, or each two hours, and with smaller doses that will be equal to - or maybe larger than - one large dose.

If you are in the habit of taking larger MMS doses only in the morning and evening as was suggested in the past, MMS will still cleanse the body of microbes and pathogens. However, new research clearly reveals that a smaller-but-continuous circulation of ClO₂ prevents regrouping and reproduction of pathogens, especially in situations where you are fighting a specific health issue - whether a cold or herpes or hepatitis.

Fundamental Two:

Put as much MMS into the body as you can without causing an increase in

sickness, nausea, or diarrhea. Always start out with a one drop dose at first and increase the drops every time you feel you can. That means, of course, that you activate each MMS drop with 5 drops of citric acid or vinegar and wait the 3 minutes and add juice or water as always.

So, on the second dose you could increase to two drops if the first drop didn't seem to increase sickness (in most cases it won't). Generally, that would be in two hours after taking the first dose. Then keep increasing each one or two hours until you feel that you have reached maximum or until you notice a slight nausea. Generally two or three or four drops each time is all that is needed.

However, you could increase the drops up to 10 drops per hour if there is no increase in nausea and if you feel that more is needed. I would put a limit on 10 drop doses and normally you would never need to go to 10 drops doses if you are doing 5 to 10 doses a day.

You stop when you are well. Or if you are just trying to clean yourself out then you could try the 15 drops dose three times a day as that has always been the standard. If you can take 15 drops three times a day for a week without nausea or diarrhea or other negative effects, then most likely the majority of the infections and pathogens and parasites are gone.

After you are cleaned out a maintenance dose is still the same as always, 6 drops a day of MMS along with the citric or other acids required for activation. That's for older people and 6 drops twice a week for younger people, older people being over 60.

Fundamental Three:

Decrease the number of drops as needed if diarrhea or nausea occur, but do not stop taking MMS. Nausea and diarrhea are both good indicator signs that MMS is working. Diarrhea lasting for an hour or two is very good, but to keep it up for days at a time can cause more harm than good. So always decrease the drops when these temporary barriers arise - they are temporary in most cases.

Fundamental Four:

Avoid all forms of Vitamin C for two hours before and after use of MMS. This is a temporary requirement, necessary during the significant weeks of your ramping up to the level of drops where you can be considered to be "Cleaned Out." If you are taking Vitamin C capsules marked as "12 hour" type, you will have to discontinue their use and only take capsules or tablets that do not indicate a timed action and take them only at night after MMS hours. See more information at

<http://JimHumble.biz/biz-normal.htm>

Fundamental Five:

Thoughtfully maintain a nutrition program adequate to maintain your immune system. MMS takes unwanted pathogens and parasites out of your body with great efficiency but it provides no nutritional minerals or vitamins. Maintain intake of friendly micro-organisms (acidophilus, and other flora). MMS itself does not kill intestinal friendly micro-organisms but forceful diarrhea can sometimes reduce their numbers. Similarly, maintain intake of minerals - especially calcium and magnesium.

Nutritional intake is critical to the immune system. Daily sunshine on the skin will maintain your vitamin D or, if you rarely see the sun, you must maintain "D" with supplements - - essential for maintaining the immune system. While MMS is the most potent germicidal agent on the planet, only the immune system produces healing and maintenance of health. Read my books on this topic, available at <http://MiracleMineral.org/book.php>

The five fundamentals above are basic to all the various methods and protocols that are explained on this Web Site. Be sure to click through to the various specific protocols that are highlighted below.

Six proven ways to move MMS into your body.

1. Drink it. Swallow activated MMS with any amount of water or juice flavoring added. This is the most common method. Adding water or limited juice to the mix after the three minute wait enables you to drink the mixture. The amount of water matters very little provided that you drink it all - typically one half to a full glass of water. If you drink the entire amount you will get all of the MMS benefit. Diluted little or much it will still do the same cleansing within in your body.

After the three minute wait, when you add water or juice, no more chlorine dioxide is generated. It is locked into the water or juice. After drinking the mix with the water added, the ClO₂ gas will circulate in the body for less than two hours as described above. Insignificant amounts of ClO₂ are generated after the water is added, but not enough to consider.

You could repeat any MMS dose every two hours (or less) without harm provided you observe the temporary barriers created by diarrhea or nausea. Important additional information is here: <http://JimHumble.biz/biz-normal.htm> .

2. You can spray activated MMS on skin anywhere. It is effective against localized skin sores or diseases. The mixture must have a small amount of water added to make the liquid ready for spraying. It does not bleach hair and does not harm the skin. If you have open sores or cuts, it may cause sensations of burning but it promotes rapid germ-free closure of wounds. See <http://jimhumble.biz/biz-skin.htm> .

3. MMS retention enemas are effective in cleansing intestinal walls. They also cause the ClO₂ to be absorbed and mixed with the plasma of the blood - the blood liquid. MMS benefits are more available to more parts of the body more quickly when the ClO₂ is carried in the plasma. Further information is here: <http://JimHumble.biz/biz-enema.htm> .

4. Hot tub baths with activated MMS in the water expose the entire skin surface to ClO₂ ions. Add hot water continually while sitting in the tub. Skin pores open and the ClO₂ ions pass deep below the skin and into muscles. Since blood is always present in muscles, the ClO₂ ions merge into the plasma of the blood providing greater concentration of detoxifying action against parasites, yeast, fungus and other pathogens. Further information is here: <http://JimHumble.biz/biz-tubbath.htm> .

5. Some people briefly breath the ClO₂ gas into the nose, head, and sinuses. DO NOT DEEPLY BREATHE the ClO₂ gas into the lungs because of possible damage to the lungs and unexpected depletion of oxygen.

Sitting with your mouth or nose over a cup of activated 2 drop mixture (definitely no more than 4 drops), and with no water added, draw the odorous ClO₂ gas into the nostrils or mouth. Approach this with caution. If it seems too strong move the cup further away or prepare a weaker mixture. This has proven effective in killing germs in the sinuses that are often the cause of post-nasal drip. One or two brief nasal breathing session have been reported to eliminate post-nasal drip after all other medicines had failed to stop it.

Caution: If you have any history of asthma, use low doses and stop immediately if you have any sensation of an asthma attack. Never exceed the 4 drop maximum. This method is effective in situations where sinuses, vocal cords, or ear infections are retaining germs or pathogens.

Remember, it is the ClO₂ Ion - the gas that you can smell - that is the germicidal agent. Use a 2 to 4 drop dose activated with 5 drops of citric acid or vinegar for each drop of MMS that you use. There's no need to add water since you won't be drinking it. Germs live and thrive in MUCUS and PHLEHM. The odor of ClO₂ can kill them

and prevent further production of mucus.

CAUTION: DO NOT EXCEED the 4 drop maximum mixture and take periodic breaks often by breathing normal air to assure replenishment of oxygen to the lungs. You can always mix a second dose later if you want more time span. Bird cages and free-flying house birds should be kept in another room because of their sensitivity to various gases. **HEED THESE CAUTIONS.** You are responsible for avoiding harm to your lungs so avoid prolonged deep breathing of the ClO₂ gas.

6. DMSO can sometimes be added to the MMS activated mix in special or life-threatening situations. Special DMSO instructions are provided under the topic "Life Threatening Diseases" at this address: <http://JimHumble.biz/biz-life-threatening.htm> . Always test yourself first with a small DMSO spot on your arm. People who have a damaged or weakened liver should reduce the use of DMSO if any aching or pain is felt in the liver area. Put 5 drops of MMS on your arm and rub it in. Wait for several hours. If there is no liver pain, you are probably safe in using DMSO.

One tablespoon of DMSO with two or more tablespoons of water can be taken internally by drinking it once or twice a day while fighting a severe disease. Normally use juice and dilute the DMSO much more. A 50-50 dilution will burn most people's throat. It's best to dilute DMSO with at least 2 parts water or juice to 1 part DMSO. Important additional DMSO information is at the Web address just above.

Caution One: DO NOT ATTEMPT any experimental intravenous injections in your home. There are health clinics that can administer such therapies. Seek qualified professionals who can take responsibility for proper dosage, administration, and predictable outcomes from any IV process. Health clinics may charge up to \$100 per intravenous treatment. Intravenous provides about the same benefits as methods 4 and 5 above, but at a high cost.

Caution Two: It is unnecessary to put activated MMS into a dehumidifier or room fogger. People have written asking about this. They wanted to do it because ClO₂ is a powerful deodorizer and air purifier. The proper way to rid a room of mold, odors, or germs is to set a 10 drop mix of activated MMS in the middle of a closed room in a cup or saucer and let the ClO₂ arise out of the liquid naturally. Do not add any water. Do not exceed the 10 drop suggestion. It's more effective and safer to do several repeated room cleansings every hour than to release too much ClO₂ at one time into a closed room.

The ClO₂ gas is a powerful deodorizer and germicidal agent. Drifting through the air,

it will eventually kill all germs in the air and in furniture fabrics. After about one hour, the ClO₂ gas disappears. It deteriorates into two molecules of water vapor. Activated MMS can restore lawn chairs thought to be ruined by skunk spray. Scrub the MMS mixture into car carpets, smelly shoes, and under arms. Will the whole house start to smell like Chlorine? No. Not possible.

When using MMS as a room deodorizer or fungus eliminator, close the room doors and remove all pets and birds from the room for one or two hours.

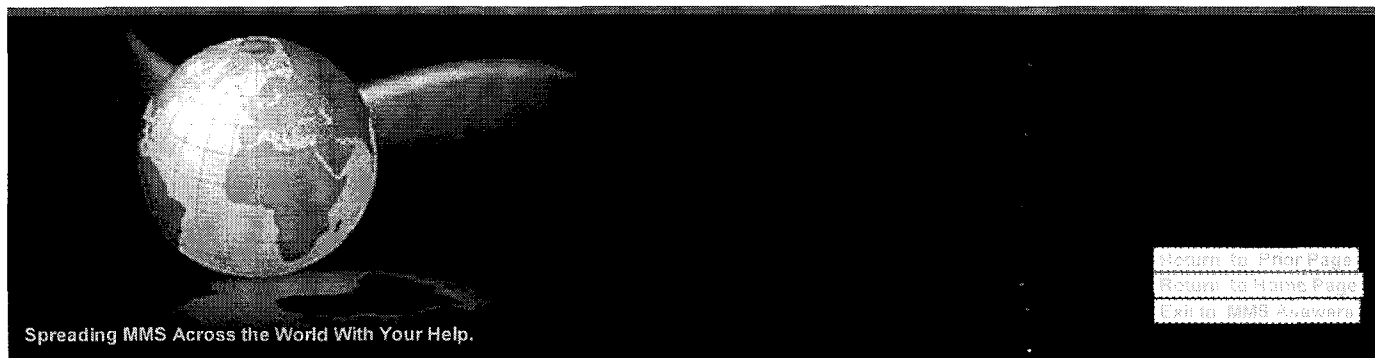
Caution Three: Regarding Citric Acid: It is unusual to experience any nausea when starting MMS with a one drop dose. if you experience nausea after taking the first one-drop dose of MMS, it's rare, but you may be allergic to citric acid at the 10% solution strength. To quickly stop the nausea, wait ten minutes, then counter it with a teaspoon of baking soda in water if the nausea persists. Also eat an apple if you can keep it down. Wait overnight, then try a one-drop dose again, but use unfiltered and unpasteurized apple cider vinegar as the acid instead of citric acid.

It is very rare, but a few people are allergic to 10% citric acid in water, even though they may easily tolerate weak forms of it as in lemonade. The solution is to adopt unfiltered vinegar as the acid of choice because it is non-allergenic. Therefore try MMS again using unfiltered unpasteurized vinegar as the activating acid and slowly ramp upward in the number of drops as is described in the normal process at <http://JimHumble.biz/biz-normal.htm> .

A list of MMS educational web sites (no sales) is at <http://MMSadvancedstudies.com>

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Note: When following the suggestions below, keep this sentence in mind: **Always activate one MMS drop with five drops of one of the food acids, either unfiltered vinegar, fresh lemon or lime juice, or citric acid solution (10% strength).**

To make citric acid solution use a clean pint bottle with screw-on lid. Add 1 level tablespoon of citric acid powder and 9 tablespoons of water. Repeat that again if the bottle will hold it. Shake and store it in a capped jar. Refrigerate for longer life and to prevent thickening. Citric acid powder is available in most drug stores, enabling you to mix your own 10% liquid for storage.

In a cup or small glass always mix 5 drops of one of those food acids to each one drop of MMS. Swirl and wait at least 3 minutes, then add 1/3 to 2/3 to a full glass of water or thinned juice (but without any vitamin C) - then drink it. (You can expand the 3 minutes out to 10 minutes but no longer.) 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 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 ½ 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 12 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, 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.

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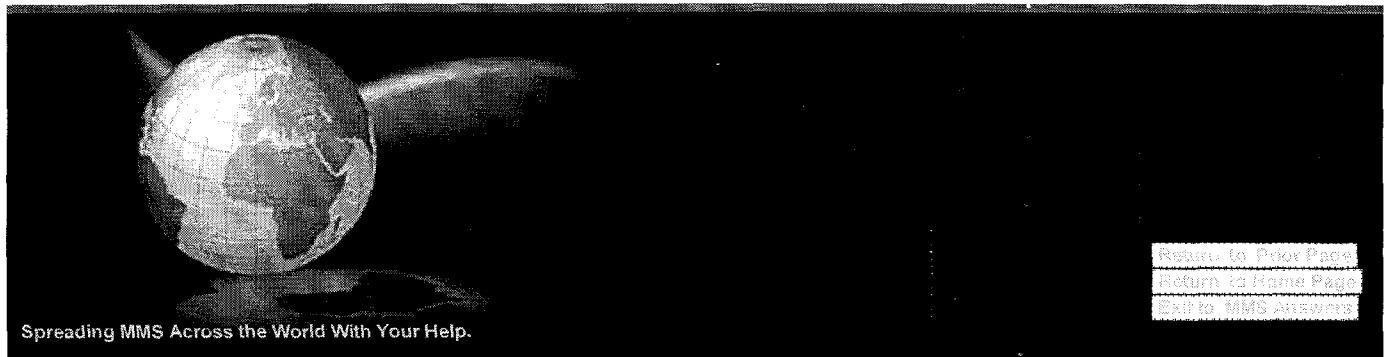
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I hope you do not think that The Miracle Mineral Supplement (MMS) is just another very interesting supplement that can help some people after taking it for several months. Not so. MMS often works in a few hours. It destroys the #1 killer of mankind, malaria, in 4 hours. The victim goes back to work the next day. If patients in the nearest hospital were treated with this Miracle Mineral, over 50% of them would be back home within a week.

Amazing as it might seem, when used correctly, the immune system can use this killer to only attack those germs, bacteria, viruses, molds, and other microorganisms that are harmful to the body. It does not affect friendly bacteria, including the intestinal flora, nor healthy cells.

MMS is the greatest solution to mankind's diseases and ills now known, and it is not a drug. If you will go over the data here, and read my book, and read the success stories provided I believe you will be convinced enough to try it. That is all I ask. Up to this time, I have not yet had a doctor read my book and read the success stories and then say that he didn't believe it. The reason for this is not the success stories as anyone can write up a bunch of success stories, but the book tells of chemistry. Chemistry doesn't lie. Science is science and doctors have enough understanding of science and chemistry that they know there is no point in arguing that chemistry doesn't work.



MMS is the purest of all things that you might take. Drugs and even nutrients have dozens of different combinations of chemicals and different elements. That's generally the reason for side effects. There are just any number of things that can happen from a drug, and even from a nutrient. Look at any drug formula. Some times the formula is a foot long. But not so MMS. It is only two simple items once it is dissolved in water. It consists of the type of harmless chlorine that is in table salt, and oxygen. There is some sodium, before it is dissolved in the water, but that becomes harmless it is so small.

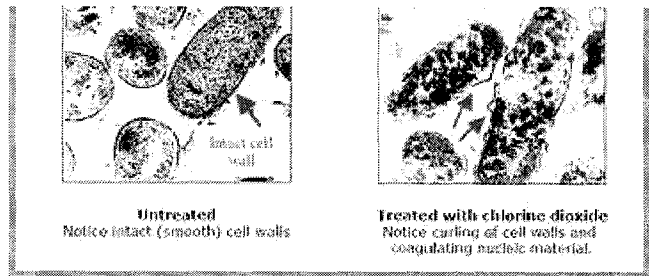
There is nothing else, and this combination results in the most powerful killer of pathogens known to man. It has been used in stock yards to kill pathogens on meat, and on slaughtered chickens; it has been used to sterilize hospital floors and benches, and to kill pathogens in water works without killing friendly bacteria for over 70 years.

Now this same formula is used in the body, and the same situation results. No damage is done to the body, but the pathogens are destroyed. In its powerful form MMS is chlorine dioxide that reverts back to harmless chloride and neutralized oxygen. It leaves nothing behind to build up.

Take your time. Learn what you can. Read my book and you will know that a new age has come to mankind. I



didn't bring it. I was lucky enough to discover what many men were already doing, they were using MMS under different names. What I was lucky enough to discover was a way to bring the information to the general public instead of it lying dormant in hospitals and clinics not being used. Well, I sort of invented it in that I discovered it cured malaria while I was in the jungle, but I soon found that others have been using it sparingly on certain diseases for as long as 20 years or more. The fact is, it treats almost all diseases, including the so called incurable diseases. I'm just glad I was able to bring it to the public. So now find out for yourself.



The latest hardback version of my book contains volumes one and two bound together. [\[Click Here \]](#) to go to the reseller who has it in stock. The cost is US \$21.95. The book is titled "The Miracle Mineral Supplement of the 21st century." Keep in mind that the money beyond expenses will go to overcome malaria in a country of Africa or to help distribute books and products in other countries.

To sign up for the monthly MMS Newsletter, [\[Click Here \]](#)

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NEW FLU VARIANTS are being reported on television and in newspapers with dire warnings that we may face a global pandemic. These new strains could spread rapidly from country to country. Five years ago the SARS flu strain caused numerous deaths primarily in China. Later, in 2007 bird flu variants were tracked as they spread from country to country.

Now, as of April 13, 2009, Swine Flu cases were identified and reported in Mexico on April 13, 2009 and three days later in the US and England.

MMS (Miracle Mineral Solution) is a germicidal agent capable of attacking and killing evolving flu viruses. It operates without regard for the strain or variation that may evolve from time to time. This opinion is based on the chemistry and behavior of activated MMS when it is used according to the instructions below. Unlike antibiotics or vaccines, activated MMS (chlorine dioxide) is pathogen-cidal without regard to strains or evolving variants of Flu viruses - as has been known since 1950. Methods for using activated MMS as a universal flu deterrent will be described herein.

Flu Facts To Consider:

The recent strain of swine flu, for example, is claimed to be new and different from any seen before. Unlike bird flu, or SARS, this virus attacks pigs, producing lung congestion that sometimes results in death (not always). Now, suddenly the virus began to spread to people who work with pigs and then it was observed to spread through the air from person to person. Within two weeks, over 1000 people in Mexico were hospitalized with Pig Flu and 60 deaths were reported within the first two weeks following April 13. Then the virus spread quickly to the US and England.

The number of deaths and people in hospitals are tracked daily on Internet sites. The Center for Disease Control provides a web site where statistics about flu cases are maintained and reported. See: <http://www.cdc.gov/swineflu/investigation.htm>

On April 26, 2009 the US Department of Homeland Security declared Swine Flu to be a Public Health Emergency. Janet Napolitano immediately released 25% of the Federal stockpile for flu antiviral shots (50 million vials) to be used by federal authorities against the virus as may be needed. See her formal statements, photo, and early analysis – [\[Click Here\]](#) .

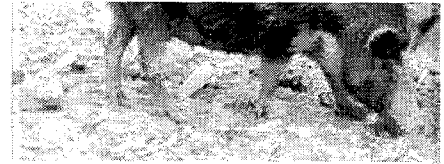
You will not catch Swine Flu from eating pork or pork products. It is spread through the air from pigs to people who can then spread it to other people primarily through the air. Face masks are being handed out by the Red



Cross and other agencies for hospital visitors or for people working where they might be at risk.

MMS is a broad-spectrum germicidal agent, but it is quite different from antibiotics in its approach to the killing of viruses and bacteria. Persons who are curious about the germicidal properties of MMS can review a graphic brochure [[Here](#)] dealing with the oxidative chemistry properties of chlorine dioxide.

You can use MMS both as a preventative and as a remedy to overcome Swine Flu. The method is to take MMS on an hourly basis. See instructions below.



Despite the filth and slop in which pigs thrive, their immune systems protect them from most diseases. They usually recover from "Swine Flu" lung congestion. For people, however, immune systems are often compromised, making Pig Flu a potentially serious threat.

MMS is one option that enables human immune systems to target and kill unwanted germs and viruses.

Suggested Procedure for Using MMS as a Flu Deterrent or Remedy:

1. In a cup or glass mix 1 drop of MMS with 5 drops of unfiltered vinegar or fresh lemon juice. Swirl and wait three minutes for activation to be completed.
2. Add ½ 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.
3. If you felt absolutely no change during this first hour, go ahead and go to 2 drops on the second hour. (Always use 5 drops of vinegar or lemon juice for each drop of MMS, and of course, the three minute 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 30 drops of the 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.

Educational information about MMS has been collected at this site where there are no marketing or purchase options. Click here: <http://MMS-education.com>

MMS can be purchased from various labs and MMS resellers, visible on the Internet search engines.

It remains to be seen if one or another flu strain will develop into a serious epidemic. A number of people die each year from influenza and other typical flu viruses but those events are rarely classified as an "epidemic" or health emergency. By the end of May 2009, the Center for Disease Control will have official statements about the severity of the virus.

Some researchers argue that there are risks associated with stockpiled flu vaccines.

Most vaccines are preserved not only with mercury but also with aluminum – heavy metals that scientists claim are harmful to nerves, glands, and brains – long-term.

Vaccine critics argue that it is contradictory to state that Swine Flu is new, quite unlike any flu virus seen before, while at the same time promoting millions of stockpiled vaccine vials that were manufactured months or years prior to any given outbreak. If a new strand of virus is "new and different" then older vaccines will probably be useless. Numerous Internet articles expose the debate about vaccine effectiveness as is shown when searching for terms such as "vaccine risks."

Recent laws passed by Congress make the government immune from law suits if a government vaccine appears to cause harm or damage to one's health. This immunity applies even if you are forced to receive a shot by military or federal officials.

MMS is in daily use by at least 230,000 individuals since its public release in 2006. No one has died from its use – even when they mixed it backwards – or overdosed by mistake. If you read the articles at the MMS-Education site [Here] you will learn how MMS distinguishes accurately between normal living body cells and unwanted pathogens.

MMS is attracted to germs and viruses because it seeks to rip electrons out of the walls of pathogens, causing them to implode and die. Swine Flu viruses have electrons to give up and MMS will never know that this virus was a slightly different viral strain.

For further information, read the "Basic Fundamentals" and other protocols that are at <http://JimHumble.biz>. See also the humanitarian project defined at <http://JimHumbleFoundation.org>

Jim Humble at The Institute for Advanced MMS Studies, LLC. Contact: JIM@MMS2b.com

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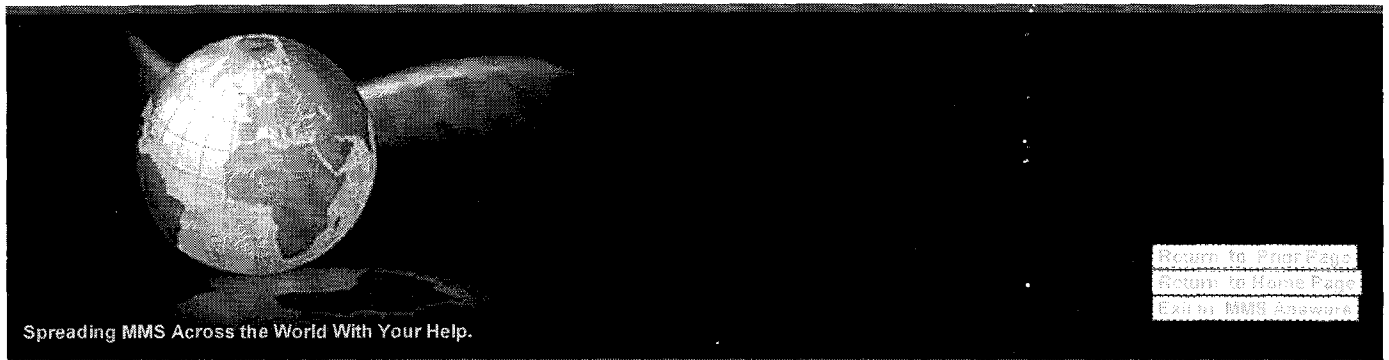
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Many people do not understand the importance of taking maintenance doses of MMS every day or at least twice a week. Most people interested in detoxifying the body realize by now that new diseases have come on the scene in the past 50 years and they are not natural diseases.

Nature hasn't invented any new diseases, they have all been invented by man. I'm talking about HIV/AIDS, lyme disease, morgellons disease, hepatitis C, and a whole host of other diseases that the human race is now facing. Millions upon millions of people are suffering and dying from diseases created by man.

Some of these diseases are transmitted by personal contact or sex, but others are spread by mechanisms that are not yet understood. Especially lyme disease and morgellons diseases are transmitted by unknown means. Yes, ticks are one source of the lyme disease, but I have talked to many who have lyme disease who never got near a tick.

And there are thousands who have "Morgellons" disease who have no idea where it came from. And guess what. Medical doctors can't tell you where cancer comes from. Oh, they have a lot of ideas that you cannot catch cancer, but all the guys who said that cancer was cause by a microorganism have been either killed or persecuted until they were dead or imprisoned.

Then there is the flu. Every year thousands of older people and young people die from the flu. So, the point being that a tremendous amount of diseases are out there where you are, and everyone is at risk.

MMS maintenance doses and can reduce your risk by a very large amount, maybe as much as 95%. MMS supercharges your immune system by providing a chemical that the immune systems needs to kill various pathogens.

Assuming you have "graduated" from the body cleansing process in which you took more and more drops of activated MMS (morning and night) up to a maximum of 15 drops morning and night - holding that level for five to seven days, then in most cases you are probably quite well cleared of body toxins, poisons, heavy metals, yeast, and fungus.

Having achieved that 15 drop level - and understanding that you may or may not get to that level in one month due to temporary diarrhea or temporary nausea barriers, after graduation, you should drop back to a lower maintenance dosage.

One example might be one eight-drop dose on Monday and Thursday mornings at 6 am, then breakfast at 8 am,

thus achieving maximum CI02 benefits.

Another example might be taking a six-drop dose every morning, except Saturday and Sunday.

One factor to consider is that MMS doses at almost any level are one of the best cancer preventatives. It seems certain now that that cancer is caused by a morphing microbe that gets inside a normal cell after circulating by blood to its resting place. That microbe would never find a hosting place among your cells if even a little MMS was circulating as often as possible. A small amount taken frequently might prevent the formation and development of cancer.

By the time a person is diagnosed with cancer, he or she may already have millions of cancer cells before most cancer tests come back with proof. Therefore it's far better to take preventative actions.

We know that sunlight and vitamin D is a critical requirement - so don't neglect it - this is one of many cancer prevention options.

We know there are a few human cultures (populations) that have no cancer cases at all - and their diets have huge amounts of Vitamin B17, so don't neglect that as a possible preventative action.

We know that if sugar and sugar-forming foods could be almost eliminated (even the carbohydrates) then cancer cells will die because they live and reproduce wildly by consuming sugar - either from the blood or from surrounding tissues. So, reduce your intake of sugar, high fructose corn syrup sweeteners, and foods that convert to sugar (potato chips, French Fries - as another cancer prevention action.

We know that in many or most cases a microbe converts normal cells into cancerous cells. We have 50 years of proof that CI02 kills all known microbes and bacteria. So don't neglect MMS. MMS maintenance mode will assist greatly in the prevention of microbial spreading of cancer, so don't neglect it. MMS is possibly the best disease preventative in the world. So, a disciplined MMS maintenance schedule should be established.

I hope you are never diagnosed with cancer. Those who get that bad news are immediately worth \$80,000 to \$200,000 dollars to the drug stores, pharmaceutical companies, doctors, nurses, surgeons, radiation specialists, post-operation care providers, and insurance companies. And without MMS awareness, that costly process is sometimes repeated two or three times - if cancer re-occurs again and again.

You have a very serious reason to establish one or another schedule of periodic MMS doses.

Compare two cents per dose to the costs above. At two cents per dose you may be able to completely avoid the terrifying CANCER word in your home or family.

Some people just "play around" with MMS. They wait for a toothache to happen, then brush their teeth with MMS - after the problem has arrived. MMS will usually stop a toothache almost immediately. But don't wait until you feel a lump, or a growth, or a tumor, or a swollen gland and (too late) remember that maybe MMS will help it. Your tumor may grow faster than MMS can nibble away at it. Then you will expect the MIRACLE mineral solution to work a miracle. And it often does - unless you wake up too late.

Cancers and tumors can probably be prevented and eliminated entirely from countries and nations - if after full body cleansing, people establish and maint

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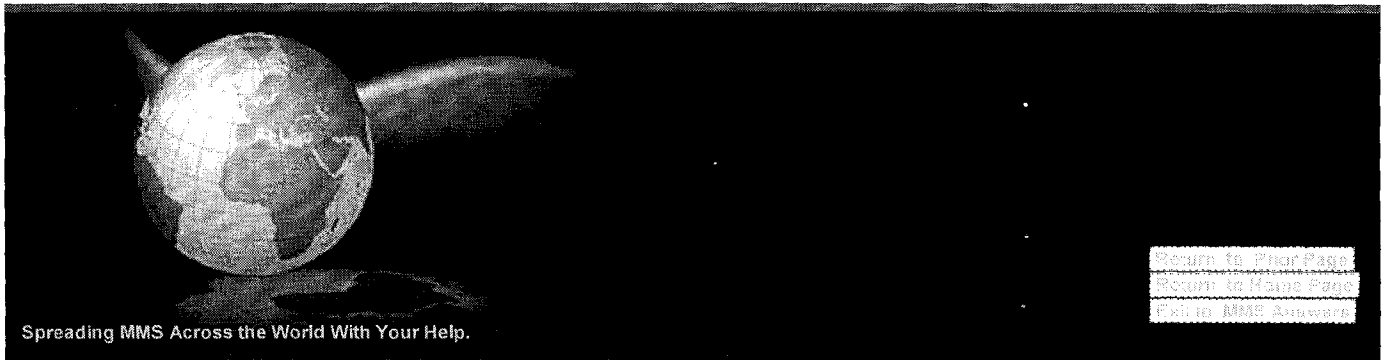
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Viruses are a thousand times smaller than bacteria and thus are not killed in the same way. Bacteria are killed by an explosive oxidation reaction, whereas viruses are killed by keeping a virus from forming over a period of time. MMS prevents the protein of the virus from growing into its final configuration and thus they die.

Where viral diseases are present, you must keep MMS present in the body for an extended period so that viruses cannot mature and reproduce.

The various protocols take this into consideration. For viral infections, normally the chlorine dioxide needs to be continuously present in low-dose amounts for at least 12 hours, and sometimes even longer. This is in contrast with bacterial infections where a large dose of MMS in the morning, noon, and evening will be effective in a fast kill of bacteria.

We know for certain that activated MMS (chlorine dioxide) only remains present in the body for about 1 hour. That means you must take a small amount of MMS every hour for an extended period of time to keep the viruses from forming, and thus they die by never reaching maturity.

Take as much MMS as you can handle without getting sicker or nauseous. Start out with one drop, and in an hour take two drops, then three drops at the third hour. Keep increasing, but drop back a drop or two if you notice nausea.

It's OK to sleep without taking MMS through the night but begin again the next day until you are well. (Remember always use 5 drops of citric acid or unfiltered vinegar to each drop of MMS and wait three minutes before adding water or juice.) Use this information here with any of the other protocols.

CONTACT INFO: Before writing to the MMS Institute about specific disease questions you should visit the knowledge base and click on various diseases that may be of interest. Click here: [<http://MMSanswers.com>]
An E-mail contact address is provided there.

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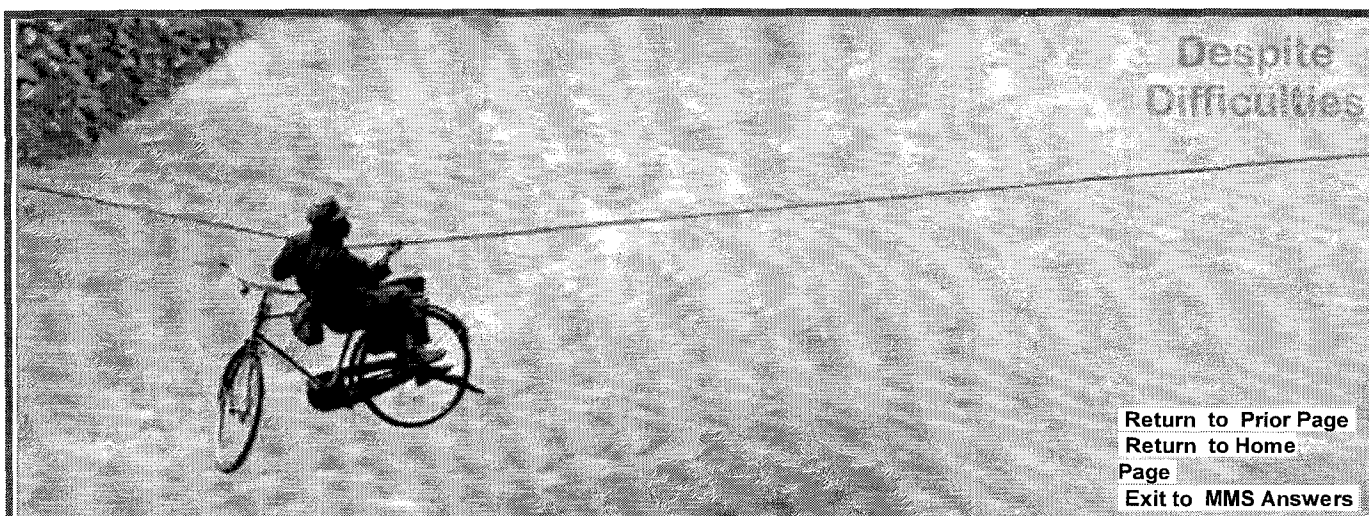
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Jim Humble's Report from Africa - July, 2009.

Best viewed in
Internet Explorer
or Firefox Browser.

Activities Update 5/1/07 to 7/20/09. I have been working in Mexico for about two years getting clinical trials established that will document health improvements produced by MMS in actual patient cases. I also help friends there get the sales of MMS going in Mexico. This clinic is owned and run by the James V. Humble Mexican non-profit Research Foundation, but it was paid for by the sales of my book, *The Miracle Mineral Solution of the 21st Century*. By law I cannot be a part of the foundation, but I can be a non-participating advisor, so that's what I am.

Then the Swine flu hit in Mexico City about May 1, 2009. I don't live near that city but I thought "here is a possible chance to show that MMS can cure the Swine flu. So, I had my friend call the Mexican Senate and mention that MMS would probably handle the swine flu problem. At that time our friends in Mexico City, even one that worked in the main swine flu hospital had verified 2000 swine flu deaths.

However, one top senator told us that their hands had been tied and that the Senate could do nothing and that I was advised to leave Mexico immediately as someone very powerful didn't want anything to be done about the swine flu. The indication was that if it looked like MMS could do something, it might be unhealthy for me in Mexico. Seeing that whoever was doing the swine flu was powerful enough to tie the hands of the Mexican Senate, it was good enough to make me decide to leave immediately.

At the airport one of my friends who was there to see me off was called by someone who said that a town nearby had quite a few cases of swine flu. They asked for help. I thought we might be able to do something so I cancelled my flight. We called a doctor in town and he said that he would accompany us to the town the next morning. He was enthusiastic about doing something with the swine flu. However the next morning he wouldn't talk to us and his secretary told us not to bother



Jim Humble (left) at the Malawi Bureau of Standards in 2006. Right side: Zahir Shaikh, humanitarian who introduced Jim to various government offices and officials.

attempting to communicate. I took that as further reason to leave, so I left that day on the airplane bound for Mexico City, and immediately on to other places away from Mexico.

I worried about my friends there in Mexico except I knew they had loyal friends to protect them, and they are experts in the use of MMS to shield themselves against viruses of all types.

A friend had invited me to South Africa to meet a doctor there. It seemed like a good place to go at the time. I flew to Cape Town, South Africa, and met my friend where we stayed one night. The next day we traveled for 24 hours by car to another city. I spent much more than air tickets would cost on the rented car and driver. I was in South Africa at that time (no longer there now). I am several thousand miles and several countries up the west coast and inland a little ways, and then a thousand miles from that point introducing MMS to doctors in remote areas.

But getting back to meeting doctor Zondo in Durban, he is a Zulu and at that time he was in the process of building a hospital on top of a mountain about 60 miles out from Durbin. I explained the technicalities of MMS and like many other doctors, once he understood the chemistry of MMS he was certain it would work and immediately wanted to incorporate MMS into his chain of clinics.

In addition to building a hospital, he was teaching 500 students to use traditional medicine of the Zulu. (That is mostly herbal medicine). He was intending to have a hundred large steel shipping crates cut and redesigned to make steel medical herbal clinics in the jungles in South Africa and some of the neighboring countries. Some of the students were from the neighboring countries. He asked me to teach selected students how to prepare and use MMS.

I hate to say it, but things did not go well. Each day he was supposed to pick me up so that I could run classes on MMS, but when he was scheduled to pick me up at 8 AM he usually arrived 6 to 8 hours late and I did not have time to conduct classes. In desperation, I suggested that I move in up on the mountain. He thought it was a good idea, but as things turned out, I moved into Dr. Zondo's living area in one of his round houses in a Zulu area. But I still didn't get to teach but one class.

I had a talk with him in which I explained delegating authority and that no one should ever have to control more than 6 people. It is a basic in management that when one has to advise more than 6 people he becomes bogged down. He thought what I had to say was good and promised me that he would begin delegating authority the next day.

I did stay on the mountain one day sleeping on a bare floor with straw on the floor, and I was bitten by a black widow spider on my ankle. It swelled up very big and dark splotches began to form all around the bite. It looked pretty bad. I wondered if local doctors had anything for a black widow bite. I went to one and it turned out that medicine in South Africa, like medicine in America had nothing for black widow bites. So I just started taking MMS every hour for about two days. That took care of the bite. The swelling just started going down at about hour 5 and it continued down to normal. I continued to take MMS



twice a day.

After I talked to Zondo about management, the situation happened that the next day one of the walls of his new hospital fell over in a puff of wind and killed two students. Then he was involved with the police, investigators from other places of authority, parents, funerals, chiefs of the Zulu and others. Nothing got done and I didn't get to teach any classes on MMS. Dr. Zondo was continuing to attempt to supervise 500 students and workers. I began to teach one of his wives (he had four wives) a little about MMS. Finally he invited me to travel to Johannesburg to talk to the President. I didn't mention it earlier, but he is a relative of the new president who is also a Zulu.

Well I did travel to Johannesburg, and I talked to a few people, but I did not get to talk to the president about MMS or anything. Dr. Zondo did not treat me very well and he expected me to remain around while he spent time not getting things done. He tried, but none of his plans were working out, and if they were working out, it was going to take years where he was planning weeks. Finally I said, that's it.

I told him on returning from Johannesburg where nothing worked like he said and where he kept me in the dark as to what was happening and what was going to happen. I told him, "that's it," I am moving back into town and I will teach some classes there to some other people who wanted to learn to make and Use MMS. I stated that he could come to town or send people to town if he wanted them to learn.

This STAPH story came in on May 15.

I was introduced to MMS in 2007 after a lengthy and serious bout with MRSA. While hospitalized for 14 days, I received the strongest antibiotics available. My body felt like it had been turned upside down.

Within three weeks after dismissal from the hospital, I started seeing lesions on my skin that turned out to be more MRSA. I was always given more antibiotics. Nine months after the initial MRSA bout, I had a large area in my scalp that was also diagnosed as MRSA.

At this point, MMS was recommended by my sister, so I ordered it on a Saturday. By Monday, it was at my door, and I started taking it.

I overdosed (on purpose) and was sick with nausea and diarrhea for about two weeks. However, after two doses, my scalp was clear and I was convinced my body was healing.

I put up with the nausea and diarrhea because I felt I was

In town I bought a 100 pound barrel of chemicals to make MMS and taught several people to make it. I also bought the various bottle and funnel items required to make MMS and donated it to the people who wanted to make MMS. Finally Dr. Zondo came to a class himself and learned to make it. He got an order for 2,000 bottles of MMS from the President for the S. African Armed services. That could be a good opportunity for him and for the country to start using MMS officially; however, the chances are it will take him a full year just to manufacture the 2000 bottles.

The lady in town and her husband that started making the MMS could make the bottles of MMS for Dr. Zondo for the Government, but he probably won't allow that. So it will take months. I trained the lady in town because she travels around the world quite a bit leading prayer groups. She also likes to treat people to see them get well and I felt that she would introduce MMS to quite a few people. Her name is maliga Naidoo and her phone number is 0027 031 468 8067. The 0027 is the S. African country number. I mention the number in case someone might like to help her with her travels or her manufacturing, or just visit her. Her husband, Kay, is actually the one that does the manufacturing and she keeps the details of the business straight.

I left once I felt they had a fair grasp of making it and also of treating people. Things were progressing very slowly, only a tiny bit each day as

getting rid of the infection. Overdosing probably wasn't necessary.

Today, I take a small maintenance dose. I also use the activated liquid as a skin "toner" or if I get a cut or open sore on my skin, and it works every time! Thank you MMS.

there were many things that they were doing that required me to wait on them. I felt a need to go to a different part of Africa as people were asking me to come and telling me how many sick people there were to be handled. I left there 6/11/09 traveling by car.

We had a nice trip across Africa. There are quite a few people traveling through Africa. Some are trying to learn and to help and some are simply traveling to look. The world travels Africa. In any given day you will probably see 10 to 20 international travelers passing any given point on any major road and most back roads as well.

The new place presented a fantastic opportunity to help people and at the same time prove to the world that MMS really does work. This opportunity to help people consists of a remote area in Africa very far out in the wilderness. The area is about 50 miles square where many thousands of Africans live. There are several clinics and several small hospitals here and the doctors are all so tired of the HIV and other diseases that they were willing to listen to me and we are getting things done without interference.

I soon had 35 HIV cases on the MMS HIV protocol. We only started with that many as they wanted to see the results.

You probably know that most any HIV case is suffering from one or two or more diseases or just health problems cause by their non operating immune system. They are all under a sentence of death. Their immune system cannot handle the health problems that they are experiencing. One example was a child 8 years old whose body was swelling up. His face was swollen so that he could hardly see out of his eyes, his hands and feet and legs were swollen when I first saw him. After two days on the HIV MMS protocol his entire body was back to normal. He had been swollen for a couple of months and the medical doctors couldn't find anything to help him.

The HIV or AIDS MMS protocol I suggest is simply 3 activated drops of MMS each hour for three weeks. If that doesn't do it, we then increase the hourly drops as much as possible without causing the patient nausea or discomfort. The idea is to saturate the body with the MMS without causing nausea.

Well, anyway there were many difficulties, mainly with my computer and being able to answer questions to the few people around the world needing answers. There are a number of internet services out here, but none of them work very well at all. I wound up staying in a catholic service hotel at a very cheap price.

Then there were banking problems. Actually the time passed as I went through the various problems of ordering the chemicals and getting them shipped. There were many problems, and many clerks who could only think of reasons why the chemicals could not be shipped.

As I mentioned, almost all HIV people suffer from various health problems and from diseases as

REPEAT INFO:
YOU WILL NOT BE ABLE TO claim damages if damaged by any vaccine shots.
 Whether you are forced to receive vaccination shots, or if you voluntarily want a free government shot, you will agree that no one is liable in the event of paralysis or death.
 194 countries belonging to the World Health Organization (W.H.O.) will enforce laws enabling vaccinations - even at gun point. In 1975 over 1.5 billion \$\$ in law suits piled up in the U.S before that universal inoculation program was stopped. Too many cases of paralysis, paraplegics, autistic symptoms, brain damage, and deaths resulted from the shots. Even if live viruses give you polio, neither the drug company nor the health provider can be held liable as of 2009.

well. I now have at this writing 35 people on the HIV MMS protocol. Usually before the second week has passed, all of the health problems and/or diseases are gone. In this case all 35 people have stated that their problems are gone and they feel normal. Now all they have to do is check negative for HIV in their next blood test.

IN FROM NEW JERSEY:

"1,600 school children and their parents have been ordered to appear in circuit court this Saturday where health workers will immediately force them to receive required shots. Parents who don't bring their children to court for the shots are to be jailed. We can do this the easy way or we can do this the hard way, but it's going to have to get done." (Quoted from this source: [\[Here \]](#))

To obtain exemption forms within many countries and states go here, then click on the name of your state or country. Exemption forms are readily available and many sample forms and letters are on the Internet [\[Here \]](#)

Forms that exempt children are here [\[Here \]](#) - with samples and information.

See also [\[Here \]](#) where sample letters and forms are available.

In preparation for potential forced injections, consider reading this Canadian article: [Preparing America for Mandatory Vaccination](#) by Paul Watson available [\[Here \]](#)

I hope you see what I am trying to do here. I want to get all of the hospitals using MMS extensively before I leave. I expect to hold some classes before I am through. Once this is happening, and the government has seen and approved of what is happening, then several magazines and other reporters will be invited. Several have already told me they are interested. I now have some powerful friends in this country that want to help their country. The world will know in spite of the news lock-out of the major news services.

So let me say at this point that there is some room for several trainees to come and work with me for a period. This is a fantastic opportunity if you have the money to finance your own travel and living costs. The cost of room at the Catholic service hotel is only \$20 a day. I would like to see two or maybe three here helping and observing what is happening. I would like these to be from an alternate medicine type clinic, but I would accept medical doctors. After training, you could be someone who is doing the same thing I am doing, or you could go back to your clinic with some degree of certainty that you can heal almost any, what is considered incurable disease.

There is also an opening for a traveling assistant, preferably a woman, who can maintain organization, travel scheduling, financial recording, and record keeping while constantly moving without the conveniences of a physical office. Skill with laptop record keeping and note taking is desirable. Ability to take photographs and download them to a laptop is needed. Ability to transfer photos and other writings back to my home base is also needed. Applicants would have to be someone who can keep up with me in the jungle and willing to accept inconveniences and risks. I am 76 years old, but in top health. If you are over-weight or stout or lack agility you would not be able to go where I go. Applicants should be acquainted with my writings and experienced in the use of MMS. They must be totally interested in this line of work with no pay for now - at least not until funding for the Foundation enables consulting and travel costs to be awarded someday. My email address for this purpose is MMSnews@mms-central.com.

This update covers all of May and half of July 2009. I will update further on developments here in this area of the jungle as they happen, or within several weeks of their happening. In only a few months expect to see a magazine article of the happenings here.

Meanwhile anything you can do to inform people about MMS right where you are will always be a help. Of course donations are always appreciated into my PayPal account at MMS1@JimHumble.com.

My sole income is from sales of my hardback book which includes both volumes one and two

bound together. You can order it at [<http://MiracleMineral.org/book.php>] However, I'd prefer that you go out and acquaint people with MMS. You could do both. If enough people know about MMS it can save many people from the Pandemic flu vaccinations and from many other diseases that governments and the World Health Organization have in store for us. MMS can help people survive viral warfare to live to see a better future where leaders choose peace, life, and health.

JIM HUMBLE somewhere in Africa, July 2009

Organization of MMS Educational Resources

There is no central help-desk for MMS at this time. Not yet. To provide answers to questions, educational resources from various writers are now grouped in the web pages that follow. There are no sales or marketing materials in the web pages below. Everything known about MMS at the time of writing is available to everyone equally. Do not lose time trying to find a phone number (none yet) or attempting in desperate ways to get personal advice because you are sick, or unsure what to do. A contact address is posted near the bottom for business purposes only. You must read to get answers to your questions.

- ◆ All of Jim's protocols are in one place at: [JimHumble.biz].
- ◆ An index of important resource materials is here: [<http://MMS-education.com>].
- ◆ Here are supplemental articles about MMS - avoiding nausea, DMSO, etc.: [<http://MMS-articles.com>].
- ◆ Users submitted stories are indexed by key words: [<http://MiracleMineralStories.com>]
- ◆ Jim lists 200 diseases, indexed to 9 years of email answers. [<http://MMSanswers.com>]
- ◆ Jim Humble describes his vision for the future: [<http://JimHumbleFoundation.org>]
- ◆ Expanded activation and mixing instructions: [[HERE](#)]
- ◆ Out of 1,500 MMS suppliers, 120 are listed here from 22 countries: [<http://MMSresellers.com>]
- ◆ News Signup. New evolving discoveries will be reported in newsletters: [<http://MMSnews.org>]

Updates and new information will be posted in newsletters. Signup at [<http://MMSnews.org>] Research the web sites. Do not rely on emails that are not likely to be answered. If you need assurances about the efficacy of MMS beyond the resources above, you should probably not experiment with MMS.

Jim Humble claims that over a million people have benefitted from MMS based on the six years of private testing (2000 to 2006) plus over 500,000 four-ounce MMS bottles sold to date. No one has died - not even the person who mixed it backwards in a gallon jug and drank all he could. The body finds ways to expel such mistakes forcefully in several directions - similar to over drinking or over eating.

When used as suggested, the stories of health improvements are continuous and extravagant. At the time of this writing, a woman blind from birth reports getting vision after 24 years of being legally blind - she can watch TV - blurry but without glasses. Another report - twenty years of blood sugar always over 220, is now between 95 and 120 each morning - at age 81. Pancreas inflammation disappeared. If you experiment with the suggestions at [<http://JimHumble.biz/biz-fundamentals.htm>] you can experimentally create your own procedures and record your movement toward riddance of handicaps. Always stay under the nausea level. Nausea occurs when MMS is killing pathogens

faster than you are able to eliminate them.

The Internet web sites above are your only sure way to find answers to MMS questions.

Jim Humble's biographical information is documented in his free downloadable book: "MMS: The Miracle Mineral Solution for the 21st Century." Volume one is freely downloadable [\[Here \]](#).

A hardback copy of Jim's two books are bound together - \$21.95 cost - [\[Here \]](#).

This is Jim's primary source of income.

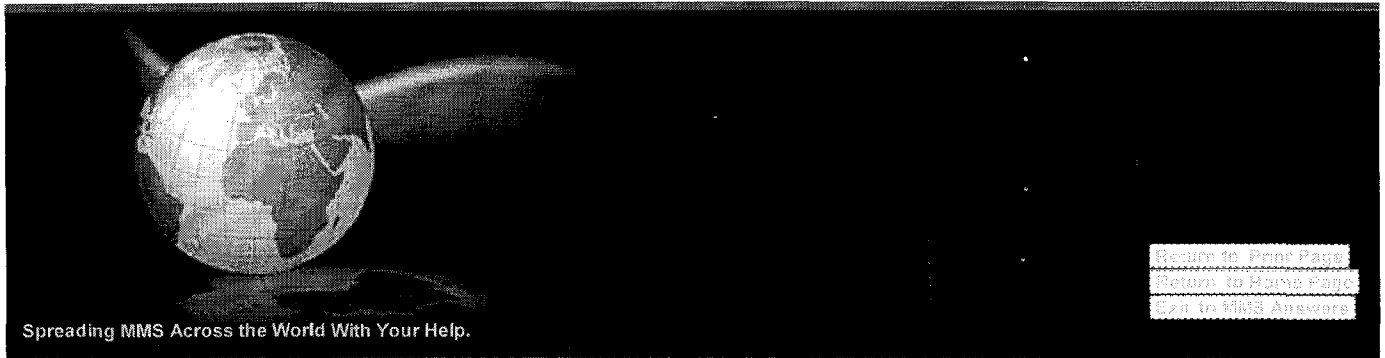
The disclaimer for this Newsletter is [\[Here \]](#). These writings are educational and informative materials. Readers are encouraged to consult medical professionals at medical and health clinics where valid client-patient relationships can be sustained. Statements herein about MMS have not been evaluated by the Food and Drug Administration. MMS is a well known mineral salt in distilled water. MMS is a water purifier. The information reported in this newsletter does not diagnose, treat, cure, or prevent any disease. If you have any medical condition, you must take personal responsibility if you privately experiment with MMS. You should consult a medical professional before using minerals, salts, foods, odors, hair colorings, skin enhancers, diet drinks, perfumes, iodine, snake bite kits, tooth paste, lotions, aspartame, alcohol, cigarettes, MSG laden soups, products mentioned in this newsletter. Chlorine dioxide gas (produced in small quantities by MMS) is a water purifying mineral salt used in many city water purification systems around the world. Competing drug store products are "Stabilized Water," "Vitamin O," and other trade names packaged in various strengths. Sporting goods stores sell the same MMS mineral salt (Sodium Chlorite) in the form of water purification tablets used by campers and hunters.

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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.miraclemineal.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 paining 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 as flu, colds, pneumonia, physical pains either immediate or chronic, and most other home sicknesses.

Step No. 1. Put 6 drops of MMS in a glass and add 30 drops of 10% solution of citric acid, or 30 drops of lemon juice, or 30 drops of lime juice. Shake the glass so that the acid and MMS are mixed and wait at least 3 minutes. A little longer is OK in case you walked away and forgot. 10 or 15 minutes would be OK as the solution remains at about the same strength. Then add about 1/2 glass of water to the solution and drink. You can also use a juice that does not have added vitamin C. Use apple juice, grape juice, pineapple juice, or cranberry juice.

Step No. 2. Wait one hour and do exactly the same thing as in step No. 1. Normally the person will experience some relief within two hours of taking the first dose especially if he goes ahead and takes the second dose. Of course, here is no guarantee. If the person does or does not experience relief he should go to 7 and 7, that is a 7 drop dose and in one hour a second 7 drop dose. Generally it will take more doses.

Do two double doses each day - One in the morning and one in the afternoon or evening. It's best to do the doses one hour after eating.

Of course, here is no guarantee. One should continue on to 7 and 7 that is a 7 drop dose and in one hour a second 7 drop dose, but only if the person did not get sick from the 6 drops doses. By getting sick I'd mean that he was nauseous for more than 10 minutes or he vomited, or he had diarrhea. In cases when the person did get sick you should not increase to 7 and 7, but rather again do 6 and 6. If he was very sick it would be best to drop back more, such as 3 and 3, but that seldom happens. Normally do 6 and 6 until one can tolerate it without being nauseous, and then begin increasing to 7 and 7 just as given in step 2 above etc.

Once the flu is gone, one should begin increasing towards 15 and 15 or he could revert to the Standard protocol as given above and increase as quickly as reasonable to 15 drops and then increase to 15 drops twice a day or 3 times a day for one week as explained below.

The general goal of the number of drops that anyone should take is 15 drops 2 or 3 times a day and of course, less for children. For children normally it would be 3 drops for each 25 pounds (11.4 KG) of body weight. This number of drops, 15, would be OK **twice** a day for a grown up that weighed 150 pounds (68.1 KG) or less and 15 drops **three** times a day for a grown up weighing over 150 pounds (68.1KG) or less and 15 drops three times a day for a grown up weighing over 150 pounds. This is not an exact number. One should evaluate his own case and how he feels to decide the number of drops.

This number of drops pretty well ensures that one's body is completely free of pathogenic microorganisms and heavy metals. Once one has reached this goal for a week, he should drop back to a maintenance level of one 6 drop dose twice a week. (In all cases when drops of MMS are mentioned we also mean that 5 drops of lemon, or lime, or citric solution is added for each 1 drop of MMS and one then waits 3 minutes before adding water or juice and consuming it.)

Of course, the goal of it all is not being sick. So take 6 drops twice a week. If you feel the flu coming on, then do the Clara 6 and 6 protocol as described above. You will have the flu for no more that 12 to 24 hours and usually less than 6 hours after taking your 2nd dose. However, never give the flu a chance. The best way to kill the flu is to take two or three drops every hour all day long until you know the flu is gone. The 6 drops twice a week keeps your immune system strong and the pathogens weak. You probably remember from school that there are always pathogens in your body. The 6 drops keeps them at bay.

CONTACT INFO: Before writing to the MMS Institute about specific disease questions you should visit the

knowledge base and click on various diseases that may be of interest. Click here: [\[http://MMSanswers.com \]](http://MMSanswers.com)

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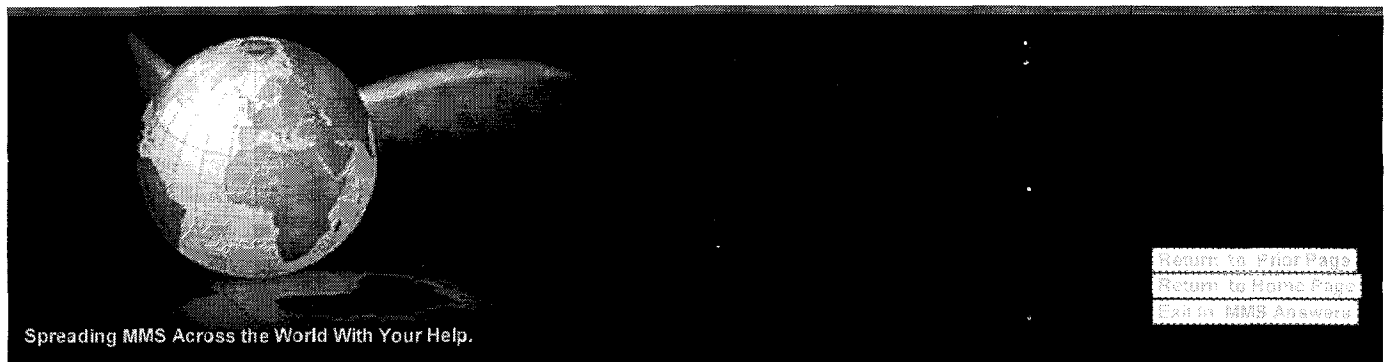
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There are so many people who develop a terrible aversion to the taste and smell of MMS (including me). I have worked to find several methods of overcoming the problem.

There have been literally hundreds of people, if not thousands of them, that have started out by saying, "Oh, I don't mind the taste of MMS all that much," and then several weeks later they feel sick when they merely think or talk about MMS.

I believe that the aversion, the revulsion, is caused by a survival reaction of the many microorganisms in the system that are being killed. It seems reasonable that their revulsion to being killed is a survival mechanism that is passed on to their host as a revulsion for the same thing. Of course, if their host has enough revulsion that he stops taking the remedy, the microorganisms will survive. Maybe that's not the case, but the fact is, as one cleans out his system the heaviest part of the revulsion goes away. I believe that one should not allow himself to reach that level of revulsion that the mere idea makes him sick as he might not be willing to do the whole job.

So here is one way to avoid the aversion. Follow the idea carefully because if you miss a point of two it won't work. **You need a heavy kind of juice.** Buy a concentrated juice (apple, cranberry, grape, or pineapple) and then when adding water back, don't add the full amount so that the juice is **extra heavy**. If you can't find a concentrated juice without added vitamin C, then just use the juice that tastes the strongest to you (that doesn't have added vitamin C).

Step 1. Pour out about 1/2 glass of juice that you will be using for your dose, whatever it is. If it is a heavy dose you may want more than 1/2 glass of juice. To this juice add two teaspoon fulls of the 10% citric acid solution. (You may be able to avoid this step if you follow the other steps closely.)

Step 2. To a second glass pour in some of the same juice. This juice will be pure and clean with no MMS. This will be the wash-down, and it is important that you use the same juice for the wash down. You probably won't need as much as 1/2 glass. I'd say 1/4 glass or less would do.

Step 3. In a third dry clean glass make up your MMS dose. Use the standard 5 drops of citric acid for each drop of MMS and wait the three minutes. Then add the 1/2 glass of juice you already prepared in step 1 above. It isn't all that sour. You can get it down pretty easy, but if you can't stand the citric acid skip step 1.

Step 4. Have some hard candy available. Something like large lemon drops, or butterscotch chunks. Before you take your MMS put this candy in your mouth and begin to suck on it. This is also an important step. (You won't need it all, you can throw most of it away.)

Step 5. Now this is the important step. Down the 1/2 glass of juice with the MMS in it, and immediatly, before you take a breath, wash the MMS containing juice down with the pure clean juice. It has to be the same juice, but totally free of MMS. If you do it right, without taking gulps of air and all that, you should wind up without a taste in your mouth. The air cause oxidation on your tongue combined with the chlorine dioxide. That is why you must not allow air in at this time. But if you do, the candy should obliterate the taste of the MMS and you can spit it out as soon as you are sure the taste is gone.

In a case where you have the flu or other infection of some sort, and you have made a 20 or 30 drop dose and you are taking a sip of it every half hour or so, do the same thing. Keep a glass of the same juice, but clear of any MMS. Always wash the MMS juice down with the clean juice with the candy in your mouth. You will miss 95% to 99% of the taste.

For some people, a simpler solution is to put two perpermint lifesavers in the mouth while waiting the three minutes. Then take out the lifesavers, down the prepared MMS dose and immediatly put the life savers back in the mouth. In this simpler method, juice may not be needed at all.

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SUGGESTIONS FOR BATHING IN MMS TUB WATER.

Skin Diseases

Acne Pustular
 Actinic Keratosis
 Addison's Disease
 Athlete's Foot
 Bacterial
 Vaginosis
 Barcinoma-Basil Cell
 Basil Carcinoma
 Black Heel
 Boils
 Candida Groin
 Candida Infection
 Carbuncles
 Chiggers
 Clark's Nerves
 Cold Sores
 Cysts
 Dandruff

Dermatitis
 Diaper Dermatitis
 Eczema
 Genetal Ulcers
 Grover's Disease
 Hand Foot Mouth
 Heat Rash
 Hives
 Hydrocystoma
 Impetigo
 Insect Bites
 IrritantDermatitis
 Jock Itch
 Leprosy
 Lice
 Lichen Schlerosis
 Lichen Simplex
 Lupus Acute
 Lyme Disease

Melanoma
 Milroy Disease
 Mites
 Monkey Pox
 Morgellons
 Nail Fungus
 Nevus Anemicus
 Open Sores
 Pellagra
 Poison Ivy/Oak
 Pre-skin Cancer
 Psoriasis
 Red Ant Bites
 Ring Worm
 Rosacea
 Scabies
 Shingles
 Skin Lupus
 Skin Moles
 Small Pox

Staph Infection
 Sun Burn/spots
 Sunburn
 Syphilis
 Ticks
 Vitilligo
 Warts

In addition to taking oral doses of MMS it is possible to absorb MMS through the skin directly into underlying muscle. Whereas oral doses provide ClO2 gas primarily to the red blood cells, MMS that sinks through the skin provides ClO2 gas directly to the liquid plasma of the blood. More ClO2 is circulated and more rapid benefits can be expected. If you are not acquainted with the reported benefits from taking activated MMS doses, read the article: "Introduction to MMS" at [[Here](#)] and also print the mixing and activation instructions at [[Here](#)]. When using this bathtub strategy, your full skin surface will be in contact with ClO2 gas for 20 to 30 minutes.

See this alphabetical list of diseases drawn from a catalog of 28,000 skin diseases. ==>
 For some people this strategy has produced a breakthrough. By soaking for 20 minutes in tub water laced with activated MMS, people who had been unable to rise above a 7 drop oral solution were able to increase the supply of ClO2 gas in the blood stream without nausea. Rationale? Bacteria and pathogens on or below the skin level are killed by the MMS and they move outward, away from the body. Most debris moves outward and floats away rather than being adrift in the blood stream. Do not neglect oral doses during your occasional tub experiences. Take at least a six drop dose just before the tub bath. Don't worry about whether you just ate - or didn't eat. Any ClO2 losses caused by food in the stomach is minor and relatively unimportant.

Pathogens removed through the internal use of MMS (as when we drink it) can only get out of the body by passing to the liver and on to elimination. This works fine until you reach the (temporary) nausea barrier. Nausea indicates that MMS is killing more pathogens than the elimination system can handle, resulting in temporary-but-serious nausea.



23,000 skin disease photos are stored at <http://dermnet.com>.

Much larger than these thumbnails, they are copyrighted and may not be used in publications or web sites. They are highly instructive and valuable when diagnosing one's own skin anomalies. If you wonder whether you have eczema, herpes, poison ivy, or carcinoma, this library will be helpful.

Bathing in MMS water enables cleansing of pathogens that are on the skin surface or just under it. Cleansing at these outer levels seems to avoid overloading the internal elimination systems. Pathogens killed near the skin surface more-often move outward through the skin and float away. Do continue with normal MMS oral doses, of course.

1. WIPE OUT THE TUB. Otherwise the MMS ClO₂ gas in the water will go to work on any soap scum and bathtub-ring, reducing or neutralizing the ClO₂ available to the body. By the second bath, the tub will be clean due to the MMS cleansing action. Put no soap or other chemicals in the water. Adding more water does not weaken the ClO₂ that is being generated. Some people add 1/4 cup DMSO. (Not required but it may assist deeper penetration of the ClO₂ gas.)

2. ACTIVATE MMS IN A CUP OR GLASS before adding to the tub water. Place 30 drops of MMS in a cup. Add 2.5 teaspoons of lemon juice or citric acid (150 drops). Plan for a 20 to 30 minute minute tub sitting. If you have open skin sores or severe body wounds, consider reducing the MMS to 20 drops mixed with 100 drops of citric acid or lemon juice (1.5 teaspoons) so that sensations of heat or burning will be reduced. Open sores usually heal quickly due to the disinfecting action of MMS. The 1 to 5 ratio is the normal MMS protocol.

3. MIX THE MMS WITH THE ACID AND SWIRL IN A CUP Wait 3 minutes. While waiting, draw 5 to 8 inches of hot water for bathing. Do not add soap, perfume, shampoo nor children's toys. The amount of water doesn't matter. It is good to drink a separate 6 or 8 drop dose as well.

Diseases caused by bacteria or viruses will almost always be resolved through repeated exposure to MMS ClO₂ gas.

Diseases caused by genetic or nutritional deficiencies may not be helped by MMS because MMS supplies no nutrients.

4. ADD THE ACTIVATED MMS into the tub water. Stir it. Almost immediately all germs in the water will be eradicated. Some companies provide swimming pool systems that use this same strategy. Water does not reduce the amount of ClO₂ gas that is being produced. Tub half full or very full doesn't matter because the same amount of ClO₂ gas will be produced by the activated MMS.

5. LAY IN THE TUB. One side, then the other. Splash water onto the entire body - arms, neck, hair, face - all over. If a history of cold sores, then wipe tub water on the lips and nose repeatedly and wherever they were once visible. If water splashes in the eyes, just wipe it away. MMS doesn't harm eyes - unlike shampoo. With a cup pour tub water onto the scalp.

6. ADD MORE HOT WATER. Heat opens the pores and MMS penetrates into the muscles. Massage the scalp with tub water. By the 3rd bath, skin moles may begin to crumble.

7. WIPE AWAY TUB DEBRIS when finished. See also:
[[Here](#)] Hardback book: "Miracle Mineral Supplement for the 21st Century." Volumes 1, 2, & 3.

One lady stepped out of her 4th bath and looked down. She spotted two very skinny white worms creeping directly out of her foot. One beside the big toe, another between toe 4 and 5. These were probably Trichina worms, passed along from rare meats or poorly cooked sausage.

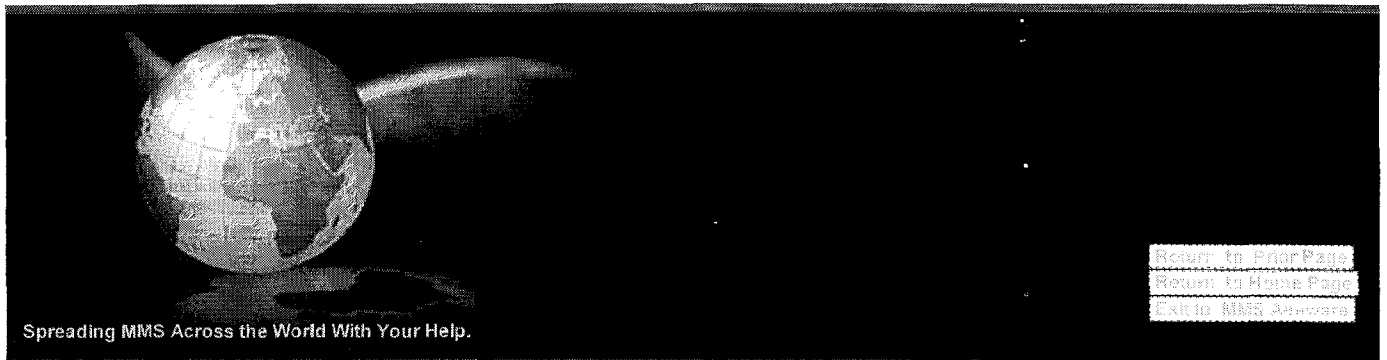
In the presence of ClO₂, parasites and germs will flee or die.

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Telling if MMS will help cancer – and MMS cancer methods

Here is something your doctor will probably never tell you. There has been a medical test for cancer that is 99% effective for more than 25 years. It is more effective, less dangerous, and cheaper than all other medical cancer tests. It's called the AMAS cancer test.

You don't have to go to a doctor; the test is available on the Internet. The cost is \$165. The kit is free, you take a smear of your own blood, send it in and pay when the results are ready. The test is for specific cancer antibodies that will be present. Go to www.oncolabinc.com. I have no financial interest what so ever. Take responsibility for yourself. You will probably have to have your doctor request this test.

You can also get an idea about whether MMS will handle a cancer problem by evaluating the level of nausea you experience. You would start out at say one MMS drop or even 1/2 drop and observe that it does not make you nauseous. Then you begin to increase the drops twice a day once in the morning and once in the evening. That is if 1/2 drop doesn't make you nauseous in the morning, then in the evening or late afternoon try one full drop. Then the next morning take two drops and in the evening 3 drops.

Sooner or later the number of drops is going to make you nauseous. You then take a drop or two less the next dose for a time or two and continue to increase the drops. You are always looking for the nauseous point, taking less for a time or two and attempting to take more.

You will be able to know if it is going to help you if you can continue to pass the nausea point and increase the drops. What is happening is that when nausea hits, some of the cancer has been destroyed and it is now a poison that the body can clear out. Being able to clear out this poison is a part of it. The body can clear this poison out but it might generate some nausea in the process, or diarrhea or even vomiting. That's not bad.

The idea is that as the cancer is destroyed the body must clean out the poisons. As the cancer is destroyed the body can tolerate more and more drops. That's the indicator - is the body gradually being able to tolerate more and more drops? If you find that you can gradually increase the drops without getting nauseous it's an indicator that the body is doing it's job.

In the case of cancer, you have to work at it. You start out slowly but increase quickly. At first you might just take the drops twice a day, but as you find you can do it twice a day without nausea, then increase to three times a day, and then four, and even as much as five times a day. Use Apples to overcome nausea. Use grated apples. Get a stainless steel grater. Don't buy the cheap tin grater. The grated metal cuts up the cells of the apple best. If

a certain number of drops of MMS is making you nauseous, try at least two apples grated right after you take the MMS or just before you start getting nauseous. Always try the apples first, even two extra apples (4 altogether), but if you are still too sick, take as much as two teaspoons of baking soda in water.

What would indicate that you are not getting well is if the body got nauseous every time you take a dose no matter what amount of dose it is, and the body never seems to be able to increase the doses without nausea. But work at it. You can make it work. If you can take say two drops at a time without nausea and you get nausea when you go to three drops, you may have to tolerate the nausea for a short time, but if the nausea always occurs when you take three drops, it shows that you are not gaining on the cancer.

That can happen if the cancer is growing faster than the MMS is killing it. There is, however, always hope. One way would be instead of increasing the number of drops, increase the number of times that you take drops during the day. Read below. There are other actions that can help. Never, however, in any case stop taking the MMS.

So if there is an indication that one is not improving, then I suggest the following direction. Purchase some Indian Herb from Kathleen in Texas. It costs \$60 a vial and that is plenty. Phone 806 647-1741 She has a thousand letters from people who have been helped. She and her father have been selling the Indian herb for over 60 years. When you get this herb use it with the MMS to get the best results. It comes with instructions.

The AMAS cancer test listed above gives people a fantastic advantage. One can do a test, use the MMS for several weeks or a month and then do a second test to see how much improvement has taken place or to see if any improvement has happened at all.

When drops of MMS are mentioned one should add 5 times that many drops of unfiltered vinegar, or lemon, or lime, or citric acid solution, wait three minutes and then add 1/3 to 2/3 glass of water or juice and drink. Never use MMS without the addition of vinegar, lemon, lime, or citric acid. Use only apple, grape, or pineapple juice without added vitamin C or ascorbic acid or see the TASTE-OVERCOMING on the list of protocols.

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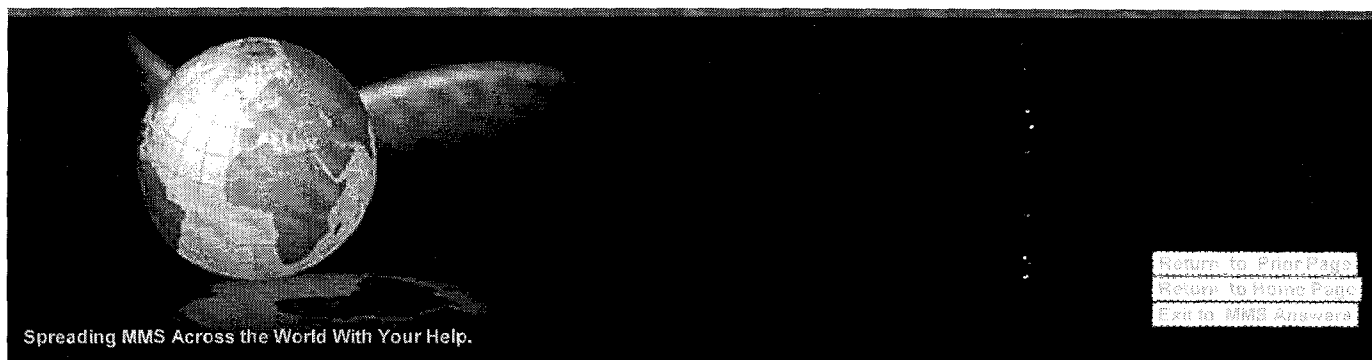
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The use of MMS on the skin can be a very important use. It destroys almost every kind of skin disorder known, and causes burns, and wounds of all kinds to heal often in less that 1/2 the ordinary time. Unfortunately I was not able to complete the research on MMS before I wrote the first book and only recently have completed a six month test concerning the skin. I am sorry that this data couldn't have gotten to you sooner as it would have save some people a certain amount of suffering.

So here are the basics regarding skin treatment with MMS. I have just done more than 6 months spraying my body every day with a very strong solution of MMS activated with the required amount of citric acid solution.

I sprayed in many places on my body to see the results on heavy weather beaten skin to the most tender white skin available. I usually sprayed several times a day. I sprayed on my face most days as well, and often rubbed around my eyes so that the rubbing would allow a tiny amount of MMS to leak into the eye itself.

There were places where I didn't spray to show the difference between treated areas and untreated areas over a period of six months. The results were this: After more than six months, there was no difference between the areas sprayed and the areas not sprayed. There was no skin discoloring, nor any change in the texture, nor any other kind of a change including on my face.

During the six months, there were times when small wounds or cuts happened. These I always sprayed and they disappeared in a day or two.

This simply points out what I have said in the book and in other places. MMS does not affect normal body cells. It does not have the power. It only kills anaerobic microorganisms on the skin or in the body. Tests have been made with similar sprays at this strength and less in slaughter yards on dead animal skins and dead chicken skins and all anaerobic microorganisms are always dead.

Many skins have been treated including babies skin.

One more test was done that I thought you would be interested in was with chlorine instead of chlorine dioxide. Bleach of the standard variety, Clorox provides approximately the same amount of chlorine as the MMS provides of chlorine dioxide in the tests I was conducting. They are about the same strength but the action is much different.

I put chlorine (Clorox) on the back of my hand every day several times a day for one week. I allowed the Clorox to dry in place just like I did the MMS. After only one week the back of my hand had become discolored, the skin

had hardened and began to crack in two areas - the surface of the skin had lost its feeling, and the area was painful under the skin.

It was obvious to me that continued use of the Clorox on the back of my hand would create a very sore cancer like area. It took about two weeks for my hand to return to normal. So if you know anyone who insists that chlorine and chlorine dioxide are similar you can have them read this article, and then if they still don't believe it, it is a test that they can conduct themselves.

Use MMS for healing sores, burns, wounds, psoriasis, eczema, cancer, ringworm, acne, rashes, staph infections, athletes feet, and a hundred other problems of the skin. In order to do this follow these instructions: Obtain a 2 ounce mist spray bottle. Most drug stores sell empty spray bottles.

Put 20 drops of MMS in the bottle and 100 drops of citric acid and swirl to mix, wait 3 minutes and then fill the bottle with water. You now have a spray solution that is equivalent to 40 drops in 1/2 glass of water in strength. This solution stays fresh for about 3 days. The reason it stays fresh for that long is because of the strength. Once it is diluted in the body it rapidly disintegrates. Or on the skin, it disintegrates as it dries.

Once you have made your solution, you should spray any sore about once an hour or every two or three hours all day long. Allow the solution to dry on the sore. In case of a rash, spray it on the entire rash. Rinse off with clean water in the evening before bed, dry, and re-spray before going to bed. In case of babies under 2 years old I would suggest that you dilute the solution at least twice or start out with only 5 drops of MMS instead of 20.

The MMS in the spray bottle will seldom ever cause stinging or burning or pain, but it can happen. If it does, pour out 1/2 of the liquid in the bottle and fill it with water thus diluting by 50%. If it still stings, do the same thing thus diluting it again. Continue this dilution until it doesn't sting.

In one person out of a thousand persons with skin problems, the MMS may sting badly and the problem will get worse. If this happens it is probably a condition that you have had for a long time. This is very rare, but it does happen. Don't feel badly, there is a cure. Look under fungus protocol on this web site and follow the instructions. It will soon be gone.

There are many problems of the skin usually causing sores or rashes. They could be poison oak or even cancer. Most should have MMS applied directly to them. The best way to do this is by spraying. The way I do this all the time is to use a 2 ounce spray bottle that makes a fine mist.

THE FORMULA: I take an empty 2 ounce spray bottle and add 20 drops of MMS and 100 drops of 10% citric acid solution (you could use lemon juice filtered through a coffee filter). I wait the customary 3 minutes and then fill the bottle with water. (Could be distilled water, but then any clean water would do). This bottle of MMS will stay activated for about 3 days. That's because of the extra strong mixture.

I then use this to spray any sore, wound, or skin eruption that might occur. Outside the body you require a much stronger solution than when taken internally.

You can spray a sore spot up to once an hour. Allow the solution to dry on the body. It is the strongest and does the most good just before it dries. Also spray this on athlete's foot and fungus on the feet. After it is dry the area can be rinsed off if you like but it's not necessary. If the spray causes pain or burning then reduce the strength of

the solution by pouring out 1/2 and filling with clean water. Keep reducing the strength in this manner until the spray does not cause burning, however, if this does not seem to work in a rare few cases it might be a fungus that MMS cannot touch. In that case, go to the home page and look under fungus protocol.

As I mentioned wounds should be sprayed as soon after they happen as possible. It will decrease the healing time by a great deal in most cases as microorganisms are mostly the cause of slow healing.

Well, hope this helps. Jim

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