



## **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 ClO<sub>2</sub> 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 ClO<sub>2</sub> gas will circulate in the body for less than two hours as described above. Insignificant amounts of ClO<sub>2</sub> 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 ClO<sub>2</sub> 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 ClO<sub>2</sub> 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 ClO<sub>2</sub> ions.** Add hot water continually while sitting in the tub. Skin pores open and the ClO<sub>2</sub> ions pass deep below the skin and into muscles. Since blood is always present in muscles, the ClO<sub>2</sub> 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 ClO<sub>2</sub> gas into the nose, head, and sinuses.** DO NOT DEEPLY BREATHE the ClO<sub>2</sub> 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 ClO<sub>2</sub> 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 sessions 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 ClO<sub>2</sub> 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 ClO<sub>2</sub> 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 ClO<sub>2</sub> 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 ClO<sub>2</sub> 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 ClO<sub>2</sub> 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 ClO<sub>2</sub> at one time into a closed room.

The ClO<sub>2</sub> 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 ClO<sub>2</sub> 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>

**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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