



Any burn should be sprayed with full strength MMS (no acid added) directly from a small spray bottle. Do not add citric acid or lemon juice at all. If you don't have a spray bottle available apply MMS directly onto the burn, making sure the area is soaked with MMS.

Wait up to five minutes, but no longer before rinsing off. If you fail to rinse off, the burn will continue to hurt. On the other hand if you do rinse within 5 minutes the burn will heal in 1/4 the time normally required to heal. This includes all those terrible skin and flesh burns and it will save lives. The pain should stop immediately or reduce to almost zero within several minutes.

Sunburns should be treated the same way. Spray the red area, wait 1 to 5 minutes, and rinse off. If the area is still sore, in about an hour spray the area again and wait 5 minutes before rinsing off. Remember, do not allow the MMS to stay in place. It must be rinsed off. The pain should be gone in a couple of minutes. Generally two doses will overcome most sunburns, but on rare occasions if the discomfort is not all gone you can use a third dose. Be sure to rinse it off.

Note that MMS is alkaline and the burns need the alkalinity of the MMS to neutralize the acidity that resides in the burned areas. This is part of the reason why burns heal rapidly after the MMS applications.

**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>]  
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[Back to Prior Page](#)

[Back to Home Page](#)

[Exit to MMSanswers site](#)

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