



### 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](http://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.

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