



Spreading MMS Across the World With Your Help.

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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.

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)
An E-mail contact address is provided there.

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