

# CDH - 750ml Bottle Preparation and Usage Instructions

**Fluid ounce (U.S.) equivalents:** 30ml = 1 fl. oz. (2 Tablespoons)    660ml = 22.3 fl. oz.    720ml = 24.3 fl. oz.

## A. Equipment needed

1. One 750ml (25 fl. oz. US) glass bottle with an airtight cap. A 750ml glass water or wine bottle is ideal for this and if you want to see the yellow color, clear glass is recommended.
2. Three to five 150 to 300ml bottles ideally made of colored glass to protect the CLO<sub>2</sub> from UV light (the darker the better), but colored bottles are not absolutely necessary. These are for dividing the 720ml of CDH into smaller bottles to help retain the CLO<sub>2</sub> concentration while opening and closing, to make dosing easier & to prevent UV light exposure.
3. One measuring cup or graduated cylinder to accurately measure liquid in either milliliters or fluid ounces



## B. Ingredients (should not be cold – if MMS & activator are refrigerated make your water warmer to offset)

1. 660ml distilled or purified water at about 70 to 90 degrees F or 21 to 32 degrees C
2. 30ml MMS (22.4% sodium chlorite solution) ideally at room temperature or slightly warmer is fine
3. 30ml 4% Hydrochloric Acid (HCl) or 35% Citric Acid (CA) ideally at room temperature or slightly warmer is fine

## C. Instructions

In the following order, put the above ingredients into your 750ml glass bottle:

- First:** Add 660ml of purified water    **Second:** Add 30ml of MMS    **Third:** Add 30ml of 4% HCl or 30ml of 35% CA
4. Immediately cap the bottle tightly so that no CLO<sub>2</sub> gas can escape.
  5. Give the bottle a good shake to mix the ingredients well initially (and if possible 1 or 2 times later on).
  6. Store the bottle in a dark place at room temperature (or above) for 12 hours; 24 hours or longer if cooler.
  7. After the above waiting time has elapsed, put your bottle of **CDH** into the refrigerator for at least 3 hours to cool down completely (below 10.5 degrees C or 51 F).
  8. Once cooled, fill the 3 to 5 smaller bottles to the top, cap tightly and store in the fridge.

Your **CDH** is now ready to use & each ml of the 720ml contains 1 pre-activated drop of MMS. It can be used for anything that MMS is used for; viruses, bacteria, yeast, flu, parasites, heavy metals, enemas, tub baths, gums & teeth, infections, cancer, etc. For every 1ml of **CDH** used orally, you should try to add at least 20ml of water (more water will lessen throat irritation). **Also, Stevia may be added to each dose to sweeten it up!** **CDH** is stronger, yet less nauseating than MMS made the traditional way, so you should be able to start at whatever dose you were at on MMS and then gradually increase to tolerance. Typically, people are able to take 2 to 3 times as much **CDH** as traditional MMS, without experiencing nausea.

Once made, your **CDH** should ideally be kept refrigerated and taken out only to extract your doses. If you make a dosing bottle for the day, it's best to keep it cold but not absolutely necessary. It's also recommended that you **DO NOT** drink directly from a wide mouth drinking bottle where you would be likely to smell the CLO<sub>2</sub>; that could cause a long-term aversion to the smell of **CDH**.

**Since CDH is so much easier on the stomach, for better blood saturation to overcome diseases more quickly, and especially for difficult and life threatening diseases, 1 to 6ml of CDH (or more depending upon individual tolerance) can be taken every 20 minutes. This should enable you to overcome any disease which MMS is effective against, much more quickly.**

**\*\*Note: You may add real lemon juice to your dose to make “CDH Lemonade” which is best when HCl is used. To sweeten, Stevia is best but white sugar may be used if it's not a contradiction to your health condition or recovery.**