

CDH - 240ml Bottle Preparation Instructions

Ingredients *(should not be cold – if MMS & activator are cold make your water warmer to offset)*

Fluid ounce (U.S.) equivalents:

- 220ml ⇒ 7.5 fl. oz.
- 10ml ⇒ 0.34 fl. oz. or 2 Teaspoons
- 240ml ⇒ 8.1 fl. oz.
- 300ml ⇒ 10 fl. oz.

- ✓ 220ml distilled or purified water at 70 to 90° F (21 to 32° C)
- ✓ 10ml MMS (22.4% sodium chlorite solution)
- ✓ 10ml 4% Hydrochloric Acid (HCl) or 10ml 35% Citric Acid (CA)

Equipment needed

- ✓ One 240 to 300ml glass bottle with an airtight cap or synthetic stopper - A 300ml Schwebbes glass bottle is ideal for this and if you want to see the color change from clear to yellow during activation, clear glass is recommended
- ✓ One measuring cup or graduated cylinder to accurately measure liquid in either milliliters or fluid ounces



Instructions

In the following order put the ingredients into your 240 to 300ml glass bottle

- 220ml water
- 10ml MMS
- 10ml 4% HCl or 35% CA
- ☑ Immediately cap the bottle tightly so that no CLO₂ gas can escape
- ☑ Give the bottle a good shake to mix the ingredients well initially (and if possible 1 or 2 times later on)
- ☑ Store the bottle in a dark place at room temperature (or above) for at least 12 hours; 24 hours or longer if cooler
- ☑ After the above waiting time has elapsed, put your bottle of **CDH** into the refrigerator for at least 2 hours to cool down completely (below 10.5° C or 51° F)
- ☑ You're done!

CDH - Usage, Storage and Dosing Instructions

Usage

Your **CDH** is now ready to use & each ml of the 240ml 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, teeth & gums, nasal passages, infections, cancer, etc.

Storage

Your **CDH** should be kept refrigerated and in colored glass bottles with airtight seals if possible and ideally should only be taken out to extract your doses. If you make a dosing bottle for the day, it's best to keep it cold too, but not absolutely necessary. Ice may be added to the dosing bottle to help to keep it cold. Vacuum bottles work well to keep the drink cold but should be glass or plastic and not metal. Glass is ideal.

Dosing

CDH is stronger, yet less nauseating than **MMS** made the traditional way. Typically, people are able to take 2 to 3 times as much **CDH** as traditional **MMS**, without experiencing nausea.

Since **CDH** is so much easier on the stomach, whatever number of drops you took hourly on other protocols, **may be taken** every half hour to one hour in milliliters with **CDH**. If you do decide to reduce the time between doses, a higher level of CLO₂ will be maintained in your blood which is beneficial to fight whatever disease you may have.

Example:

If you were taking **3 drops per 60 minutes** before, you can take **3ml per 30 to 60 minutes** of **CDH** now - or more, depending upon your needs and tolerance.

Taking more **MMS** within **CDH** in this way will help you to overcome ailments more quickly, and be especially helpful to overcome difficult and life threatening diseases.

Please note that you should try to add **at least** 20ml of water (and preferably more) to each 1ml of **CDH** to be taken orally to lessen throat irritation.

SweetLeaf brand stevia may be added to each dose to sweeten and make it more pleasant.

(At the moment, SweetLeaf brand is the only brand that has been proven to not neutralize the CLO₂ of CDH)

It's recommended that you **DO NOT** drink directly from a wide mouth drinking bottle where you would be likely to smell the CLO₂, as this could cause a long-term aversion to the smell of **CDH**.

*You may add fresh squeezed lemon juice to your dose to make "**CDH** Lemonade" but if you do, you should increase the amount of **CDH** used by 35% to offset the neutralization of CLO₂ that will occur. **CDH** Lemonade is best when 4% HCl is used. To sweeten, it's best to use stevia but white sugar may be used if it doesn't worsen your health condition or slow your recovery.