INHALATION THERAPIES

Jim Humble

- **MMS** is a 22.4% solution of 80% sodium chlorite powder or flakes (NaClO2) in water.
- **MMS1** is activated MMS. It is MMS plus an activator; when the two are mixed together they produce chlorine dioxide (ClO2).

1. Nose, Sinus, Bronchial (See #2 below for the lung protocol)

This Nose, Sinus, & Bronchial protocol comes with CAUTIONS, but it is very effective in eliminating post-nasal drip, sinus infections, ear infections, head colds, sore throats, wheezing, bronchitis, and germs that live in nose or sinus mucus. Even inner ear infections are reported to benefit from this treatment. But, there are CAUTIONS. You will be inhaling small amounts of chlorine dioxide gas (ClO2) from a cup into your nose or mouth.

OBSERVE THE CAUTIONS LISTED BELOW

Do not drink the mixture in this protocol because no water is added to the activated MMS (MMS1) in this instance. Do not exceed a 2 or 3 drop mixture. Remember, it is the ClO2 gas generated by MMS that is the entire germ-killing benefit. Unlike the MMS1 mixture that you drink, this method of nose-inhaling the pure ClO2 gas probably provides the quickest and most germicidal way to move the gas quickly to places in the head and sinuses where it can easily find germs and kill them.

However, a severe warning is stated. ● DO NOT OVERDOSE ● DO NOT DEEP BREATH ClO2 GAS ● into your lungs for any length of time. Your lungs can rapidly absorb the ClO2 gas just as easily as oxygen, causing unexpected depletion of oxygen. Take breaks and breath normal air periodically while doing this procedure. This warning will be repeated several times. ● IF YOU OVERDOSE AND DEEP BREATH, YOU MAY DAMAGE YOUR LUNGS ●

As suggested in the "FUNDAMENTALS" protocol, you can mix 2 to 3 MMS drops with 2 to 3 drops of 4% HCL or 50% citric acid. Do this in a small cup. Cover and wait 20 seconds, then uncover. Do not add water or anything else. ● DO NOT DRINK THIS MIXTURE ●

Almost immediately you will smell ClO2 gas. Holding the cup under your nose, pull in the gas slowly with the goal of letting it pause to circulate in the nose and sinus cavities. It will also naturally flow down through the throat and vocal cords to some extent. Breath it into your nose very slowly so that it lingers a bit in all the places where it can go. Hold that breath for a few seconds. The ClO2 odor will even be wafted out into the eustachian tubes and sometimes out to the inner ears.

After every 4 slow, shallow inhaling actions, move the cup away and take in breaths of normal air.

REASON FOR CAUTION. You are moving pure ClO2 gas directly into the body. Your red blood cells absorb it as readily as oxygen. Therefore, you will be temporarily diminishing the amount of oxygen available to your body.

DO NOT USE THIS METHOD if you suffer from Angina, or if you are dependent on supplemental oxygen for breathing, or if you have shortness of breath, or if you have been using MMS1 internally (drinking it with water) above the 10 drop level during the past two hours.

When you drink MMS1 doses, the ClO2 is generated slowly. Red blood cells pick up normal oxygen from the lungs, but perhaps 20% of them accidentally do not pick up oxygen. A bit later the blood passes around the stomach lining and the 20% of red blood cells that lacked oxygen, pick up ClO2 because it looks like oxygen to the red blood cells. So in normal MMS1 use (when drinking it), oxygen is still available to the body just as it is normally and the amount of ClO2 absorption is self-limiting because 80% (for example) of the red blood cells are supplying oxygen to the body as they normally do.

In summary: when breathing ClO2 as a gas freshly produced in a small cup, as it is held for a few seconds in the sinuses, nose, and vocal cords, it has immediate germicidal effects as it encounters germs and pathogens along the way, thus reducing the generation of mucus and phlegm.

Cold germs and flu viruses live in the mucus produced by the body in reaction to the germs or viruses. Lungs and sinuses begin to weep, generating sticky fluids in the sinuses, lungs, and bronchioles. Germs then continue to reproduce and travel further in that mucus - unless the germs are killed by an outside agent such as chlorine dioxide (ClO2).

It is critical that no one should have a bad experience with MMS. So as a further caution, think about the results if you foolishly overdose with this protocol:

A. Instead of 20% of the red blood cells carrying ClO2 throughout the body, you could crowd out necessary oxygen if 25% or 30% of your red blood cells pickup ClO2 instead of oxygen. Therefore, after 4 or 5 shallow, slow inhalations from the cup, take a break so that your oxygen supply is not diminished to your brain or body.

B. Since this method supplies pure ClO2 gas directly into the body, it will be circulated quickly throughout the body resulting in RAPID KILLING of pathogens throughout the body - possibly resulting in severe and sudden nausea as debris from rapid detoxification is spilled too rapidly into the blood. (Herxheimer reaction)

C. Lung tissues can be burned or damaged without you being aware that you are overdosing.

D. You could pass out from thoughtless deep breathing. The odor of ClO2 gas is quite easy to breath. Unlike the bad taste of activated MMS in water (MMS1), the odor of ClO2 gas is not bad enough to prevent overdosing. In fact, you may think that nothing is happening and could be tricked into thinking that stronger doses or deeper breathing can be tolerated. BE THOUGHTFUL and DO NOT OVERDOSE.

E. Placing activated MMS (MMS1) into a humidifier would keep a continuous flow of odorless ClO2 gas in the air for one to two hours, but there is no need to do this because of the danger of sleeping or living in a depleted oxygen state. The room has plenty of oxygen, but your lungs absorb ClO2 gas as readily as oxygen, which is a dangerous situation if prolonged for any length of time.

F. Remove pets and birds from the room if you are using ClO2 gas as a way to remove fungus or mold from a room. Close the doors during the hour of ClO2 room cleansing. For purification of a room, place a 10 to 20 drop mixture of activated MMS (MMS1), without adding any water, in a saucer or cup in the middle of the room, and leave it for one hour. ClO2 fumes will emerge slowly and fill the room over time.

Although you can conquer colds and sinus infections with the inhalation strategy, people are often left with sticky congestion in the lungs. The body knows it shouldn't be there and involuntary coughing begins. MMS1 doesn't help you live through days of coughing, and in some cases the coughing can be life threatening even though the germs are being destroyed by normal doses of MMS1 - especially the strategy of "sipping MMS1 all day" (See the FUNDAMENTALS page).

The above information is from: http://jimhumble.is/17-nose-sinus-bronchical

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2. Inhaling Chlorine Dioxide Gas into Lungs

Follow these instructions carefully! Your lungs have no pain nerves and you can damage them without feeling it. Inhaling chlorine dioxide (CLO2) gas fumes must be done very cautiously.

Never, never use more than 2 activated drops for inhaling into lungs

Step #1: Put 2 drops of MMS in a cup, add 2 drops of activator, 4% HCL or 50% citric acid, and cover the cup.

Step #2: Wait 20 seconds, then remove the lid and lift the cup to your nose.

Step #3: Take **one** breath through your nose. The minute you feel it bite, stop your breath.

Step #4: Take **one** breath through your mouth. Take no more than one breath at first. You should cough. It is what you need to do. Then you should cough the next morning. You need to get the stuff out of your lungs and coughing does that. Typically, not a lot of coughing is needed.

(Editor's comment: The above lung protocol does not state how often to repeat the procedure. From reading more of Jim's 2011 book, it seems more than once a day is acceptable if done at least 4 hours apart.)

The above is from Jim Humble's 2011 book, The Master Mineral Solution of the Third Millennium. http://jhbooks.org/