

## Protocol-1000-F

Many people have had success eliminating cold and flu symptoms by following CDS Protocol-F (frequent).

Protocol-F and Protocol-C are CDS protocols, and not MMS1 protocols. Jim Humble does not have a protocol similar to Protocol-F.

If you are using MMS1 you could put 800ml of water into a bottle, and add a 3 drop dose of MMS1 to the 800ml of water. Shake the bottle to mix thoroughly.

Ingest 100ml of that mixture every 15 minutes for a total time of 1 hour 45 minutes. That would be 8 doses, total.

That should provide the same amount of chlorine dioxide (CLO<sub>2</sub>) (24mg) as when following CDS Protocol-F10 (frequent). We will assume that all the MMS in MMS1 will be fully activated in stomach acid. Be sure your stomach is not full of food!

When you have finished this protocol, you could then ingest 1 drop MMS1 doses hourly for the rest of the day.