

Eating While On MMS Protocols

MMS1 doses should not be taken at mealtimes. While on the protocols, it is best to plan your meals around your dosing. Space out the MMS1 dose and meals by 20 to 30 minutes from the time you take your dose. For example, if you take your MMS1 dose at 8:00 am, breakfast could be at 8:20-8:30 am, and your next dose at 9:00 am. Your breakfast should be relatively simple and small and take no longer than 10-15 minutes to eat. Likewise if you take an MMS1 dose at 12 noon, lunch could be at 12:30 pm and so on.

During the hours you are on the protocol, it is best to try and eat smaller meals and/or snacks, as opposed to very large meals. (Don't get me wrong, you can eat while taking MMS1, just avoid the larger meals during the hours you are taking your doses.) There are a variety of ways this can be done—adjust according to your daily routine. For example, if you start your protocol fairly early in the morning, say at 8:00 am, eight hours later would be 3:00 pm, which would be the time of your last dose. If you have had smaller meals or snacks during this eight hour dosing period, and you finish your last dose at 3:00 pm, this means that by 5:00 pm or later, you could have your larger meal of the day.

Some people prefer to start their dosing later in the day, so that they are free in the morning hours to drink orange juice, or their cup of coffee or tea (see page 56 for more info). If a person starts their dosing at 3:00 pm for example, their last dose would be at 10:00 pm if on the eight hour protocol. This means that before 1:00 pm they can have their coffee, tea or orange juice—things which are not compatible with MMS1 and MMS2—at least two hours before starting the protocol. The idea is to adjust your dosing to fit your needs and schedule. See what works for you.

The effectiveness of MMS can be cancelled out when mixed with certain foods which are *particularly high* in antioxidants. I have not had the time or the resources to do a completely thorough study of all foods on the planet to see what actually *cancels out* MMS. Even if I did, there are many factors that may weigh into the equation of whether a certain food is cancelling out the effectiveness of MMS. Such as if the food is GMO, what pesticides are present, what types of additives are in the food, that might have bearing, etc. If you are very sick with a life threatening disease, to be absolutely sure if something in your diet is cancelling out MMS or not, I can suggest using the test strips (see page 278) to test compatibility of MMS with everything you eat. This may or may not be feasible for you.

Let me say, that just because a food is labeled as being antioxidant, it might not be *particularly high* in antioxidants, and thus it is not a given that it will necessarily cancel out MMS. We will continue to try and do more testing on a wide range of foods to see what is compatible with MMS and what is not. However, people have been taking MMS for 20 years and recovering their health without having so many details defined. This book gives you some guidelines on what to avoid when taking MMS. Do not take foods or supplements that are particularly high in antioxidants. Beyond that, take note of what is working or not working for you. If you don't seem to be getting results with MMS after a reasonable time on the protocol, take a serious look at your diet and see if something can be eliminated that you may suspect is conflicting with MMS. If you are accustomed to eating many items at one meal, consider going with a menu that has less ingredients. Following a mono diet (or at least a partial mono diet) during the time you are on the protocol may be a help.

To Summarize

- Do not take an MMS dose with your meals, space out food consumption and your MMS1 dose by 20-30 minutes.
- During the hours you are actually taking your MMS doses, try not to eat big “feast” types of meals, but rather eat smaller meals and/or snacks.
- Do not eat or drink things that neutralize MMS during your dosing hours. (See pages 42-45, 56.)
- If you don’t seem to be having success after a reasonable time, consider simplifying your diet. Try eliminating things that could be suspect of canceling out MMS.

A note from the editor:

During dosing hours you should only eat low-antioxidant snacks or liquids between about 20 minutes and 30 minutes after a dose. That gives you a 10 minute window to eat and drink a small amount of food.