

32 Reasons Why MMS is Not Restoring Your Health

<http://mmsnews.org/all-newsletters-list/175-29-reasons-why-mms-is-not-restoring-your-health-06-16-2013>

(Editor's note: This excellent article written by Genesis 2 Church of Health and Healing's Archbishop Mark Grenon, 16 June 2013, has been edited for clarity & three more reasons have been added, plus pages 12, 13.)

- ▶ **MMS** is a 22.4% solution of 80% sodium chlorite powder or flakes (NaClO_2) in water.
- ▶ **MMS1** is activated MMS. It is MMS plus an activator; when the two are mixed together they produce chlorine dioxide (ClO_2).

We have people writing to us asking why they haven't had their "health restored" from a certain disease when they read testimonies from others that have the same disease with complete health restoration, with testing done before and after finishing the protocols. Are these testimonies real? How can we make statements like, MMS restores health from 95% or more of the world's diseases, when some people with the same diseases, are still struggling with their ailments?

These are legitimate questions and we want to address them in this newsletter.

First of all, everyone is like a Petri dish, if you will, with each one dealing with his or her own unique pathogens, circumstances and issues.

What does it mean to cure 95% of the world's diseases?

Well, no one knows exactly how many diseases there are on the earth. And more are being found frequently. Are they all organic or biological, or inorganic such as Morgellons disease?

We HAVE "restored health" from 95% of the known world's diseases. That statement means that of the KNOWN diseases of this world we've seen health completely restored. But it DOES NOT mean that 90-95% of the **people** that have taken MMS have seen their health restored!

The problem is not that MMS doesn't kill 95% or more of the world's pathogens, but that the person taking the protocols isn't doing something correctly, or there is another factor that is stopping their health from "being restored".

This is what I want to focus on in this newsletter. A lot of factors and variables have to be considered here.

Although, this is not an exhaustive list, it is one that has come as a result of treating people around the globe.

We have to consider the following:

1. Are the Protocols being adhered to?

Probably the #1 reason why people aren't having complete success in "restoring their health". The MMS protocols were developed by trial and error.

In the beginning, Jim Humble did not know exactly how long MMS or Chlorine Dioxide lasted in the body. We now know that it can last up to 1 hour in the body. We understand that although a few doses during the day can kill pathogens, it is much more effective in ridding the body of pathogens if

the dosing is CONSISTENTLY being taken every hour for 8-10 hours a day. That CONTINUED hourly bombardment of MMS or Chlorine Dioxide in the body against the pathogens can increase the results tremendously! The person has to be consistent and dedicated to their hourly dosing. We know that it isn't convenient when working or traveling, but with the development of Protocol 1000 in a daily bottle, it is much easier. You can now prepare your whole day's dosing in a 1 liter or 1 quart bottle and carry it with you the whole day. So, now it is a lot easier and more practical.

Note: You have to remember to keep it out of the sun so not to neutralize its strength. A good idea is to set your cell phone's alarm to go off every hour as a reminder.

So, DO YOUR PROTOCOLS CONSISTENTLY IF YOU WANT GOOD RESULTS!

2. Dosing

The basic MMS1 protocol is 3 drops an hour for 8 hours. It is called Protocol 1000 and can be used with MMS1, CDS or CDH. (Note: see dosing chart on last page) Although this protocol done for 3 weeks "restores health" to most health issues, many times we have to "ramp up" the doses to have better and quicker results. This is especially true with Herpes, Diabetes, HIV and 4th stage cancers. "Ramping up" is adding 1-2 additional drops an hour as soon as the body tolerates MMS well. Staying at the "standard" 3 drops an hour can take longer than 3 weeks, so Protocol 1000 for 3 weeks might not "restore health". "Ramp up"! (Note: taking more than 3 drops of MMS1 per hour does not conform to P1000, but is suggested here if desired results are not obtained)

3. Neutralization

Another reason why people aren't having success is they are neutralizing the doses. During the daily protocol, you have to eliminate things that will neutralize or weaken the solution such as: Vitamin-C, coffee, alcohol, chocolate and anti-oxidants; too many things at once and recreational drugs.

Note: If you are adding DMSO to your protocol, i.e. Protocol 1000+, you have to add the DMSO separately each hour by pouring out your hourly dose into a glass, add DMSO, wait 3 minutes, then drink.

Example: We had one guy come to us that had been taking MMS1 for 2 years without good results. I asked him what else he was ingesting during the day and he said, only 3,000 milligrams of Vitamin-C. Well, no wonder he didn't have good results, he was neutralizing the doses.

Note: If you want to drink coffee or tea, do it for breakfast then wait an hour before you start your daily dosing. We have people taking Moringa 1-2 hours after the daily protocol because it contains 47 antioxidants and by the time they start the next day's protocols, it is out of the body.

Important: Learn how to use Chlorine Dioxide high range test strips and test all liquids used to see if chlorine dioxide is being weakened or completely eliminated. It is crucial to keep chlorine dioxide working at its optimum potential consistently. It is best taken with distilled water, especially with the taste factor almost eliminated with CDS & CDH, or the activation of MMS with 4% HCL (hydrochloric acid). HCL is produced by the body and is used in the stomach.

4. Potency of doses (strength)

There are two things I want to mention here. First of all, is the MMS, CDS, CDH, DMSO, MMS2 the correct strength? If not, then you are not going to have the same results. The protocols are based on a certain concentration of strength such as, MMS (sodium chlorite) is 22.4% sodium chlorite solution, MMS2 is 65-75% calcium hypochlorite, DMSO can be found anywhere from 70-100% dilution. The protocols using CDS were developed based on 3,000 ppm, not 6,000, 12,000 etc! We've had people come to us and test the potency of there MMS solution and it was 10-15% which is weak with some samples not even activating! So, make sure you get your products from people we recommend because we've tested them already.

We are NOT saying that all sellers are selling weak products, but we can only recommend those we know are producing their products correctly. So, be careful what you are buying because you want the correct potency. It is your health you are trying to restore and not theirs!

Note: Strong CDS such as 6,000 ppm and up can be explosive! It is not necessary* to have CDS any stronger than 3,000 ppm, so don't buy it with a higher ppm. It will not "restore your health" any faster anyway! The hourly dosing once diluted is around 50 ppm. You can ingest it up to 100 ppm without discomfort, but when you go higher then it irritates the throat and mucus membranes and can be uncomfortable.

*(Note: CDS higher than 3000ppm is excellent for *topical applications.)*

(Note: if taking strong CDS doses and you experience throat irritation, you could:

1- take with more water;

2- use the Mouth Holding Method (MHM);

3- take smaller doses every quarter hour or half hour totaling the normal hourly dose.)

"If you start out with the wrong potency then you could end up with a different result or no result".

5. Time (how long to take the Protocols)

The standard Protocol dosing time frame is 3 weeks. After the 3 weeks, if your health isn't restored from whatever disease you are trying to eliminate from your body then just keep going until it is!

Especially with diseases such as Herpes, 4th stage cancers, debilitating diseases, diabetes, high blood pressure.

Note: If someone has had a disease for a long time, then it will usually take longer to eradicate it from the body. Keep going until you are successful!

(Note: if Protocol 1000 does not get the desired result, you can move on to P1000+ and/or P2000)

6. Different reception of host

EVERYONE responds differently for a variety of reasons such as:

- a. Parasitical infestations
- b. Liver problems
- c. Lung problems
- d. Toxicity of the body, i.e. the body is full of toxins and needs detoxing. When one is in this condition, you have to go VERY slow.
- e. Compromised immune system

Every body has different issues they are dealing, so the reception of chlorine dioxide in the body differs.

Note: Don't think everyone responds the same and adjust accordingly, i.e. reduce dosing as needed or ramp up if possible. While one person may be able to “ramp up” to as high as 10 drops an hour others struggle with 5 drops an hour. So, adjust accordingly, but DON'T STOP!

7. Multiple complications or diseases

We've had people come to us for “health restoration” with breast cancer, leukemia, diabetes all at the same time. Now, when dealing with multiple diseases one has to religiously take the protocols while “ramping up” and plan on doing the protocols for longer than 3 weeks, more like months to completely restore one's health.

Remember: the longer one has a disease or multiple diseases the longer it takes to eradicate it from the body.

8. Previous Therapies

We have had people come to us, “on their last leg” and have had multiple chemotherapy treatments, radiation and surgeries which makes it hard to “restore health” due to weakened immune system, removed spleen and/or lymphatic system as well as the circulatory system cut and cauterized to hinder blood flow.

When a person is trying to “restore health” and has these situations to deal with he or she has to understand it might take much longer to detox the body from pathogens and “restore health”.

9. Diet

To build the immune system, one has to give the body essential vitamins, minerals and nutrients. The body assimilates these best in their natural state. Organic foods, no GMO's, no hormones, no preservatives or processed foods.

We recommend to build the immune system with foods such as:

- a. Raw milk
- b. Raw butter
- c. Raw cheese
- d. Fresh organic beef liver, chicken liver and red meat with the fat, esp. red meat.
- e. Raw honey
- f. Moringa leaf (high in antioxidants) Only to be used after daily protocols.
- g. Fresh organic fruits and vegetables. Juicing raw is great!

Note: If one is doing the protocols and follows an unhealthy diet then the results could be effected.

10. Parasitical infestations

We have started having people do a parasite cleanse and have seen better and faster results when the parasites are eliminated from the body. Everyone in this world has parasites they deal with in

their lifetime, but if the body's immune system is strong, then they are kept in check. But, when one's body is infested with parasites it has to be dealt with to “restore health” completely.

Note: Everyone should do a parasite cleanse once or twice a year to keep the body cleansed, especially those working in areas where parasites live and breed, i.e. working with animals, sewage and other such areas.

11. Stress on immune system (weak or non-existing)

Stress is a “killer” to the immune system of the body. Work, home, finances, relationships and just plain living in this world can cause a lot of stress if you let it. With a weakened immune system the body doesn't have it's internal pathogen killing ability to help “restore health”.

Note: Try to live a stress-free life as much as possible while trying to overcome any health issues.

12. Attitude (You need a gratitude attitude!)

Having a positive attitude when trying to heal the body is essential. Be grateful for life itself and the pleasures it brings.

Note: Try to keep negative people and situations away from one's self when trying to “restore health”.

13. Blood testing (false positives and outright errors, i.e completely untrue)

a. Herpes

We have had people have a positive test for HPV and never have a breakout and have had people test negative and have had breakouts. Are these tests reliable? We spend more time asking people we are “restoring health” to, “how do you feel?” We want them to tell us the differences in their bodies if any and watch to see if they are gaining weight, sores healing, skin rashes and irritations gone and general sense of well being, being restored. Those things are positive indications of health being restored even if the tests don't agree.

Note: Many times it is months before people get the results they want and maybe never, but “How do they feel?”

b. Autoimmune deficiency

The test for HIV is a test looking for evidence of the presence of 47 auto-immune deficiencies. It has been proven that many pregnant women test positive for HIV when in reality they are later tested as negative. People that have had tetanus shots have also tested positive for HIV when later testing is negative. This has also been known to occur for people that have had a yellow fever vaccine.

Note: Watch out for believing the HIV test!

14. Surgical destruction

It is difficult for the body to eliminate toxins from the body when the body's system that is in control of elimination such as these mentioned below, are eliminated or damaged. Here are some key components of the body's immune system:

- a. Cutting out immune system (Lymph-nodes)
- c. Colon removed
- d. Kidneys removed
- e. Lung removed partially or completely
- f. Brain surgery (removal of brain matter and veins cut and cauterized)
- g. Spleen removed

Infections such as MRSA – Staph infections, are common results of surgeries worldwide and the presence of this bacteria in the body hinders the restoration of health until it is eliminated.

15. Vaccine residues

Vaccines have been proven to cause many diseases such as Autism, paralysis (partial or complete), strokes, and neurological disorders to name a few.

- a. Heavy metals – Mercury, aluminum and others
- b. Toxins – Formaldehyde, alcohol
- c. Diseases – The creator of the polio vaccine admitted that up to 50 diseases such as cancers and diabetes were added to the vaccine for polio.

Note: If someone has had multiple vaccines the restoration of health can be more difficult.

16. Non-biological agents

High amounts of Asbestos in the body can hinder health restoration, esp. in the lungs.

Morgellons disease is a disease that puzzles many because there are worm-like strains coming out through the skin and eyes and when examined under a microscope names of pharmaceutical companies are seen! This is not a natural occurring disease.

Note: There may be many more non-biological pathogens in the world that we have to consider when trying to “restore health”.

17. Family pressure

Family and friends can really discourage one from taking the protocols correctly by being negative about what is being taken as well as doubting it will even work. Husbands not supporting wives and vice versa should not discourage one from continuing and therefore not achieving restoration of health.

Note: The support from family and friends when trying to restore one's health is very important and the lack thereof can reduce the results of the protocols.

18. Psychosomatic factors

Psychosomatic disorders are real to the person that has them, but they don't really exist; the person believes he or she has a disease that really doesn't exist!

Psychosomatic illnesses exist and need to be considered when trying to “restore health”.

Note: if a person has been on the protocols for a while with no results at all, then this has to be considered, especially if the person has psychological problems.

19. Environmental Toxicity (pollution)

We all know that our world is polluted to a certain extent evidenced by the pollution seen in the skies over the cities of world. We also have pollution in the following areas that we have to deal with on a daily basis.

- a. Work place - chemicals and toxins used in the work place
- b. Home chemicals – household chemicals and toxins used in the home
- c. Environmental – radiation, microwaves, radium etc.
- d. Chemtrails – aluminum and barium sprayed throughout the world
- e. Water supplies – sewage, chemicals and toxins in the water we drink, Example: Fluoride

Note: If one is trying to “restore health” and is constantly in contact with high amounts of toxins, the body's immune system is occupied in trying to deal with eliminating these toxins and healing is more difficult, and the toxins may be the “cause” of the disease you are trying to eliminate!

20. Permanent damage (accidental, birth defects or surgical)

All the body organs and systems need to be in good condition if the body is to work at it's optimum capacity and if there is permanent damage to one or more of the body's functions then the restoration of health is hindered or not possible. i.e. if someone is paralyzed because of spinal cord damage then the ability to move certain parts of the body may never be restored. If the following parts of the body are permanently damaged then it could be possible to restore function, but many times it is not.

- a. Brain damage
- b. Nervous system
- c. Circulatory system
- d. Appendix, Spleen
- e. Permanent damage through surgery
- f. Liver
- g. Heart
- h. Digestive system, (stomach, intestines and colon).

Note: We have seen those that have been told they had permanent damage and seen it reversed! One only knows by following the protocols correctly, so try the protocols to see if your condition can be reversed and “health restored”.

21. Organ toxicity

If the organs of the body are very toxic then these organs have to be cleansed slowly which will take more time in “restoring health”. The following organs have to be slowly detoxed to eliminate poisoning the body by not being able to eliminate the toxins quickly enough due to lack of function.

- a. Liver – (Sclerosis, liver cancer, hepatitis)
- b. Kidney -(On dialysis, kidney stones, infection)

- c. Gall bladder - (Gall stones, infection)
- d. Colon – (Clogged colon, cancer)
- e. Lungs - (Cigarette smoke is full of toxins and is counter-productive when trying to restore health to the lungs, but possible)

Note: Although these are conditions that may hinder chlorine dioxide's effectiveness, we have overcome these conditions while “restoring health” to individuals. Remember that everyone responds differently, so do the protocols correctly and don't stop! These are things to consider if you aren't seeing good results. It might just take longer.

22. Fungi

MMS is very good at “restoring health” with the presence of fungi, but there are a few that it can't eliminate. If the fungus is throughout the body and is located in an area where you have other issues, such as diabetes related infections in the legs and feet, then the restoring of health maybe be slower.

Note: A good way to test the presence of a fungus that MMS can't defeat, is to apply MMS1 Spray on the area and if it burns (as if on fire) then the fungus may not respond to treatments.

Solution: Mix Aztec Clay, (bentonite clay), with Vaseline or olive oil and apply on the infected area and wrap it for the night as you sleep. If the fungus is on the feet then apply the mixture to the infected areas, wrap with a plastic cellophane and put a sock over it, then go to bed for the night. This works really well!

23. Re-infected

You can have your “health restored” completely by using the protocols and then be re-infected with the same disease. If a person has a sexually transmitted disease and his or her partner hasn't taken the protocols or hasn't completely “restored health”, then the disease can be passed back to the partner again.

Just because a person has completely “restored health” it doesn't mean that they can't re-infect themselves again. If one continues the lifestyle or the exposure to a certain disease again after they have had their “health restored”, then reinfection can very well occur.

Note: To eliminate re-infection of a certain disease, a lifestyle change has to take place to eliminate continued exposure.

Example: If one has contracted cancer and works with a lot of radiation constantly then they will have to be really diligent in eliminating exposure or just change jobs.

Example: If a person has multiple sexual partners then there has to be diligence in protecting one's self or only have one partner to eliminate the risk of re-infection as long as the partner is free of the disease. If not, wait until the person's health is restored. Condoms don't necessarily protect from sexual diseases.

Make sure you clean the areas where contact was made with the other person with MMS1 or CDS. Carry a spray bottle of MMS1 or CDS with you to cleanse yourself.

24. Lack of finances to continue

Even though the protocols we use are relatively inexpensive, there are some in this world that can't even afford that amount. If the product runs out then the protocol is stopped and health is not restored even though one feels much better and has been alleviated from the symptoms, but not the health issue completely.

Note: If you start the protocols make sure you can finish until health is restored. Solution: Usually family and friends will help if you let them know you might need some assistance. Try to plan for this ahead of time before one runs out of product.

25. Self deception

People can deceive themselves in thinking they are well when in fact they are still sick. Accept reality and take personal responsibility for your health and continue until all symptoms are gone no matter how long it takes.

Note: Even after one's health is restored, continue on the "maintenance doses" and maintain a good diet to keep the immune system strong.

Yes, again it might mean a lifestyle change!

26. Adjusting the doses

Even though it is mentioned above, it is important to mention just how to adjust the dosing. If a person is really sick then, you must go slow, i.e. if a person has 4th stage cancer in the liver or lungs then we start with 1 drop an hour. If there is any adverse reaction then we reduce the dose to ½ drop an hour. This applies to all so-called terminal diseases. After reducing, stay at that dose until one feels better to go up. Increase the doses SLOWLY! Don't stop!

If a person is adding DMSO hourly, i.e. protocol 1000+, and has a Herxheimer reaction, then stop adding the DMSO for a day or so, then try adding it again.

Note: Herxheimer reaction or oxidative stress is when the body has so many toxins being put into the blood that the body can't eliminate them fast enough, so there is flu-like symptoms, (aches and pains in the joints and muscles, fatigue). When this happens reduce the dosing, maybe even start over.

Same when taking the Protocol 2000 which is the addition of calcium hypochlorite. If you add MMS2, (Calcium Hypochlorite), and feel like you can't tolerate it, then stop a few days then try again.

Note: We start the dosing of MMS2 with only a 1/16 of a "0" size capsule, 4 times a day during the protocol every 2 hours, taken on the half hour. One can also try by starting with 1-2 capsules a day.

If at anytime the addition of DMSO or MMS2 or both becomes intolerable, then eliminate both of them and just do the Protocol 1000 for a few days. When resuming protocol 1000+ or 2000 start slower.

Note: We have noticed that a person can do well with protocol 1000 and ramp up to 20 ml of CDS a day without a problem, but when DMSO is added they "hit the wall" so to speak and can't continue. Eliminate the DMSO for a few days and reduce to 10 ml of CDS a day when trying to add the DMSO. Same is true for the addition of MMS2.

The thing to learn here is, ADJUST your dosing according to how you feel. Too much reaction then “reduce”. No reaction, “ramp up”. It is not bad to start over with the minimum doses you started with if necessary.

Note: Very few people have had to stop completely when they have learned to “adjust” their dosing according to how their body response. Learn your body's reaction, adjust as necessary.

We want a comfortable healing. You don't want to get sicker, so whatever is causing discomfort reduce it or eliminate it.

Remember: Everyone responds differently, so don't compare yourself to another person's experience you might have read about or talked to.

27. Trusting in the Medical and pharmaceutical system

We have had people come to us that are on meds because their doctor told them they would need them for the rest of their life. Example: Blood pressure, diabetes etc. We allow people to do whatever they want. It is their body and their responsibility. Some decide to discontinue their meds while others don't. Others choose to reduce the dependency slowly over time. It is up to each individual, but if they choose to continue taking their meds then the meds can be neutralized, (made ineffective), and the potency of the protocols could be weakened.

Note: The human body came complete with it's own disease fighting system and if working correctly then NO DRUGS are necessary to remain healthy.

28. High tension wires & microwaves

It has been observed that people living near high tensions wires have had a higher rate of brain cancer and cancer in general. Living in an environment where there is a lot of high voltage or microwaves in the air could hinder health restoration.

Example: I read a few articles years ago about Americans working in the American embassy in Moscow during the cold war. There was a high rate of cancer among the embassy workers. Many thought the reason was because the Russians had high-powered microwaves pointed at the embassy constantly for surveillance or whatever their reason.

Note: If you are living in an area where there is direct exposure to high electricity or microwaves, you might consider relocating during the protocols to see if this is hindering your health restoration. It might even be the cause of your illness or illnesses!

29. Dirty Water

Here is one that should be obvious to all. We all need a clean water supply. Pathogens and contaminates need to be eliminated from the water we drink daily. Chlorine and fluoride are used worldwide in water supplies and can have devastating results. Clean your water supply with MMS1 if you have a water reservoir or use a filter to purify the water you drink. Do both!

Note: For the protocols we recommend distilled water or at least reverse osmosis and UV treated water. Distilled water is the best!

30. Under Dosing CDS and CDH (Note: reason #30 supplied by the editor)

Regarding CDS and CDH, before 16 February 2015 when another G2C Newsletter [MMS1, CDH and CDS Equivalents and How to Use Information \(02-16-2015\)](#) was published, dosing for both CDS and CDH was too low by 6x and 3x respectively due to a misunderstanding. Another document elaborates on that newsletter and can be found [here](#). See text and chart on pages 12 & 13 below for proper CDS and CDH dosing.

31. MMS1 Doses Not Made Hourly (Note: reason #31 supplied by the editor)

As more testimonials have come in, people are telling us that they are having better results with protocols when **MMS1** doses are made hourly, instead of using a daily bottle.

If using **CDH**, know that **CDH4%** will be effective for about two weeks when kept in a fridge, and **CDH2%** for about two months. However, **CDH** can be made hourly. Inquire on the G2C Forum.

CDS contains only chlorine dioxide (CLO₂) gas in distilled water and will not degrade over time if kept in a fridge, except to slowly loose CLO₂ concentration. Approximately 50% of the CLO₂ will remain after one year in a fridge.

32. Supplements (Note: reason #32 supplied by the editor)

"We recently had a stage 4 cancer woman losing the battle, she was taking all kinds of good supplements, but as soon as she stopped them and just let MMS work on its own, she started improving. Sometimes you just have to focus on killing the pathogens, then when well, build up the good nutrition. All the good nutrition is also feeding the bad stuff." (Quote from Cari, Jim's Secretary)

IN CONCLUSION, I have mentioned 29 reasons why MMS is not restoring your health, there might be more. If so, we will write about them as we become aware of them. Even though these reasons can effect the results of your health restoration, we have seen remarkable results worldwide when following the MMS Protocols or Sacraments of the Genesis II Church of Health and Healing. Many times in spite of these reasons, complete "Health Restoration" has been accomplished!! And we are getting better at it all the time! I hope this information has helped.

Let's change the world together!

Archbishop Mark S. Grenon

1 Drop Dose of MMS1 Can Equate to 1ml of CDH & 2ml of CDS

- ▶ MMS is a 22.4% solution of 80% sodium chlorite powder or flakes (NaClO_2) in water.
- ▶ MMS1 is activated MMS. It is MMS plus an activator; when the two are mixed together they produce chlorine dioxide (ClO_2).
- ▶ MMS1, CDH and CDS are Sodium Chlorite Solutions (SCS).

1. **Why this paper?** To prevent under-dosing CDH and CDS when using Protocols.
2. **MMS Protocols** were designed for use with MMS1, not CDH or CDS which need different dosing.
3. **Theory:** One drop of MMS contains 6.7mg of chlorine dioxide (ClO_2) when 24 drops = 1ml.
4. **Fact:** 1 drop of MMS is [activated](#) about 7% externally when combined with 50% citric acid 1-to-1 for 20 to 30 seconds. The remaining MMS in MMS1 should fully activate in a stomach with normal gastric acids.
5. **Fact:** Most people have normal gastric acids to activate residual MMS in MMS1 & CDH.
6. **CDH Recipes** were designed so each milliliter of CDH will be made from 1 drop of MMS. **NOTE:** only applies to McRae-Lackney recipes, not to any other recipes.
7. **1ml of CDH** and a 1 drop dose of MMS1 are both made from 1 drop of MMS.
8. **1ml of CDH** and a 1 drop dose of MMS1 both have the potential to produce 6.7mg of ClO_2 when ingested in a stomach with adequate gastric acid.
9. **CDH4%** is about 50% activated externally and **CDH2%** about 25% activated. Fridge life 2 weeks/2 months.
10. **If there is little or no stomach gastric acid** present, CDH will provide more ClO_2 than MMS1.
11. **CDS** is fully activated externally and can not increase in ClO_2 content when in a stomach.
12. **A recent newsletter** from Jim Humble said the maximum amounts of CDH and CDS to use with Protocol 1000 were 3ml and 6ml respectively. Protocol 1000 limits MMS1 to 3 drops per hour.
13. **Therefore** one can conclude that a 3 drop dose of MMS1, 3ml of CDH and 6ml of CDS can deliver the same amounts of ClO_2 if adequate stomach acids are present. Math & [photos](#) prove this.
14. **If no stomach acids are present**, then CDS can provide more ClO_2 than MMS1 or CDH.
15. **Between zero and normal stomach acids**, varying amounts of additional ClO_2 can be provided by MMS1 and CDH.
16. **MMS Tablets** would be a good choice for someone who has little or no gastric acids as they contain an activator and will fully activate in plain water.
17. **A little math** will be necessary to show how much ClO_2 is in 6ml of 3000ppm CDS.
18. **Volume** of SCS (liters) x **ClO_2 Concentration** (ppm) = **Dose** (mg of ClO_2) ($0.006 \times 3000 = 18$)
19. **6ml of CDS** contains 18mg of ClO_2 .
20. **3 drop dose of MMS1** provides 20.1mg of ClO_2 if fully activated. ($6.7\text{mg}/\text{drop of MMS}$) ($3 \times 6.7 = 20.1$)
21. **3ml of CDH** provides 20.1mg of ClO_2 if fully activated. ($6.7\text{mg}/\text{drop of MMS}$ used to make each ml of CDH)
22. **It is not possible** to measure the total amount of ClO_2 that MMS1 or CDH could produce in a stomach, but the maximum possible amounts of ClO_2 in milligrams can be calculated by multiplying $6.7 \times$ MMS drops.
23. **Because** stomach acid availability is unknown when ingesting MMS1 or CDH, the amount of ClO_2 that may be produced is unknown. Therefore, knowing the external ClO_2 concentration isn't useful information.

Using CDS and CDH with Protocols			
Equivalent Doses for P1000 • P1000+ • P2000			
Dosage Chart for CDS & CDH			
MMS1	CDS	CDH	CLO2 mg*
1 drop	2 ml	1 ml	6.7
2 drops	4 ml	2 ml	13.4
3 drops	7 ml	3 ml	20.1
4 drops	9 ml	4 ml	26.8
5 drops	11 ml	5 ml	33.5
6 drops	13 ml	6 ml	40.2
7 drops	15 ml	7 ml	46.9
8 drops	18 ml	8 ml	53.6
9 drops	20 ml	9 ml	60.3
10 drops	22 ml	10 ml	67.0
11 drops	24 ml	11 ml	73.7
12 drops	27 ml	12 ml	80.4
NOTE: CDH <u>McRae-Lackney</u> Recipe only			
NOTE: CDS 3000 ppm only			
Doses are equivalent when adequate stomach acids are present to fully activate residual sodium chlorite in MMS1 & CDH. Does not apply to CDS. CLO2 mg* (max possible)			

Eating and Drinking During Dosing Hours

During chlorine dioxide (CLO₂) dosing hours, the amount of food you eat should be limited to snacks, and drinks and not full meals. The more you eat, the longer food will be in your stomach. That is why snacks are recommended.

Don't eat foods that require long periods of time to digest. Fruits can digest quickly. (Low antioxidant)

Foods and drinks high in antioxidants should not be taken, because those will reduce CLO₂ content. When there is food in your stomach, CLO₂ may be used up trying to oxidize them instead of killing pathogens and removing poisons.

If you begin eating 20 minutes after a dose and finish at 30 minutes, that gives you a 10 minute time period to consume a low-antioxidant snack and liquid.

One hour after the last dose of the day, you can eat anything and as much as you like, and take supplements.

Antioxidants can reduce or eliminate chlorine dioxide (CLO₂) if they are active in your body during dosing hours.

You can eat and drink whatever you want during dosing days, but know that CLO₂ may not work for you. You will have to decide which is more important for you; getting well or following your usual eating and drinking habits.

You may want to consider fasting during dosing hours as fasting alone has health benefits.

Should your stomach be empty when ingesting CDS and MMS1?

If you are ingesting CDS, then a completely empty stomach may be best. But, MMS1 needs stomach acid to activate residual MMS (SCS) that was not activated in 30 seconds externally.

So, a small amount of food in your stomach should cause more stomach acid to be released, allowing for more MMS activation. Be sure the food is low in antioxidants.

CLO₂ stays effective in the body for about one hour, which is why we normally dose hourly.

How much time to wait before starting a daily CLO₂ protocol varies on what you ate earlier, and how much food and drink you ingested, plus meds and supplements.

As you probably know, when following a CLO₂ protocol, eating your normal full meals is a no-no. Only snacks with low antioxidants will allow CLO₂ to try to do its job of healing you.

Also, no coffee during the day as coffee can kill CLO₂. Coffee stays active in a body for hours.

Ivermectin has a half-life of 18 hours, so wait 2 days after your last dose of IVM before starting CLO₂ dosing. For other meds and supplements, research those to determine how much time separation would be needed for CLO₂ to work for you.

Updated 22Aug'24 by CL