

MAKING MMS INTO CDS

Due to the effects of MMS on the constitution it may be necessary to endure the process of manufacturing CDS – Chlorine Dioxide Solution. This is not too difficult, and this description explains the simple method. [The description here is of the shortcut method.]

1. What is required:

- An MMS kit
- 1Lt canning bottle
- Shot glass

If a canning bottle is not available, use any large mouthed bottle with a suitable cap that will seal reasonably tight.



2. General Method:

The idea is to get the ClO_2 gas that is generated once MMS is activated to be trapped into water – without mixing the original reaction fluid into the water. The basic idea is to make the reaction happen in a shot glass, which is then floated on top of water inside a larger jar. The larger jar is then sealed and heated with hot water and left to complete the gas transfer of ClO_2 to the water inside the jar. This takes about two hours – leaving the reaction jar filled with CDS and the shot glass with the spent reaction fluid, which may then be discarded after being carefully removed from the reaction jar. This method describes making 1 Litre of CDS.

3. Step 1:

- Mix 20 drops MMS with 100 drops Citric Acid in the shot glass.
- Fill the Canning jar with 500 ml clean water (either distilled water, or filtered tap water left in a jug for 4 hrs to de-gas all chlorine.)
- Carefully float the shot glass with the reaction fluid MMS (which should now be turning yellow) onto the water inside the canning jar.
- Place the lid onto the canning jar and seal lightly.



4. Step 2:

- Carefully place the canning jar into a container without spilling the reaction fluid inside.
- Pour hot boiling water from a kettle into the container to the level of the water in the canning jar.
- Leave undisturbed for 2 hours on a shelf.



5. Step 3:

- The process is complete when the water in the canning jar has turned a deep yellow, leaving the reaction fluid in the shot glass clear.
- Remove the canning jar from the container.
- Carefully open the canning jar (*be careful not to breathe in too much of the free gas that escapes*) and remove the shot glass without spilling contents.
- Add another 500 mL of clean water to the canning jar.
- Reseal the jar and place in Fridge for storage. This prevents the ClO₂ from off gassing.



6. Step 4:

- The canning jar contains a mixture called CDS which is approx. 300ppm strength and can be used for treatment.
- The taste should be like water, but smell of ClO₂.
- Dosage can be anything from 50mL to 250 mL depending on protocol.
- For Protocol 1000, use 50 ml CDS per hour. This represents 20 doses or about two days of stock.
- For maintenance take 250mL CDS once a day 1 hour after a meal. The 1 L will therefore last 4 days before having to make more.
- If kept in the fridge, it will last at least a month. The yellow colour shows that the CDS ClO₂ is still available and active.



[This brochure will be updated from time to time. Also check out the official long methods for CDS manufacture on the <http://jimhumble.biz> webpage.]