CDS, CDH and Protocols

Most Genesis II Church of Health & Healing health restoration protocols have been written using MMS1 as the Sacrament of choice for simplicity for the user who is new to the MMS world. However, both CDS and CDH can be used with many protocols. Equivalent dosing varies depending on where the Sacraments are used, ingested or not ingested.

For **ingestion** into the stomach the following chart gives approximate equivalent doses.

MMS1	CDS*	CDH**	CLO2***
1 drop dose	2.2 ml	1 ml	6.7 mg
2 drops	4.5 ml	2 ml	13.4
3 drops	6.7 ml	3 ml	20.1
4 drops	8.9 ml	4 ml	26.8
5 drops	11.2 ml	5 ml	33.5
6 drops	13.4 ml	6 ml	40.2
7 drops	15.6 ml	7 ml	46.9
8 drops	17.9 ml	8 ml	53.6
9 drops	20.1 ml	9 ml	60.3
10 drops	22.3 ml	10 ml	67
11 drops	24.6 ml	11 ml	73.7
12 drops	26.8 ml	12 ml	80.4

For **non-ingestion** the following chart gives approximate equivalent doses.*

MMS1	CDS*	CDH**	CLO2***
1 drop dose	0.2 ml	0.2 ml	0.67 mg
2 drops	0.4	0.4	1.3
3 drops	0.6	0.6	2.0
4 drops	0.8	0.8	2.7
5 drops	1.0	1.0	3.4
6 drops	1.2	1.2	4.0
7 drops	1.4	1.4	4.7
8 drops	1.6	1.6	5.4
9 drops	1.8	1.8	6.0
10 drops	2.0	2.0	6.7
11 drops	2.2	2.2	7.4
12 drops	2.4	2.4	8.0

***Original 3000 ppm CDS without added MMS.

****McRae-Lackney CDH recipe (4% HCL). Note that shelf life will be 2 weeks. The same recipe made with 2% HCL results in a 2 month shelf life.

*****The 6.7 mg CLO2 concentration figure came from a chemist. That is the maximum amount of CLO2 available in a fully activated drop of MMS (22.4% SCS) when 24 drops = 1 ml as defined by Jim Humble about 3 years ago. All testing since then has used 24 drops = 1 ml as a standard.

Non-ingested MMS1 contains about 0.67 mg CLO2 per drop of MMS used to make MMS1 & assumes MMS1 is activated for 20 to 30 seconds using 4% HCL activator. The non-ingested chart assumes that no further MMS activation will occur in MMS1 after the initial 20 to 30 second activation period.

*For non-ingestion dosing with CDS or CDH, multiply a MMS1 dose by 0.2 to find the equivalent amount of CDS or CDH in milliliters. For example, a 20 drop dose of MMS1 x 0.2 = 4 ml of CDS or CDH.