

## Jim Humble's Personal Daily MMS1 Dosing

Today, 28 December 2022, Katya, in the Quick CDS chat group asked this question:

*"Would you happen to know if he (Jim Humble) takes MMS1 regularly?"*

CL replied, *"I can ask."*

*"Hi. Someone is asking if Jim takes MMS1 regularly and if so, what is the dosage? Thanks!"*

"Hi, J takes at least one maintenance dose a day. (Usually first thing in the morning, and normally a 5 drop-dose, though the recommended maintenance dosage is usually a 6-drop dose—but he does well on 5).

He is a firm believer in "listen to your body". We are all bio-individual, and thus what is ideal for one, may be different for another. Thus the Health Recovery Plan (HRP), which advocates adjusting dosing, etc., to the individual (more info on this in [The Book](#)).

Depending on the situation and the need, he may take more than one dose a day, or he may go on an hourly protocol for some days as well, again, depending on the need and what his body is indicating.

For example, if he is exposed to more things, such as while traveling, he may take more in a day, say 3 times a day. Or, if he feels he is fighting something or something is coming on, he may go on a [15-minute protocol](#) or take 6 and 6, depending how he is led at the time to "nip it in the bud"—again, "listen to your body".

He often uses Supporting and Additional Protocols if he feels the need (Spray Bottle is a staple, Eye Drops, Foot Baths, and so on). He will sometimes add DMSO to his dose, even to the Maintenance Dose (once again, listen to your body). In short, MMS1 is a regular part of Jim's health practice in some form. Hope this helps."

NOTE: I am not a doctor. Nothing I have said has been evaluated by the FDA. I do not diagnose, prescribe, treat, or cure. I merely pass along information based on my experience and the experience of others. Everyone has the responsibility of choosing their own health treatment, with the supervision of a qualified health professional, if desired.