

# CDH: How to Make and Use 100ml of 3500 ppm & 100 ppm CDH

## Ingredients (ingredients should not be cold – if they are cold, make sure your water isn't)

### Fluid ounce (U.S.) equivalents:

• 92ml  $\Rightarrow$  3.1 fl. oz.

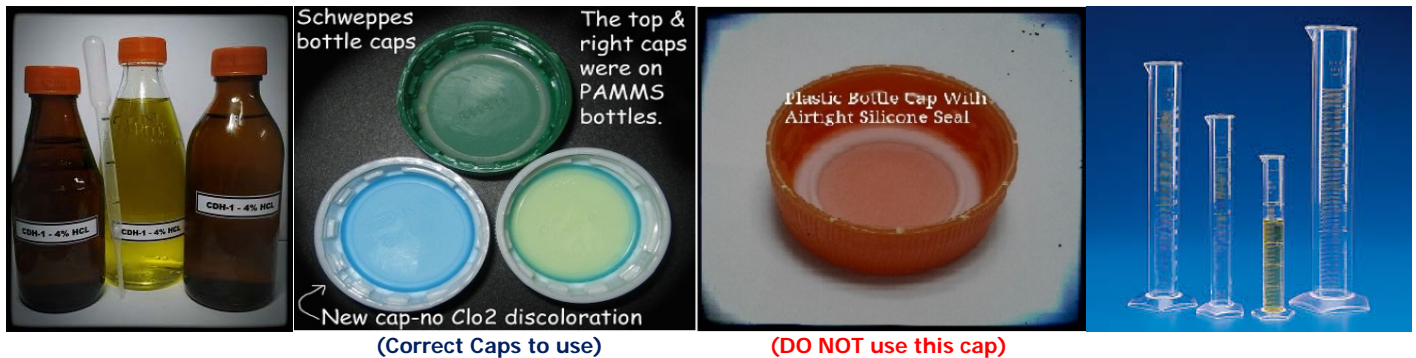
• 4ml  $\Rightarrow$  0.14 fl. oz.

• 100ml  $\Rightarrow$  3.4 fl. oz.

- ✓ 92ml distilled or purified water at 70 to 194° F (21 to 90° C) (To make "Fast CDH" use very hot water)
- ✓ 4ml 22.4% sodium chlorite water solution
- ✓ 4ml 4% Hydrochloric Acid (HCl) or 4ml 35% Citric Acid (CA) water solution (\*Note: Hydrochloric Acid is preferred)

## Equipment needed

- ✓ One 100ml glass bottle with an airtight cap with a plastic inner seal (Note: **Do not use** a cap with a silicone rubber inner seal (see orange cap below) as it will breakdown and melt over time, contaminating the CDH)
- ✓ One measuring cup or graduated cylinder to accurately measure liquid in either milliliters or fluid ounces



## Instructions

In the following order put the ingredients into your 100ml glass bottle

- 92ml water at 70 to 194° F (21 to 90° C) (Use hot water for "Fast CDH")
- 4ml 22.4% sodium chlorite water solution
- 4ml 4% Hydrochloric Acid (HCl) or 4ml 35% Citric Acid (CA) water solution
- ☑ Immediately cap the bottle tightly so that no ClO<sub>2</sub> gas can escape
- ☑ Give the bottle a good shake to mix the ingredients well initially (and if possible 1 or 2 times later on)
- ☑ Store the bottle in a dark place at room temperature (or above) for at least 6 hours; longer if cooler
- ☑ After the above waiting time has elapsed your CDH is done. Put the **CDH** into the refrigerator (if available)
- ☑ To make "Fast CDH", use the very hot (but not boiling) water. By the time the bottle is cool, your CDH is done
- ☑ Lastly, be sure to label your bottle. This CDH will be 3500 ppm. To make 100ml of 100 ppm CDH, combine 3ml of this 3500 ppm CDH with 97ml of water.

\*Making larger quantities of CDH is easy. To make 500ml simply multiply all of the ingredients above by 5. To make a liter, multiply by 10, etc.

# CDH - Usage, Storage and Dosing Instructions

## Usage

-Your 3500 ppm **CDH** is now ready to use & each ml of the 100ml contains 1 pre-activated drop of **sodium chlorite**. It can be used for; viruses, bacteria, yeast, flu, parasites, heavy metals, enemas, tub baths, teeth & gums, nasal passages, infections, cancer, etc.

-12ml of **100 ppm CDH** (made with pharmaceutical grade 4% HCl), was safely dosed every 6 hours via an "IV Push" where it was delivered at a rate of 1ml every 10 seconds intravenously. It cured 2 adult male patients of life-threatening bacterial based sepsis, with both showing signs of improvement after just 1 day of treatment.

\*Note: Because of the severity of the sepsis, neither patient above was able to take oral doses of CDH.

## Storage

Your **CDH** should be kept refrigerated (if available) and in colored glass bottles with airtight seals if possible and ideally should only be taken out to extract your doses. If you make a dosing bottle for the day, it's best to keep it cold too, but not absolutely necessary. Ice may be added to the dosing bottle to help to keep it cold. Vacuum bottles work well to keep the drink cold but should be glass or plastic and not metal. Glass is ideal.

**Oral Dosing** (If you are just starting with CDH, use the starting protocol per Jim Humble's recommendations, remembering that 1ml of CDH is equivalent to 1 drop of MMS)

**Example for the average weight person (62 kg/136 Lb.) for most diseases, after the starting protocol:**  
3ml added to 200ml of water taken each hour – Do this 8 to 10 hours each day. If you weigh considerably more or less increase your dosage accordingly (however a 45 kg/100 Lb. person can still easily take 3ml per hour of CDH). This same dose may also be taken every 30 minutes to increase the amount of CLO<sub>2</sub> in the blood and more rapidly stop the infection.

Taking more **CDH** in this way (every half hour) will help you to overcome ailments more quickly, and is especially helpful to overcome difficult and life threatening diseases.

Please note that you should try to add **at least** 60ml of water (and preferably more) to each 1ml of **CDH** to be taken orally to lessen any throat irritation that might occur.

**Stevia may be added to each dose to sweeten it and make it more tolerable**

It's recommended that you **DO NOT** drink your CDH dose directly from a wide mouth drinking bottle where you would be likely to smell the CLO<sub>2</sub>, as this could cause an aversion to the smell of CLO<sub>2</sub>. Also, to overcome the unpleasant taste, pinch your nose while you drink your dose & then immediately chew something sweet.

## Quick and easy instructions for making 100ml of 3500ppm and 100ppm CDH:

1. First put 92ml of water into a 100ml bottle (ideally glass)
2. Then to that add 4ml of 22.4% sodium chlorite water solution
3. Then add 4ml of either 4% hydrochloric acid or 35% citric acid water solution (HCl preferred)
4. Put the cap on tightly and shake
5. Store for 6 hours in a dark place and label. You're done! Then store in a refrigerator if available
6. To make 100ml of 100ppm CDH from 3500ppm CDH, simply add 3ml of 3500ppm to 97ml of water

\*Making larger quantities of CDH is easy. To make 500ml simply multiply all of the ingredients above by 5. To make a liter, multiply by 10, etc.