

# Practical Guidelines For Using MMS For General Health Improvement

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This article assumes that you are at least somewhat familiar with MMS, and understand basically how it works and what it may be used for. If not, please read at least Part I of Jim Humble's MMS book. Jim Humble has made it available as an eBook at no charge:

[http://www.mmshealthy4life.com/MMS\\_Part\\_1.pdf](http://www.mmshealthy4life.com/MMS_Part_1.pdf)

**General MMS Use Principles:** Start out with a small dose and gradually build up. Two reasons for this are to allow the body to acclimatize to the MMS and to kill off pathogens gradually. Pathogens that are killed in the body must be eliminated, and many of them produce toxins as they die. Your body has to eliminate both the dead pathogens and the toxins that they release as they die. If you kill off the pathogens too quickly, you overwhelm the body's systems of elimination and make yourself feel sick. In most cases, a gradual approach works best.

Another principle to keep in mind is that in most cases, a number of small MMS doses throughout the day works better than one or two large doses. If you have health conditions that make your body less tolerant of stress than normal, be sure to very gradually increase the MMS amount you take per day.

Always mix the MMS and activator in a clean glass that does not contain any metal or other toxins. (Some glass, such as the lead crystal that was popular years ago, would not be suitable because it actually does contain lead.)

Use a 10% solution of citric acid for the activator. For each drop of MMS add 5 drops of citric acid. If you accidentally get a little more citric acid activator into the mix, that's OK. Too much is better than too little. However, be accurate with the actual MMS. You don't want to take more than you intend to, as it may make you feel sick. This is not a case where if a little is good more is better. Gentle and gradual is the ticket.

Please keep in mind that the dosages listed in this document apply to "average weight" adults. They will need to be adjusted accordingly if dealing with people who are not of average body weight.

**Caution:** Never allow anything made of metal to come into contact with your MMS.

**Mixing Procedure:** Drop the appropriate number of MMS drops into your glass. Add the citric acid activator. Swirl to mix. Wait 3 minutes. Then add a few ounces of water, (up to 4 ounces), or a few ounces of fruit juice that is free of added vitamin C or preservatives. (Vitamin C is an anti-oxidant, and it will neutralize the MMS.)

**Important Point About Using Juice:** If you do use fruit juice, before you pour it into your activated MMS add two teaspoons of the citric acid activator to the juice and mix it

in. This will make the juice more effective in offsetting the taste of the MMS, (which sooner or later becomes objectionable to most using MMS on a regular basis), and it will help to prevent the juice from accidentally neutralizing the MMS.

Take a mouthful of the above mixture and swish it around in your mouth. This kills most of the dental bacteria that hangs out in your mouth and damages your health. Swallow the MMS solution already in your mouth. Then drink down the rest of the mixture.

It is best to do this on an empty stomach. However, if you find that as you build up the dose, you experience some nausea, you may need to compromise and take your MMS with a meal.

Never take the MMS, (activated or not), internally without diluting it with water or fruit juice as described above. By itself it is too concentrated.

The schedule outlined below is appropriate for most people trying to kill off pathogens, clean up general toxins, etc. in the body. A more aggressive schedule may be appropriate for those dealing with more serious health conditions for which MMS has been shown to be effective, such as malaria, cancer, auto-immune diseases, etc. For those conditions there are specific protocols that Jim Humble, Dr. John Humiston, M.D., and other experts have developed and which should be followed.

**By The Way:** The general purpose protocol outlined below has been shown to be highly effective in preventing one from contracting the flu and other viral infections that may be going around.

### **Here's a typical schedule:**

**Day 1:** First thing in the morning, use 1 drop of MMS. Right before bed time take 1 more drop of MMS.

**Day 2:** Continue the Day 1 regimen, and add a 1-drop dose in the middle of the day.

**Day 3:** Continue the Day 2 regimen, and add one more 1-drop dose in the late afternoon. At this point you will be taking four 1-drop doses of MMS, distributed throughout the day.

**Tip:** It is a great idea to take your last MMS dose of the day right before bedtime, as it enhances liver function and helps you get a better night's sleep.

**Day 4:** If you are not experiencing any nausea or diarrhea from the MMS then continue with the four doses spread throughout the day, but increase two of the doses to 2-drop doses.

**Day 5:** If you are still free of nausea and diarrhea, then increase the other two doses to 2-drop doses.

If at any point you do experience nausea or diarrhea from the MMS, then you can either stay at the current dose for an extra day or two, or even decrease your dose by a drop or two. In most cases there is no benefit to pushing through nausea and diarrhea, so be gentle with your body.

At this point you will be taking 4 doses of MMS, spread throughout the day. Continue with this, increasing two of the doses by one drop each day until you reach about five or six drops per dose. Stay at that level for two weeks, then decrease the doses to three drops and eliminate one dose so you are taking only three doses per day. Maintain this level for one month. If you feel healthy and feel that the MMS has resolved the issues for which you were taking it, then eliminate one more dose so that you are down to two doses per day. This is a good maintenance dose.

If you are taking vitamin C or other anti-oxidant supplements, such as CoQ10, (both are a good idea for most people), make sure you take them well apart, time-wise, from your MMS. Otherwise, they will tend to neutralize each other.

This article is intended as a general guide and is not specific to any given health condition. However, since Candida, or yeast overgrowth, is such a common health problem for so many people I have included the following. There are important differences in how MMS should be used for people dealing with Candida.

**MMS for Candida – A Very Brief Summary:** MMS, used by itself, is effective against a very wide range of pathogens. When dealing with Candida, the MMS needs to be used in conjunction with at least one other agent. While the MMS will wipe out the initial overgrowth of yeast pretty quickly after you start taking it, some of the yeast will form spores that are more or less impervious to the MMS. This means that the yeast is likely to come back in a few weeks, even if you continue taking the MMS.

To prevent this, consider taking another supplement, such as the Molecula Silver™ as sold by A2Z, at this site: [http://clo2plus.com/khxc/index.php?mktsrc=jbell\\_1](http://clo2plus.com/khxc/index.php?mktsrc=jbell_1) Here is a protocol you can use to take the silver: Two weeks after your first day of taking the MMS, add 1 to 2 tablespoons of the Molecula Silver™ first thing in the morning, on an empty stomach. Then wait one hour before eating or taking your first MMS dose. Continue this for up to 1 month.

Since dealing with Candida can be a very challenging health problem, it is recommended that you get appropriate help from a qualified health care professional. This should be someone who has experience in helping people dealing with Candida and who has a good track record in that area. Also consider following a diet designed to counter Candida. Taking the right probiotic also is a critical element in your strategy.

**Preventing Colds, Flu, Etc.:** Any time that you have been exposed to contagious pathogens such as the flu, bacteria, or other serious contagions go back to a higher dose of MMS and maintain it until the threat is gone. To decide how rapidly you can increase your MMS dose, you will have to listen to your body. There is not much risk in increasing too quickly, other than some possible nausea and/or diarrhea. However, if

the pathogen load in your body and the toxin load is already quite low due to using MMS for a while, you are less likely to experience these effects.

Also, if the infectious threat is a really serious one, it may be wise to risk some nausea and/or diarrhea in order to make sure you protect yourself from the threat. If responding to such a threat, it is probably wise to maintain the higher dose until the threat is gone.

Please keep in mind that the protocols listed above are only general guidelines. Each of our bodies is different and we all respond differently to just about everything. It is important to listen to your body and act accordingly. If you are experiencing difficulties in setting the dose or with other aspects, it is recommended that you work with a health care professional who is experienced in the use of MMS.

If you are having any difficulty in obtaining your supply of MMS here is a link to be very reputable and high-integrity source for MMS at reasonable prices:

[http://clo2plus.com/khxc/index.php?mktsrc=jbell\\_1](http://clo2plus.com/khxc/index.php?mktsrc=jbell_1)

or if that link is too long and/or does not resolve, here is another to the same site:

<http://bit.ly/jRIPS>

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