

MMS General Use Simple Matrix – For Building Up Amounts Gradually

The chart on the following page may be used to gradually build up the amount of MMS that you are taking. It follows the latest research and experience with MMS, confirming that MMS is most effective when a number of small drinks are spread throughout the day, rather than several larger drinks.

The number of drops need not be followed exactly. They are just presented here as a typical approach to building up gradually. Always listen to your body and adjust accordingly.

The approach presented here is for general health, and for controlling general pathogens. For addressing specific conditions, such as malaria, TB, HIV, and some others, a different usage amount should be followed, which is not included in this document. If you are dealing with such serious health challenges it is recommended that you work with an appropriately experienced practitioner.

If you have an overgrowth of yeast, (Candidiasis), then on Day Fourteen, it is recommended to add one tablespoon of MolecuLa Silver first thing in the morning, on an empty stomach. Add one tablespoon of the MolecuLa Silver at night, as well. Continue the MolecuLa Silver for at least 2 weeks.

Be sure to use clean, metal-free glassware to mix your MMS. Use clean drinking water, (we use distilled but that may be a bit too picky for most people.)

Carefully drop in the appropriate number of drops of MMS. Add 5 drops of the Citric Acid Activator for each drop of MMS. Swirl it around for a second or two. Wait 3 minutes for the MMS to be fully activated. Add 4 to 6 ounces of drinking water and drink without delay.

Dispense your MMS drops carefully. Too much, (more than your body is ready for at the time), could make you feel bad for a little while. But don't worry if you squeeze out a few drops too many of the Citric Acid Activator. Too little activator will limit the effectiveness of the MMS. However, too much activator, within reason, will not limit your MMS benefits at all.

MMS has no known actual side effects. However, as you build up the amount you are taking, your body needs time to get used to it, and you may experience some nausea and/or diarrhea at some point in the build-up process. If you do, back off and reduce the amount to what you were using several days before. Remain at that amount for several days. Then resume building up. If you experience nausea and/or diarrhea again, then back off and when you resume building up again, do so more gradually.

Another factor to consider: As you build up the amount of MMS you are using, if the pathogen load in your body is significant, you may experience a "die off effect". The MMS is helping your immune system to kill off the pathogens much more rapidly than your body can do on its own. The dying pathogens release some toxins as they die. These can cause you to feel some symptoms as your body is eliminating the toxins. (The MMS will also help to eliminate the toxins.) Also there is an increased load on your eliminatory functions as your body is excreting the dead pathogens. This can also cause some symptoms. An attempt to avoid the symptoms is one of the reasons for building up the MMS gradually.

The last MMS of the day, just before bed, is important. It will help you to get a better night's sleep.

If you take vitamin C or other supplements that are anti-oxidants, separate them by at least 1 hour from your MMS drink. Anti-oxidants if taken too close together with the MMS will neutralize the MMS. The MMS works best on an empty stomach, but can be taken with a meal or snack if you find it too hard to drink by itself. It has a slight chlorine-like smell, which some people find hard to get past.

Store your MMS away from direct sunlight or other strong light sources. Keep at room temperature.

☺	Day Number	Early Morning	Mid Morning	Noon	Mid Afternoon	Early Evening	Bed Time
	Day One	1 drop	none	1 drop	none	none	1 drop
	Day Two	1 drop	none	1 drop	1 drop	none	2 drops
	Day Three	1 drop	1 drop	1 drop	1 drop	1 drop	2 drops
	Day Four	2 drops	1 drop	2 drops	1 drop	1 drop	2 drops
	Day Five	2 drops	2 drops	2 drops	2 drops	2 drops	2 drops
	Day Six	3 drops	2 drops	2 drops	3 drops	2 drops	3 drops
	Day Seven	3 drops	2 drops	3 drops	2 drops	2 drops	3 drops
	Day Eight	3 drops	2 drops	3 drops	3 drops	2 drops	3 drops
	Day Nine	3 drops	2 drops	3 drops	3 drops	2 drops	3 drops
	Day Ten	3 drops	2 drops	3 drops	3 drops	3 drops	3 drops
	Day Eleven	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
	Day Twelve	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
	Day Thirteen	3 drops	3 drops	3 drops	3 drops	3 drops	4 drops
	Day Fourteen	4 drops	3 drops	3 drops	3 drops	3 drops	4 drops
	Day Fifteen	4 drops	3 drops	4 drops	3 drops	3 drops	4 drops
	Day Sixteen	4 drops	3 drops	4 drops	3 drops	3 drops	4 drops
	Day Seventeen	4 drops	3 drops	4 drops	3 drops	4 drops	4 drops
	Day Eighteen	4 drops	3 drops	4 drops	4 drops	4 drops	4 drops
	Day Nineteen	4 drops	3 drops	4 drops	4 drops	4 drops	4 drops
	Day Twenty	4 drops	4 drops	4 drops	4 drops	4 drops	4 drops
Continue at this level for several weeks. Then gradually reduce to the Day Eleven amount. Maintain at that level.							

We recommend that you print out the table on the previous page, then check off the left column as you complete each day. This will make it much easier to keep track of your MMS use.

You might also want to keep a simple journal of how you feel as you begin your MMS use and as you build up the amount. Note any health improvements, as well as other experiences. (I noticed by day 3 that my sleep improved dramatically, my energy was better and my thinking seemed to be sharper, as well. I have continued to experience significant benefits.)

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 a very reputable and high-integrity source for MMS at reasonable prices:

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>

Please send your comments or questions to: jeff@myhealthoptimizer.com

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