

# Protocol 1000

## for MMS

(Master Mineral Solution)

### What is MMS?

MMS is Chlorine Dioxide (ClO<sub>2</sub>), which is made from Sodium Chlorite (NaClO<sub>2</sub>) by activation with citric acid. Chlorine Dioxide occurs naturally in the body, but not in high enough concentrations to effectively remove some pathogens. Chlorine Dioxide is not the same as domestic bleach. Solutions 1,250 to 10,000 times stronger than MMS are used in industry as industrial bleaches. Chlorine Dioxide is approved by the FDA for food contact use, and home bleaches cannot be used for that purpose. (See Food Contact Substance Notification FCN001011 and/ or Food Contact Substance (FCS) CAS Reg.No. 10049-04-4.) It has been used for 100 years in hospitals for cleaning, and is widely used in public water supplies around the world to remove pathogens. It is used commercially to sterilise meat, chicken and fish, and most fruit and vegetables from supermarkets are washed in it before shipping. MMS will safely remove parasites, mould, fungus, heavy metals, virus and bacteria from the body. It will not harm healthy tissue when taken as directed. When MMS has done its work removing pathogens, it breaks down to a few grains of table salt which are eliminated from the body. There is no residual left, and no side effects. You cannot become addicted to it as its active life in the body is 1-1 1/2 hours after which it has lost its potency. It destroys pathogens through oxidation.

### How to mix MMS using Protocol 1000

Some care needs to be taken when using MMS. Be sure not to inhale the fumes of the MMS too deeply after it is activated. If inhaled too deeply it can damage the lungs. Be aware that it can bleach clothing if spilled.

### PROTOCOL 1000 IS 3 DROPS EVERY HOUR FOR 8 HOURS A DAY FOR 3 WEEKS

#### Do not go over 3 drops per hour

Using a clean dry glass or cup, (not metal) drop 3 drops of MMS into the glass.

Put 5 times the amount of (15 drops) of either lime or lemon juice or vinegar\* (NOT orange juice) into the glass. Wait 3 minutes to activate the MMS. It will turn yellow. You can also use citric acid powder (\*\*see below for details). Dilute with clean water and drink. It can also be diluted with some juices. Be very careful not to use a juice which has vitamin C (or citric acid) added to it. Most commercial juices have this added, even if they don't say so on the label. Do not use concentrates or syrups. In Australia good juices to use are Lloyd's grape juice (from health food shops and some supermarkets), Goulburn Valley pear juice, or Nuris organic wild pomegranate juice. You can ring the manufacturer to find out if a juice has vitamin C added. Do not use orange juice as it contains too much vitamin C and will cancel out the MMS. You can also use freshly squeezed juices like apple or pineapple or vegetable juices.

Continue taking 3 drops of activated MMS every hour for 8 hours, for 3 weeks. Don't stop taking the MMS if you feel slightly better, keep taking it till all symptoms are gone, or for 3 weeks. Take one half an hour away from food if possible. Also if taking a vitamin C supplement leave 2-4 hours between it and the MMS. Don't take sustain release vitamin C while taking MMS.

### Do not make yourself sick

If the pathogens are leaving your system too quickly, it can set up a Herxheimer reaction; (vomiting, diarrhea or nausea.) This is not a bad sign, just a sign that the body cannot get rid of the toxins being released fast enough. If this happens do not stop taking the MMS, just drop back a drop or two and continue. Increase to 3 drops when you feel well enough. Even one or half a drop will be effective. Continuous strong reactions should be avoided as they will use up your energy. If you cannot take the 3 drop dose regularly, take as much as you can. If you continue to get adverse symptoms, stop taking the MMS for a short while until the symptoms go away then start again with less drops and work up to three. If nausea occurs, eating some apple or drinking water will dispel it.

### MMS can be mixed up for the day's supply if kept sealed

For 8 hours worth of doses of 3 drops each:

Get a glass bottle with a stopper large enough to take 1 litre.

In a measuring cup, put 50g of water. Transfer it to the bottle, marking on the side where it comes to. (use a permanent marker or tape) Do this 7 more times so you have 8x the same amount of water marked off.

Mix 24 drops of activated MMS + 2 1/2 teaspoons of lemon or lime juice (NOT orange) in the measuring cup. (make sure it is dry first). Wait 3 minutes to activate. When activated add water and/or juice, and pour into litre bottle up to the 8th measurement. Take one measure every hour for 8 hours this will give you a 3 drop dose. If you forget one dose, just take as soon as possible next time to catch up. Keep the bottle sealed, and out of strong sunlight.

\*\* If using citric acid instead of lemon or lime juice, use ONE drop of 50% citric acid to one drop of MMS and activate for 20 seconds only.

To make up a supply of 50% citric acid for future use, measure equal amounts citric acid powder (available from supermarkets in the cooking section) and filtered or distilled water in a non metallic container and mix with a non metallic stirrer until the crystals have dissolved. Keep in a sealed container in the fridge.

Protocol 1000 is useful for most pathogen removal. For more information on which protocol suits you refer to [www.jimhumble.biz](http://www.jimhumble.biz)

\*Do not use vinegar if you have candida.

**Good health!**