MMS1 BAKING SODA PROTOCOL / SACRAMENT

What is it ?

This is a new way of making and taking MMS1 that tastes better and is easier on the stomach. By adding a little baking soda, we are able to buffer the pH to approximately 5.2 to reduce acidity.

► Protocol Overview ◄

- **MMS1 + Baking Soda**
- **Better tasting & easier on the stomach**
- **Full day's doses in one bottle**

How to Make, Take & Store:

It is not practical to make a single dose of MMS1 Baking Soda Protocol, because the amount of baking soda required would be too small to measure.

You will make a 1 quart (1 liter) distilled water or reverse osmosis water solution that will be consumed over an 8 hour period, in 8 hourly doses of 4 fl oz (120 ml) each hour. Do not use tap water or alkaline water as the optimal pH must be maintained for effective intestinal solution absorption.

This is the normal amount for full day's doses when following MMS Protocol 1000. Modify dosage as needed. www.mmsinfo.org

❶ Add 1 quart (1 liter) of distilled water to a clean 1 quart (1 liter) bottle that can be tightly sealed.

❷ Mix 24 drops (1 ml) of MMS1 with 24 drops (1 ml) of 50% citric acid in a small, clean & dry glass container.

❸ Wait exactly 20 seconds for activation to complete.

❹ Immediately pour a small amount of distilled water from the one quart (1 liter) bottle into the small container, mix and then pour it all back into the 1 quart (1 liter) container.

❺ Add 1/8 (US) teaspoon (0.62 ml) (0.6 g) baking soda to the 1 quart (1 liter) distilled water solution, put on the bottle cap and mix well.

Solution can be kept at room temperature for 30 days if tightly capped & not in direct sunlight.

Dosage:

Begin by taking 2 fl oz (60 ml) 4 times per day. Increase amount & frequency until 4 fl oz (120 ml) 8 times per day, during a continous 8 hour period is reached, equalling protocol 1000, which is 3 drops/hour x 8 hours = 24 drops.

Children & sensitive adults can start at 1 fl oz (30 ml) 4 times per day & increase up to 4 fl oz (120 ml) 8 times per day as per protocol 1000.

Always stop short of diarrhea, nausea, vomiting or unwanted effect.

Monitor and adjust as needed:

- Stay at each amount for 2 to 3 days before increasing so that if unwanted symptoms arise, you can go back to a safe known level.
- Always stop short of diarrhea, nausea, vomiting or unwanted symptoms.
- If you need to reduce your intake, you can take smaller amounts each dose, the same amount less often, or smaller amounts each dose less often.
- We are finding that a low steady amount is all some people need. Some conditions may need an initial higher amount and then a lower amount for continual use.

If taste is still unacceptable, then add one drop of peppermint oil to each 4 fl oz (120 ml) at the time of usage. It is much better to mix up the whole quart (liter) than to try and mix individual doses. The optimal solution pH is 5.2 but the range of 5.0-5.5 should be acceptable.

Lemon Juice or 10% Citric Acid as MMS1 Activator:

If you are using lemon juice or 10% citric acid to activate MMS1, you will need to use five times as much as 50% citric acid solution. So, instead of 24 drops (1 ml) of 50% citric acid, you would use 120 drops (5 ml) of lemon juice or citric acid to mix with 24 drops (1 ml) of MMS1. Activate for 3 minutes.

Recipe Changes:

If you change the recipe amount of 24 drops (1 ml) of MMS1, then you will need to adjust the amount of baking soda as needed to bring the pH to 5.2 or into the range of 5 to 5.5 pH.

If you need to take a dose that is larger than 3 drops of MMS1, then you can simply drink a larger amount of the recipe mix. 8 fl oz (240 ml) would equal a 6 drop dose of MMS1.

4 fl oz (120 ml) = 3 drops activated MMS1 (Protocol 1000)

2 fl oz (60 ml) = 1.5 drops activated MMS1

1 fl oz (30 ml) = 0.75 drop activated MMS1