

CDH One Bottle Overnight Method

Chlorine Dioxide Holding (solution)

(Reduced / no smell or taste, pre-activated MMS)

1. Add 220ml of distilled water to a 300ml glass bottle that has a tight fitting cap. I used a Schweppes beverage glass bottle that can be found world-wide. A larger bottle can be used, but there will be less Clo₂ activation. (Clo₂ = Chlorine Dioxide)
2. Add 10ml of MMSU (MMS Unactivated) to the bottle.
3. Add 10ml of 4% HCl to the bottle and quickly put on the bottle cap.
4. Shake the bottle to mix well and put the bottle in a room temperature dark place for 12 hours or more to activate the Clo₂.
5. After 12 hours, put the bottle in a fridge for 2 hours to cool down, so when it is opened the Clo₂ gas will mostly stay in solution.
6. The total solution is 240ml & will last 10 days if using Protocol 1000.
7. 10ml of MMSU was used to make the CDH. If 1ml of solution contains 24 drops, then there are 240 drops in 10ml of MMSU.
Therefore, 1ml of the 240ml of CDH would have been activated with 1 drop of MMSU. 1ml dose of CDH is equivalent to a 1 drop dose of MMS.
8. Dosing can be based on the amount of MMSU used to make the CDH.
9. A starting hourly dose could be 1ml of the 240ml of CDH. Add this 1ml dose of CDH to a glass of water and repeat for 8 consecutive hours.
Slowly increase the dose from 1ml each hour to 3ml per hour if using Protocol 1000. More can be taken.
10. Be sure to keep the CDH cold, away from sunlight, even indirect sunlight, otherwise Clo₂ outgassing will occur.

