



# PROTOCOL 1000+



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## ► Protocol Overview ◀

- MMS1 + DMSO
- Better tasting & more effective
- Add DMSO just before drinking each dose
- 8 or more doses/day, 3 drops/dose maximum

### **Definition of terms, important to know:**

- **MMS stands for “Master Mineral Solution”** This is the name of a mineral solution used to help un-well people recover their health.
- **MMS** is a 22.4% solution of 80% sodium chlorite powder or flakes ( $\text{NaClO}_2$ ) in water.
- **MMS1** is activated MMS. It is MMS plus an activator; when the two are mixed together they produce chlorine dioxide ( $\text{ClO}_2$ ).

**Important !!!** Before using DMSO the first time, apply one drop to a spot on your body & wait 24 hours to see if you have any negative reaction, especially liver pain.

### **How to Make & Take individual doses:**

You will make individual hourly doses of MMS1 to which DMSO will be added at the rate of 1 drop of DMSO for each drop of MMS1.

Reduce the number of drops if diarrhea, nausea or vomiting occurs or you feel worse.

- ① Mix 3 drops of MMS with 3 drops of 50% citric acid or 4% hydrochloric acid (HCL) in a small, clean & dry glass container. Swirl or stir mixture.
- ② Wait 30 seconds for activation to complete.
- ③ Pour 4 fl oz (120 ml) of clean water into the small glass.
- ④ Add 3 drops DMSO to the diluted MMS1 solution.
- ⑤ Stir & wait 3 minutes. Drink and repeat hourly for 8 hours.
- ⑥ Protocol 1000 calls for eight, 3 drop MMS1 hourly doses.
- ⑦ But, one should start with 1 drop/hour; 1/2 to 1/4 drop for sick people.
- ⑧ If improvement is not seen in 2 weeks, consider moving to Protocol 2000. Then if still more improvement is needed, add Protocol 3000, baths, etc.

### **If you need to take a dose that is less than 1 drop, do this:**

Make a 1 drop dose of MMS1 as usual, add 4 fluid ounces (120 ml) of water, then add 1 drop of DMSO. Looking at the chart below, measure from that 4 fluid ounces (120 ml) the volume of solution to give you the desired drops per dose. Discard the unused solution as DMSO will render the MMS1 ineffective in a short time.

4 fl oz (120 ml) =	1 drop MMS1 +	1 drop DMSO
2 fl oz (60 ml) =	1/2 drop MMS1 +	1/2 drop DMSO
1 fl oz (30 ml) =	1/4 drop MMS1 +	1/4 drop DMSO

**How to Make & Take 8 doses in one bottle:** (Note that MMS1 doses made fresh each hour give better results)

You will make a 1 quart (1 liter) solution that will be consumed over an 8 consecutive hour period in 8 hourly doses of 4 fl oz (125 ml) each hour. These instructions give the number of drops needed to follow MMS1 Protocol 1000. The normal 3 drop hourly dose can be reduced, if needed. (See chart above.) Reduce your intake if diarrhea, nausea or vomiting occurs or you feel worse.

- ① Add 1 quart (1 liter) of clean water to a clean 1 quart (1 liter) bottle that can be tightly sealed.  
Use only a glass or HDPE plastic bottle.
- ② Mix 24 drops of MMS with 24 drops of 50% citric acid or 4% HCL in a small, clean & dry glass container. Swirl or stir mixture. Wait 30 seconds for activation to complete.
- ③ From the quart (liter) bottle, add a small amount of water to the activated mixture.
- ④ Pour the diluted activated mixture into the quart (liter) bottle of water and mix thoroughly.
- ⑤ DMSO must be added just before drinking each dose. Pour out 4 fluid ounces (125 ml) of the solution into a glass & add 3 drops of DMSO. Wait 3 minutes & then drink the dose.
- ⑥ More hourly doses can be more effective. Make a 2nd bottle of solution if more than 8 doses per day are desired.

The MMS1 solution will keep at room temperature if tightly capped & not in direct sunlight for as long as it retains the yellow color. In order to measure out hourly doses, you can mark the bottle at every 4 fl oz (125 ml).

**Dosage for 8 doses in one bottle:**

Always take at least 8 continuous hourly doses each day. If necessary, the number of drops can be reduced for each dose, but be sure to take 8 doses each day with no more than 3 drops/dose.

More hourly doses can help with overcoming a condition, so more than 8 hourly doses per day can be taken. 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 fewer drops each dose.
- 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 (125 ml) at the time of usage. Or, use 4% hydrochloric acid instead of 50% citric acid for the activator.

**Lemon Juice or 10% Citric Acid as MMS Activator:**

If you are using lemon juice or 10% citric acid to activate MMS, you will need to use five drops for each drop of MMS. So, instead of 3 drops of 50% citric acid, you would use 15 drops of lemon juice or 10% citric acid to mix with 3 drops of MMS. Activate for 3 minutes.