



ENEMA PROTOCOL



Jim Humble

- ▶ **MMS** is a 22.4% solution of 80% sodium chlorite powder or flakes (NaClO_2) in water.
- ▶ **MMS1** is activated MMS. It is MMS plus an activator; when the two are mixed together they produce chlorine dioxide (ClO_2).

The MMS1 enema might be as effective as intravenous infusions since both methods dump MMS into the plasma of the blood as well as the red blood cells. This is the opinion of several biologists and scientists who have studied the enema method. Otherwise, taking MMS1 by mouth generally delivers the chlorine dioxide to the red blood cells (only) from the stomach and intestines. The plasma will then have a tendency to carry the chlorine dioxide (ClO_2) to areas that might not have the red blood cells visiting.

Doing the enema protocol: First clean yourself out with 32 fluid ounces (one quart or 1 liter approximately) of clean water. You can add a tablespoon (15ml) of salt, or 1/2 cup (120ml) of aloe vera juice, or other items recommended by nutritionists, but don't use coffee. Do the cleaning action two or three times. Put 32 fluid ounces (1 liter) in and leave it as long as you can while exercising or massaging your stomach, and then let it out.

If you have a catheter it would be better, but not absolutely required. A catheter is a very flexible tube, rounded on the end so as to have no sharp edges, that is up to 18 inches (46cm) long. One then very carefully works the catheter into the colon so that the liquid is delivered a little over one foot (30cm) inside.

In either case, use 32 fluid ounces (1 liter) to clean out two or three times, then insert the MMS1 in a small amount of water of about 4 fluid ounces (120ml). Use the same amount as if you were taking it by mouth. Use the same instructions as taking it by mouth. Just as the protocol says, increase 1 or 2 drops of activated MMS (MMS1) each time.

Do as many as 2 enemas a day. Try to keep the MMS1 in place and allow the colon walls to absorb the entire amount. Keep it up as if you were taking it by mouth. It will be more effective this way. Reduce the amount of MMS1 if you get diarrhea or nausea.

This information came from: <http://jimhumble.is/7-enema-methods>

A good enema primer can be read here:
<http://health-parameters.com/posts/enemas-the-e-word/>

Note that CDS and CDH can also be used.