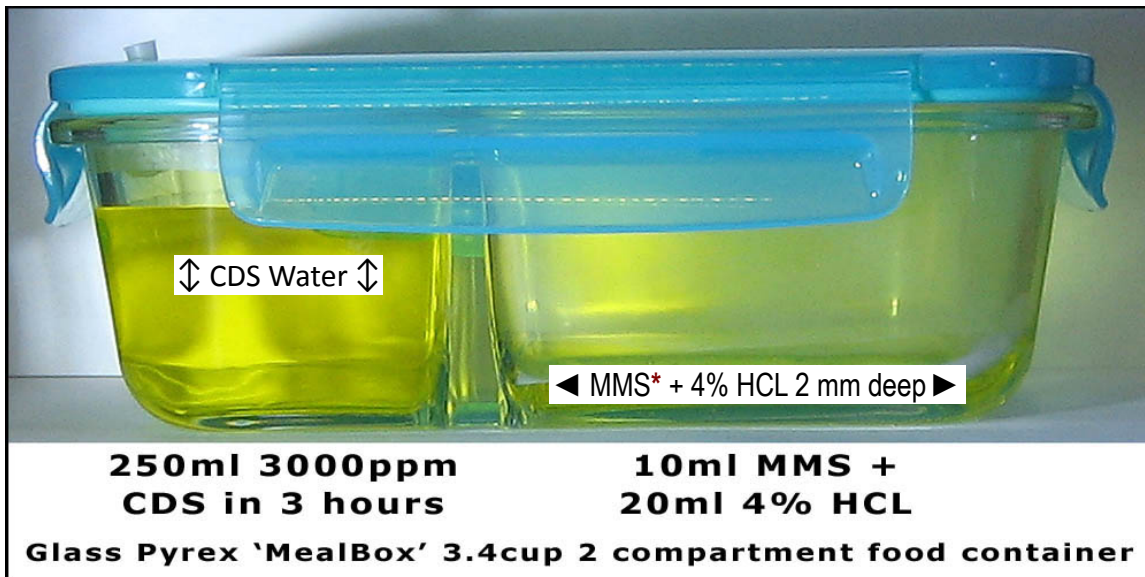


## 'Quick CDS' Made in a Glass, Two Compartment Food Storage Container

↓ Receiver Compartment ↓

↓ Reactor Compartment ↓



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by

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If you have MMS\* and 4% HCL you can easily and safely make 'Quick CDS' at home. Use a two compartment glass bento box, (found at Walmart, etc.), and follow the 'Quick CDS' recipe in the photo. Please note that the MMS to 4% HCL ratio is 1:2, not 1:1

Be sure to put MMS and 4% HCL in the larger of the two compartments (reactor) and CDS water in the smaller compartment (receiver), as shown. The reactor solution should be 2 mm or less in depth.

Make at room temperature. Keep CDS away from ultraviolet light that sunlight contains, including indirect sunlight. LED lights do not seem to be a problem.

Be sure the reactor solution does not spill into the CDS water; you won't have CDS. ☹️

When done activating after 3 hours, take outside and transfer CDS into a glass storage bottle with an airtight cap. Or, drill a small hole in the plastic lid to take out CDS using a syringe and needle. Cover the hole with tape. I use a tapered silicone plug to seal the hole, which you can see in the photo above. Keep CDS in a fridge, if possible.

Follow Protocol 101 ( Protocol-C ) for ingestion. Topically can be full strength. **Test first.** 😊

Some CDS protocols are here: <https://mmsinfo.org>

More CDS protocols can be found in Andreas Kalcker's book, *Forbidden Health*.

<https://cleanhandsnj.com/shop/ols/products>

**\*Note** that MMS is defined by Jim Humble as a 22.4% sodium chlorite solution, or SCS.