Single Dose CDH • How-To-Make

Why would anyone want to make a single dose of CDH? Well, maybe when you want to be discrete about making a chlorine dioxide therapy (CDT) solution without a strong aroma of chlorine dioxide gas floating around causing questions to be asked, for one. When you are traveling light and don't want to bring the kitchen sink with you, for another. Or, you could be taking a freshly-made daily maintenance dose. This idea came to me when someone was about to be hospitalized and wanted to take some chlorine dioxide therapy solution with them. So, I tried to make a dose or two to see if it could be done.

This is what I came up with for materials needed for the project:

1. Small bottle with a tight fitting cap. I used a 2 fl oz glass baby bottle and travel cap.
2. Two 2 fl oz (60ml) HDPE squeeze bottles with drop dispensing tips and caps. (or similar)
3. One 3ml syringe without needle. (optional-The bottle can be marked or a cap from one of the 2 fl oz squeeze bottles can be calibrated. I put 2.75ml (66 drops) of water in a cap and noted where it came to on the threads. One complete thread was not covered with water, so I knew when to stop filling the cap.)
4. Bottle of SweetLeaf brand liquid Stevia. (optional, but makes the CDH taste great)

The 2 fl oz (60ml) HDPE squeeze bottles I labeled "A" and "B". Bottle "A" is filled with MMS (22.4% sodium chlorite solution) and bottle "B" is filled with 4% HCL. A third 2 fl oz HDPE bottle could be filled with 2 fl oz of Stevia and labeled "C".

A single dose of CDH is defined here as 3ml of regular CDH (McRae-Lackney recipe) which would be the same as a 3 drop dose of MMS1. According to the recipe, each milliliter of CDH is made from 1 drop of MMS, so for this project we will use 3 drops of MMS plus 3 drops of 4% HCL added to 2.75ml of water for a total solution of 3ml.

I wanted to activate for only one hour, hoping that length of time would produce adequate chlorine dioxide gas in water. I also thought that using warm water would speed up the activation process, so I made two batches at the same time; one with 70°F water and the other with 95°F water. Photos and test strip measurements showed no difference in chlorine dioxide content, so using room temperature water will work.

To compare with a 3 drop dose of MMS1, after 1 hour of activation I added water to both test bottle solutions to end up with 120ml total for each bottle. They both measured 35ppm chlorine dioxide which is similar to a 3 drop dose of MMS1 in 120ml of water. I suspect using such small amounts of ingredients allows for sufficient activation at one hour instead of 12+ hours. A 3 drop dose of MMS1 & 3ml of CDH can both provide 20mg of chlorine dioxide when ingested in a stomach with normal stomach acid.

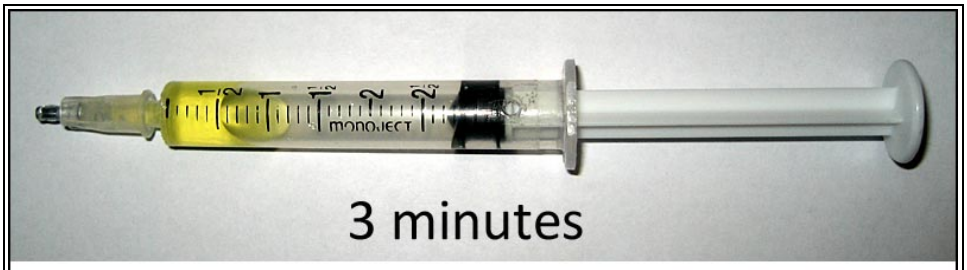
Recipe:

1. Put 2.75ml of water (66 drops) in the 2 fl oz (60ml) baby bottle (or similar bottle)
2. Add 3 drops of MMS (22.4% sodium chlorite solution) to the water
3. Add 3 drops of 4% HCL to the water
4. Immediately put on the bottle cap and swirl to mix thoroughly
5. Activate for one hour in a dark place
6. After activating one hour, add 3 drops of Stevia & more water to the bottle & enjoy!

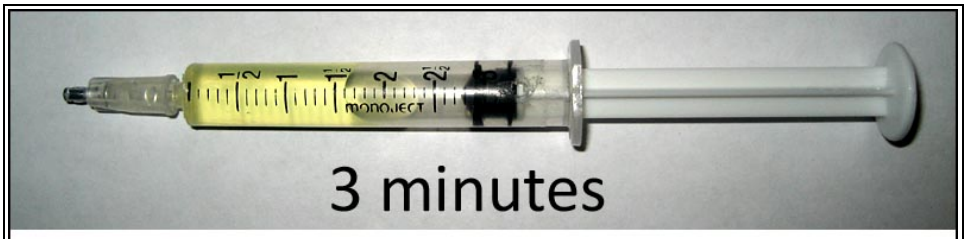
3ml of CDH after one hour of activation <------

When filled with water ------>

3 Minute Single Dose CDH



0.75ml DW + 3 drops MMS
+ 3 drops 4% HCL activated
3 minutes in 3ml syringe then
added to 119ml DW = 35ppm
= 4.2mg CLO2



1.75ml DW + 3 drops MMS
+ 3 drops 4% HCL activated
3 minutes in 3ml syringe then
added to 118ml DW = 25ppm
= 3.0mg CLO2 2 Feb 2015

Monoject Oral Syringe with cap 3ml Clear - Box of 100 $18.00
http://www.amazon.com/Monoject-Oral-Syringe-3ml-Clear/dp/B001JI7TDI/ref=cm_wl_huc_item