

# John D. Herpes Protocol Revised 9 Nov 2012

<https://genesis2forum.org/index.php/list/welcome/24866-john-d-herpes-protocol-revised>

(as of 9 june 2013 link is dead)

## John D. Herpes Protocol - Updates Etc.

Herpes is a Virus - To eradicate a Virus using MMS and related products we must understand how to kill it using these products.

First we know that Herpes lays dormant.....if it did not, it would make this whole process easier.

Second Herpes stays in the bloodstream as well as in the spinal area where blood does not flow. MMS exists in blood stream only.

Third the Herpes Virus is a very smart "disease" aka "parasite" that will fight tooth and nail to survive in its host.

Fourth it must live in an acidic environment, needing you to feed it as well to stay strong and multiply.

Fifth herpes multiplies constantly trying to take over the host.

Sixth if your Immune System is strong, it hides (remember its smart), if your Immune System is running low, it comes out - hence the OB. (Out Break)

Seventh when you have an OB you can't kill it because your Immune System is low; your Immune System must kill it so basically your screwed at this point.

Eighth We must figure a way to kill this virus at it's own smart game. It seems it has complete control! Does it? That's up to you!

First Problem is the Protocols using MMS. Basically we are trying to oxidize the body. Why? When the body is oxidized the herpes cannot duplicate by expanding it's proteins. However, if we only take MMS here and there, than obviously it will duplicate on the hours we don't take MMS.

Second Problem: If we take MMS all day long most people will become nauseous. For those who don't, great - keep going.

Third Problem: MMS by itself cannot prevent the Lipid (fat) coating that surrounds the Herpes Virus. Simply, the MMS cannot get inside it's shield. So what does this mean to you...Well it means if you take MMS all day long ...you will force the Herpes to not duplicate, however you will not kill the Virus either, directly. However, if it cannot duplicate it will eventually die. However, you are not oxidized 24 hrs a day leaving the

Herpes Virus able to duplicate at night, for example. Eventually down, down, down the line I'm sure you will catch up to it and finally take over.

However, the problem for a human is that staying Oxygenated for Weeks or Months and taking the MMS for this long causes so many issues such as weakness and Herx resulting in a Suppressed Immune System. Every time you feel awful your Immune System feels awful, every time you're sick your Immune System is sick, and every time your tired, your Immune System is tired.

So what is the John D. Protocol and how does it benefit ridding this disease?

First, the whole idea to eliminate the Herx (sickness and weakness- resulting in a weak Immune System) was to switch between MMS and CDS on alternative hours.

For example, Your First hour would be MMS and your second hour would be CDS and then MMS the next hour and then CDS the next and so on. WHY?

First reason: Because CDS causes no Herx Reaction in 99% of people leaving users able to take a break from MMS bi-hourly resulting in people being able to not get Herx easily and feeling weak.

Second reason: Because Many people seem to have a better end result using MMS and others have a better end result using CDS. In other words, whether or not your are people A or People B you will get both MMS and CDS. So, whether you are People A that works better with MMS or People B that works better with CDS - you will get the best of both worlds.

Third. The John D. Protocol requires MMS2 which I will explain why soon, however taking MMS2 with a CDS dose allows you to not have the Herx reaction instead of taking MMS2 with MMS1 with generally causes people to become sick when taken together. So when taking MMS2 with CDS that causes no reactions- people can now do this. It also works out great due to MMS2 only having to be taken every 2nd hour which your CDS doses would be every 2nd hour.

Next: The John D. Protocol for Herpes also requires DMSO be taken it least with all your MMS1 doses. It can also be taken with your CDS doses, however to help eliminate body odor while doing this protocol, taking it alternatively as well works out by simply adding 3 to 6 drops to your MMS1 doses. If you wish to add DMSO to your CDS doses this is fine, however DMSO added to CDS doses MUST be done right when you take your CDS dose and NOT by adding DMSO to your all day dose bottle of CDS. Why? new research has shown DMSO can lesson the power of CDS to put it plainly. So DMSO can be added to all day made up doses of MMS1, but not CDS. So when you make an 8hr bottle worth of MMS1 you can add DMSO, but not for your all day bottle of CDS.

Next: The spine must be treated where Herpes hides, lays dormant, and basically exists to keep existing. How do we do this? There are several ways.

First way: Mix 20 drops of MMS1 with 20 drops of 50% Citric Acid 1:1 - wait 20 seconds and add anywhere from 20 drops to 1/2 Tablespoon of DMSO to this mixture. Wait 20 seconds to 1 minute. Get a white paper towel, fold it over and dip it into the bowl or glass you made this mixture in, BLOT it on your back, DO NOT RUB IT IN. Keep dipping and blotting it on the area. For Herpes-1 apply it to the back of the neck from the hair line 8 inches down your spine keeping the mixture at least 1 inch to the left and right of the spinal bone. For Herpes-2 apply this right from the top of the "butt crack" 8 inches up your back and at least 1 inch to the left and right of your spine. Leave on for 15 minutes to 30 minutes Max. Keeping it on longer won't do much and your wasting your time. Now when you mix this solution, generally you will see smoke- don't worry this is a normal reaction.

Second, it will feel warm to hot. If it is too hot, just wait a min or two until it cools down, which it will.

Third, you will feel a burning and itching feeling, your skin will not like it....this is normal....if it is too severe you can add 20 drops of water. The burning and itching is normal, however must be done. When your 15min up to 30min is over, wipe off using a cool or warm paper towel or jump in the shower. Use paper towel so the area does not stink when using towels. Use only white paper towel, or if you wish a cloth. However it will stink up your laundry basket or laundry room. It is best to use a paper towel so you can dispose of it. You can also use a MMS1 spray. Simply spray MMS1 on your back using Jim Humble's spray method followed by DMSO on top of it to bring it in.

Fourth is mixing the MMS1 and Citric Acid in a bowl and applying DMSO creme behind it...however we find the Creme does not bond well with MMS and people's skin irritates worse with cremes for some odd reason. If it works for you, then do it!

Fifth is to either spray CDS on the spine directly or dilute it first followed by DMSO liquid or creme. Regardless of the Method you MUST apply lotion to the spine to heal the skin from the DMSO drying it out EVERY time! You can even use Coconut Oil if you'd like, Vaseline, aloe Vera, etc. Do this once per day, giving yourself 1 day off per week. If you do have a skin reaction wait until its better before doing it again and add more water the next time and only add Distilled water. we don't want chlorine or fluoride being brought into you from DMSO. Also make sure your skin is clean before putting the mixture on. And keep busy while this mixture is on, if you sit there staring at the wall the time will go by slow. Sit in front of the tv or computer or whatever. Also make sure nothing touches you while the MMS/DMSO mixture is on you. For DMSO will absorb whatever touches it and will bring it in your body. Such as clothing, fumes in the air such as chemicals like hair spray etc. Be Careful - take care of your body!

When you shower everyday, it is a good idea to do your spine rubs before this so you can just hop in the shower. Secondly, it is a good idea to take a bath of MMS1 or MMS1/DMSO for 15-30min and when your done then stand up wash your hair and rinse off and your done. So even sitting there for 15min and then getting up to wash your hair is fine. See Jim Humble's Bath Protocol for more details on how to do this. The idea is to get as much MMS1 in the body as possible and with a DMSO mixture sitting there will help the MMS1 being absorbed deep in the body such as the spinal area. Hot water will open up all the nerves in your body allowing the MMS1 and DMSO to penetrate deep.

Now the question is ....Why the MMS2

First off, this is what Jim says about MMS2 : Read Carefully.

"When calcium hypochlorite is dissolved in water, it becomes hypochlorous acid with the formula of HOCl. This formula means that one atom of hydrogen, one atom of oxygen, and one atom of chlorine is held together with electrons, creating a molecule of this acid. Normally this acid, hypochlorous acid, will do most of the things that MMS1 will do. It is usually used in combination with MMS1 in bringing health to those with what is normally called incurable diseases. It has consistently been proven that MMS2 aids the action of MMS1 towards health."

The hypochlorous acid molecule is an oxidizer that is a little bit more powerful than oxygen. It can pull 2 electrons away from a substance that is oxidizable. These electrons then come over and destroy the balance of the electrons of the hypochlorous acid which destroys it, releasing all the components which, are of course, HOCl. The H (hydrogen atom) just becomes part of the water of the body, the Cl (chlorine atom) becomes part of the salt in the body, and the O (oxygen atom) then acts as what it is, an oxidizer, and it will then draw two more electrons from the oxidizable substance which could be a pathogen's side. When this happens in the thousands of times, a hole is created in the side of the pathogen - and the pathogen dies. The electrons that are drawn from the pathogen come back to the oxygen - causing it to become neutralized and then, eventually, breathed out of the body as carbon dioxide.

Now Archbishop Humble states in the above:

- 1) "It is usually used in combination with MMS1 in bringing health to those with what is normally called incurable diseases" - Herpes is known as incurable.
- 2) "It is proven that MMS2 aids the action of MMS towards health"

Next:

- 1) Jim also states on Page 112 of his book that MMS2 is used by the Immune System, however our Immune system does not produce enough. So in this protocol we are feeding the Immune System more fire power.
- 2) On page 115 of Jim's book he explains how MMS2 is an oxidizer as well as being more powerful than oxygen itself.
- 3) On page 115 of Jim's book he also explains how MMS2 acts as a Carrier and carries oxygen where Oxygen does not normally go - "such as hidden nerve areas where herpes lays dormant" - John D, not Jim Humble.
- 4) Page 115 of Jim's book says it destroys ANY pathogen DEEP in the tissue where no Pathogen known has built a resistance to.
- 5) Page 116 Jim explains how to use MMS2 against the Swine Flu which is a "Virus" - Herpes is a "Virus".
- 6) On page 94 of Jim's Book for herpes he states to start out on Protocol 1000 and if it does not work, go to Protocol 2000 (which includes MMS2) and if that doesn't work, continue with Protocol 3000 which is the use of DMSO with the other protocols. Hence - the John D. Protocol Putting it all together with the use of CDS and DMSO internally which is now Protocol 1000+ and externally using Jim's Protocol 3000.
- 7) Jim also states on Page 94 that the Immune System cannot win against Herpes if the Immune System does not have the proper ammunition. Hence Jim states MMS2 gives the Immune System Proper Ammunition of several pages being put in this way and that.

So, why would someone take start Protocol 1000 - MMS1 for several weeks to realize that it may or may not be working for them, to then start Protocol 2000 for several weeks to then see it may or may not be working for them, to then start Protocol 3000 to finally get results probably after more weeks?

The John D. Protocol is designed to blast the Herpes Virus inside out from day 1. When using all the best oxidizers and carriers and methods together from day 1 - this gets the results and at a much more efficient pace. Come on, seriously - who wants to do this forever.....Get in, Get out, Get done. You may be the person who only needs part of the protocol or maybe you need to do half the protocol or all - regardless who cares. Our view is do it all, do it all, once, and be done.

Next. We've all heard that 95% of disease starts from the colon. In the Herpes case this is Not True because you got infected from an outside source. However, what is true is that if your Colon was 100% in Perfect Condition this would have enabled your Immune System to be up to par and possibly resulting in your Immune System Killing the Herpes once it entered your body.

Also new data has shown that Herpes hides and thrives and reproduces in the colon as well as the spine. This is why it is beneficial to take products such as Bentonite Clay, Oxy-Powder, Oxy-Flush, Diatomaceous earth, etc, to clean the colon while you are on the protocol.

They all can be taken while on MMS1 or CDS or MMS2 without adverse reactions, Clays are easier on the colon, while Oxy-Pills seem a little harder simply due to the fact of diarrhea. We want to stay away from diarrhea as much as possible. I find clays seem to help with this and actually give more solid stools. Mixing Bentonite clay with Diatomaceous earth is a good thing to do, clean the colon and the parasites in it such as worms, etc.

Vitamin C - Stay Away. Drinks like Juices, Most fruits- most contain vitamin C, coffee, tea, soda, Aspartame (products with), diet food, fat-free food, sugar-free food. Try to stay away from high fructose corn syrup, fast food, processed food, candy, high sugar foods. Basically we want to starve the Herpes as well as not to inactivate the MMS in any way from working.

What to eat: Vegetables from the mid range to low range Antioxidants, Meat, Fish, pasta with no tomato sauce, rice, fresh healthy bread if possible, etc etc, Some say this or that is wrong and unhealthy however we can chew on a carrot or nut all day and we must have food. Stay away from the bad and especially the worse and try to eat decent. Main goal is no vitamin C in the diet and try to have Non-High Antioxidants.

Why? Because the Protocol is based on Oxidizing the cells and Antioxidants will Anti-Oxidize the cells - kinda pointless.....However if you eat 1 or 2 Healthy Healthy meals a day because you are trying to UP a suppressed Immune System, then go for it. If you are taking Your MMS1 and CDS doses from morning til night, 2 hours worth of doses such as for 2 healthy meals will only be lessened from effectiveness and NOT null and voided like so many think.

Its better to keep fueling your Immune System than sticking with nothing that is feeding your Immune System - there are many posts in here on food to eat that is good for you while taking MMS products ....find those posts and be sure to double check for Vitamin C or High Antioxidants.

This Protocol is Designed to Exterminate The Herpes Virus - Not to Suppress the Herpes Virus. Generally in the beginning most people will experience a bad OB and for some it can last for weeks....for others it can last for only a day or two. However for those people whose OB lasts a long time in a way it is good. Typically the Virus is trying to escape the Oxidized Environment and is hoping you interact with another host so it can keep living in another person.

Also in the beginning, the Herpes will multiply as fast and as hard as it can simply because now it knows its up for a fight and it will try to survive - Hence the OB leaving people to think "oh no, the MMS is making me worse." This is normal. The Herpes is a Living Being and it is very smart and it is going to try and survive...either you or it will give up, however it will give you a run for your money.

When an OB occurs, in a way be happy, because now it is non-dormant and you can kill it. Keeping the MMS1, MMS2 and CDS with DMSO in the blood stream, will make the Herpes NOT retreat because it can't cross these oxidized barriers. So the Herpes will stay as an OB until the last possible moment were it can't hold on anymore.

When the OB occurs this is a great time to treat the spine and take MMS1/DMSO baths, if you are a girl take a MMS1/Douche and if your a guy take an Enema. You can also mix MMS1 and Citric Acid with DMSO and Water to apply to the crotch area, but be very careful - the skin in this area is very sensitive & a burning sensation will happen quickly - try to hold out and then rinse off and apply Coconut Oil to the area to help heal quickly or an aloe vera lotion.

We are presently designing NEW AND IMPROVED methods for Spinal Applications as well as Crotch Applications as well as Switching DMSO oral applications to advanced or better methods for easier use. They are not available at this time to be discussed, until we gather more information and research. There will be new creative ways at attacking Herpes in the hopefully near future.

Meanwhile this is as good as it gets and many are getting their great results. However some users do take much longer than others and this is only due to these reasons- a suppressed Immune system - involving not taking care of your body over the years, not sleeping, not eating well -too much fast food, drugs, alcohol, inactivating the MMS1 due to juice with vitamin C or foods, constantly stressing out, not enough doses per day, not mixing doses correctly, such as dropping MMS1 in water then the citric acid in water without letting them mix first, smoking too much which inactivates the Immune System, not eating at all inactivates the Immune system, having sex with someone with herpes while on the protocol, having other disease's or disorders which slows the process since MMS products have more to kill, stopping doses at an early hour each day. Overdosing causing puking or herx, making yourself feel weak without resting, researching foods you can eat, understanding MMS by not reading Jim's book, doing some steps of the protocol, but not others, not allowing their body to become saturated with MMS products, being negative all the time.

You must research and believe in what you are doing, trying new ways to get MMS in your body such as enemas, foot baths, baths, DMSO applications, understanding your disease by researching, working too hard suppressing your immune system, taking a dose of MMS followed by a snickers, feeding your herpes foods full of Arginine, etc, etc, etc.

### So what is the Protocol:

Take MMS or CDS doses with MMS2 and DMSO for as many hours per day as possible every single day until you become saturated with MMS products - under the Nausea level and holding that for 2 weeks. General Guideline time is 6 weeks to ensure the eradication. Some people may take 3 weeks and others 3 months - factors include the severity of the Herpes Infection, how good you are doing the protocol and the above negative factors - dissolving them.

Start slow on MMS and CDS and MMS2 products starting out at 1 drop of MMS1 for example and working up to 3 drops per hour. MMS2 is taken on half doses of size 0 which is a size 3 if you are getting capsules, if not just use a half a size 0 capsule. DMSO drops generally match MMS drops so if you are using 3 drops of MMS the you would use 3 drops of DMSO. If whatever CDS PPM you have = 3 drops of MMS then you would still only use 3 drops of DMSO.

The Priorities in life are always your religion, church, god, family, home, country, etc however your Priorities for your disease are 1) Knowledge 2) Oxidation 3) Immune System - Overcome these 3 things and your disease is done. Fail in 1 and fail in all.

### Anyway:

First Hour : MMS1 - 3 drops mixed with 3 drops of 50 % Citric Acid - wait 20 seconds and add 3-6 drops of DMSO 99.9% wait 20 seconds and add 4 fl oz approx of DISTILLED water.

2nd hour: CDS (use the amount of drops of CDS that = to 3 activated drops of MMS) (You can also add 3 drops of DMSO 99.9%) - put in 6-8 fl oz of water and swallow your MMS2 at the exact same time.

Then switch from hour 1 to hour 2 then back to 1 then 2 for as many hours per day as possible. The above dosages are taken after you are used to or have worked up to the standard 3 drop dose.

Your Bedtime dose (last dose before hoping in bed) should either be a double dose of MMS1 or a CDS and MMS2 dose.

Remember to do your spine applications once per day with 1 day off. If you have any skin issues as a result of this, discontinue until your skin is back to normal then make a skin application with more water.

You can replace an oral dose with an enema dose anytime; please refer to Jim Humble's websites to learn how to do this, DMSO should be added.

Try to take a MMS1/DMSO bath as much as possible during an OB, but 2-3 times per week - more is always better.



Keep your Immune System Strong if Possible....eat appropriately and supplement away from MMS/CDS doses unless your Immune System is overly compromised.

Keep Positive, Stress Free, Sleep Well, Rest Well.

Try to Clean that Colon!

Meanwhile if you choose Clay to clean your colon, it will also cleanse your liver!!!!!!!!!!

Try to keep under the nausea level.

Monolaurin sadly should not be used while on MMS as it does destroy and eat the lipid coating of the virus, however it will inactivate MMS or CDS from working . If chosen, it is best before a protocol and after for health.

DMSO will be our Lipid Coating Eater as well as carrier.

Moringa, if chosen as a Immune Boost 'supplement', should only be taken after a MMS or CDS dose from 1.5 to 2 hrs. However, if your Immune System is very low and compromised, it can be taken 30 min after a MMS dose to help the Immune System. It will lesson the effects of MMS or CDS, however the Immune System is what will defeat the disease. If you have no Immune System, then taking products such as Moringa or any other Immune Boost Formula is beneficial even if lowering the strength of MMS or CDS. If your immune system is shot than you can't overcome any disease.

I'm sure there's more, however this is all I have time for today.

Take Care All,

John D.

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**Genesis II Forum comments on the above protocol are listed below.**

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## Moringa 09 Nov 2012

<https://genesis2forum.org/index.php/list/welcome/24851-moringa?start=14#26204>

Vitamin C is basically only in the bloodstream for 30 min as it shows here as well as so many other places in clinical human trials across the web: Absorption, transport, and disposal.

Ascorbic acid is absorbed in the body by both active transport and simple diffusion. Sodium-Dependent Active Transport—Sodium-Ascorbate Co-Transporters (SVCTs) and Hexose transporters (GLUTs)—are the two transporters required for absorption. SVCT1 and SVCT2 import the reduced form of ascorbate across plasma membrane.[31] GLUT1 and GLUT3 are the two glucose transporters, and transfer only dehydroascorbic acid form of Vitamin C.[32] Although dehydroascorbic acid is absorbed in higher rate than ascorbate, the amount of dehydroascorbic acid found in plasma and tissues under normal conditions is low, as cells rapidly reduce dehydroascorbic acid to ascorbate.[33] [34] Thus, SVCTs appear to be the predominant system for vitamin C transport in the body.

SVCT2 is involved in vitamin C transport in almost every tissue,[31] the notable exception being red blood cells, which lose SVCT proteins during maturation.[35] "SVCT2 knockout" animals genetically engineered to lack this functional gene, die shortly after birth,[36] suggesting that SVCT2-mediated vitamin C transport is necessary for life.

With regular intake the absorption rate varies between 70 to 95%. However, the degree of absorption decreases as intake increases. At high intake (1.25g), fractional human absorption of ascorbic acid may be as low as 33%; at low intake (<200 mg) the absorption rate can reach up to 98%.[37] Ascorbate concentrations over renal re-absorption threshold pass freely into the urine and are excreted. At high dietary doses (corresponding to several hundred mg/day in humans) ascorbate is accumulated in the body until the plasma levels reach the renal resorption threshold, which is about 1.5 mg/dL in men and 1.3 mg/dL in women.

Concentrations in the plasma larger than this value (thought to represent body saturation) are rapidly excreted in the urine with a half-life of about 30 minutes. Concentrations less than this threshold amount are actively retained by the kidneys, and the excretion half-life for the remainder of the vitamin C store in the body thus increases greatly, with the half-life lengthening as the body stores are depleted. This half-life rises until it is as long as 83 days by the onset of the first symptoms of scurvy.[38]

Although the body's maximal store of vitamin C is largely determined by the renal threshold for blood, there are many tissues that maintain vitamin C concentrations far

higher than in blood. Biological tissues that accumulate over 100 times the level in blood plasma of vitamin C are the adrenal glands, pituitary, thymus, corpus luteum, and retina. [39] Those with 10 to 50 times the concentration present in blood plasma include the brain, spleen, lung, testicle, lymph nodes, liver, thyroid, small intestinal mucosa, leukocytes, pancreas, kidney and salivary glands.

Ascorbic acid can be oxidized (broken down) in the human body by the enzyme L-ascorbate oxidase. Ascorbate that is not directly excreted in the urine as a result of body saturation or destroyed in other body metabolism is oxidized by this enzyme and removed.

Also Antioxidants can stay in the blood stream for up to 48hrs. However the potential to harm the MMS only lowers by a minor degree.

Point in fact: Vitamin C inactivates the MMS so stay away for it least 30 min, however antioxidants can only lower the power of MMS however especially on an empty stomach MMS digests in roughly 15 minutes in the bloodstream and attacks generally up to the max of 1.5 hrs. However most of it's usefulness is used up within 45minutes. Hence my point you could say some food has a certain # of Anti-Oxidants in it however like Jim Humble has stated, don't worry about Anti-Oxidants in food only Vitamin C, however I agree with lowering the amount or purity of the Antioxidant foods while taking MMS doses. However taking so many doses per day lowering 1 or 2 doses a day for the sole purpose of Accelerating your Immune System should be credited as crucial especially to the sick.

Immune system has to come first, without it we can't get better no matter what we take.

[John D.](#)

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Hi John, although English is my 4th language, I am somewhat proficient, I do not lack understanding of your comprehension. No matter what the reason, immune system breakdown, etc, it would be far more advantageous to start protocols earlier in the morning in order to take the Moringa earlier in the day, ie: start at 6am finish at 2pm and take the Moringa at 4pm, I recommend up to 6 per day, so 2 at 4pm, 2 at 6pm 2 at 8pm. What would be the benefit of taking a dose of protocol just to cancel it out! There is no point. I am so pleased that you have had the opportunity to clarify the quality of your Moringa.

Let's restore health together with combined knowledge, we are never too old to learn x

[AmandaMary](#)

## Diet whilst using MMS/CDS 09 Nov 2012

<https://genesis2forum.org/index.php/list/welcome/24861-diet-whilst-using-mms-cds?limitstart=0>

Avoid the three major antioxidant vitamins which are beta-carotene, vitamin C, and vitamin E. Tea and coffee are highly antioxidant. You may ingest antioxidants two hours after your daily last dose of MMS/CDS.

AmandaMary

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The answer is actually simple why some take products such as Monolaurin and Colon Cleansers before a Protocol.

1st, we KNOW MMS cannot kill a Virus Directly - FACT - because it is protected by it's Lipid Fat Coating,

2nd, we KNOW that MMS will "Starve" the Virus eventually so it cannot reproduce, however, only if it is in the blood stream and not in the nerves or spine.

3rd we know 95% of disease comes from the colon.

4th we should know Herpes resides in the colon were it ALSO lays dormant and reproduces which is not in the blood stream also.

5th We know that Monolaurin is basically the best out of coconuts and we know it is Anti-Viral.

6th We know that Monolaurin like DMSO EATS the Lipid Fat Coating from these Viruses, even Cancer.

7th So we also know that Monolaurin once eating the Fat Lipid Coating will kill and destroy the Virus.

8th Taking MMS products only involves doses during the Day and not the Night when the disease is most productive.

9th Basically taking Monoaluarin or DMSO (which we don't want DMSO since you smell like hell and all of us in the U.S. have to work to make a living, sick or not) will eat the lipid coatings of the Virus that is active in the body or blood stream and will start to kill the Virus, meanwhile taking a colon cleanser such as clays or DE will eliminate anything going on in colon.

10th MMS will not kill parasites in the colon leading to a suppressed Immune System when we start an MMS protocol to beat the Virus.

11th When we take products such as DMSO, Monolaurin, CLays and DE before a protocol

- basically when we start the protocol - MMS products kill 90% of the Virus easily without a fight. The MMS CAN penetrate the Virus since it has no lipid coating, and a person's Immune System will be much stronger to overcome an illness such as a Virus Disease or Cancer since the Colon is not clean and the Immune System is no longer suppressed.

12th We can also assume that mixing CDS with DMSO is much weaker than mixing MMS with DMSO as results are showing taking CDS with DMSO for spine rubs results in people doubling their length in protocol ...why? who really knows, however it seems that people who mix MMS with DMSO for the spine rubs call and say "hey my results are in and I'm negative" and it seems people who do CDS and DMSO on the spine rubs call and say "hey what else can I do to get some results 'cause I'm still having OB's".

Also diluting CDS in a spray with DMSO is even weaker and in my book pointless, by the time it penetrates the 7 layers of skin it is now totally weak, however MMS seems to penetrate all the way to the BONE at full strength, minus the particles that have attached to microscopic parasites, viruses, etc and got canceled out.

13th Mixing CDS and DMSO period should not be done unless it is oral doses, for the reason of leaving it on for 15 -30 min - the DMSO totally weakens the strength of CDS - it is basically too pure to mix with one of the strongest Anti-Oxidants in my opinion.

14th Taking 8 doses per day for Herpes is not sufficient. Ask many users on this forum who are taking 12 or more doses per day and are still having one heck of a battle when it comes to Viruses or Cancer.

15th Many Alternative Cancer Institutes prescribe 1 tablespoon of DMSO before any oxygen treatment such as MMS and related products and other prescribe Monolaurin as even being more powerful.

16th If one reads the posts on this forum, it seems that so, so many people taking MMS to battle A virus or a cancer have such a hard hard time to overcome the problem by itself, simply because they did not clean the colon which as a result of clays will also clean the liver and taking Monolaurin ups the chance of the MMS Protocol by 50% I figure as far as time on the protocol goes.

17th Many people, especially here in the U.S., cannot take off of work or leave family etc., and go to Bulgaria and pay \$82 a day for 3-6 weeks or more which results in thousands of dollars to be treated. I wish this wasn't so, but for those who can, is awesome!!! However, many are having a hard time just getting there MMS products alone and at the same time they have to work and take care of their families and responsibilities.

So taking Monolaurin or DMSO with Clays and DE before a protocol in my opinion is a No Brainer - why wouldn't you if one was able to!

If one is battling a NON-Virus or Cancer than go ahead and hit that MMS strong, for the rest - DO YOUR RESEARCH and know your disease.

The whole point of MMS was for people to become your own Doctor and fix yourself and NOT pay lots of money to anyone for your health. It's quite simple, research, research, research and be creative with what you can do with MMS as well, as it's well thought out.

Take Care,

[John D.](#)

11 November 2012

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I think DMSO CDS spine sprays are way less effective in trying to enter the body. Using High PPM sprays or straight from the bottle is very effective ON the skin. However, to get in were we want it, seems MMS/DMSO is the way to go.

Yes, in my opinion it is great to take clay, DE, and mono before a protocol, however during it is not effective to use Monolaurin. During you can still use bentonite clays and DE with no problem.

Monolaurin can be taken as far as 3-6 600mg capsules 3-4 times per day. Monolaurin in conjunction with MMS does not seem to work due to the Monolaurin cancels out the MMS and CDS.

So, before is always good and after if you'd like to maintain a high Immune System, however, during I would say No.

If you have already started the protocol, taking your DMSO will get ya going, try to maintain your colon with clays, DE is great to get all the crap MMS can't get killed, out of you. Bentonite or other clays will assist in the flushing and cleansing of the colon.

The main reason for colon cleansing is MMS and related products like clays and such can take weeks to clean by themselves and a user is trying to kill a virus at the same time! Very Hard! However most of us in the U.S. and related first world nations are not that bad off when it comes to the colon, so taking during can be effective as well.

The main thing we must do is clean the body out! Work on the colon and liver while taking your MMS, like I said earlier its always good before, however during, many people like taking clays simply because it seems to help with sore stomach and bloating feeling.

Take Care, John D. 12 November 2012

Yes, a pre-protocol can be this : DMSO and Monolaurin and Immune Boosters like Mushroom products, Moringa, etc.

I would take Monolaurin and Bentonite mixed with DE and Moringa - All very powerful Antioxidants and Lipid coat eaters.

Do this for 2-3 weeks then start a protocol and you'll fly through it. For others take DE and clay with DMSO during a Protocol, but leave Monolaurin out and Moringa only at certain times unless Immune depressed.

Take Care,

John D.

12 November 2012

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