

Protocol Starting Procedure

Please read an important update on page three

- ▶ **MMS** is a 22.4% solution of 80% sodium chlorite powder or flakes (NaClO₂) in water.
- ▶ **MMS1** is activated MMS. It is MMS plus an activator; when the two are mixed together they produce chlorine dioxide (ClO₂). (Activators suggested are 4% HCL or 50% citric acid) (MMS1 is called CD by some people)

This Protocol Starting Procedure must be completed before following protocols 1000, 1000+, 2000, or 3000. It has been found that this procedure is very necessary and often results in nothing working when this procedure is skipped. You can use MMS1, [CDH](#) or CDS for The Protocol Starting Procedure.

NOTE: Some things that Neutralize Chlorine Dioxide are: Vitamin C, any Antioxidant, Coffee, Tea, Milk, Sugar, Alcohol. (Also read [32 Reasons why MMS is not working](#))

→ **FOLLOW THESE INSTRUCTIONS** ←

- The first day of the Starting Procedure drink 1/4 drop of activated MMS (MMS1) every hour for 8 consecutive hours

Step 1. Fill a non-metallic  kitchen measuring cup with 4 fl oz (120ml) of water.

Step 2. Using an empty, clean, dry, non-metallic drinking glass, tilt the glass slightly sideways and drop 1 drop of MMS so the drop goes to the corner of the lowest part of the glass. Drop 1 drop of activator on top of the MMS drop. Shake the glass a little to mix the drops. **Note: CDH or CDS; follow directions denoted by an***

Step 3. Wait 30 seconds and then pour some of the 4 fl oz (120ml) of water into the glass with the drops. Pour that back into the measuring cup. Mix well. Now you have a 1 drop dose of MMS1 in 4 fl oz (120ml) of water.

Step 4. Pour 1 fluid ounce (30ml) from the 4 fl oz (120ml) 1 drop dose of MMS1, into a glass and drink it. You can drink it as it is, or you can add some additional water to it. **This gives you a 1/4 drop dose of MMS1.***

Step 5. Discard the remaining 3 fluid ounces (90ml). You won't be using them. **YOU MUST MAKE UP A NEW DRINK EACH HOUR.** Each MMS1 drink must be ingested within 30 seconds after making it and one should be sure to never wait more than 60 seconds after making a dose before ingesting it.

* **CDH:** add 1/4ml to water & drink. **CDS:** add 1/2ml to water & drink.

- **The 2nd & 3rd days of the Starting Procedure drink 1/2 drop of MMS1 every hour for 8 hours a day**

Step 6. Follow the same steps 1, 2 and 3 as above each hour. This time pour 2 fluid ounces (60ml) into a glass and drink it. Discard the remaining 2 fluid ounces (60ml). **This gives you a 1/2 drop dose of MMS1. ***

* **CDH:** add 1/2ml to water & drink. **CDS:** add 1ml to water & drink.

- **The 4th day of the Starting Procedure drink 3/4 drop of MMS1 hourly for 8 hours**

Step 7. Follow the same steps 1, 2 and 3 as above. Pour 3 fluid ounces (90ml) into a glass and drink it. Discard the remaining 1 fluid ounce (30ml). **This gives you a 3/4 drop dose of MMS1.*** At the end of day 4 you will have completed the Protocol Starting Procedure.

* **CDH:** add 3/4 ml to water & drink. **CDS:** add 1.5ml to water & drink.

- **The 5th day of the Starting Procedure drink 1 drop of MMS1 every hour for 8 hours**

You are now starting Protocol 1000 at 1 drop of MMS1 hourly for 8 consecutive hours. Follow P1000 instructions. See chart below for MMS1-1 Tabs, CDS & CDH dosing.

* **CDH:** add 1ml to water & drink. **CDS:** add 2ml to water & drink.

From this point, those people with cancer should progress forward to Protocol 2000.

Note: We have noticed that people who use MMS1 and activate MMS hourly, seem to have more success in restoring their health. Only use an MMS1 all-day bottle if hourly doses can't be made.

Protocol	Day	MMS1	EASY MMS Tabs	CDH	CDS
Starting	1	1/4 drop	TBD	1/4 ml	1/2 ml
Starting	2	1/2 drop	TBD	1/2 ml	1 ml
Starting	3	1/2 drop	TBD	1/2 ml	1 ml
Starting	4	3/4 drop	TBD	3/4 ml	1.5 ml
P1000 (day 1)	5	1 drop	TBD	1 ml	2 ml

Note that CDH dosing applies only to CDH made to the original McRae-Lackney recipe and CDS is 3000 ppm concentration without added MMS.

If Using **CDH**, Know That 1ml Of CDH Equals 1 Drop Of MMS1 If Ingested Into A Normal Stomach. Therefore, 1/4ml Of CDH Equals 1/4 Drop Of MMS1.

If Using **CDS**, Know That 2ml Of 3000ppm CDS Equals 1 Drop Of MMS1 If Ingested Into A Normal Stomach. Therefore, 1/2ml Of CDS Equals 1/4 Drop Of MMS1. ↑(15 April '18)

The original idea behind the Starting Procedure was to get your body used to small amounts of chlorine dioxide (CLO₂). If you are very sick, then your body may only accept very small amounts of CLO₂ when dosing begins. Later, you may be able to slowly increase dosages.

If you begin taking CLO₂ following Protocol 1000 at one drop MMS1 doses, that may be too much for your body and you may experience Herxheimer effects such as excessive tiredness, upset stomach, vomiting and diarrhea.

Jim Humble believes that MMS1 doses should be made fresh every hour due to reports from users claiming the method is more effective than hourly dosing from an all-day bottle of MMS1.

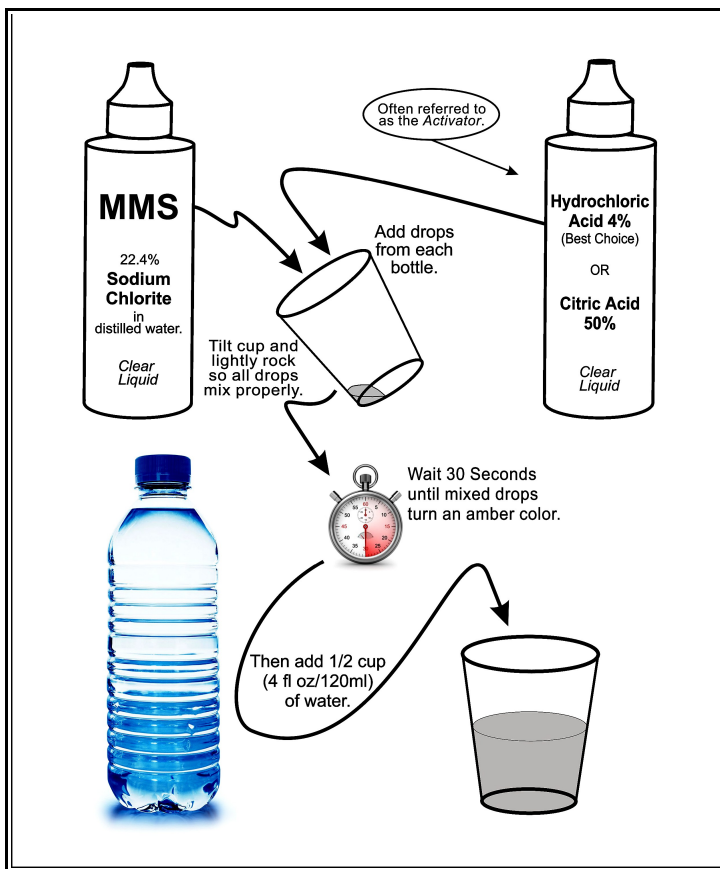
The Starting Procedure is the first protocol you should follow when using MMS1. **However, the Starting Procedure is not intended to help you recover your health from any ailment. Making fresh, hourly MMS1 doses is not necessary when following the Starting Procedure and will only add a lot of unnecessary complications when trying to understand how to use MMS1.**

Therefore, you can use an all-day bottle of MMS1 when following the Starting Procedure.

Preparing an all-day bottle of MMS1 is easy. See graphic to learn how to mix a dose of MMS1.

If you use a recycled plastic one liter pop bottle for your all-day MMS1 hourly dosing, you will want to mark the bottle into 8 equal parts using a felt-tipped pen. That will give you 120ml (4 fl oz) hourly doses when dosing for eight consecutive hours.

If you begin MMS1 dosing with one fourth (1/4) drop hourly doses, mix a 2 drop MMS1 dose in a dry, clean glass as shown. After 30 seconds of activation time, pour a little water from the 1



liter bottle into the activation glass and then pour that into the 1 liter pop bottle. Shake well to thoroughly mix MMS1 into the 1 liter of water.

If one fourth drop hourly doses cause any discomfort, then discard the remainder and make a new bottle using a one drop MMS1 dose. That will provide 1/8 drop hourly doses.

Increase daily dosing by one drop, doses added to the bottle until you reach 8 drops of MMS1 in the bottle on day seven. That will give you 1 drop hourly MMS1 doses, which is the Protocol 1000 beginning hourly dosage.

The number of drops is determined by only counting MMS drops, not MMS plus activator drops.

(20 June 2021 by CL)