

# MMS Pocket Guide:

## Water Purification & Therapeutic Protocols with Chlorine Dioxide (MMS1)



Please note that this guide is NOT a substitute for medical advice, nor is it a comprehensive MMS reference manual. This is a condensed version of the current MMS literature. For an extensive source, we highly recommend **Jim Humbler's MMS Health Recovery Guidebook (2016)**

## **Table of Contents**

---

<b>Chlorine Dioxide</b>	<b>4</b>
<b>Where to Find</b>	<b>5</b>
<b>The Importance of Experience</b>	<b>5</b>
<b>MMS Activation (Generation of Chlorine Dioxide Gas)</b>	<b>6</b>
<b>Herxheimer Reaction</b>	<b>6</b>
<b>The Fundamentals for using Chlorine Dioxide</b>	<b>7</b>
<b>Six Proven Ways to Move Chlorine Dioxide into Your Body</b>	<b>8</b>
<b>Basic precautions for Chlorine Dioxide preparation</b>	<b>10</b>
<b>Starting Procedure</b>	<b>11</b>
<b>Instructions for the Starting Procedure</b>	<b>11</b>
<b>Three Golden Rules of MMS 1</b>	<b>12</b>
<b>Protocol 1000</b>	<b>13</b>
<b>Instructions for individual doses</b>	<b>13</b>
<b>Instructions for 8 doses in one bottle</b>	<b>13</b>
<b>MMS Maintenance Dose</b>	<b>14</b>
<b>MMS Spray Bottle Protocol (Skin Care)</b>	<b>14</b>
<b>MMS Spray Bottle Procedure Steps</b>	<b>15</b>
<b>Mouth, Gum and Teeth Protocols</b>	<b>15</b>
<b>General MMS Cleansing Mouthwash</b>	<b>15</b>
<b>Emergency Toothache Options</b>	<b>16</b>
<b>The Ultimate Treatment for the Mouth</b>	<b>16</b>
<b>Burn Victims Protocol</b>	<b>17</b>
<b>Eye infections</b>	<b>17</b>

<b>Ear Ache</b>	<b>17</b>
<b>Nose and Sinus</b>	<b>18</b>
<b>Water Purification</b>	<b>18</b>
<b>Use the following instructions to treat for bacteria, viruses and Giardia</b>	<b>18</b>
<b>Use the following instructions to treat for Cryptosporidium</b>	<b>18</b>
<b>To treat uncut fruit and vegetables for bacterial contamination</b>	<b>18</b>
<b>Deodorizer and germicidal</b>	<b>18</b>
<b>Vaginal Douche</b>	<b>19</b>
<b>APPENDIX A: Health Canada – Food Additives Permitted For Use</b>	<b>20</b>
<b>APPENDIX B: US Patents Involving Use of Chlorine Dioxide</b>	<b>21</b>
<b>APPENDIX C: Personal Notes</b>	<b>22</b>