

## MMS Directions (Sep 2011)

The following recommendations arise out of Jim Humble's work (he was the discoverer of MMS), Walter Last's work plus our own experience with MMS.

More information on MMS and links to other people's experiences with it can be found at the following web address [www.esotericscience.com/health.aspx](http://www.esotericscience.com/health.aspx).

Any updates to this document will be available from [www.esotericscience.com/MMSDirections.pdf](http://www.esotericscience.com/MMSDirections.pdf).

- 1) Mix 1 drop of MMS to 1 drop of 50% citric acid solution (citric acid is found in lemon juice).  
If you take 2 drops of MMS you mix in 2 drops of citric acid, etc.  
*(Note: Some sources sell a 10% citric acid solution. If you buy or mix a 10% citric acid solution, then you need to mix 1 drop of MMS to 5 drops of citric acid. The ratio is then always 1:5 instead of 1:1.)*
- 2) Wait about 1 minute.  
*(Note: if you are using the 10% citric acid solution you need to wait 3 minutes – this is a weaker solution and requires more time to activate)*
- 3) Pour into a glass of water and/or apple juice and drink the whole thing.  
*Note: the apple juice is included only to improve the taste, you could use just water (preferably bottled or filtered water) or mix it with some other juices. However, do not use commercial juices that have vitamin C added to it. Vitamin C reacts with the active ingredient in MMS reducing its effectiveness.  
Also do not use any type of mineral water.*

### General considerations

- ❖ The best time to take the MMS is before going to bed.
- ❖ If you have a lot of viruses or bacteria or fungus/yeast in your system you may feel nauseous or dizzy or 'strange' particularly in the stomach region. This is nothing to worry about, it is actually a good sign, it is a result of MMS killing off bacteria and viruses etc and your system detoxing. The detox effect will decrease with time. A healthy person will not feel any detox effects.  
See the following link [www.esotericscience.com/health.aspx](http://www.esotericscience.com/health.aspx) for more on the detox effect.
- ❖ If you get a strong reaction with one drop take only half a drop the following night (to take half a drop, mix the one drop as per instructions but drink only half the mixture).  
If half a drop still produces a strong effect (rare) then take a quarter of a drop or less until the reaction is mild.
- ❖ Once you can take one drop a night without much reaction take a second drop of MMS (i.e. 1 drop of MMS + 1 drop of citric acid as per instructions) in the morning. As always if you get a strong reaction reduce the amount you take. As MMS clears up your system of pathogens you will get less and less reaction from taking it.
- ❖ When the single drops of MMS (1 in the evening 1 in the morning) produce little reaction you can start increasing the number of drops and/or the number of times you take MMS per day, until one recovers.  
In recent times JimHumble has been recommending taking smaller doses of MMS more frequently such as 4 or 5 times a day (between meals) rather than larger doses twice a day. We also believe this is a good strategy.  
People with chronic conditions may need to take lower dosages for longer periods, see discussion below.
- ❖ The maximum number of MMS drops should not exceed 15. Most conditions will improve before reaching that level.

- ❖ People with chronic conditions that have been around for a long time, e.g. chronic fatigue, arthritic conditions etc, will generally be better off increasing the dosages slowly. What we have observed in these cases is that even though one might not get a strong detox reaction after increasing a dose nevertheless the process can put a strain on the system that builds up over 3 or 4 days and makes one feel tired and lethargic. This is particularly so if the person pushes themselves physically at the same time, such as when certain jobs need to be done. If after increasing a dose you begin to feel run down over a number of days then it is recommended that you decrease the dosage and remain on that until you feel an improvement in your overall condition. In such cases it is probably better to increase the dosage 1/2 a drop at a time (you can do this by adding a full drop in the initial mixture and then removing about 1/2 drop's worth of the final mixture before drinking). Taking antioxidants helps this, see next item.
- ❖ It has been pointed out by Walter Last that because MMS being an oxidant tends to neutralize antioxidants in the body (such as vitamin C) it is important to take additional amounts of antioxidants with prolonged use of MMS. The reasons for this given by Walter Last and the circumstances for which it applies make a lot of sense and is consistent with our own experience in this area. See his article at [www.health-science-spirit.com/miracle.htm](http://www.health-science-spirit.com/miracle.htm). The following comments are taken from there.
 

*"It is important to increase antioxidant intake when using MMS. However, oxidants and antioxidants should be separated during the day or they may neutralize each other.*

*Jim Humble recommends a 3-hour period of separation, and I agree with that. For instance you may use MMS before breakfast and at bedtime and antioxidants from mid-morning to mid-afternoon.*

*This does not only apply to antioxidants in supplement form, such as vitamin C and E, B-complex, coenzyme Q10 or grapeseed extract, Beta 1,3D Glucan and immune stimulants, but also to food high in antioxidants, such as purple berries and juices, fresh fruit, polyunsaturated oils, turmeric, black or green tea, cocoa and others.*

*Because chlorine dioxide reacts especially well with vitamin C, it is advisable to take 1 gram or more when on a high dose of MMS for more than a few days to protect oxidation-sensitive structures, such as heart, brain and eyes."*
- ❖ Drink a minimum of a liter of water (preferably more) during the day, this helps to clear away the detox effects.
- ❖ Keep the bottles stored somewhere away from direct light and especially direct sunlight.
- ❖ If you get some undiluted MMS on your skin wash it off with water otherwise it can produce a mild burn if left on for more than a minute.
- ❖ To prepare the citric acid solution if you have citric acid powder, mix 1 part citric acid powder to 1 part of bottled or filtered water by volume.
- ❖ MMS should be taken at least 2 hours apart from other medicines or supplements in order to avoid any reactions between MMS and other medicines.