

Chapter 15

Animals

Protocol for Animals

All of the protocols in this book can be applied to most animals (there are some variations for ruminants, see page 290) from dogs and cats, to horses, hamsters, and elephants. This chapter on animals is not meant to be comprehensive by any means. Time and space do not permit at the time of this writing. However, I do want to give you some general guidelines and rules for animals, which if followed should allow you to handle most of their diseases and health problems.

As mentioned in the Preface of this book, those of you who have read my previous writings on MMS may notice some variations here to what I've published in the past. For animals, as with humans, through on-going use of MMS we have learned new things. It has become more and more obvious that animals and humans react to the healing benefits of MMS in similar ways.

Basically all the same rules apply for animals as with people when using MMS. That is, if the animal seems to get better with what you are doing, keep up with what you are doing. Do not change anything. If the animal seems to get sicker with MMS, such as having diarrhea or vomiting, then reduce the dosage you are giving by one half, but do not stop. If you do not see positive results of any kind within three to four days, you would then go to

the next level of protocol. **With animals, I suggest less waiting time** than with people before going to the next level of the protocol, because normally animals respond (heal) faster than humans. For the most part you can help an animal with MMS pretty much the same as a human. If you have read and carefully studied this book, the same rules and principles apply, with some minor adjustments.

➤ **Oral dosage of MMS is different for animals than for humans** and depends on their weight.

➤ Ruminants (e.g., cows, sheep, goats, etc.) are different than humans, cats, dogs, etc., in that they have a four-compartment stomach. I do not have a great deal of personal experience with these animals, although feedback I have received from those heavily involved with ruminants suggests the following:

These animals are able to take oral doses of MMS1, as long as it is activated with HCl (hydrochloric acid) and not citric acid. Citric acid has been known to cause problems for ruminants. So if using oral doses of MMS1 for a ruminant, use 4% HCl as the activator, or give oral doses of CDS. In addition, a variation of CDS known as CDI (Chlorine Dioxide Injectable) has also been used successfully with these animals. (For more information on CDI, see books from Andreas Kalcker.) Both oral dosing with MMS1 and CDS, and injections with CDS have been successful. We will learn more as time passes, but this has been working so far.

Oral Dosage of MMS for an Animal

Note: *All oral doses of MMS for animals must be calculated according to the weight of the animal. See the charts on pages 300-301.*

General Malaise/Sickness

If your animal is not well, and the animal has not been diagnosed with any particular disease (i.e., cancer, etc.) I suggest trying Protocol 6 and 6 first.

Step 1

- ❑ Give Protocol 6 and 6, **but be sure the amount of MMS is adjusted for the weight of the animal**, as per the chart on page 301.

Step 2

- ❑ If the animal is well after you have given Protocol 6 and 6 (Step 1 above), the animal can go on the daily maintenance dosage.

Step 3

- ❑ If however the animal has improved some, or even a lot with one 6 and 6 procedure, but is not all the way well yet, then follow the rule that says if things are improving do not change anything—keep doing what you are doing. In this case however, do not continue with 6-drop doses *every hour*, but after the first 6 and 6, wait *four* hours, and give the animal another 6 and 6 dosage (remember, these 2 doses are given one hour apart and adjusted for the weight of the animal as per the chart page 301).
- ❑ If the animal continues to show improvement but is not fully recovered, give 6 and 6 in the morning and 6 and 6 in the evening, as long as the animal is improving, until well. On the other hand, if the animal has quit improving from the 6 and 6 treatment, and is still sick, then it is time to start him on the HRP starting with the Starting Procedure and hourly doses.

Note: *The above instructions are a slight variation from Protocol 6 and 6 for humans and moving into hourly doses if two 6-drop doses did not bring recovery. It can sometimes be quite an effort to give an animal an hourly dose. The most important thing is to follow the Three Golden Rules, if you see progress keep doing what is working, and if not, move on to the Health Recovery Plan.*

Step 4

- ❑ In the case where you give an animal 6 and 6 one time and they do not show **any** signs of improvement, move right on to the Starting Procedure followed by Protocol 1000 and continue on with the Health Recovery Plan if needed. Again, remember, all doses for your animal must be adjusted according to the weight, see charts on pages 300-301.

If the Animal Has Been Diagnosed With a Particular Disease

Step 1

- ❑ If your animal has already been diagnosed with a specific disease, such as pneumonia or cancer or any other disease, you will need to begin the Starting Procedure.

Step 2

- ❑ After completing the Starting Procedure, move on to Protocol 1000 and progress up through Protocol 1000 Plus, 2000, and 3000 according to the Health Recovery Plan as described in this book (see Chapter 5), and the Three Golden Rules for Animals (page 305).

Calculating Doses and Explanation of Measurements for Animals

The size of the dosage should always be determined by the weight of the animal. Following is a chart for dosing animals. Please read this chart carefully as the different drops, milliliters, and milligrams change in the chart. Be attentive to the changes. Follow the guidelines below:

Cup1 and Cup2: You will need to prepare a solution of MMS1 (activated MMS) in water, from which you will measure out a certain amount of drops or milliliters of the solution to give to your animal. As stated above, the dosage for animals is determined by the weight of the animal. Cup1 is a weaker solution of MMS1. It is for small animals, because they need a very small amount. Therefore the solution you are taking drops from needs to be much weaker than for larger animals. Cup2 is a stronger solution used for larger animals.

Measurement for Cup1: Activate 1 drop of MMS, count 30 seconds, then add 1/2 cup (4 ounces/120 ml) of water. From this solution you will measure out drops or milliliters to give your animal, as per the charts on pages 300-301.

Measurement for Cup2: Activate 8 drops of MMS, count 30 seconds, then add 1/2 cup (4 ounces/120 ml) of water. From this solution you will measure out drops or milliliters to give your animal as per the charts on pages 300-301.

Note: *Use distilled, reverse osmosis or bottled water for these solutions. But remember, some bottled water contains fluoride, chlorine or other harmful substances. So check out your water source. Read the labels and/or check with manufacturers to know what you are getting.*

Protocol for Animals Legend	
ml	milliliter
1000 ml	1 liter
mg	milligrams
kg	kilogram
lbs	pounds
Cup1	1 drop MMS1 dose in 4 oz (120 ml) water
Cup2	8 drops MMS1 dose in 4 oz (120 ml) water
d-C1	drops from Cup1
d-C2	drops from Cup2
ml-C1	ml from Cup1
ml-C2	ml from Cup2
MMS	22.4% sodium chlorite solution
MMS1	activated MMS
d-MMS1	drops of MMS1

Explanation of How to Use the Dosage Charts for Animals

Adding water to the animal's dose: Never give an animal MMS1 (activated MMS) without adding water. Each animal is different and will need a different amount of water for its doses. Evaluate your animal carefully. Determine what is a normal drink of water for that animal. (In other words, you want to determine what is the normal amount of water that your animal drinks at one time.) Add the amount of MMS1 you have determined is the right amount for your animal (according to weight) from Cup1, Cup2, or MMS1 drops, to the amount of water that you have determined is a normal drink of water for the animal, and have the animal drink it. This may be easier said than done at first. I have used a small syringe for small animals, or a large syringe or turkey baster for larger animals, to squirt a dose down the animal's throat. You may know of a better method.

Column Marked Weight of Animal: To use the Dosage Chart for Animals, (pages 300-301), first go to the column marked Weight of Animal. Run your finger down the column to find the weight of the animal, then go across to the column of the protocol you want. Below is a complete explanation of columns 1 through 6 and what the numbers in each column represents.

Column 1: Starting Procedure dosage for animals. As with humans, always start with the Starting Procedure for animals. The three numbers in this column represent the gradual increase in dosage. The first number is the starting dose, the second number is the middle dose, and the third number is the maximum dose that you would ever give an animal for that particular weight listed in the column for the Starting Procedure.

Column 2: Protocol 1000 and 1000 Plus dosage for animals. When doing Protocol 1000 for people, you work up gradually to the 3-drop dose; for animals the equivalent to a 3-drop dose is the third figure of the three figures in this column (Column 2). The first number is the starting dose, the second number is the middle dose, and the third number is the maximum dose that you would ever give an animal for that particular weight listed in the column for Protocol 1000.

- Always start with the Starting Procedure then move on to Protocol 1000, increasing the dosage slowly to the maximum dose for Protocol 1000, but no higher than the dose listed in Column 2 (Protocol 1000) on the chart for the weight of your animal.
- If at any time you notice your animal getting sicker you have increased his dose too quickly. Reduce the dose immediately by 50%. When the sickness passes, gradually build back up to the desired dosage.

➤ If the animal does not show signs of improvement after two days, **move on to Protocol 1000 Plus**. This means add DMSO to each oral dose. Continue using the same dosage amounts for Protocol 1000 and add the following amounts of DMSO:

- Cup1—add 3 drops of DMSO.
- Cup2—add 24 drops of DMSO.
- MMS1 drops—for every 1 drop of MMS1, add 3 drops of DMSO.

Please take special note, that once you add DMSO to the MMS1 mixture in Cup1 and Cup2, it will only maintain full strength for two hours. The “cups” with DMSO added will need to be made up fresh every third hour.

Column 3: Protocol 2000 dosage for animals. Although Protocol 2000 for people calls for taking MMS1 and MMS2, this column is only for MMS1. This is because normally you would not give an animal MMS2. There are rare exceptions to this however, and I have included details on how to administer MMS2 to animals in column 5. I have only given two numbers in this column. This is because the principle of Protocol 2000 is you work up to taking as many MMS1 drops as you can per hour but without getting sick (in this case without your animal getting sick).

So, the first number is the amount you would begin giving to your animal. This is assuming you have had your animal on Protocol 1000, and worked up to the maximum 3-drop dose equivalent for your animal’s weight that Protocol 1000 calls for (as per column 2). At that point, you start increasing the dosage as is called for in Protocol 2000. If you have not worked up to the equivalent 3-drop dose, then start from whatever dosage you are at and

begin gradually increasing the drops in the dose. The second number in this column is the maximum amount of MMS1 that an animal is likely to be able to take according to the animal's weight—never go over the second figure listed.

- Start with the first number given in this column, and then increase the amount of MMS1 in small increments after every two to three doses as it seems the animal can take it. Or, if you notice an improvement do not change the dose from that point until there is no more improvement, then you can increase slowly but do not go over the second figure.
- If at any time your animal has diarrhea, vomits, or shows other signs of increased sickness, decrease the dosage by 50%. The last amount you gave without the animal getting sicker is most likely the correct dosage, so stick with that amount.
- Remember, on this protocol continue giving DMSO along with MMS1.

Column 4: MMS2 dosage for animals. MMS2 is difficult with animals and normally you don't have to use MMS2, but if your animal seems resistant to getting better you may want to try it. In that case these are the amounts your animal needs every two hours while on Protocol 2000—the same as with humans. (Read the instructions for people for Protocol 2000 and adding MMS2 on pages 91-95.) The amounts of MMS2 given in column 4 of the Animal Dosage Chart 2 (page 301), are the **maximum amounts** to give. Start the animal out with a much smaller dosage than given in the chart and then **work up** to the amount given. **Do not give any more than this amount 5 times a day** which would be every two hours over a 10-hour period.

- ▶ For each mg of MMS2 in the capsule (if your animal will swallow a capsule), give 1 ml of water to the animal to wash it down. If the animal wants to drink more water, allow him to drink as much as he wants.

- ▶ If you cannot get the capsule down your animal's throat you can put the MMS2 (calcium hypochlorite) in its drinking water. Determine how much water your animal should drink daily. (This is something you can find on the internet.) Take the total amount of water your animal is supposed to drink in a day, add 1/2 to 1 times the amount of MMS2 mg that your animal should take daily as listed in Column 6—Daily Maintenance (according to your animal's weight) to the animal's drinking water.

- ▶ If you are serious, you will need to buy a milligram scale. I suggest the Gemini-20 Portable Milligram Scale. It has the capacity to weigh 1 milligram up to 20 grams, which is accurate enough with the capacity for animals weighing from one pound to heavier than a horse. The cost varies from \$24.00 USD to \$60.00 USD and they can be bought on the internet and shipped almost anywhere in the world. In the US you can buy them from Walmart or online. Just go to Google and put in Gemini-20 Portable Milligram scale for a number of companies that sell this amazing scale. If you don't have a scale and cannot get one, keep in mind that a size #0 capsule holds approximately 300 mg of MMS2 which you could divide several times to get lesser amounts.

Column 5: Protocol 6 and 6 dosage for animals. You may find this column (protocol) the most important and useful because Protocol 6 and 6 will overcome most problems of animals, along with the spray bottle. Just follow the instructions under the heading **General Malaise/Sickness** on page 291.

Column 6: MMS1 Maintenance Dosage amounts for animals. A daily maintenance dose of MMS1 can keep your animal clear of toxins, pathogens (sickness causing microorganisms) and parasites. This column indicates the amount of MMS1 your animal should have for daily maintenance, according to weight. Remember, you must mix the MMS1 with water before giving it to your animal.

➤ If you haven't been giving your animal MMS1, and you give it a maintenance dose and it makes it sick, this is an indication that there are toxins that need to be flushed out. In this case, put your animal on the Starting Procedure, followed by Protocol 1000. After completing Protocol 1000, continue with a daily maintenance dose.

Animal Protocol Dosage Chart Shading:

- White area of the chart represents Cup1.
- Medium shaded area represents Cup2.
- Dark shaded area represents MMS1.



Cat—Eye Herpes: My cat had crusty eyes all the time. The vet would prescribe ointment for her eyes when it got bad, but other than that she said there wasn't anything they could do. It was a form of herpes in the cat's eyes, probably passed on from the mom cat. I had to wipe her eyes with a damp cloth every day. I mixed one drop of activated MMS with water and squirted it in her mouth daily. She didn't like it, but she didn't throw it up either. Within two weeks her eyes cleared up and remained clear...I'm glad she didn't have crusty, weepy eyes anymore!—Sunni, United States

Animal Protocol Dosages: Chart 1			
	1	2	3
Weight of Animal	Starting Procedure	Protocol 1000	Protocol 2000
1 - 2 lbs. (0.45 - 0.9 kg)	4.5-9-14 d-C1	1.0-2.0-3.0 ml-C1	4.0-8.0 ml-C1
2 - 4 lbs (0.9 - 1.8 kg)	9-18-27 d-C1	2.0-3.0-4.0 ml-C1	5.0-10 ml-C1
4 - 6 lbs (1.8 - 2.7 kg)	1.0-2.0-3.0 ml-C1	3.0-4.0-5.0 ml-C1	7.0-14.0 ml-C1
6 - 8 lbs (2.7 - 3.6 kg)	3.5-7-10.5 d-C2	1.0-2.0-3.0 ml-C2	3.0-7.0 ml-C2
8 - 12 lbs (3.6 - 5.5 kg)	4.5-9-13 d-C2	1-2.5-3.5 ml-C2	3.5-7.5 ml-C2
12 - 16 lbs (5.5 - 7.2 kg)	7-14-21 d-C2	1.5-2.5-4.0 ml-C2	4.0-8.0 ml-C2
16 - 22 lbs (5.7 - 10 kg)	9.5-19-28 d-C2	1.5-2.5-2.0 ml-C2	3.0-10.0 ml-C2
22 - 30 lbs (10 - 13.6 kg)	13-26-38 d-C2	2.0-3.5-4.5 ml-C2	4-11 ml-C2
30 - 40 lbs (13.6 - 18 kg)	17-34-50 d-C2	3.0-5.0-8.0 ml-C2	8.0-16 ml-C2
40 - 55 lbs (18.1 - 25 kg)	23-45-65 d-C2	4-7-11 ml-C2	11-18 ml-C2
55 - 75 lbs (25 - 34 kg)	1.5-3.0-4.5 ml-C2	6.0-12-18 ml-C2	18-36 ml-C2
75 - 100 lbs (34 - 45.4 kg)	2.0-4.0-6.0 ml-C2	8.0-16-24 ml-C2	30-50 ml-C2
100 - 150 lbs (45.4 - 68 kg)	3.5-7-10 ml-C2	14-28-42 ml-C2	2.5-6 d-MMS1
150 - 200 lbs (68 - 91 kg)	4.5-9-13 ml-C2	1.5-2.5-3 D-MMS1	3-8 d-MMS1
200 - 300 lbs (91 - 136 kg)	7-14-21 ml-C2	2-4-6 d-MMS1	6-16 d-MMS1
300 - 500 lbs (136 - 227 kg)	11-22-33 ml C2	3-6-9 d-MMS1	9-24 d-MMS1
500 - 1000 lbs (227 - 454 kg)	1.5-3-4.5 d MMS1	6-12-18 d-MMS1	18-48 d-MMS1
1000 - 1500 lbs (454 - 681 kg)	2.5-5-7.5 d-MMS1	10-20-30 d-MMS1	30-80 d-MMS1
1500 - 2300 lbs (681 - 1045 kg)	3-7-10 d-MMS1	14-28-42 d-MMS1	42-112 d-MMS1

Adding DMSO to Protocol 1000: For each drop from Cup1 add 1/2 drop of DMSO. For each drop from Cup2 add 1 drop of DMSO. For each MMS1 drop add 3 drops of DMSO.

Animal Protocol Dosages: Chart 2			
	4	5	6
Weight of Animal	MMS2 Maximum Dosage	6 and 6	Daily MMS1 Maintenance
1 - 2 lbs. (0.45 - 0.9 kg)	2 mg	.7 & .7 ml-C2	.7 ml-C2
2 - 4 lbs (0.9 - 1.8 kg)	4 mg	1.5 & 1.5 ml-C2	1.5 ml-C2
4 - 6 lbs (1.8 - 2.7 kg)	12 mg	2.5 & 2.5 ml-C2	2.5 ml-C2
6 - 8 lbs (2.7 - 3.6 kg)	16 mg	4.0 & 4.0 ml-C2	4.0 ml-C2
8 - 12 lbs (3.6 - 5.5 kg)	24 mg	5.5 & 5.5 ml-C2	5.5 ml-C2
12 - 16 lbs (5.5 - 7.2 kg)	32 mg	8.5 & 8.5 ml-C2	8.5 ml-C2
16 - 22 lbs (5.7 - 10 kg)	44 mg	12 & 12 ml-C2	12 ml-C2
22 - 30 lbs (10 - 13.6 kg)	60 mg	18 & 18 ml-C2	18 ml-C2
30 - 40 lbs (13.6 - 18 kg)	80 mg	21 & 21 ml-C2	21 ml-C2
40 - 55 lbs (18.1 - 25 kg)	110 mg	2 & 2 d-MMS1	2 d-MMS1
55 - 75 lbs (25 - 34 kg)	150 mg	3 & 3 d-MMS1	3 d-MMS1
75 - 100 lbs (34 - 45.4 kg)	200 mg	4 & 4 d-MMS1	4 d-MMS1
100 - 150 lbs (45.4 - 68 kg)	300 mg	6 & 6 d-MMS1	6 d-MMS1
150 - 200 lbs (68 - 91 kg)	400 mg	7 & 7 d-MMS1	7 d-MMS1
200 - 300 lbs (91 - 136 kg)	600 mg	12 & 12 d-MMS1	12 d-MMS1
300 - 500 lbs (136 - 227 kg)	1 gram	18 & 18 d-MMS1	18 d-MMS1
500 - 1000 lbs (227 - 454 kg)	2 grams	36 & 36 d-MMS1	36 d-MMS1
1000 - 1500 lbs (454 - 681 kg)	3 grams	56 & 56 d-MMS1	56 d-MMS1
1500 - 2300 lbs (681 - 1045 kg)	5 grams	86 & 86 d-MMS1	86 d-MMS1

Measuring: It is helpful to have on hand a 10-milliliter syringe for smaller animals, or a larger 50-milliliter syringe for larger animals, to measure out milliliters (ml) for your animal. This can usually be purchased online, from an animal feed store, or veterinarian.

Drinking Water for Animals

Normally, animal's drinking water should be maintained at 1 ppm of chlorine dioxide. This would be 4 MMS1 (activated MMS) drops for each gallon of clean water. (Some people have more than one animal and would use this much water in a day, some people may only have one animal and need less water. If you need less water, calculate 1 drop of MMS1, per quart/liter of water.)

For those in rural areas or on a farm, slightly turbid water will need more MMS1 per gallon use 6 to 12 drops for slightly turbid water per gallon. The more turbidity the more drops are required. Normally 4 drops of MMS 1 per gallon is plenty.

If you are putting MMS1 in your animal's daily drinking water, this is not enough to serve as a maintenance dose of MMS1. Follow the chart for the daily maintenance dosages for your animal(s) either by putting the dose in their water or giving it to them some other way.

Note: *I suggest using glass or good quality plastic water bowls for your animals if putting MMS in their drinking water. On the other hand, if you **activate MMS first** in a glass or plastic container making it MMS1 and add water, then **after it is activated** and mixed with water it is OK to put in metal containers that are often used for animals. Do not mix up unactivated MMS (sodium chlorite) and activator directly in a metal bowl or metal cup. **First activate and add water in a glass or plastic cup, then put it in the bowl.***

Additional Important Information on How to Administer Certain Protocols to Animals

Protocol 3000 for Animals

Protocol 3000 requires two spray bottles, the same as with humans, one for MMS1 and one for DMSO. To start, wash the area on the animal where you are going to apply the MMS1 and DMSO. Actually it is simple; just spray a leg or area with the amount of MMS1 that it takes to make the liquid reach the skin through the hair. Then spray DMSO on top of that. See below for ideas on how to use a spray bottle for animals. It is OK to mix the two—MMS1 and DMSO—on the body by first spraying one and then spraying the other one on top. **But do not mix MMS1 and DMSO in the same spray bottle** as they will eventually cancel one another out.

Eyes for Animals

Please note, some amounts in this book—such as using MMS1 in the eyes—has been updated since writing my last book. For eyes, I now suggest using a much weaker dosage for animals' eyes (the same protocol as for humans). See pages 136-139 for further explanation and for instructions on mixing up an MMS1 solution for eyes.)

Mouth and Teeth for Animals

Use the same measurements and process for brushing the animal's teeth as for people. This will not only help to keep your animal's mouth fresh, but all the same principles apply as for people. Remember, nearly all diseases are influenced to some extent, either large or small, by the condition of the mouth. (See pages 73-76.) It is OK to use the standard spray bottle (see pages 76-77) in your animal's mouth.

Skin Problems for Animals (MMS Spray Bottle)

The number of drops you put in a spray bottle for an animal are the same as for people. However, spraying a hairy animal can be tricky, (for some animals more than others, depending on the length, thickness and amount of hair). If you want the liquid to actually reach the skin, which is the goal, you can accomplish this by parting the hair, spray, and then use your fingers if necessary to lightly pat and help the liquid reach the skin. Then move over another 1/2 inch or so, part the hair again, spray, and so on, until you have covered the entire area needing the spray.

Note: *You may need to shave the problem area if necessary, in order to adequately apply the MMS.*

Supporting and Additional Protocols for Animals

For animals, it isn't always easy, but you can use nearly all the other protocols on animals if you need to use them. Using MMS1 protocols for the eyes, ears, nose, skin problems (spray bottle), the patch, and everything except the oral doses should be the same strength for animals as for people according to the instructions in this book.

Note: *Horses and some other animals cannot vomit so be careful to not give your animal, especially a horse, too much MMS, because making a horse sick is more dangerous than making someone sick who can vomit (because vomiting is the body's way of getting rid of unwanted things, poisons, etc.). However, **horses respond to MMS quickly**, usually more quickly than people and I have seen a horse overcome a cold using MMS1 in half an hour. Expect most animals to respond quickly.*

Three Golden Rules for Animals

- 1.** If the animal is improving on the dosage you are giving and/or what you are doing, do not change what you are doing—as long as you see improvement, keep it up.
- 2.** The same rule applies for animals as for people: if at any time your animal seems to get sicker on MMS, reduce the dosage you are giving by 50%. Once the sickness passes and the animal is OK with the smaller dosage, you can try to slowly work back up, but be careful to not make the animal sicker.
- 3.** If the animal is not getting better, nor getting worse on the dosage you are giving, **after two or three days**, go to the next higher protocol.



Dog—Gum Growth and Infection: My 12 year old dog had surgery to remove a huge gum overgrowth (epilis) that had overgrown her tooth. After the surgery the site was not healing post-op and looked badly inflamed. After a time another growth was forming in the same spot. Instead of taking her back to the vet I decided to try MMS. I applied MMS to her affected area with a soft toothbrush for a few days and was surprised to find that not only had the inflammation gone away but the new growth had completely vanished. When you look in her mouth there is no sign of anything wrong. It's completely normal.—Elizabeth

In Conclusion

In closing, remember, nearly all diseases and health problems can be remedied with MMS by following the instructions in this book. I want to say once more, that MMS does not *cure* diseases. MMS kills pathogens and oxidizes poisons anywhere they might be, including in the water of the body. Once pathogens are wiped out and poisons are oxidized, through the normal process of elimination, the body washes them out and then the body is able to heal and be restored to full health.

If you follow these instructions you can regain health in a reasonable amount of time. We encourage you to continue to learn more about how to use MMS. Slot MMS maintenance doses into your daily routine, try to eat real, natural, whole foods, as well as incorporate other healthy practices in your life so that you can reach and maintain optimum health and prevent illness in the future.

Speaking of healthy practices, I want to leave you with perhaps two of the most important *healthy* practices of all time. They are—*always do the right thing*, and *help one another*. Down through the ages, these two concepts have been expressed in varying ways by nearly every ethnic group or religion you can name. That alone should give you a clue—maybe there is merit to living by these standards. Sadly, in today's world they are sometimes grossly overlooked. But I encourage you to adopt these practices as an integral part of your lifestyle. You might just find it makes a huge difference in your happiness and in your health and well-being. If you will *always do the right thing*, and *help one another*, you will reap positive benefits.