

How to Make & Use MMS1

Jim Humble method

use part A and part B • measure in drops



Part A



Part B



Directions: Mix equal number drops of part A and B in a clear, clean, dry shotglass. Let the combined drops blend and activate for 30 - 60 seconds, until the blend goes from yellow to a deep amber color (this is now activated MMS1). Now pour the contents of the shotglass into 1/2 cup of (purified or mineral or RO or distilled) water.

Yield: 1 fresh dose of MMS1.

How to Use: Mix and take 1 fresh dose / hour for 8-10 times / day.

MMS1 Dose: To figure out how many drops per dose, follow directions in the protocol treatment that applies to your situation. If you haven't taken MMS1 before, or haven't for some time, always start with the starting protocol.

note: When mixing MMS1, the amounts of part A and part B is measured in drops. The number of drops to activate for a dose will be determined by the protocol used; 3 drops (of each) is the usual maximum amount per dose, per hour.

note: About 20% of the sodium chlorite is actually activated by the hydrochloric acid in the shotglass in 30 seconds. When we add it into distilled water and drink the fresh dose of MMS1, the remaining 80% is activated when it comes in contact with stomach acid.