

Protocol Nasal & Oral

The Nose, Throat, Mouth & Teeth CLO2 & Baking Soda Antiseptic Solution
(Created by Scott McRae, with the help of Charlotte Lackney and friends)

What is Protocol Nasal & Oral?

Protocol Nasal & Oral is simply the combination of equal parts of a 100 ppm chlorine dioxide (CLO2) water based solution with a sodium bicarbonate (baking soda) water based solution, to be used twice a day (or as desired) as a nasal, [nasopharynx](#), mouth, teeth and throat gargle CLO2 antiseptic solution.

Why Protocol Nasal & Oral?

The acidity of CLO2 solutions, including CDS which can have a pH of 4.0, can cause enamel erosion, especially if used to brush teeth daily for months or years. **Protocol Nasal & Oral** solves the acidity problem by combining CLO2 solutions with a premade baking soda solution that acts to raise the pH of the CLO2 solutions to approximately 7.6 (slightly alkaline), while at the same time creating a CLO2 concentration of approximately 35 ppm which is both safe & effective for proper hygiene.

How to Pre-Make Both of the Protocol Nasal & Oral Solutions

How to make the Baking Soda water solution:

Take any sized bottle of pure water and add 1/16 teaspoon (0.3ml or 0.25g) of baking soda for every 100ml of water in the bottle. Shake well to dissolve the baking soda completely until the solution is clear.

How to make the 100 ppm CLO2 water solution:

Take any sized colored glass bottle of pure water & simply add 2.50ml of CDH4000 (4000 ppm) or 3.50ml of CDS (3000 ppm) CLO2 concentration for every 100ml of water in the bottle. If using MMS drops (22.4% sodium chlorite), combine 10 drops of MMS with 10 drops of 4% HCl in a very small plastic or glass container, ideally about the size of a thimble (clean plastic caps of very small bottles work well), wait 5 minutes & then add the drops to 500ml of water for the CLO2 solution.

How to Use and Combine Protocol Nasal & Oral Solutions Just Before Use Each Time

I first take a small clear glass or bottle and mark it at 25ml & 50ml (I cover the marks with clear tape to keep them from rubbing off). Then to

combine the solutions just before use, I just add 25ml of each solution to the glass/bottle, which results in 50ml of a 35 ppm CLO₂ + Baking Soda **NASAL & Oral Solution**. I then immediately first sanitize my nasal cavity & nasopharynx, which is at the top of the throat where viruses like to multiply, by forcefully snorting 10 drops of this solution up into each nostril & then tilting my head back. I then sip about 25ml of the solution into my mouth & first gargle with it for a few seconds, then swish with it for a few seconds, & then I brush with it while leaning over the sink. To keep it from flowing out of my mouth, I make as tight of a seal as I can with my lips & at the same time I suck air in through them. I then rinse my tooth brush & use a few drops of the solution to sanitize it. Lastly, I use the remaining solution to do one more quick gargle & mouth rinse.

***Important note:** Sucking in to keep the solution from flowing out of my mouth also aerosolizes it somewhat & allows a very small amount of CLO₂ to be carried into my airways & lungs for an additional viral & bacterial antiseptic treatment twice a day, similar to what I get when I nebulize a 50 ppm CLO₂ solution to protect against respiratory viruses. In other words, I believe the daily use of **Protocol Nasal & Oral** (twice a day as described) will also act as a **prophylaxis** against **ALL** respiratory infections by destroying viruses & bacteria **BEFORE** they become a problem.

Lastly, I like to make 500ml of both the CLO₂ and Baking Soda solutions and keep them (along with a tiny 10-drop spoon for snorting) at the sink without any refrigeration since the low 100 ppm CLO₂ concentration doesn't tend to decrease too fast and at 500ml, I'll be making a new batch every 10 days anyway. I've done this for about a year now (with some adjustments) and really like it. Before using this method, I brushed my teeth twice a day for around 6 years with about 50 ppm CLO₂ alone, however, I feel this approach is much better due to the raising of the pH to a non-acidic level using baking soda which has also been used to brush teeth with for decades due to its own beneficial qualities.

For more of my CLO₂ Solutions please visit: <https://www.bitchute.com/channel/L4V54qH4gv6f/> or search for my channel name "CLO₂ Solutions" on most other video platforms. Also my Substack CLO₂ Solutions journal address is: <https://scottmrae.substack.com>

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