

Protocol-MT&T

(A Mouthwash, Teeth & Throat CLO₂ & Baking Soda Solution)

What is Protocol-MT&T?

Protocol-MT&T 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 needed) as a mouthwash, teeth brushing, and throat gargle solution.

Why Protocol-MT&T?

The acidity of CLO₂ solutions can cause enamel erosion, especially if they're used to brush teeth daily for months or years. **Protocol-MT&T** solves the acidity problem by adding a small amount of a premade baking soda solution that acts to raise the pH of the CLO₂ "MT&T" solution to a slight alkaline level while at the same time keeping the CLO₂ concentration at an effective level for proper oral hygiene.

How to Make Both of the Protocol-MT&T Solutions

How to make the baking soda water solution:

Take any sized bottle of pure water and simply add 1/2 teaspoon or 2.5ml of baking soda for every 100ml of water in the bottle. Shake well to dissolve the baking soda completely until the water is clear.

How to make the 100 ppm CLO₂ water solution:

Take any sized colored glass bottle of pure water and 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.

How to Combine and Use the Protocol-MT&T Solutions Just Before Use Each Time

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 **MT&T Solutions** just before each use, just add 25ml of each solution to the glass/bottle, which results in 50ml of a 50 ppm CLO₂ + baking soda **MT&T Solution**. I then immediately sip about 25ml of this solution into my mouth and first gargle with it for a few seconds, then swish with it for a few seconds, and 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 and at the same time I suck air in through them. This keeps the solution from flowing out of my mouth. I then rinse my tooth brush with water and use about 5ml of the **MT&T Solution** to sanitize it, and then use the remaining 20ml to do one more quick gargle and rinse of my mouth. **By the way**, sucking in to keep the solution from flowing out of my mouth also aerosolizes it somewhat and allows a very small amount of CLO₂ to be carried into my airways and lungs for an even better viral and bacterial sanitization treatment twice a day. This is similar to what I get when I nebulize a 50 ppm CLO₂ solution to protect against respiratory viruses. In other words, I believe **Protocol-MT&T** also acts as a **prophylaxis** against infection.

Personally, I make 500ml of both the CLO₂ and Baking Soda solutions and keep them 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 and really like it. Before using this approach, 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.

Please note that the above is a protocol that I the author, Scott McRae am doing and created for myself. I am only providing this information to others for educational purposes. Each person should make their own decisions regarding their health. Thank you and keep on smiling – it's a great gift you can give to others and yourself for free. 😊