

Four Ways of Creating and Ingesting MMS (CLO2)

First we must start off with a standardized drop measurement so we can compare apples to apples when looking at the following 4 ways of making and ingesting MMS/CLO2.

In the past, Jim Humble decided that he would use a dropper that dispensed 24 drops per ml. That being the case, 1/24th of a ml (0.042ml) or 1 drop of MMS (22.4% Sodium Chlorite Solution) will have the potential to produce **6.7mg of CLO2** (Chlorine Dioxide).

The following are 4 different methods that have been developed and used to produce CLO2 from MMS for the purpose of ingestion.

To make the following methods easier to understand and compare, only 1 drop of MMS is discussed within each method. In practice however, normally more than 1 drop is used.

Method #1 - Stabilized Oxygen - Let's use 1 drop of MMS NOT activated and add it to 100ml of water:

(This is basically what Jim Humble was doing in the beginning without realizing it, to cure Malaria, although he used more MMS than this example.)

When we combine 1 drop of MMS with 100ml of water, we will not have any activation externally and so we will get the following:

- $6.7\text{mg} \times 0\% \text{ activation} = 0.00\text{mg}$ of CLO2
- However, 100% of the CLO2 will be generated when MMS comes in contact with the acid of our stomach (if enough stomach acid is available).

Method #2 - MMS1 - 1 MMS drop activated for 30 seconds and then added to 120ml of water:

(The way Jim now uses MMS to make CLO2)

When we combine 1 drop of MMS with either 1 drop of 4% HCl or 1 drop of 50% citric acid for 30 seconds, we will have only partially activated it to about 10% of its maximum activation and so we will get approximately the following:

- $6.7\text{mg} \times 10\% \text{ activation} = 0.67\text{mg}$ of CLO2
- The other 90% of the CLO2 will be generated when the remaining MMS comes in contact with the acid in our stomach (if enough stomach acid is available).

Method #3 - CDS Overnight Method - 1 MMS drop activated overnight and absorbed into distilled water:

(Developed by Andreas Kalcker and friends, then simplified by Charlotte Lackney)

When we combine 1 drop of MMS with either 1 drop of 4% HCl or 1 drop of 50% citric acid and allow the CLO₂ gas coming from the drop to absorb into distilled water in a sealed container for 12 hours, we will have only partially extracted the CLO₂ from the drop, to about 37% of its maximum amount and so we will get approximately the following: (two glass containers are nested to keep MMS + acid and CDS separated)

- 6.7mg x 37% activation = 2.5mg of CLO₂ in each 0.83ml of 3000 ppm CDS. *
- The other 63% of the CLO₂ is lost in the process of making CDS. (1ml CDS=3mg CLO₂)
- Note that there are no drops of MMS or acid in this - it's pure CLO₂ in distilled water.
- Also note that stomach neither decreases nor increases CLO₂ in CDS.
- 2.23ml of 3000 ppm CDS = 1 drop MMS1 dose in a stomach with normal acids.

Method #4 - CDH Method - 1 MMS drop activated for 8 hours in a bottle with water:

(Developed by Scott McRae and Charlotte Lackney)

When we combine 1 drop of MMS with either 1 drop of 4% HCl or 1 drop of 50% citric acid and 22 drops of water for 8 to 12 hours in a sealed glass bottle, we will have only partially activated it to about 50% of its maximum activation and so we will get approximately the following:

- 6.7mg x 50% activation = 3.35mg of CLO₂ in each ml of CDH. **
- The other 50% of the CLO₂ will be generated when the remaining MMS comes in contact with the acid in our stomach (if enough acid is available).
- Note that all the ingredients added together equal 24 drops or 1ml and each ml of CDH contains 1 drop of MMS. (therefore, 1ml of CDH = 1 drop MMS1 dose internally)

<https://g2cforum.org/index.php/list/general-discussion/30056-mms-vs-cds-vs-cdh#52036>

by "Truthquester" Scott McRae 23 Apr 2016

* CDS made using equipment and recipe on page 5, part 6:

http://www.mmsinfo.org/infosheets/cds_shot_glass_travel_kit.pdf

** CDH made using the McRae/Lackney recipe:

<https://www.youtube.com/watch?v=Jt5jfpRRYts>

http://www.mmsinfo.org/infosheets/infosheet_cdh.pdf (page 1, part 2B, 1-3)