

Urinary Tract Infection (UTI)

<https://g2cforum.org/index.php/list/mms2/29039-urinary-tract-infection>

[jeanneblues](#) 22 Oct 2014 19:47

I'm trying to get info on the best way to treat UTI with MMS2 - I have the capsules, but I've read you should start with 1/4 cap first. I have been using MMS1, but read that MMS2 is a better choice for UTI. Any help would be appreciated.

[mariannahw](#) 22 Oct 2014 20:17

hello jeanneblues

When using the MMS2, which I do recommend, you are advised to build up extremely slowly. How much to take is different for each person and you have to find your own level by working up to it slowly. Some people suggest to start with just one grain. You can in my humble opinion, start with a bit more, like 5 grains, see how your body takes it and depending on that, you can keep on increasing the dose. Eventually you may be able to build up to a full capsule, but you need to be the judge of that. (Editors note: max bi-hourly dose for MMS2 is a one-half full size \emptyset capsule or a full, size 3 capsule)

Best wishes for a good recovery.

marianne

[jeanneblues](#) Tract Infection 22 Oct 2014 20:26

Thanks marianne, ok, so I just took a 2 drop dose of MMS1 about an hour ago, and I also ate something. I guess I should wait a couple hours to try the MMS2 - and what do you mean by a 'grain'? I just dumped a capsule out and it looks like there are about a thousand 'grains' in there. Is it a unit of measure? i.e. what percentage of a capsule would be a grain? or 5 grains?

[jeanneblues](#) 22 Oct 2014 22:18

OK - you just have to love the Internet! I got my own answer. a "Grain" is a unit of apothecary weight measure and weighs approximately 65 mg. A size 4 capsule (turquoise and white) will hold on average 210 mg - but it depends on the density of the substance contained within. The highest density being app. 250mg. Erring on the side of caution then, one should assume that a size 4 capsule (which is what my MMS2 came packed in) would hold approx 4 grains. Therefore, to be safe, as a first time user

of MMS2, I dumped out the capsule, divided into 4 segments and dissolved one of the segments in water. You can taste it, but it is not nearly as unpleasant as MMS1. I will try this next with 2 segments, then 3, then a full capsule as my body dictates.

Cheers!

[mariannahw](#) 23 Oct 2014 03:48

WARNING

Only take MMS2 in capsule, not diluted in water. I mean by one grain one of those thousand of grains. So open capsule, tip out grains, put a few back in, close capsule, swallow, discard the rest. Repeat this process gradually increasing the amount of grains in the capsule.

m

[jeanneblues](#) 23 Oct 2014 04:19

Thanks Marianne, unfortunately, I did put 1/4 of the capsule in water and I drank it. At first I felt fine, then I got a lot of gas. Now my stomach is just a little tender throughout. I had a feeling it might not have been the right thing to do. Have I hurt myself?

[mariannahw](#) 23 Oct 2014 19:49

Just don't do it again and keep us posted.

m

[jeanneblues](#) 23 Oct 2014 21:49

Whew! What a night I had - the tenderness in my stomach progressed to pain and localized over my right kidney and liver area. I was getting a little scared. I was literally up all night. Finally about 8:00 a.m. I took one aspirin and a hot tub bath using mineral salts - that relieved most of the pain and allowed me to sleep, which I did - all day.

I have also not eaten all day, just cup after cup of 'detox' tea and 1 apple. I feel fine now, it's been 5 hours since my last 1 aspirin taken again at about 11:00 and I don't think I'll need another. Was that a 'herx'? I also had muscle stiffness in my arms.

I also have Lyme - tick bite 2 years ago - got the bullseye rash. I did do 6 weeks of doxycycline when it happened, and I used various anti-microbials on a regular basis, but I'm thinking, this episode that I just put myself through might have nailed a lot of the Lyme infection too. (Editors note: I think this person just ODD by taking too much at one time. Increase dosing s l o w l y.)

[Divo](#) 23 Jan 2015 03:23

Hello,

A friend of mine suffered from chronic UTI, I gave her MMS2 capsules, for the first week she took 1/4 capsule four times a day, the second and the third week she took 1/2 capsule (size 0) also 4 times a day, two hours apart. Two days ago she did a urine culture test and it was negative and totally clear.

[jeanneblues](#) 23 Jan 2015 03:43

Yes, I actually slowly built up to taking 1 full #3 capsule 2 times a day and stayed on it for approximately 1 month - UTI totally gone now! I also noted a lift in energy and mood while on it.

MMS2 is easier to take than MMS1 in my opinion.

I also got a tip from a friend, Jimmy Mack, he said to put the #3 cap of MMS2 into a larger empty gel cap. It allows the MMS2 to get further down into your system and eliminates some of the "pool water" burping that happens with MMS2.

[CLO2](#) 23 Jan 2015 07:16

jeanneblues, great tip on double-bagging the MMS2. I wonder if the size 3 capsule makes it through the stomach and into the small intestine?

Thanks!
