

INSTRUCTIONS for MMS2

(Calcium Hypochlorite)

MMS2 is another type of MMS recommended by Jim Humble. It is a completely different chemical from MMS, which is sodium chlorite. (MMS1 is activated MMS) MMS2 is calcium hypochlorite powder and is commonly available as "Pool Shock". To be the correct type of pool shock, the label must say calcium hypochlorite is the active ingredient. The percentage may vary and that is okay. The other ingredients are usually just harmless mineral salts, but you should verify that algaecides have not been added. If you buy your own at the pool store, it will have warning labels on it, but the amounts used in these protocols are not harmful.

Water activation: MMS2 is activated by water. When mixed with water, it turns into hypochlorous acid, which has a long history of disinfecting and killing pathogens and healing wounds.

How to store: must be kept air tight and dry. MMS2 gradually loses potency upon exposure to air.

Capsules for oral ingestion: Size 0 (zero) capsules (approx. 500 mg; 0.68 ml volume) are HALF-filled with MMS2 as a standard oral dose for an adult of average weight (160 lbs), taken every 2 hours. It is often best to start by taking only 1/4 or 1/8 capsules by opening the capsule and dumping out part of the powder. Drink at least 1 glass of water with the capsule. You may burp some chlorine smell and that is normal. If you feel any discomfort from the capsule, then drink more water. If a capsule gets stuck in your throat, keep drinking water.

Protocol 4000:

http://jimhumble.biz/index.php?option=com_content&view=article&id=48&Itemid=71

Volume measurements on this page appear to be inaccurate; 1/8 teaspoon is equivalent to a size 0 capsule. Has adjustments for weight, also technique of wrapping powder dose in cold honey instead of a capsule. A dose of powder can also be wrapped in nori sheets to take it without a capsule. Maintenance dose of MMS2 is half a capsule every day if older than 65 and 2 or 3 times a week if younger.

Baths: Put 1-2 tablespoons in a bath for a soothing experience. If you use too much, you may be itchy afterwards. If you are sensitive, start with only 1 teaspoon.

Spray: MMS2 spray can be used externally. To make spray, add 1/4 tsp. of MMS2 to 4 fl oz of water, dissolve, strain or pour off top so particles are left behind, then put the water (hypochlorous acid solution) into the spray bottle.

Topically: MMS2, open a capsule (1/8 tsp) and dissolve in an eighth cup (1 fl oz, 30 ml) of water. Use your fingers or a spray bottle to apply it to the affected areas.

Foot baths: MMS2 can be added to foot baths, use 1/2-1 tsp.

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