

Chloe's Rub-N-Tub

[Chloe](#) Skin cancer 11 Apr 2014 09:17 #42963

<http://g2cforum.org/index.php/list/general-discussion/28014-skin-cancer>

This is a method I dreamed up that is really just a composite of a few other methods also on this website and I was trying to be efficient - get as much MMS into my system w/o causing huge GI distress. You can absorb a huge amount of MMS through your skin.

In short, the process is to take a hot shower to open up pores, dry off quickly, rub on 80 drops of activated MMS (20 drops per limb).

I then stand in front of a little room heater (Presto Heatdish - see Amazon, very efficient, worth the price - under \$100) for 15-20 minutes to bake this into my skin, then get into a hot bath for 15-20 minutes (30 minutes is great) to further push the MMS into the skin.

You can also make an extra batch of activated MMS (no DMSO) for pouring into the tub. I have found that I can do this twice a day by doing it in the early evening and then around 3 in the morning as I tend to wake up in the middle of the night anyway - may as well make good use of the time.

By the way, if you have any other skin problems, they will clear up and your skin will glow within a week or two, max. Nice little benefit. Definitely do not use DMSO in the bathtub (or enema).

Let us know how things go. You can do this!

Chloe

P.S. You could take an oral dose right before doing this protocol as well, since that will help you get one step closer to chlorine dioxide (CLO₂) saturation.