

Bag Protocol for MMS

8 Jun 2011 03:40 [Michael Harrah](#) post #3054

<http://g2cforum.org/index.php/list/mms-technical-talk/3054-bag-protocol-for-taking-mms#3054> (link works)

Here is what Jim says in his new book about the Bag Protocol.

Excerpt from Jim Humble, *The Master Mineral of the Third Millennium* (Get it now www.miraclemineeral.org/newebook.php) (link works)

MMS in a Bag

You may chuckle at the image of this procedure, but if the mouth and/or digestive system is injured, this is another way to get MMS into the whole body.

Get two large trash bags and tape their openings together. I have found these trash bags in various supermarkets around the world. They are all about the same size. It's the largest trash bag all the markets sell. Lay two of the bags on the floor with the openings against one another. Tape the bags together with no open places. Turn the bags over and tape both sides to make sure the gas will not get out. Cut the opposite end out of one of the bags and now you have one large bag at least 6 feet tall or taller.

For the application stage, put a stool near a table. Use a small bowl for the MMS. On the table near your stool have the bowl, some MMS, and some citric acid. It is best to use 50% citric as it releases chlorine dioxide faster than a 10% solution. Also have a clock or watch to time your treatment. (editors note: HCL is faster than CA)

When you are ready, take most of your clothes off, sit on the stool, and put your feet in the bag. Pull it up at least waist high. Then and only then, make up your bowl of MMS for the chlorine dioxide. The first time, use 5 drops of MMS and 5 drops of citric acid. Mix them in the bowl and immediately put the bowl inside the bag down at your feet. Do not wait any time after putting the MMS and citric together. Put it down at your feet immediately, pull the bag up to your neck and hold it closed around your neck.

Be sure to time yourself and stay in the bag only 10 minutes.

If you wear any clothes, you may ruin them. Unless it is winter time and you are outside, you will sweat a lot.

Do this several times a day or more. Use from 5 to 40 drops of MMS. Do not start with 40 drops, but work your way up to it. You can be on Protocol 1000 or 2000 while doing this although that is not a requirement. If you add this procedure to one of the other protocols that is OK, but do not make yourself nauseous. That prevents your recovery or slows it down considerably. (Jim Humble)

Here are comments I made about my use of the Bag protocol just so you can get a perspective on what may work for you might be different than the general rules Jim presents above.

Source

genesis2forum.org/index.php?option=com_kunena&func=view&catid=35&id=2924&Itemid=66 (dead link)

Hi Jim,

Edwin's idea about using the bag method may be a good one for you. I've been using that myself for a week now and 6 days of that have been 3 times per day. MMS1 & 2 both give me nausea on hourly dosing; with the mms1 I can only get 1-2 drop doses and the mms2 I take probably less than a quarter capsule equivalent and gulp it with water each hour.

If you can take MMS baths that would also be very good so you can bypass your GI tract. It absorbs well that way. One lady with late stage cancer has been using 3/4 teaspoon in her baths, then sweats a lot for 3 hrs after the bath.

I don't have a tub for baths, so the bag method is the first method that has really significantly impacted my main symptoms, which are basically chronic, severe gut pain and back pain resulting from it ongoing for many years.

With the bag method I have been using much more MMS than Jim recommends. I tried his doses and felt nothing till I got up to 1/2 teaspoon dose and I stay in the bag for 20 minutes instead of 10 that he says. It seems Jim was much more sensitive to chlorine dioxide via the bag method, so if he stayed in the bag more than 10 minutes or went over 10 drops, then he got diarrhea. I have not had any bad symptoms at all. For 6 days I used 1 teaspoon doses and then just today I did two of my bag treatments with 2 teaspoon doses, and that's for 20 minutes each treatment.

So you can see I am really mega-dosing with the bag and it is not hurting me at all but only helping reduce my pain. I have to be careful exiting the bag because the fumes do burn your lungs and eyes when they are this strong. It sure is working well for me and there is NO NAUSEA AT ALL. This might really work for you.

I bought a box of 20 bags that are 39 gallon bags from Home Depot that were on sale for \$3.50. Take two bags and cut one open along the bottom seam. Slip that opened bottom seam bag about one inch inside the mouth of the other bag and then run packing tape all around the seam. That is all you do and you are ready.

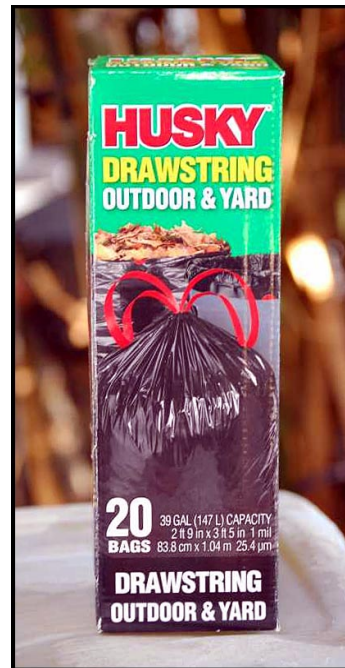
I am 6'1" about 150 lbs and I fit into it pretty well. You have to put your feet in then have a stool behind you, sit on it, then mix the MMS in a small bowl & immediately set it in by your feet & pull the bag up around your neck tight and have a timer and sit there.

If you can do this Jim, I sure recommend it for you.

Additional comments about dose.

I have gone back to using 1 teaspoon activated MMS1 in my bag treatments. When I went up to 2 teaspoons and did it 3 times in 24 hours, then I had some burning of the skin on the inside of my legs where the main fumes hit during the treatments; there was some stinging, dryness and redness. I have been putting olive oil in it, not sure what is best, but went back to 1 tsp doses and doing that 2 times a day. I probably could have kept doing 1 tsp. three times a day without problems if I had not gone up to the 2 tsp. doses. Right now the inside of the legs are sometimes a little itchy and stingy. Small price to pay for the huge benefits I am getting.

I have now gone to using 1/2 teaspoon doses for 20 minutes and doing it daily for several weeks and not having any skin problems at all. So 1/2 tsp seems to be a safe dose for me once a day. Still getting a lot of benefit from it. (9/5/2011)



A group member sent me some questions about the bag and bath protocols. The questions are in italics.

Can you reuse the plastic bags from the bag method or are they a once-only thing???
Haven't read that anywhere. If reusable, should they be rinsed and dried because of the sweat factor?? Do the bags have to be strong quality or will the thin ones suffice.

The bags for the bag protocol can be reused many times. My first 'bag,' consisting of two bags taped together, lasted 4 weeks doing 2 treatments a day. Then I got tired of patching holes and just made a new bag. Mine are 39 gallon 1 mil. thick, some are 0.6 mil or in between. Thicker ones will last longer, but thin will work just as well as long as there aren't too many holes. Holes occur just from using the bags, getting in and out etc.

I have not been rinsing my bag although I sweat quite a lot now that the hot weather has gotten here. I turn the bag inside out to dry in between treatments. You could hose it off if you want. Smell is not really a problem because of the chlorine dioxide. Even after being drenched with sweat your body smells like it just got out of a jacuzzi with a lot of chlorine in it. I have lately been rinsing off at least afterward or showering.

When you patch holes in your bag, put all the tape patches (scotch tape can be used on small ones) on the outside of the bag because otherwise it comes off if on the inside where all the sweat/moisture is. On the seam between the two bags when you first put them together, I am now taping on the inside and outside both with the packing tape, because after a while the seam may begin to come undone.

If doing the bath method, how strong is the water if swallowed?? My son has a habit of consuming bath water?? Do people usually leave their eyes closed in the bath?

Swallowing water in the bath method should not be a problem due to the concentration of MMS. It is diluted quite a lot even if you use a teaspoon or two of MMS. Even if there are only 10 gallons of water in the tub, at 2 teaspoons of MMS the dose is 3 drops in 1 cup of water. I think most baths are probably 15-20 gallons.

I recently read (on the Dr Mark Sircus site (sp??)) that he suggests using sodium thiosulphate to neutralize the heavy metals in bath water. Can you use this and then add MMS or will MMS do it on its own??

Based on what Jim has said, I think the MMS would detox the heavy metals in the water. I don't know if you can mix MMS with sodium thiosulphate.

Michael Harrah

REPORT ON BAG PROTOCOL AT 7 WEEKS, ALSO SKIN IRRITATION

I have been using the bag protocol for almost 7 weeks now, and keeping a daily diary of my regimen. Most of that time I have been doing 2 treatments per day at 20 minutes each and using 1 teaspoon of MMS1 for each treatment. But the last week I have starting going down to 1/2 teaspoon doses in order to avoid skin irritation.

There have been 3 times that I have had to reduce bag treatments in order to let my skin recover. In the first 5 weeks I had two different episodes where there were red areas on my legs that felt like burns in spots that had the most contact with the chlorine dioxide fumes. I would notice a burning/stinging sensation and the skin appeared to be reddened.

The first time the skin irritation (stinging/red) occurred was during week 2 when I went up to 2 teaspoon doses of MMS1 for 3 treatments in 24 hrs. I just dropped the dose back to 1 teaspoon and did not have to miss any treatments and the skin recovered after a few days and felt normal.

The second time skin irritation occurred in week 4 for no apparent reason, and it happened in a different spot on the legs than had occurred earlier. I had been following 2 treatments per day at 1 teaspoon each and nothing different happened that could have "triggered" the irritation.

So I am starting to wonder if these irritations are healing reactions of some sort. Why do different areas on the skin suddenly become susceptible to irritation when they had been doing fine? Other areas that were irritated earlier were unaffected. I started using a small piece of cardboard in my hand (little larger than a playing card) to fan the fumes around inside the bag. I just flick it back and forth between my knees. I think it reduces stress on the leg skin.

Then the worst irritation occurred in week 5, a full week after my leg areas had returned to normal, and the sides of my abdomen were affected only, with no problem on the prior leg areas. The irritation (stinging, itching) lasted longer and took longer to recover. I stopped bag treatments for a week, and by then my skin was back to normal. I resumed using 1/2 teaspoon doses twice a day. When I notice irritation starting, I skip a treatment now. Still using my hand held fan.

I noticed problems starting to return due to the lack of bag treatments when I missed them for that week although I had continued on 10 drops/hour oral doses with DMSO and the MMS2 enemas twice daily.

Things deteriorated over the week and the oral doses of MMS1 with DMSO were starting to give me diarrhea. I have stopped the oral doses for now and continue with bag protocol and MMS2 enemas twice daily.

genesis2forum.org/index.php?option=com_kunena&func=view&catid=28&id=2473&Itemid=66 (dead link)

I continue with a mostly brown rice diet (Dom's diet;

genesis2forum.org/index.php?option=com_kunena&func=view&catid=2&id=3016&Itemid=66#3048 (dead link)

or

users.chariot.net.au/~dna/IBD/index.htm (link works)

and I am making very gradual improvement on the gut pain, back pain and chronic fatigue. I think healing chronic, severe gut trouble takes a long time. I am much better off than I was when I started this, but the improvement is up and down and very gradual.

More info on the bag protocol can be found on the *Genesis* forum

genesis2forum.org/index.php?option=com_kunena&func=view&catid=28&id=3054&Itemid=66 (dead link)

--Michael Harrah

(Thanks to Michael Harrah for his observations on using the MMS bag protocol to help heal his problems)