

## How To Use CDS

**CDS** (Chlorine Dioxide Solution) is the new formulation of MMS recommended by Jim Humble. It tastes better and has far fewer adverse (herxheimer) reactions, such as nausea and diarrhea. CDS does not require activation, so no citric acid is needed. Simply mix your dose of CDS with 4-8 US fluid ounces (120-240 ml) of distilled water and drink. Since CDS hardly ever causes reactions, you may think it is not working, but rest assured, it is stronger in healing power than regular MMS in my experience. Be patient and give your body time to heal, and I think you will be amazed.

Mark Grenon says a famous doctor called him about 3 weeks after Mark showed him how to make CDS. The doctor said a patient with leukemia had 3 blood tests to confirm the leukemia. Then, after taking CDS using protocol 1000 for 1 week, the patient's blood test showed NO leukemia!

**Bottle life:** We ship the CDS in PET plastic bottles. These are the bottles recommended by Jim Humble. PET is sensitive to cracking if dropped or struck when frozen. If a bottle eventually cracks due to freezing, you may need to put the CDS in another bottle or jar that you have, just be sure it is airtight.

### ► Instructions at a Glance ◀

- Store in refrigerator or freezer.
- Drink 1 ml CDS added to 4 fl. oz. (120 ml) distilled water following Protocol 1000.
- Full day's doses in one 1 quart/liter bottle.

**How to store:** Refrigerator or freezer with tight lid. CDS is chlorine dioxide gas (yellow) in a solution of distilled water. It comes out of solution, appearing as vapor or smoke, when it gets above 50 degrees F (10 C). Store in the refrigerator in an air tight container. Can also be stored in the freezer and thawed as needed. All liquids expand when they freeze, so be sure to allow space in the bottle for expansion. The CDS should maintain full strength 4-12 weeks in the refrigerator (possibly longer in the freezer) and even after 4 months in the fridge will have half strength at least according to our best information. Loose lids will cause it to off-gas and become ineffective in a few days.

**How to take:** Put your dose in 4-8 ounces (120-240 ml) of distilled water and drink. No activation with citric acid is needed. If you have any throat burning, add more water to the dose next time.

**Dosage:** Each 1 ml of this CDS equals ~~3 drops of regular MMS\*~~; it tests at 3000 ppm undiluted. This is the strength recommended by Jim Humble. Use an "oral syringe" from the drug store (in the baby section) to measure exactly 1 ml. Or 1/4 US teaspoon equals 1.25 ml and about 4 drops of MMS. There are 5 ml in 1 US tsp. For protocol 1000, simply take 1/4 US tsp. doses every hour. For protocol 2000, take 1/2 to 1 tea-spoon every hour.

(Please note: CDS made yourself following Jim Humble's video instructions will be approximately twice as potent, so you only use half as much or add an equal amount of water to it to dilute it.)

**Full day's doses in 1 bottle:** You can also make up a full day's batch (8 ml if on protocol 1000) and put it into 1 liter (or 1 quart) of water in a bottle with a tight lid and then drink 1/8th of it each hour. This is how the leukemia patient took the doses. Be sure to keep the bottle tightly closed and in the refrigerator, if you wish. However, I have been finding that I can leave the 1 quart/liter bottle out at room temperature without any noticeable loss of potency when tightly capped.

**\*UPDATE:** 6 December 2014. New thinking has revised the above equivalents as follows:

1 drop of MMS (22.4% sodium chlorite solution) can produce a maximum of 6.7mg of chlorine dioxide (CLO<sub>2</sub>). This would happen in a stomach with normal stomach acids, not externally. MMS1 (activated MMS) is about 10% activated externally and the other 90% would occur in a stomach with normal acids.

DOSE (MILLIGRAMS OF CLO<sub>2</sub>) = VOLUME (LITERS) X CLO<sub>2</sub> CONCENTRATION (PPM)

1ml of 3000ppm CDS therefore contains 3mg of CLO<sub>2</sub>. (0.001 x 3000 = 3)

Therefore 2.23ml of 3000ppm CDS would equal the same amount of CLO<sub>2</sub> contained in 1 drop of MMS when ingested. --CL (editor)



This article was written by MH