

Is there an MMS1 or MMS2 Protocol for Acid Reflux?

<https://g2cforum.org/index.php/list/general-discussion/29515-is-there-an-mms1-or-mms2-protocol-for-acid-reflux#49810>

[sslean](#) 10 Jun 2015 15:09 #49799

I just want to know if there's an MMS1 or MMS2 or a combo of both protocol for acid reflux? I don't need any other info about diet, etc on the subject.

[CLO2](#) 10 Jun 2015 17:25 [#49800](#)

Yes, there is. First item on the list.

mmswiki.is/index.php?title=Malady_List

I would suggest to start with the "[Protocol Starting Procedure](#)" which is now recommended before starting any protocol.

Let us know if this works for you.

[Dawna](#) 12 Jun 2015 20:18 [#49810](#)

My husband has acid reflux and has taken MMS for a long time now. It works on other things, but not the acid reflux.

However, because of the MMS being activated with HCl, I read stories that HCl works on acid reflux....so I snuck it into his drinks without him knowing for a month (I didn't want him to have a placebo effect), and it does work, so finally I told him.

I put 10 drops into his iced tea in the evening and he is fine for overnight, then in the AM he takes more. I started with 3 drops.



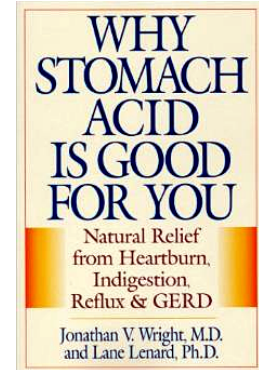
[CLO2](#) 13 Jun 2015 04:53 [#49811](#)

Dawna, can I assume you used 4% HCL?

13 Jun 2015 12:42 [#49813](#)

I use 10%, however, the dosage that I use seems to be quite low compared to what others say they take in forums (most take 5-7 pills of 650mg).

But I would start at 2 drops of 4% or 10% and then increase every couple days until you find what makes you feel better and go with that.



Dr. Wright, who wrote a book about HCl and reflux, says to take it until your tummy feels warm, then back off a pill.....as he advocates taking pills because they also have pepsin in them.

My husband started taking the pills as well, because they are easy to take with you. But 10 drops of 10% HCl prevail at dinner at home.

I found someone who said a drop is equal to 10% of a pill, which I find hard to believe, would make 1,000mg, while others take 3,000mg and up but.... here's some reading....

My favorite site is:

scdlifestyle.com/2012/03/how-to-supplement-with-betaine-hcl-for-low-stomach-acid/

but there are others...

There's lots on the web about it....

<http://chriskresser.com/get-rid-of-heartburn-and-gerd-forever-in-three-simple-steps/>

www.tahomaclinicblog.com/what-really-causes-heartburn/

www.amazon.com/Why-Stomach-Acid-Good-You/dp/0871319314