

MMS1 Spray Bottle

While on this Health Recovery Plan, if you have **any** kind of skin problems, be it skin cancer, eczema, psoriasis, infections or wounds, etc., spraying the skin or wound with MMS1 is a great help. I have listed this protocol in the fundamental steps for the HRP (Health Recovery Plan), because it is important for skin problems to start right away with spraying the skin as you begin your health recovery. Using this spray bottle is also helpful for most any type of isolated skin problems as well, such as wounds or bruises, to help the overall condition of the skin, and many more conditions. It can be used for the rest of your life for skin problems, whether you are on the other protocols or not.

Prepare the spray bottle as follows:

The standard spray bottle formula is 10 to 1. That is, 10 activated drops of MMS to 1 ounce (30 ml) of water.

Never use tap water for any MMS mixture as it is not safe to risk getting chlorine, fluoride, or other impurities in the solution. Use only bottled drinking water, or distilled water.

In most places 2-ounce or 4-ounce spray bottles are available at the pharmacy or in health food stores. Simply multiply the formula, 20 drops MMS1 to 2 ounces of water, or 40 drops of MMS1 to 4 ounces of water.

In general this mixture will last up to a week or so. You will know that it lost its potency when the original color begins to noticeably fade.

Do not leave your spray bottle in the sunlight; storing it in a dark place or in the fridge will help the MMS solution to remain strong.

Use this for spraying all problems on your skin. **Tip:** *You can spray a little on your face and then spray a little DMSO (dimethyl sulfoxide, see page 2) on top and rub your face lightly to help ease wrinkles and DMSO often makes the MMS spray more effective anywhere on the body.*