



MMS Bath Protocol is an excellent way to help restore your skin's natural health... especially skin disorders and conditions in the muscles and joints.

The body can absorb a lot of mms without having to ingest it. MMS doesn't harm the eyes. It is cheap and very easy, too. My family loves it.

The skin is the largest organ in the body. The skin, both, expels waste and toxins from the body and absorbs nutrients and other compounds.

1. WIPE OUT THE TUB / BATH. Bath must be clean

Otherwise the MMS ClO₂ in the water will go to work on any soap scum and bathtub-ring, reducing or neutralizing the ClO₂ available to the body

2. FILL BATH WITH WARM TO HOT WATER

3. Activate 40-60 drops (1/2 teaspoon - 1 teaspoon of each) of activated mms to a warm shallow bath and sit in it for 20-30 minutes while splashing the bath water over the body and affected areas. *NOTE: A plastic spoon is best. Never use metal.*

4. ADD your activated MMS to bath water and swish water around a couple times with your hand.

** You can add equal amounts of DMSO for deeper penetration of the skin and joints, and usually get faster results.*

4. LAY IN THE TUB and soak the skin (min 15 to 20 minutes)

Splash water onto the entire body - arms, neck, hair, face - all over. If a history of cold sores, then wipe tub water on the lips and nose repeatedly and wherever they were once visible. If water splashes in the eyes, just wipe it away with a cloth soaked in tap water. MMS doesn't harm eyes - unlike shampoo.

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