



Instructions for Protocol 1000

Step 1.

In a clean, dry glass activate 1 drop of MMS as per the instructions in Mixing a Basic Dose of MMS.

Add 1/2 cup (4 ounces/120 ml) of water or other recommended mixer.

Step 2.

Drink down your 1-drop dose within one minute of mixing.

Step 3.

Continue taking a 1-drop dose every hour until you are ready to increase your drops.

Step 4.

If after three or four hours there is no problem of nausea or any worse feeling, then increase your dose by at least 1/2 drop. Listen to your body, go at your own pace, but build up as quickly as possible, without getting sick, to 3-drop doses each hour. For example, one person might start out the first day with 1-drop doses for 2-3 hours, and then they may increase to 1 1/2 drops for a couple of hours, and then 2 drops for a couple of hours and so on. Others might want to stick to 1-drop doses for the entire first day, and then 2 drops the next day and so on. Some may even find it necessary to stay at 1-drop doses for a few days before they can go up.

Step 5.

Continue taking 3-drop doses every hour for eight consecutive hours a day for 21 days. You may get well without another hitch, but if at any time you experience nausea, vomiting or diarrhea, simply reduce the amount of drops you are taking by at least 1/2.

Remember, reduce but do not stop. (A little bit of loose stool or diarrhea might be considered okay and part of the cleansing process, but if it becomes too much or you are also experiencing the nausea and vomiting cut back immediately.)

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