

MMS PROTOCOLS: @MMSChlorineDioxide

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i) EATING FOOD ON AN MMS PROTOCOL:

It's super simple to manage your food intake while on the Protocols - REMEMBER TO WAIT 30 MINUTES BEFORE EATING OR DRINKING AND 1 HOUR AFTER EATING OR DRINKING AND NO STRONG ANTIOXIDANTS LIKE VITAMIN-C UNTIL BEDTIME

Example: 🍌

- At 8:00am I take my first protocol and then I get hungry - I wait 30 minutes before I eat my breakfast at 8:30am
 - At 8:30am I eat breakfast and when I finish my last bite of food/water, I wait 1 hour before taking my next protocol
 - About 9:30am is when I will be taking my next protocol
- DONT OVERCOMPLICATE THINGS!! IT'S SUPER SIMPLE!!
- 30 MINUTES BEFORE EATING OR DRINKING AND 1 HOUR AFTER EATING OR DRINKING
- NO STRONG ANTIOXIDANTS LIKE VITAMIN-C UNTIL BEDTIME IF ITS ABSOLUTELY NECESSARY THAT YOU TAKE THEM
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ii) WORLDWIDE SUPPLIER LIST (Some links may be broken, please send a Direct Message to @Qody1776 regarding the issue and I will fix it as soon as possible):

America / USA: <https://waterpureworld.com>
<https://cleanplusonline.com>

Australia: <https://wpsaustralia.org>

Austria: <https://wps.care>

Bahrain: <https://atlantiswps.com>

Belgium: <https://laubeholistic.com/purifying-water>

Canada: <https://atlantiswps.com>
<https://realrawfood.com/products/water-purification-drops-0>

Denmark: <https://laubeholistic.com/purifying-water>
<https://wps.care>

Egypt: <https://atlantiswps.com>

England: <https://atlantiswps.com>

France: <https://atlantiswps.com>
<https://laubeholistic.com/purifying-water>
<https://wps.care>

Germany: <https://laubeholistic.com/purifying-water>

Greece: <https://laubeholistic.com/purifying-water>

Ireland: <https://atlantiswps.com>

Israel: <https://atlantiswps.com>

Italy: <https://laubeholistic.com/purifying-water>
<https://wps.care>

Kuwait: <https://atlantiswps.com>

Netherlands / Holland: <https://wps.care>

New Zealand: <https://nzwaterpurifier.com>

Norway: <https://laubeholistic.com/purifying-water>

Philippines: <https://nzwaterpurifier.com>

Qatar: <https://atlantiswps.com>

Saudi Arabia: <https://wps.today>

South Africa: <https://laubeholistic.com/purifying-water>
<https://atlantiswps.com>

Spain: <https://laubeholistic.com/purifying-water>

Sweden: <https://wps.care>
<https://nzwaterpurifier.com>

Thailand: <https://nzwaterpurifier.com>

Turkey: <https://atlantiswps.com>

United Arab Emirates: <https://atlantiswps.com>

United Kingdom: <https://laubeholistic.com/purifying-water>
<https://wps.care>
<https://atlantiswps.com>

iii) **HOW TO MAKE MMS FROM SODIUM CHLORITE FLAKES (Video Demonstration: <https://www.brighteon.com/459e7fef-de00-4554-bc25-291ad3ad478e>):**

- Set your scale to use grams and place your container on the scale, press the tare button on the scale – the weight should indicate 0 grams.
 - Pour 280 grams of sodium chlorite into the container on the scale
 - Pour the 280 grams of sodium chlorite into a large glass bowl
 - Place your container on the scale and pour 720 grams of distilled water into the container on the scale
 - Pour the 720 grams of distilled water into the large glass bowl with the sodium chlorite flakes
 - Stir the mixture and crush the flakes using a plastic or glass spoon/ladle - do not use metal or wood as it interacts with the mixture
 - When everything is dissolved, ladle the mixture into an amber glass or plastic HDPE bottle using a plastic or glass funnel
 - Be sure to label the bottle of MMS
 - For more information, go to <http://mmswiki.is>
 - Follow the link and click on Sodium Chlorite Flakes under the heading on the right that says “I AM LOOKING FOR” to purchase Sodium Chlorite Flakes: <https://wps.land>. Sodium chlorite flakes last about 40 years.
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iv) **DOCUMENTARIES:**

- QUANTUM LEAP MMS DOCUMENTARY: <https://t.me/MMSChlorineDioxide/84>
 - UNIVERSAL ANTIDOTE DOCUMENTARY: <https://t.me/MMSChlorineDioxide/567>
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v) **EBOOKS:**

- Mark Grenon eBook (Imagine a World without Disease): <https://t.me/MMSChlorineDioxide/499>
 - Jim Humble eBook (MMS Health Recovery Guidebook): <https://t.me/MMSChlorineDioxide/498>
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vi) **DISCLAIMER:**

The information we share on the live recorded MMS Q&A Forum and our other Telegram channels is not intended to be medical or professional advice.

Users, including all visitors, and participants in our nightly Forum calls, should consult a health care professional for any and all health matters.

The content we share is for informational purposes ONLY. You use the info at your own risk.

Any downloadable material or shareable materials, including but not limited to audio of our recorded Forum calls, typewritten protocol information and any videos, is for personal entertainment and individual private education ONLY.

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vii)  **SEPTIC SYSTEM WARNING**  :

If your home is on a septic system please read the following!

MMS or Chlorine Dioxide has a “gas off” effect that takes roughly 1-2 hours. What that means is the “Bacteria Killing” is done after 1-2 hours of letting it sit in open air. The Chlorine Dioxide essentially evaporates into the air.

So to be safe when on a Septic System, please allow your Bath Protocol to gas off for 1-2 hours before pulling the drain plug and draining it into your septic tank.

The same goes for any foot baths or even the MMS Protocol 1000. If you don’t want to wait to pour it down the drain, go pour it on the ground outside.

Main rule of thumb is: IF YOU HAVE A SEPTIC SYSTEM DO NOT POUR ANY MMS DOWN THE DRAIN OR TOILET UNLESS YOU GIVE IT 1-2 HOURS TO GAS OFF OR EVAPORATE!

viii) TELEGRAM TIPS & TRICKS:

- Finding Files: <https://t.me/MMSChlorineDioxide/494>
 - Finding Videos and Pictures: <https://t.me/MMSChlorineDioxide/495>
 - Finding Replies to Certain Posts: <https://t.me/MMSChlorineDioxide/496>
 - 28 Cool Telegram Tricks You Should Know: <https://beebom.com/cool-telegram-messenger-tricks/>
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1) HYDROCHLORIC ACID (HCL) PROTOCOL:

This Protocol is meant to be taken before you start MMS Protocol 1000, specifically for people with GERD, IBS, etc. (Digestive Tract Issues) and will help people that are dependent on things like Nexium, Pepcid, Tums, Roloids or any type of anti-acid medication, prescribed or OTC

- Put 20 drops of Hydrochloric Acid in a glass.
- Add 3 Ounces of PURE WATER and drink it down!
- Do this once every 20 minutes, so you'll do this 3 times in 1 hour! ONLY DO THIS FOR 1 HOUR!

* Once you complete the Hydrochloric Acid Protocol, you can move on to starting Protocol 1000 (LOW AND SLOW!) The goal is to get you off the medication but to do it slowly as the body just won't need it once the organs start functioning correctly.

- Start on a 1/2 drop, meaning activate One drop, add 4 ounces of distilled water but only drink 1/2 of it or 2 ounces. Pour the rest out!
 - If you feel fine after a couple days on 1/2 drop, start on one activated drop every hour for the 8 hours. Stay on the one drop for as long as a week, no sense in rushing.
 - At anytime you start to feel nauseous or like diarrhea is coming on while climbing to the 3 drops, back down to where it felt fine and stay there for a few days and then try to increase again.
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2) BOTTLE PROTOCOL (Video Demonstration: <https://t.me/MMSChlorineDioxide/196>):

- Obtain an empty 1 liter bottle and fill with distilled or pure water
 - With a marker, divide the bottle in half, then divide each half in half, and again, divide each segment in half – the bottle should be divided into 8 parts, one for each our
 - If you are at 3 drops a day, multiply $3 \times 8 = 24$ drops needed (adjust based on the number of drops you are up to)
 - Activate 24 drops in a clean dry glass
 - Pour about 4 Ounces of the water from the bottle into the glass with the activated drops
 - Pour the activated drops and water back into the 1 liter bottle and close tightly and keep out of direct sunlight
 - Each hour, drink 1/8th of the bottle.
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3) CAPSULE PROTOCOL (Video Demonstration: <https://t.me/MMSDrinkingBuddy/86319>)

4) MMS LOW & SLOW PROTOCOL 1000:

*** This protocol is for anybody that is on ANY BIG PHARMA MEDS! We want you all to have a good experience with MMS and stick with it! Listen to your body and back down when feeling ill, then work your way back up when you're better. Getting sick only slows the process of the MMS working for you ***

- The goal is to get you off the medication but to do it slowly as the body just won't need it once the organs start functioning correctly.

- Start on a 1/2 drop, meaning activate One drop, add 4 ounces of distilled water but only drink 1/2 of it or 2 ounces. Do this every hour for 8 hours, the same as Protocol 1000.
 - If you feel fine after a couple days on 1/2 drop, start on one activated drop every hour for the 8 hours. Stay on the one drop for as long as a week, no sense in rushing.
 - If at anytime you start to feel nauseous or like diarrhea is coming on while climbing to the 3 drops, back down to where it felt fine and stay there for a few days and then try to increase again.
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5) MMS PROTOCOL 1000 (STANDARD PROTOCOL FOR ALMOST EVERYTHING – Video Demonstration:

<https://t.me/MMSChlorineDioxide/181>):

Tip #1: Wait 30 mins to an hour after drinking coffee or any citrus drinks like orange juice. Take on a semi empty to empty stomach. You just don't want to be full of food.

Tip #2: Do your drops 30 mins before every meal and 30 mins after every meal. If you don't eat very much that's fine too. That just means it's going to work BETTER.

Tip #3: Mix your drops in the corner of a glass, wait for it to turn orange/yellow. If it doesn't turn orange/yellow you did something wrong. Color change represents the ACTIVATION process.

Tip #4: Do not add your water before adding the drops. The Hydrochloric Acid acts as an activator to the Sodium Chlorite, if you have water in the glass prior to activation, it won't work. It neutralizes it.

- 1 drop each, (1 drop of sodium chlorite & 1 drop of Hydrochloric Acid) IN 4 OUNCES OF WATER every hour for 8 hours a day.
 - After 3 days increase to 2 drops in 4 ounces of water every hour for 8 hours a day.
 - On day 6, increase to 3 drops in 4 ounces of water every hour for 8 hours a day.
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6) MMS Protocol 1000 Plus: (Video Demonstration: <https://t.me/MMSChlorineDioxide/182>):

Tip #1: Wait 30 mins to an hour after drinking coffee or any citrus drinks like orange juice. Take on a semi empty to empty stomach. You just don't want to be full of food.

Tip #2: Do your drops 30 mins before every meal and 30 mins after every meal.

Tip #3: Do not add your water before adding the drops. The Hydrochloric Acid acts as an activator to the Sodium Chlorite, if you have water in the glass prior to activation, it won't work. It neutralizes it.

- Put 3 drops of Sodium Chlorite and 3 Drops of Hydrochloric Acid into a clean, dry glass.
 - Wait for the drops to ACTIVATE - they will turn a yellow/orange color.
 - Add 4 ounces of PURE WATER
 - Now it is time to add ONE DROP OF DMSO - this must be AFTER you have ACTIVATED the MMS and filled your glass with pure water
 - Do this every hour for 8 hours a day and continue for 3-4 weeks. If you have issues just do the DMSO EVERY OTHER HOUR instead.
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7) MMS PROTOCOL 3000 (ALTERNATIVE FOR PROTOCOL 1000 IF YOU CANNOT INGEST ORALLY, ALSO WORKS FOR DIRECT APPLICATION):

- Put 3 ACTIVATED drops in a shot glass
- Add 1/2 - 3/4 tablespoon [NO METAL] of DMSO directly on top of the ACTIVATED MMS drops.
- Add 2-3 drops of water to the shot glass and rub it deeply into your left arm. This is one protocol/hour.

🔥 MAKE SURE YOU WASH YOUR HANDS IN BETWEEN PROTOCOLS! 🔥

🔥 DO NOT TOUCH SENSITIVE BODY PARTS (eyes, genitalia, etc.) WITH THIS ON YOUR HANDS! 🔥

- Repeat the above steps for the next hour, but rub it deeply into your right arm. This is the second protocol/hour.
- Repeat the steps again for the next hour, but rub it deeply into your left leg. This is the third protocol/hour.
- Then rub it on your right leg for the fourth protocol/hour.
- Then rub it on your stomach/abdomen for the fifth protocol/hour.

- For the sixth protocol/hour, you will start over at the left arm and repeat the cycle until you hit 8 protocols/hours.
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8) MMS MAINTENANCE PROTOCOL:

(This Protocol is meant to be used once you finish your detox - that means once you get the health results you're looking for you might need to continue using the MMS)

On a daily basis you are still exposed to toxins and parasites, this comes from the food you eat, the water you drink and bathe in and the exposure to vaccinated people. For instance if you work in an environment where the vaccine is required or a lot of co-workers/employees are vaccinated. If this is the case, you might want to take a protocol in the morning before work and at night before bed to fight off any spike proteins.

Other people like to set up a schedule and take 3 to 5 protocols a week.

Some people choose to only use MMS once they feel symptoms coming on (aches, pains, allergies, etc.)

The choice is yours as to how you will set up your maintenance. There is no perfect science, everyone's body is different and everyone has different needs.

9) STROKE / CONCUSSION PROTOCOL (Document - <https://t.me/MMSDrinkingBuddy/88161>)

10) AUTISM PROTOCOL (by Kerri Rivera - <https://www.kerririvera.com/autism-protocol/>):

- Follow the link to access the book you can download from Kerri's website – Please read the text prior to the download
 - The Video They Don't Want YOU to See: <https://www.bitcute.com/video/fGJwOBD1kB8/>
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11) MOLD / FUNGUS PROTOCOL – CLAY RECOMMENDED (AZTEC, BENTONITE, OR MONTMORILLONITE CLAY):

While doing Steps 1 and 2 of this protocol, DISCONTINUE taking your MMS doses as per whatever protocol you have been doing. If you haven't started any protocol, do at least the Starting Protocol first.

Step 1 -- Day 1, take 5 doses of clay, each dose 2 hours apart.

- Clay Doses 1 and 2
 - Add 1/2 level teaspoon of clay in 1/2 cup (4 ounces) of water
 - Keep stirring while sprinkling the clay in the water
 - Drink it down - It's ok to drink slowly but keep it stirred
- Clay Doses 3, 4 and 5
 - Add 1 level teaspoon of clay in 1/2 cup (4 ounces) of water
 - Keep stirring while sprinkling the clay in the water
 - Drink it down - It's ok to drink slowly but keep it stirred

Step 2 -- If feeling ok, no extra sick feeling, proceed to Step 3. If not, repeat Step 1.

Step 3 -- Alternate the clay drink described in Step 1 with whatever your MMS1 dosage was before starting the clay.

- First hour, take MMS1
- second hour, take clay
- next hour MMS1 and so on. Alternate each hour for eight hours. This would be 4 doses of MMS1 and 4 doses of clay. Do the alternating doses for 2 days. If you are seeing improvement, keep this alternating schedule up until you are completely well. If you reach a point where you go several days without any improvement go to Step 4.

Step 4 -- In this step you take the MMS1 and clay in the same dose. When mixing clay in an MMS1 dose, it is suggested using fizzy mineral water. This is because the fizzy water tends to protect the MMS1 as it is mixed with the clay.

In a clean, dry glass activate your MMS drops. Immediately add 2 ounces of fizzy mineral water, followed by 1 level teaspoon of clay sprinkled into the glass. It will foam up a bit, so make sure you have a big enough glass so it doesn't overflow.

Drink this slowly over a period of 5 minutes, if possible.

Do this every hour for 8 hours for at least 1 day.

12) 4 OZ SPRAY BOTTLE PROTOCOL (SKIN RASH, ACNE, WARTS, BUG BITES INCLUDING TICS, CUTS, SUNBURN, SKIN TAGS, AND PRETTY MUCH ANYTHING EXCEPT FOR EYES):

- 10 ACTIVATED drops in a CLEAN, DRY GLASS
 - Add 4 ounces of CLEAN, PURE water
 - Pour this solution into a small spray bottle
 - Spray on the effected area every hour
 - Keep refrigerated, will last 1 week
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13) PATCH PROTOCOL:

- 10 ACTIVATED drops in 4 Ounces of Distilled Water
 - Soak a white washcloth in the ACTIVATED water.
 - Ring it out until it's not dripping.
 - Apply compress to affected area and let sit for 30-60 minutes. DO NOT go longer than 60 minutes!
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14) DMSO LIVER TEST:

- Before using DMSO, test it to see if you will have any mild adverse reactions. 🙄🙄
 - Place a drop on the inner part of your wrist and rub it into the skin.
 - Allow 24 hours to see if you feel a slight pinch or pain in the liver area. If not, use DMSO!
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15) MMS & DMSO 20/20/20 EXTERNAL PROTOCOL (STIFF MUSCLES, CANCERS, ACHES, PAINS, ARTHRITIS, ETC.):

- DO NOT INGEST THIS MANY DROPS INTERNALLY, THIS IS FOR EXTERNAL USE ONLY!
 - Get a CLEAN, DRY shot glass or a small GLASS cup. It must be GLASS!
 - Add 20 Drops of Sodium Chlorite and 20 Drops of Hydrochloric Acid, let it activate or turn yellow and then add 20 drops of DMSO directly on top of the solution [NO WATER]
 - Do not be alarmed if you see some steam/smoke coming from the glass. That's just basic chemistry at work.
 - Swirl the cup around until it's mixed well. Once mixed, dip your fingers in and apply liberally to the affected area. Rub it in and let it air dry.
 - The solution should feel slightly warm when you apply it, enjoy the all natural Icy Hot!
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16) EYE PROTOCOL FOR ALMOST ANY EYE PROBLEMS (Cataracts, Glaucoma Etc.):

- 1 drop ACTIVATED in 4 ounces of distilled water
 - Use a GLASS eye dropper and ALWAYS store in the fridge.
 - Slowly flush each eye for around 20-30 seconds.
 - Do this 3-4 times daily for 2-3 weeks
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17) EAR PROTOCOL:

- Add 1 drop of sodium chlorite to 1 drop of Hydrochloric Acid in a clean dry glass
- After 30 seconds, add 1 oz of distilled or purified water to the activated drop
- Transfer the liquid to a bottle with a tight lid
- For adults, fill ½ of a standard eye dropper with the solution (this is about 18 drops)
- For children, fill ¼ of a standard eye dropper with the solution (this is about 9 drops)
- Have the person lay on his side with his head aligned with the rest of his body
- If lying on a bed, you will need to use a pillow, the head should be level with the body, not up higher or lower than the neck and shoulders

- Slowly and carefully insert the eye dropper into the ear, and then gently squeeze the bulb 5 or 6 times allowing the liquid from the dropper to go in and out of the ear each time – this should be enough to get the liquid to the bottom of the ear. The goal is to get the liquid to the bottom of the ear. (Rinse the eye dropper a few times with purified water by squeezing the bulb to get the water in and out before putting it back in your bottle.)
 - Normally, especially with children, (because children often heal quicker than adults) this procedure will eliminate most pain immediately, but if not, continue with this procedure hourly until the pain is gone.
 - The pain may subside, but you must continue with this process 2 to 3 times a day until completely well (free of any infection), which should be from one day to no more than a week.
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18) GAS PROTOCOL (for ear, mouth, or other small part of body you would like to target – Video Demonstration:

<https://t.me/MMSChlorineDioxide/1042>):

- Activate 3-6 drops of sodium chlorite and Hydrochloric Acid in a clean dry shot glass
 - Immediately cover the top of the shot glass with your palm, trapping the gasses that are created
 - After 30 seconds, place the mouth of the shot glass on the area you would like to target without letting the liquid touch your skin
 - This protocol can be used for adults, children and pets – just don't let the liquid touch the skin
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19) SINUS PROTOCOL (use when a person's nose is stuffed up, and/or when he has a cold – Video Demonstration:


<https://t.me/MMSChlorineDioxide/137>):

- Activate 1 - 4 drops Sodium Chlorite and Hydrochloric Acid in a glass
 - After 20-30 seconds, add 4 oz water
 - Lay down on your back without anything propping your head up – you want your head to be flat on the bed/couch you are lying on so the drops can go back into your sinuses and kill the pathogens that are hiding out there (the breathing protocol and misting does not settle in the sinuses – it flies right past the sinuses and goes into the lungs)
 - Using a dropper, place a couple drops in one nostril – it will burn - let it burn
 - When you are ready, place a couple drops in the other nostril – again, it will burn - let it burn
 - Make sure the drops get into your sinuses - a good way to tell the drops made it to your sinuses is when you feel it in your throat
 - The idea is to allow some of the solution to drain into your sinuses and stay there for approximately 5 minutes
 - This protocol can be repeated once every couple of hours when you are having sinus issues or a nose problem
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20) BREATHING TREATMENT PROTOCOL:

- 1 OR 2 drops ACTIVATED in a glass.
 - NEVER MORE than 2 DROPS!
 - Hold the glass a few inches from your nose, you should be able to smell it from a distance. GENTLY inhale and exhale 3 times, on the fourth inhale, hold your breath for 2-3 seconds.
 - Do this every hour for 8 hours a day at the same time you do your normal Protocol 1000.
 - You will know if it's too strong for you, if it is, do ONLY 1 DROP and hold it further away from your nose.
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21) BAD BREATH (HALITOSIS) PROTOCOL:

- Put 10 ACTIVATED drops of MMS in a CLEAN, DRY GLASS.
 - Add 1 Ounce of CLEAN, PURE WATER to the glass.
 - Swish for 10-20 SECONDS ONLY and spit it out.
 - DO NOT SWALLOW! 
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22) GUM DISEASE PROTOCOL (TOOTHBRUSH, BRUSHING TEETH, GINGIVITIS, PERIODONTITIS):


- Add 4 ACTIVATED drops of MMS to a CLEAN, DRY GLASS.
- Add a 1/2 cup of water to the glass and dip your toothbrush in it.
- Gently brush your teeth, gums, gum line and your tongue as well!

- Do this 3 times a day, after your main meals!




You may also apply DMSO to the toothbrush ONCE per day for deeper penetration. Be sure to brush teeth with MMS1 only for the first 1-1 ½ minutes to clean the area. When DMSO is added, it will carry everything through the body with it and you do not want plaque, bacteria, and food particles travelling back into your body with the DMSO.

23) MOUTH WASH/ MOUTH RINSE PROTOCOL:

- Put 5 ACTIVATED Drops of MMS in a CLEAN, DRY GLASS.
- Add 4 Ounces of CLEAN, PURE WATER to the glass.
- Swish around in your mouth for ONLY 10-20 seconds and spit it out.
- DO NOT SWALLOW! 

You're going to do this 3-4 times a day until your problems dissipate.

24) BRUSHING TEETH PROTOCOL:



- Put 10 ACTIVATED Drops of MMS in a CLEAN, DRY GLASS.
 - Add 4 Ounces of CLEAN, PURE WATER to the glass.
 - Dip your toothbrush in the water or put some in your mouth and brush it in!
 - DO NOT SWALLOW! 
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25) FOOT BATH PROTOCOL:

- 30-40 drops of Sodium Chlorite AND Hydrochloric Acid ACTIVATED in every gallon of water. (60-80 Drops Total)
 - If you have it, add 10 drops of DMSO directly into the ACTIVATED water for the foot bath.
 - The water can be as hot as you want/can handle. Let your feet soak for 30-60 minutes.
 - Dry your feet with paper towels and dispose of them in the trash.
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26) BATH PROTOCOL (treats rashes, skin conditions, moles, outer fungus, pathogens on the skin, as well as being absorbed by the body – this can be counted as one of your 8 protocols for Protocol 1000 and low & slow Protocol 1000):


- Draw your bath first, get it as hot as you can handle as this will open up the pores and allow the MMS to penetrate better
- 200 drops (2 1/2 teaspoons) sodium chlorite - NO METAL
- 100 drops (1 1/4 teaspoons) hydrochloric acid - NO METAL
- Mix your drops together in a clean, dry glass for 20 seconds and add to the tub
- Soak for 20-30 minutes
- If you have DMSO, you can add a few drops to parts of your body that need healing, or just apply to your feet

 DO NOT BREATHE THIS MIXTURE! It's too strong and will not be good for you. Hold at arms length while activating 

27) BIG BAG PROTOCOL (treats rashes, skin conditions, moles, outer fungus, pathogens on the skin, etc. – this can be counted as one of your 8 protocols for Protocol 1000 and low & slow Protocol 1000 and can be done up to 3 times a day):

- Take two large garbage or recycling bags
- Tape the opening of the bags together with packing or masking tape
- Cut one of the ends off of the bag and carefully open the bag so the mouth of both bags open properly
- Strip your clothes or the area you want to use in the protocol and step inside the bag
- Use 20 drops of Sodium Chlorite in a clean dry glass and 20 drops of HCl on top of the Sodium Chlorite drops
- Place the glass in the bottom of the bag and pull the sides of the bag up around your neck/waist depending on what you are targeting
- Do not place your head inside the bag
- Stay in the bag for 5 to 10 minutes – Do not remain in bag more than 10 minutes

28) HEADACHE PROTOCOL:

- 1 activated drop MMS
 - 3/4 teaspoon DMSO
 - 1 drop clean water
 - Mix together in a small shot glass, rub on forehead and temples
 - WASH YOUR HANDS AFTER USING...DO NOT TOUCH YOUR EYES 
 - After 30-45 minutes, wipe off the area with a clean white damp cloth
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29) BELLY BUTTON PROTOCOL:

According to Mark Grenon, your belly button was your source of life for your first 9 months. So putting MMS in your belly button will get it into your system through all the nerve endings attached to that life source

- Combine 20 Activated Drops with Distilled or Purified water in a 2oz (60ml) amber bottle. After putting in the MMS1, fill the rest of the bottle with Distilled Water
 - Keep bottle REFRIGERATED UNTIL USE
 - TREATMENT PROTOCOL:
 - Soak a ¼ piece of a cotton ball in the diluted solution
 - Push the wet cotton ball very deep in the belly button
 - DO NOT Cover belly button – air is needed to avoid skin irritation
 - Dosing should be either every 30 mins or every hour
 - Listen to your body while dosing to see which dosing time your body can handle with ease
 - For each dosing time, remove the old cotton ball and replace with a newly soaked one
-

30) HEMORRHOID PROTOCOL:

- Activate 5 drops of MMS
- Add 5 drops of DMSO to MMS
- Wash your bum very well
- Soak cotton ball in mixture
- Apply cotton ball to the hemorrhoids
- Leave cotton ball in place for no longer than 2 minutes
- This protocol can be done every other day

 WARNING: This protocol may cause a burning sensation 

31) ENEMA PROTOCOL:

Notes:

- ▶ Whether you are using enemas on their own for various problems, such as bladder difficulties, or whether you are on other protocols at the same time, 5 drops of activated MMS in 1000 ml (1 liter/quart) of purified water (warm or body temperature) in the enema bag would be a good amount to start with. Increase the drops in each enema until you reach 30 drops. If at any time you feel discomfort or that the solution is too strong, cut the drops in half and work up again slowly from there to what you are comfortable with.
- ▶ Using citric acid as the activator acid can tend to burn if one goes up very high with their drops, especially past 20 drops. For enemas, 4% HCL (hydrochloric acid) is the preferred activator acid to use.
- ▶ Do not use a stainless steel enema bag. Some people consider these the very best, however, stainless steel may react chemically with MMS and therefore is not a good choice.

   Caution    :

- Never use DMSO in an enema!

- Why? The colon contains many toxins the body is flushing out. If you put DMSO in the colon, you can push some of those toxins back into the blood stream.

Step 1

- ▶ Prepare the water for your enema bag by warming 1000 ml (1 liter/quart) of distilled, reverse osmosis or water under 5 ppm to body temperature. (It is important to warm the enema bag water to body temperature, as using cool water could cause severe cramping.)
- ▶ Select the number of drops you want to use (5 drops the first time). In a clean, dry glass activate your drops and count 30 seconds. (Remember, if using citric acid, you will not want to go past 20 drops per enema. HCL 4% is the preferred activator for enemas.)
- ▶ Add the activated drops to the warm water you have prepared. Pour some of the warm water into the MMS activating glass and then pour that solution back into the container with the warm water. You now have your enema bag solution. (Be diligent to make sure all utensils used for this preparation are very clean.)

Step 2

- ▶ Fill your enema bag with the solution. For the first several enemas it is acceptable to use one half of this solution or even less in your enema bag if you are not comfortable using more. You can increase the amount of liquid a little bit each time until you are using the full amount of 1000 ml (1 liter/quart) of solution. Go at your own pace, do not make yourself excessively uncomfortable. Stop before you reach 1000 ml (1 liter/quart) if you feel uncomfortable.

Step 3

- ▶ Begin the enema. Let the water flow. Try to hold it in for 5 to 10 minutes if you can. If you cannot hold it, that is not a problem. Try holding a smaller amount, it's sometimes easier, then repeat.

Notes:

- ▶ If you start with a 5-drop solution, do that once or twice and then do a 10-drop solution, and so on.
- ▶ You can go as high as 20 to 30 drops if you work up to it, but do not continue if it causes problems.
- ▶ You can do 2 to 3 enemas a day.
- ▶ If you see improvement after doing 4 or 5 enemas, keep doing enemas until there is no further indication of improvement. But if there is no improvement after 4 or 5 enemas, do not continue with them. As I said, enemas can be a very important part of health recovery; however, I do not suggest prolonged use of enemas as they can be hard on the body. In this case, if you do not see any signs of progress after 4 or 5 enemas, do not continue. Go on to the next protocol or procedure outlined in the Health Recovery Plan.

Exception: If you are on other protocols and fighting a life-threatening disease, you can increase the drops in the enema accordingly. For example, if you are one of those people who is tolerating a larger amount of MMS1—say you are taking 9 to 12 drops or more an hour in your oral dose—then you may be able to increase the amount of MMS1 you put in your enema bag. But do not go beyond 60 drops in 1000 ml (1 liter/quart) of water per enema.

Remember, this is the exception, not the rule.

Good results have been obtained with prostate and bladder problems with enemas, as well as many other problems.

32) DOUCHE PROTOCOL:

The following instructions assume one knows how to do a douche. If not, please sufficiently educate yourself on the process before following this protocol.

Step 1

- ▶ You will need a 2 cup/500 ml douche bag. You can use a larger douche bag, but it is not necessary to use more than 2 cups/500 ml of water.
- ▶ Prepare your solution. Start out with 5 drops of MMS1 to the 2 cups/500 ml of purified, distilled or reverse osmosis water. Like the enema, 4% HCL, is the preferred activator acid to use with a douche, although citric acid 50% can be used. It is best to warm the water for the douche to body temperature.
- ▶ When doing the douche let water flow in until it starts to run out again, then close the flow. (The tube with your douche bag usually comes with a clamp for opening and closing the water flow.)
- ▶ Squeeze the pelvic/vaginal muscles to hold it in as long as possible, and then release. Repeat this process until the bag is empty.

Step 2

- ▶ If you have no adverse reactions, then increase the amount of drops of MMS1 for the next douche.
- ▶ The next time add 10 activated drops to the water you pour into the douche bag, and keep increasing up to 30 drops as long as there is no pain or problem, but do not use more than 30 drops. Increase to this amount slowly.

Adding DMSO to a Douche

- ▶ Your douche can be more effective with the use of DMSO, which can help the MMS1 penetrate deeper into the tissues. Add 3 drops of DMSO to every 1 drop of MMS1 you are using in your bag.

Caution: When adding DMSO to a douche it is important that you have a douche bag that is not made from rubber or latex (which is a refined form of rubber). There are various kinds of douche containers available, if you want to add DMSO use one that is made of plastic (including the hose), not of rubber, as the rubber may leach into the body along with DMSO.

Notes

- ▶ If you experience burning and or stinging this is usually an indication that fungus is present. In this case, I suggest doing a clay douche. Use 1 level teaspoon of clay (Aztec clay, bentonite, clay, or montmorillonite clay) in 2 cups of water for your douche. Keep the douche container well shook up for these clay douches. Do two or three clay douches a day and always “wash out” the clay (using the douche bag and clean water) after one hour. After three days you can check to see if the fungus is gone by using the same MMS solution that initially caused the burning and/or stinging. If you no longer feel stinging and/or burning, this means that the fungus is gone but further non clay douches may be needed. You can continue with your MMS douches as per the instructions in this Douche Protocol.
- ▶ In case of cancer or bad infections you can douche 4 to 5 times a day (work up to this). Be sure that the douching does not cause irritation.
- ▶ Normally, douche 1 to 4 times a day, depending on the severity of the problem. One time a day may be enough. It is up to you to determine how many times each day. Remember the rule, as long as you are improving do not stop, but don't continue if there is no benefit.
- ▶ Do your last douche of the day before bedtime for absorption and detoxing as you sleep. Remember, if after about a week you do not see any improvement, do not continue, but do continue as long as there is improvement.
- ▶ Anytime you are doing the Douche Protocol, it is always a good idea to be taking the oral protocol, either Protocol 1000 or the Low and Slow Protocol.

33) COVID-19 PROTOCOL:

- Put 6 ACTIVATED drops of MMS into a CLEAN, DRY GLASS.
- Wait for activation (should turn orange/yellow)
- Add 4 ounces of CLEAN, PURE WATER to the glass and drink it down!
- You're going to do this in the morning, at noon and in the evening. (ONLY 3 TIMES)
- You will be doing this protocol for ONLY 1-2 days.
- Start the Low and Slow Protocol or Protocol 1000 immediately after finishing the 1-2 day COVID treatment.

34) VACCINE PROTOCOL:

- Put 3 ACTIVATED drops of MMS in a CLEAN, DRY GLASS.
- Add 3 ounces of CLEAN, PURE WATER.
- Soak or pour the activated solution onto a WHITE washcloth [NO DYES].
- Ring it out so it is not dripping wet. You just want it to be somewhat wet.
- Pin point the spot where the needle (vaccine) made contact with the skin and place the WHITE washcloth on the area.
- Once the washcloth is placed on the injection site, put 4 drops of DMSO ON TOP of the washcloth.
- DMSO is going to push the MMS into the skin and tissues deeper and faster, thus making the MMS much more effective.
- YOU MUST MAKE SURE THAT YOU PLACE THE WASHCLOTH FIRST, get it situated and then put 4 drops of the DMSO ON TOP, that way it pushes the MMS deeper into that injection site.
- Let the washcloth sit for 45 minutes to 1 hour. No longer than an hour.
- Do this EVERY OTHER HOUR, 5-6 times a day for 1 week or 7 days.

35) **NATURAL LIVER CLEANSE** (Video Demonstration: <https://www.brighteon.com/da112b27-1ee0-4d1f-8146-128d9df5e367>):

Sacraments & Equipment needed:

- 100% Natural Apple Juice (you may use Malic Acid (8 oz per day) or Black Cherry juice (8 oz per day) as a substitute)
- Magnesium sulfate (AKA: Food Grade Epsom Salt)
- Cold pressed olive oil
- Fresh squeezed grapefruit juice (you may use lemon juice as a substitute)

The formula is:

- For 6 straight days, you will be drinking 1 L of natural apple juice throughout the day – note: green apples have more malic acid and work better for this flush
 - On the beginning of the 6th day, you will do the following:
 - Throughout the day, drink 1 L of apple juice until 4pm
 - At 4pm, add 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz (180 ml) water
 - At 6pm, add 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz (180 ml) water
 - At 8pm, add 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz (180 ml) water
 - At 10pm, mix 8 oz (250 ml) of cold pressed extra vergin olive oil with 8 oz (250 ml) of fresh squeezed grapefruit juice and lay on your right side for the night
 - Next morning:
 - At 6am, add 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz (180 ml) water
 - At 8am, add 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz (180 ml) water
 - Note: On this last day, your diet should not be as usual. Eat light all day, maybe some eggs and raw milk in the morning, and some vegetables in the afternoon and at night – what you want to eat are foods that the body can process quickly, not meats and heavy foods
 - For further reading on this topic, following is a link to Andreas Moritz's book:
https://smile.amazon.com/gp/product/0984595449/ref=crt_ewc_img_srh_1?ie=UTF8&psc=1&smid=ATVPDKIKX0DER
-

36) **EASY LIVER / GALLBLADDER FLUSH:**

Easiest Way to Flush the Garbage Out of Your Liver & Body Using Egg Yolks, Lime Juice and Your Favorite Organic Oils.

You have probably asked yourself over and over... why do I have to endure such unpleasant moments when flushing my liver of [Gallstones](#) and filth? Why do I want to vomit and feel nauseous the entire time? Why do I have to take time off work to do this? Why do I have to rest and be at home? Isn't there an easier way?

All questions that I asked myself constantly, until, through careful research and experimentation, I finally found the answer!

Believe it or not, you don't have to feel uncomfortable during the flush at all. There is a much easier, much more pleasant way of cleaning your liver ducts and gall bladder, and even your intestines get cleaned from this procedure.

This way is far superior and takes everything out in a matter of just hours. And if you do it for several days in a row, you will end up extremely clean inside and out and it will show!!

You will look 10 years younger and more beautiful! No need for oil and lemon juice, when you are using this method. It amazes me that this information is not posted everywhere. This is a simple and amazing way to cleanse - better yet, to really purge everything out completely. You will experience a perfectly pink tongue in just 3-4 days and your skin will begin to glow like a peach and you will get long, very shiny hair, your nails will grow rapidly and you will feel like you can lift a mountain.

This Easy Liver flush will help you get your Mojo Back! 60 will truly feel like the new 40, and 50 will feel like the new 30

indeed! 😊

Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You'll have more energy and increased sense of well-being.

This is particularly important in any disease-prevention program.

It is the job of the liver to make bile, 1 to 1½ quarts in a day! The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir.

Eating fat, protein, or citric acid, triggers the gallbladder to squeeze itself empty after about 20 minutes, so the stored bile finishes its trip down the common bile duct to the intestine.

For many persons including children, the biliary tubing is choked with gallstones. Some develop allergies or hives, but some have no symptoms. When the gallbladder is scanned or x-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, but most are also too small and not calcified, a prerequisite for visibility on x-ray.

There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The black ones are full of wheel bearing grease and motor oil, which turns to liquid in a warm place. The green ones get their color from being coated with bile. Other stones are composites—made of many smaller ones—showing that they regrouped in the bile ducts sometime after the last cleanse.

At the very center of each stone is found a clump of bacteria, according to scientists, suggesting a dead bit of parasite might have started the stone forming.

As the stones grow and become more numerous the back pressure on the liver causes it to make less bile. It is also thought to slow the flow of lymphatic fluid. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles.

With gallstones, much less cholesterol leaves the body, and cholesterol levels may rise.

Recommendation for Highly Toxic Bodies: Emptying the liver bile ducts, is the most powerful procedure that you can do to improve your body's health. But it should not be done before the parasite program, and for best results should follow the kidney cleanse.

Gallstones, being sticky, can pick up all the bacteria, viruses and parasite eggs that are passing through the liver. In this way "nests" of infection are formed, forever supplying the body with fresh parasite eggs and bacteria. No stomach infection such as ulcers or intestinal bloating, can be cured permanently without removing these gallstones from the liver.

It is recommended that we Cleanse our liver at least twice per year.

This is a very simple liver flush that you can do in a pinch. It will provide a ton of relief for Liver and Gallbladder problems...Helping you to avoid surgery and preserving your Gallbladder which is VERY important, regardless of what your doctor says.

Preparation:

You can't clean a liver with living parasites in it. You won't get many stones, and you will feel quite sick. You can use a Zapper daily, if you have one, the week before, or try to get through at least one full moon cycle (three weeks or more) of parasite-killing before attempting a liver cleanse. If you are on a Maintenance Parasite Program, you are always ready to do the liver flush.

Completing the kidney cleanse before cleansing the liver is also highly recommended. You want your kidneys, bladder and urinary tract in top working condition, so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted. **The stone breaker (Chanca Piedra) is the tool to help cleanse your kidneys.** It contains phytochemicals — or plant compounds — that can increase urine flow, kill harmful bacteria and viruses, and relieve inflammation. **You will use the stone breaker for two weeks before attempting the Easy Liver flush.**

Choose a day that is convenient for you to do the **Easy Liver Flush**. You could choose to do your first Easy Liver Flush the day before your day off, since you will be able to rest the next day if you need to. Chances are you may need to, if you have NEVER flushed your liver before.

Before You Begin Your Easy Liver Flush Will Need to:

1. [Use stone breaker \(Chanca Piedra\)](#) for at least two weeks before scheduling your Easy Liver Flush. Why? So that you will break up any large stones that can potentially get stuck in the ducts on their way out. This is especially important if you were accustomed to taking medications or drinking alcohol.
2. **Take no pills or vitamins** that you can do without; they could prevent success. Stop the Parasite Cleanse or Kidney Cleanse, (stone breaker), the day before. Even stop zapping. **You need your binder. (L-Ornithine) A little Sole in your water will work to keep your electrolytes in balance.**
3. **Wash the Limes in 5 activated drops of mms**, to get rid of any bacteria and add a couple drops of hydrochloric acid to the oil bottle and shake to get rid of PBC (polychlorinated biphenyls), industrial products or chemicals and the deadly Benzene.
4. **Eat a no-fat breakfast and lunch** on the day you plan to do your Easy Liver Flush. Avoid dairy and milk too. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones. Limit the amount you eat to the minimum you can get by on that day. You will get more stones. The earlier you stop eating the better your results will be, too. **In fact, stopping fat and protein the night before gets even better results.** Finish eating at least 3 hours before you are set to begin the Easy Liver Flush.

VERY IMPORTANT!!

Do not eat or drink 3 HOURS BEFORE you begin the Easy Liver Flush. If you break this rule, you could get less than the desired results.

The Game Changer L-Ornithine Binder (Always use this binder when you do any liver flush)	You can use twice the recommended amount at bedtime . Don't skip this as you need the extra binding support as L- Ornithine enhances liver function and helps bind and detoxify harmful substances like ammonia. L- Ornithine can lower circulating ammonia that those dying parasites let off during a detox. L-ornithine is a central part of the urea cycle, helping to support L-arginine production and metabolic function.
Epsom Salts	You will use the tablespoon of Epsom salts just before going to lie down.

This is What You'll Do Exactly

1. Buy 24 organic limes, but even the non-organic ones work perfectly! Do NOT substitute lemons for limes. You must use limes to get optimal results.
2. Buy a large carton of organic, omega-3 eggs, free-range preferably!
3. Buy a bottle of either organic Castor Oil, Olive Oil or Coconut oil - cold pressed. Your favorite organic, cold pressed oil will do. You'll get a different result based on what oil you use. So, you could really experiment with different oils to see what your body eliminates each time.

Olive oil allows your liver and gallbladder, if you still have a gallbladder, to give up stones. If you get stones out the first time, it's a good idea to do at least one more olive oil flush, to see if there's more stones.

4. Get yourself 1 tablespoon of Epsom Salts
5. [Wormwood/Black Walnut Hull tincture](#), any strength 10 to 20 drops, to kill parasites coming from the liver.
6. When you get home, leave the eggs you'll use, out on your counter, do not put them in the refrigerator! Or take them out overnight. They must be room-temperature by the next day!

7. Either do this in the morning, before you eat or drink anything, or in the evening, but if you ate, wait 3 hours after your meal. Avoid eating fatty foods before doing this.
8. Take 3-6 limes and roll them with your palm on your kitchen counter – with some force, to soften them up. Then squeeze them into a porcelain cup. A glass works great too.
9. Take 3-4 eggs, crack them and drain the egg whites, leaving only the yolk
10. Place the 3-4 yolks in the cup of lime juice.
11. Using a wooden utensil (or any utensil except for metal), gently beat the mixture only a couple of times. Simply a couple of stirs are sufficient to get the juice and yolks to mix.
12. Then pour 5-6 tablespoon (do not use metal utensils) of Castor Oil, Olive Oil, Coconut oil, or your favorite organic oil into the mix. Any organic oils will work just as well; especially beneficial is organic, cold-pressed peanut oil also!
13. Mix a couple of more times, sip and enjoy! The drink is delicious, safe, healthy and most importantly – with a cleansing potency beyond belief!!!
14. You may feel the urge to sleep almost immediately after your first dose, so you may want to drink this potion right before bedtime, instead of in the morning or you can begin drinking it on your day off. Most importantly, be sure that you have not eaten or drank anything 3 hours before taking it.
15. Make sure to take the 1 tablespoon of Epsom Salts before going to bed. This will help your biliary tubes dilate, to pass any stones that you did not break up.
16. Lay on your right side. When you wake up from your nap, after 2-3 hours or so have elapsed, you will feel like you have 10 horse powers instead of 1 human power. The energy you will acquire from this is instant and permanent.
17. Your nose will feel clogged. This is because your liver has just purged an incredible amount of toxins and dirt into your intestine. Even if there is nothing blocking your nose cavity, your nose will feel clogged. For those who have done [Liver Flushes](#) before, you will know what I am talking about. This is the very feeling of stones and gunk leaving the liver and entering the intestine. Your nose corresponds to your Liver...Did you know this? (smile)
18. Finally, if you have an enema kit, you need to use warm water to clean out your intestines, and it is imperative that you use 2 full enemas with warm water, to draw the gunk out from the top of the small intestine to the lower one and then out.
19. **You can set aside a week** to try the different oils or you can just do one flush with a different oil, every other weekend. Or you can just do one oil each week until you tried them all. Unbelievable things will come out of you, sometimes green stones, sometimes plaque, sometimes worms and parasites and sometimes just black, black, black filthy water.

You will be literally wowed at the results after the first day and double-wowed of the results after the 2, 3, 4th time you try this flush. By the end of the flush, you will feel like you can take over the world!

Yes, the feeling is incredible!

If you feel uncomfortable using an enema, stones, gunk, mucoid plaque, worms, [parasites](#) and eggs can still come out, but not at full-capacity as when you flush with an enema, because everything tends to dry out once it reaches the large intestine, if there isn't anything to dilute it and take it out.

You should use a MMS enema, but if you prefer a different type, that's fine. Intestinal walls tend to suck the water out of everything, so use an enema if you want the full 100% beneficial results.

This could be your little secret. :) When your co-workers and friends see you get strikingly radiant, thinner, younger, and full-of-energy, they don't have to know! Unless you would be kind enough to tell them how they can also achieve these incredible results in just a few days!

One other wonderful thing about this flush, is that all your kids and grandkids who can eat food, can use it to clean out all that GMO garbage that is making them sick and filled with allergies. It is not AGE specific. Just change the dose according to preference.

Remember that you can switch the oils you use. Each oil will allow your body to let go of diverse types of gunk. Try it and see. Document it with pictures and share with me.

CONGRATULATIONS!

You have taken out your gallstones and liver stones without surgery! I like to think I have perfected this recipe, but I certainly cannot take credit for its origin!

How well did you do?

Use a strainer to get the stones. A flashlight will help you look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol and automotive grease inside. Count them all roughly, whether tan or green.

You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently.

The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two-week intervals.

Never do a Liver Cleanse when you are feeling ill. NEVER do this Easy Liver Flush if you are in pain. Use the stone breaker to break up large stones that are causing pain before attempting this flush.

REMEMBER TO DRINK LOTS OF WATER.

Take the necessary precautions if you are on fluid restrictions.

Try for at least half your body weight in ounces per day. If you are using binders, try for at least your body weight in ounces per day.

37) PET / ANIMAL PROTOCOL FOR MOST AILMENTS:

- 2 activated drops in 4 ounces of distilled water
 - Mix that activated water with 2 tablespoons of bone broth or beef broth (for cats use tuna fish or wet cat food)
 - Do this 3 times a day for two weeks and if you don't see results at that dose, increase to 8 times a day until you see the problems go away!
-