

Instructions for using MMS:

WARNING:

- ❖ **NEVER USE FULL STRENGTH MMS.**
- ❖ **Keep in safe place away from children.**
- ❖ **Keep out of direct sunlight.**
- ❖ **Wash spills with water or from skin or eyes.**
- ❖ **Always use with 10% citric acid solution. Always 1 part MMS/5 parts Citric Acid ratio.**



1) Prepare the 10% citric acid solution.

- a) Mix (one) 1 level tablespoon of citric acid crystal with (nine) 9 level tablespoons of distilled water.
- b) Mix them and add the content to the blue Citric Acid 10% Solution bottle.
- c) The blue bottle will be full if you have measured correctly.

2) Prepare the drink: In order to prepare the Miracle Mineral Solution for consumption you need to have a glass or porcelain cup and use it to combine 5 parts (5 drops) of 10% citric acid to 1 part (1 drop) of the 28% MMS sodium chlorite solution. Each time you prepare the mixture wait three minutes for the chemistry to fully work, then fill the cup with water and drink immediately. Around day 6 the taste gets very unpleasant so switch to a juice.

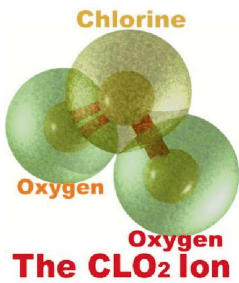
- a) 1 part MMS to 5 parts Citric Acid. Wait 5 minutes.
 - b) Add water (or pineapple, grape or apple juice WITHOUT added vitamin C.)
 - c) Water is best until you get to higher doses when juice masks the chlorine flavor.
- 3) Daily:** each day you are going to increase the number of drops you take by one drop MMS per day until day 15. Then maintain 15 drops. On one of these days you might start to feel a little nauseous. That is because the pathogens are being killed and the detox is heavy. So, back off the next day decreasing the dose by one or two drops. This gives the immune system time to strengthen and handle the detox but **KEEP TAKING THE MMS** until you reach 15 drops per day.
- a) The first day take 1 drop with 5 drops of 10% citric acid solution. Swirl. Wait 3 minutes add water and drink.
 - b) The second day you are going to take 2 drops and 10 drops of 10% citric acid solution. Swirl. Wait 3 minutes add water and drink.
 - c) The third day you are going to take 3 drops and 15 drops of 10% citric acid solution. Swirl. Wait 3 minutes add water and drink.
 - d) And so on till day 15.
 - e) Take the dose at the same time each day before going to bed.
- 4) No Nausea = no more to detox.**
- a) Mild nausea will occur within 10 minutes of taking. Sometimes slight dizziness. Back off one or two drops and slowly build up the dosage as in section 3 above.
- 5) In severe conditions:**
- a) Take two doses per day 1 hour apart. The sodium chlorite is steadily released into the blood after you take a dose. But the concentration is effective during the first hour.
- 6) Maintenance:**
- a) If the symptoms have disappeared then continue with a maintenance dose of 6 drops 3 times a week.
 - b) Or, for older people with compromised immune system use 4 drops daily.
- 7) Children and pets**
- a) Start with 1 drop MMS increased to max 3 drops MMS per 25 lb body weight.

Please tell your friends, be sure to have them go to www.benedickhoward.com/MMS to order and have the unlimited teleconference support.

- ❖ Teleconference details: Sunday teleconference reminder
- ❖ Time: 7:30pm California time, 4:30 pm Hawaii, 10:30PM (EST)
- ❖ Conference Dial-In: (218) 486-1300
- ❖ Conference Bridge: 994180
- ❖ RSVP before Saturday PM by email or 808-345-4422 if you are 100% committed to attend.

Blessings

Benedick Howard
SCENAR and MMS Consultant
808-345-4422



How does MMS work?

From Jim Humbles ebook "The miracle Mineral Supplement of the 21st Century."
[Purchase](#) products. Always get the MMS with Acetic acid

Chapter 3 Pages 7 - 8

"The red blood cells that normally carry oxygen throughout the body have no mechanism to differentiate between chlorine dioxide and oxygen. Thus in the walls of the stomach where the blood picks up nutrients of various kinds, when a chlorine dioxide ion touches a red blood cell it is accepted. If there happens to be a malaria parasite present it will be destroyed and, the chlorine dioxide will be destroyed as well. If there are no parasites present, the chlorine dioxide will be carried by the red blood cell to some point in the body where oxygen would normally be used to oxidize poisons and other bad things, and there the chlorine dioxide is released. The chlorine dioxide has over a hundred times more energy to do the same thing that the oxygen would do but it still won't hurt any healthy cells, more than likely because the immune system has the chlorine dioxide under control.

This is the point where I like to compare the chlorine dioxide ion to a good Tasmanian devil and the disease germs are the bad Terrorists. The Tasmanian devil is a small fellow, but is known for how ferocious he is. The red blood cell is the bus that carries oxygen, and the conductor doesn't care, he will also carry the Tasmanian devil. Taz, the chlorine dioxide, is let off by the red blood cell at approximately the same spot that oxygen would normally be let off. The terrorists are not even worried. They can handle Mr. Oxygen. But this time there is a surprise. The guy that gets off the bus is ferocious. He's much worse than the oxygen that normally gets off. He jumps out and kills every single terrorist that is present that is harmful to the body. So when the red blood cell bus arrives, MEET TAZ.

If the chlorine dioxide does not hit anything that can set it off, it will begin to deteriorate and thus gain an electron or two. This may allow it to combine with other substances creating a very important substance that the immune system utilizes to make hypochlorous acid. Hypochlorous acid is probably the most important acid of the immune system. It kills pathogens, killer cells, even cancerous cells with this acid. When the body has a deficiency in the important substance, from which the immune system creates the hypochlorous acid, it is called myeloperoxidase deficiency. Many people are afflicted with this deficiency and the deficiency may increase during diseased situations, because the immune system needs a great deal more of this acid when a disease is present.

There are some suppositions here. In any case we definitely know that chlorine dioxide is made in the body from sodium chlorite and it then kills the hell out of diseases. There is one other function that the chlorine dioxide does in the body. It tends to neutralize poisons.

Almost all substances that are poisonous to the body are, to some extent, acetic in nature or below the neutrality of the body. The chlorine dioxide will neutralize many of these poisons. We believe that can be the only explanation why a malaria patient often goes from totally sick to totally well in less than four hours. The poisons that malaria generates are neutralized by the chlorine dioxide at the same time the parasites are killed. I dosed a dog that was bitten by a rattlesnake. I gave him a drink of the solution every 2 hour. The dog seemed to know it would help him and he drank it right down each time I gave it to him. He was okay in a few hours, which would indicate that the poison was probably neutralized by the chlorine dioxide."

Chapter 9 pages 10-11

"The Chlorine Dioxide ion retains its ability to destroy pathogens, diseased cells, poisonous substances, and other harmful items for only about 30 minutes. It really begins to lose its energy within seconds of being released from the Sodium Chlorite, but it usually can do its job for up to 30 minutes. By the end of an hour or so, it has deteriorated to the point that it will no longer destroy pathogens but it can still combine with various other chemicals. Okay, so maybe I was over enthusiastic in saying vast amounts of energy as it doesn't sound very scientific. So let's just say, chlorine dioxide begins to deteriorate almost immediately until it is no longer chlorine dioxide. It separates into its constituents of chlorine and oxygen and energy and nothing else. The chlorine and oxygen under this condition have lost their charge and thus are not active.

As the chlorine dioxide continues to deteriorate, so does the sodium chlorite. The deterioration of the sodium chlorite is at approximately the same speed as the deterioration of the chlorine dioxide. Do you see? More chlorine dioxide is being generated by the sodium chlorite all the time. Thus as the chlorine dioxide is consumed by killing pathogens or by simple deterioration it is replaced by the continued deterioration of the sodium chlorite.

The chlorine in sodium chlorite either combines with helpful chemicals that the immune system can use or it becomes a chloride which means it becomes a tiny part of a tiny amount of table salt.

Not enough to even record. The deterioration of chlorine dioxide in the human body leaves absolutely nothing behind. The action of destroying any pathogen or other harmful item in the body leaves nothing behind but dead pathogens, and again a chloride and oxygen that can only become a part of the water of the body."