

Eating and Drinking During Dosing Hours

During chlorine dioxide (CLO₂) dosing hours, the amount of food you eat should be limited to snacks, and drinks and not full meals. The more you eat, the longer food will be in your stomach. That is why snacks are recommended.

Don't eat foods that require long periods of time to digest. Fruits can digest quickly. (Low antioxidant)

Foods and drinks high in antioxidants should not be taken, because those will reduce CLO₂ content. When there is food in your stomach, CLO₂ may be used up trying to oxidize them instead of killing pathogens and removing poisons.

If you begin eating 20 minutes after a dose and finish at 30 minutes, that gives you a 10 minute time period to consume a low-antioxidant snack and liquid.

One hour after the last dose of the day, you can eat anything and as much as you like, and take supplements.

Antioxidants can reduce or eliminate chlorine dioxide (CLO₂) if they are active in your body during dosing hours.

You can eat and drink whatever you want during dosing days, but know that CLO₂ may not work for you. You will have to decide which is more important for you; getting well or following your usual eating and drinking habits.

You may want to consider fasting during dosing hours as fasting alone has health benefits.

Should your stomach be empty when ingesting CDS and MMS1?

If you are ingesting CDS, then a completely empty stomach may be best. But, MMS1 needs stomach acid to activate residual MMS (SCS) that was not activated in 30 seconds externally.

So, a small amount of food in your stomach should cause more stomach acid to be released, allowing for more MMS activation. Be sure the food is low in antioxidants.

CLO₂ stays effective in the body for about one hour, which is why we normally dose hourly.

How much time to wait before starting a daily CLO₂ protocol varies on what you ate earlier, and how much food and drink you ingested, plus meds and supplements.

As you probably know, when following a CLO₂ protocol, eating your normal full meals is a no-no. Only snacks with low antioxidants will allow CLO₂ to try to do its job of healing you.

Also, no coffee during the day as coffee can kill CLO₂. Coffee stays active in a body for hours.

Ivermectin has a half-life of 18 hours, so wait 2 days after your last dose of IVM before starting CLO₂ dosing. For other meds and supplements, research those to determine how much time separation would be needed for CLO₂ to work for you.

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