

Chlorine Dioxide Dosing vs Foods, Liquids, Meds & Supplements

When ingesting CDS, it would be best not to have any food in your stomach, which can weaken or destroy chlorine dioxide (CLO₂). If your stomach is empty when you ingest CDS, you can eat small amounts of food and drink liquids (low in antioxidants and short-lived) about 15 minutes later.

MMS1 (30 second activated MMS) is very different from CDS because of the high amount of residual Sodium Chlorite Solution (SCS) that is not yet activated. Stomach acid is needed for that, and if your stomach is empty there is probably not much acid in your stomach to activate the SCS. So, a very small amount of food in your stomach before you ingest a MMS1 dose could cause more stomach acid to become available. Same applies to MMS.

Regarding the claimed one or two hour separation between taking oxidizers and antioxidants, that might work for some antioxidants, but not all. You will have to research all the antioxidants you plan on taking the same day as taking chlorine dioxide. Find out how long the antioxidant is effective.

And, don't forget that eating your normal full meals is not recommended during dosing hours. See eating recommendations on page two.

Taking more than one remedy per day will likely result with less than a possible favorable outcome.

Chlorine dioxide (CLO₂) lasts about one hour in the human body. If you wait to take other remedies, starting one hour after your last CLO₂ dose of the day, that usually works. That includes supplements and medications.

Ingesting coffee, tea, or Vitamin-C first thing in the morning and then waiting 1 or 2 hours to start CLO₂ dosing, will probably not work. Caffeine half-life is 6 hours! ►NO COFFEE or TEA◄ before or during CLO₂ dosing hours! If you drink caffeine, you will be wasting your time.

If you take Ivermectin, which has a half-life of 18 hours, you should wait two days after the last IVM dose before beginning to dose CLO₂ hourly.

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) Meats take a very long time to digest, so only eat meat starting one hour after your last CLO₂ dose of the day. 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. If taking Ivermectin, see page one for details.

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 or tea during the day as they can kill CLO₂. Caffeine stays active in a body for hours.

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