

Hello everyone. I've been taking mms for about 3 and a half years now and have developed my own way of preparing it that I believe is less irritating to the stomach (less nauseating) and at the same time, more potent. I think you'll see why I believe this is true as you read on. I'm going to call this mixture: **7 Day Fridge MMS**

The reason why I believe that this new method of preparation is less nauseating is because over the course of my 3.5 years of taking mms, there were 2 occasions when I took 3 drops off mms without activating it and both times I very quickly became sick to my stomach to the point of vomiting within about 15 to 20 minutes of ingesting the "raw" mms. Why did I do it to begin with you ask? Well one time I was so sick I couldn't even really think straight and so I, in this deluded state, thought, "I'll just let the acid in my stomach do the activating". Wrong thing to do (for me anyway). The other time was when I put about 3 drops in a water dispenser that has a spigot on the downhill slope of one end (I did it to keep the water more pure and keep the bacteria and fungus from growing in the container). Evidently, those 3 little drops went straight to the bottom (as we know, mms is heavier than water) and then rolled downhill to the spigot – awaiting me to unsuspectingly pour myself a glass of water. Baam! Sick and throwing up again. So, the moral of the story, for me anyway, is raw mms makes me throw up. But as we all know, in scientific experimentation, sometimes mistakes are for the good, if we can learn from them.

Now as those of us who have made cds know, it actually takes a long time to come to the end of the reaction process. For example, I would combine the mms and 50% citric acid and place the container in the very hot water and it would continue producing chlorine dioxide for at least 30 to 45 minutes and every time I would go and swirl the mixture to mix it, it would push out more chlorine dioxide through the tube and into the receiving bottle. So, through that exercise, we who have done it know that it takes far more time than 30 seconds to fully activate the raw mms. And as I have demonstrated by my own experience of ingesting raw mms, it can make you nauseous.

So because of these experiences I've had in getting sick by ingesting raw mms and knowing how long it takes to fully activate the raw mms, I believe that the main reason for people feeling nauseated is because they are ingesting a fair amount of the raw mms. It's not the chlorine dioxide that causes nausea, again as we now know because of all of our experience now with cds, which, as far as I know, hasn't made anyone feel sick and that's one of the reasons why people like it so much.

So here's the way that I now make my mms doses that seems to work great (and if anyone can tell me why this really isn't a good way, please by all means, do let me know because I'm all about making things better and better and that's the only reason why I'm sharing this info with everyone here – we are all learning by our experiences). By the way – How do you get good judgment? Experience. How do you get experience? Bad judgment. Hahaha. So we are all learning through all this. Also, by the way, it is possible that for some reason it's good to have a little raw mms in the mixture when we drink it – maybe it fights disease in some way, if that's true and you know about it, please inform me and others, and that information might nullify what I'm suggesting here.

So, what I do is make up 7 days of mms doses at one time. I do this the evening before and leave the mix in the refrigerator overnight before I start taking it the next day. I mix 168 drops (which for me equaled 12.5ml) (that's 7 days worth of 24 drops a day) of both mms and 50% citric acid. To this mix I add 84 drops of very hot water to do two things; help the reaction process and to give more water for the chlorine dioxide to absorb into (the chlorine dioxide needs someplace to go

otherwise it will just go into the air). I then stir this mix by swirling it continuously for 1 minute. After 1 minute, I add enough water to bring the entire amount of liquid to 140ml.

So that was:

12.5ml mms + 12.5ml 50% citric acid + 7ml of hot water mixed for 1 minute.

Then add 108ml of water.

(This will equal 140ml of finished mixture to be put in the fridge overnight) (of which you will use 20ml per day for 7 days)

Or, for those of us who are still not on the metric system:

.4227 fluid oz mms + .4227 fluid oz 50% citric acid + .2113 fluid oz hot water mixed for 1 minute.

Then add 3.6519 fluid oz of water.

(This will equal 4.7086 oz of finished mixture to be put in the fridge overnight)(of which you will use .6727 oz per day for 7 days) (*Metric is soooo much easier to work with ☺*)

I then screw on an airtight cap and put the mixture in the fridge overnight. The next morning, I pour out 20ml of the mms/citric acid mixture and add 780ml of a sweat tea that I like. Then when I drink it every hour throughout the day, I pour out 100ml of the mms/tea mixture into a glass and then add about another 120ml of water to that and drink. No bad taste at all and no nausea ☺.

The main reasons why I think that this is a better way of making the mms is because it gives more time for the raw mms to get activated which also gives more time for the chlorine dioxide gas to be generated and then stored in the liquid, giving a higher chlorine dioxide concentration in the end. I think that as the days go by the final mixture (on day 7) will contain more chlorine dioxide than on the first day. I haven't verified this with test strips but it only makes sense. I'm sure the whole formula could be tweaked to make it even better (maybe less water for absorption for example, or more?) By the way, as of this date, I've increased my serving amount to 4.375 drops per hour, 8 hours a day, and I still don't have any nausea at all, nor diarrhea which is great! ☺

Another good thing about this way of making mms is that a whole week is done at one time and so all you have to do each day is pour out your 20ml of the mixture and add it to whatever you are going to drink it in. Or if you like you can just take out 2.5ml from the bottle each time and add that to your drink. Got a cut on your finger? Just take out a drop of this and disinfect it. Want to make up a mix to brush your teeth with or use as underarm deodorant (like I do ☺). Just pour out 20ml and then add 780ml of water to it and then throw in 1/8 teaspoon of baking soda to neutralize the citric acid. Works great!

I've taken some pictures and attached them below so you can see how I'm doing it too. I'm also making this into a pdf so that I can put some labels on the pictures, otherwise I don't know how else to do it well.

Thanks for your time in reading all this. I sincerely hope it can help us all to have healthier and happier lives.

May you all be well,

Scott

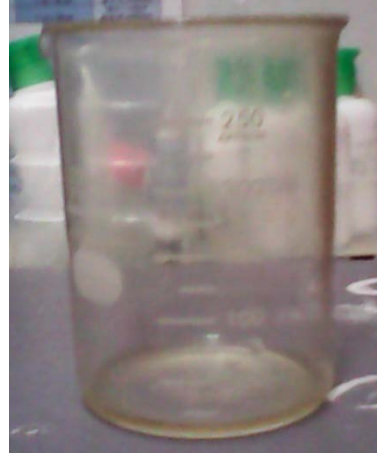
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Here's my "equipment" ☺:

70ml dropper bottles that I keep smaller amounts of mms and citric acid in (I bought in bulk)



10ml Graduated Cylinder, 100ml and 250ml Beakers



Glass bottle with airtight seal cap that I mix the 12.5ml of mms, 12.5ml of 50% citric acid and the 7ml of water in. Then I add the 108ml of water and seal with the cap to put in fridge overnight.
Notice the black lines indicating 20ml increments and the silicon seal on the cap.



20ml poured into 100ml beaker to be added to the tea to make my daily 8 servings of 3 drops per hour.



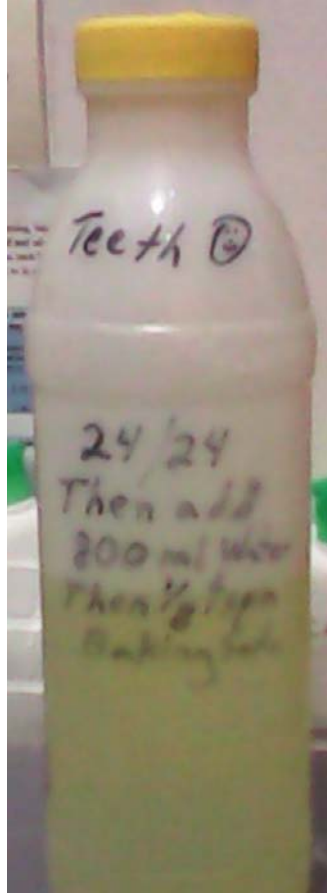
The tea that I use (Tehbotol Less Sugar by Sosro: Water, Extract of Jasmine Tea & Water)
I just mix the above 20ml with the tea in the bottle with the yellow cap below (800ml total)



Then I simply pour out 100ml from the bottle with the yellow cap and then add another 140 or so of water to make my hourly drink. Down the hatch! (Very good taste 😊 😊)



And last but certainly not least, my teeth brushing/underarm BO Mix 😊



Such a versatile product Jim has given us.

Thanks Jim. Love You!



Thank you for your courage

You're the greatest!