

# Contents

<b>Acknowledgments.....</b>	<b>VII</b>
<b>Preface.....</b>	<b>XV</b>
<b>Introduction.....</b>	<b>1</b>
<b>Chapter 1 - Getting Started.....</b>	<b>5</b>
Definition of Terms.....	5
Clarification.....	8
Measurements Used in This Book.....	10
CDS and CDH.....	12
Is it Safe to Take MMS?.....	12
What MMS is Not.....	13
Understanding Oxidation .....	15
Oxidation.....	15
MMS and Oxidation.....	15
Other Oxidizing Processes.....	16
A Word to the Wise.....	17
<b>Chapter 2 - Safety Precautions.....</b>	<b>19</b>
MMS/MMS1.....	19
Calcium Hypochlorite (MMS2).....	22
Citric Acid/Hydrochloric Acid (HCl).....	24
DMSO.....	25
<b>Chapter 3 - MMS Basic Essentials.....</b>	<b>29</b>
Activating MMS .....	30
Citric Acid and Hydrochloric Acid (HCl).....	30
Some Alternative Acids.....	30
Mixing a Basic Dose of MMS1.....	32
Hourly Doses.....	34
The Importance of Consecutive Doses.....	35
Daily Dose Bottle.....	36
How to Test That Your MMS is Good.....	39
Water—The Ideal Liquid for Mixing an MMS1 Dose....	41
Taste Factor/How to Improve the Taste of MMS1 .....	42
MMS1 in a Capsule (to Eliminate Taste) .....	45
Simply Can't Take One More Drop .....	47

Storing MMS.....	49
Feeling Sick.....	50
Pregnant Women and MMS.....	50
Eating While On MMS Protocols.....	51
Nutritional Supplements and the HRP.....	53
Food and Drink to Avoid When on an MMS Protocol...	56
<b>Chapter 4 - DMSO (Dimethyl Sulfoxide).....</b>	<b>57</b>
DMSO—Where and What to Buy.....	58
DMSO—Allergy Test.....	59
DMSO—Safety Precautions.....	60
<b>Chapter 5 - Health Recovery Plan (HRP).....</b>	<b>63</b>
Background.....	63
How it Works.....	63
Overview of Key Protocols/Health Recovery Plan.....	64
Fundamental Principles.....	66
Line-up of Protocols for the Health Recovery Plan.....	67
Exception to the Rule.....	70
Supporting Protocols—When to Add Them.....	71
A Word on the Additional Protocols.....	72
Two Fundamental Health Procedures for the HRP.....	73
1. Brushing Your Teeth.....	73
2. Spraying Your Skin.....	76
<b>Chapter 6 - The Key Protocols.....</b>	<b>79</b>
Starting Procedure.....	79
Three Golden Rules of MMS.....	83
Protocol 1000.....	84
Protocol 1000 Plus .....	87
Protocol 2000.....	89
Protocol 3000.....	95
Mold/Fungus Protocol.....	99
An Important Review .....	108
<b>Chapter 7 - HRP and Various Diseases.....</b>	<b>109</b>
Using the HRP in Conjunction with Supporting Protocols for Various Diseases.....	109
Diseases Generally Considered Incurable.....	117

<b>Chapter 8 - Reality Check.....</b>	<b>121</b>
Reasons Why You May Not Be Having Complete Success with MMS.....	121
<b>Chapter 9 - Supporting Protocols.....</b>	<b>131</b>
Cough Protocol.....	131
MMS1/DMSO Patch Protocol.....	135
Eyes, Ears and Nose Protocols.....	136
Bath and Foot Bath Protocol.....	142
Enema Protocol.....	148
Colonics.....	152
Douche Protocol .....	153
MMS Bag Protocol.....	156
Lung Protocol (The Cup).....	159
<b>Chapter 10 - Indian Herb – The Ultimate Health Recovery Effort.....</b>	<b>165</b>
Black Salve.....	167
<b>Chapter 11 - Additional Protocols.....</b>	<b>169</b>
Protocol 6 and 6.....	169
Protocol 4000.....	171
Vaccine Procedure.....	173
Malaria Protocol.....	180
Additional Actions/Basic Malaria Dose.....	182
Helping the Masses Recover from Malaria.....	185
Microscope.....	185
Weaker than Normal Strains of Malaria.....	187
Stronger than Normal Strains of Malaria.....	188
Children (and Malaria).....	189
Chikungunya and Dengue Fever.....	190
Ebola Virus.....	195
Zika Virus.....	195
Mosquito Bites.....	196
MRSA Protocol.....	196
Daily MMS1 Maintenance Dose.....	200
<b>Chapter 12 - Emergency Protocols .....</b>	<b>203</b>
Stings and Bites.....	204

Scorpion Stings.....	204
Bee and Wasp Stings.....	206
Spider Bites.....	210
Brown Recluse Protocol.....	213
Black Widow Protocol.....	217
Snake Bite Protocol.....	219
Food Poisoning Protocol.....	223
Concussion Protocol.....	226
Stroke Protocol.....	227
Heart Attack Protocol.....	236
Burn Protocol.....	245
One Week to Live Protocol.....	249
<b>Chapter 13 - Adjusting Dosages for Children.....</b>	<b>255</b>
A Word to Parents.....	255
Starting Procedure for Children.....	256
Protocol 1000 for Children.....	257
Protocol 1000 Plus for Children.....	258
Protocol 2000 for Children.....	258
Protocol 3000 for Children.....	260
Protocol 6 and 6 for Children.....	264
Patch Protocol for Babies, Children and People with Sensitive Skin.....	265
Daily MMS1 Maintenance Dose for Children.....	266
How to Adjust Supporting and Additional Protocols for Children.....	266
<b>Chapter 14 - Additional Important Information...273</b>	
Biofilms.....	273
MMS2—Details.....	274
Testing if Liquids are Compatible with MMS1.....	278
Pain Relief.....	282
Parasites.....	283
Water Purification with MMS.....	287
<b>Chapter 15 - Animals.....289</b>	
Protocol for Animals.....	289
Oral Dosage of MMS for an Animal.....	290

MMS Health Recovery Guidebook

General Malaise/Sickness.....291  
If the Animal Has Been Diagnosed.....292  
Calculating Doses/Explanation of Measurements...293  
Protocol for Animals Legend.....294  
Explanation of How to Use the Dosage Charts.....294  
Animal Protocol Dosage Charts.....300  
Drinking Water.....302  
Protocol 3000.....303  
Eyes.....303  
Mouth and Teeth.....303  
Skin Problems.....304  
Supporting and Additional Protocols.....304  
Three Golden Rules for Animals.....305  
**In Conclusion.....306**  
**Appendix A - CDS/CDH.....307**  
**Appendix B - Genesis II Church.....313**  
**Appendix C - Acid-Alkaline Diet.....315**  
**Links of Interest.....319**  
**About the Author.....325**