

Introduction

This book is a guide for the use of one of the most amazing health-giving mineral solutions of our time, the **Master Mineral Solution**, or MMS for short. It is produced when a simple substance taken from a mineral is mixed with any one of several food grade acids. When the two are properly combined, it produces MMS1, which is highly effective in eliminating toxins and disease pathogens in the body.

In 1996, while on a gold mining expedition in South America, I discovered that MMS quickly restored health to victims of malaria. Since that time, it has proven to restore partial or full health to hundreds of thousands of people suffering from a wide range of diseases, including cancer, diabetes, hepatitis A, B, C, Lyme disease, MRSA, multiple sclerosis, Parkinson's, Alzheimer's, HIV/AIDS, malaria, autism, infections of all kinds, arthritis, acid reflux, kidney or liver disease, aches and pains, allergies, urinary tract infections, digestive problems, high blood pressure, obesity, parasites, tumors and cysts, depression, sinus problems, eye disease, ear infections, dengue fever, skin problems, dental issues, problems with prostate (high PSA), erectile dysfunction, and many others. The MMS protocols in this book have also been used to overcome addictions to alcohol and drugs, such as heroin and others, without side effects, and the list goes on. This is by far not a comprehensive list. I know it sounds too good to be true, but according to the results we have seen from around the world, I think it's safe to say when used properly, MMS has the potential to overcome most diseases known to mankind.

The health recovery procedures given in this book are the result of 20 years of teaching people how to use MMS to recover their health. Scores of people worldwide have used and applied the principles outlined in my first books, or taught in seminars. As a result, over the years I have received a great deal of feedback, much of which has contributed to this book. The successes, even in the beginning, were far beyond anything I had ever heard of. However, what we have achieved along the way has helped us arrive at something so fantastic that very few can believe it at first, but those who try it soon discover it for themselves.

The key is to **use MMS properly**. I want to point out that prior to this time, various malady lists have circulated with advice given on how to use the MMS protocols for any one of many specific illnesses. The information on these various lists is inadequate, outdated, and sometimes wrong.

Through my years of experience, I have come to the conclusion that with MMS, there is in fact, as I sometimes say, only one MMS protocol. That protocol is the **Health Recovery Plan (HRP)** as given in this book. **This is a milestone discovery and a new concept for the use of MMS.** I have come to realize that if the 50 odd protocols outlined in this book are put together correctly and used in the proper sequence, the best results will be achieved. This is not to say that one needs to use **all** of the protocols in this book. The Health Recovery Plan (see *Chapter 5*) explains the steps and proper sequence to follow to recover health—**and this applies to virtually all illness and disease.** MMS is not black or white. But if you will learn and apply the principles I have outlined in the HRP, I am confident that you have a good possibility to recover your health. No matter what your problem is, get going with the Health Recovery Plan. If you follow these guidelines, and pay close attention to the signals your body is giving you, health recovery is possible.

Something of significant importance in this book is the list of the Three Golden Rules of MMS (see pages 66, 83, 84, 130). These rules are absolutely essential to the Health Recovery Plan, and I might add, these same rules can be applied to any other health recovery program that one might try. **The Health Recovery Plan, along with the Three Golden Rules of MMS, are new concepts in the MMS world which everyone should pay close attention to.**

I want to clarify a very important point. Many people naturally say "MMS cures" this or that. I've made this same statement myself from time to time in certain situations, when put on the spot, or when the words were put in my mouth, or as a matter of going with the flow of terminology that others use. In our speech and in our global society, we often blur the lines with words and their meanings. But for the record, I want to clarify here, **MMS does not cure disease. MMS kills pathogens and destroys (oxidizes) poisons.** When pathogens and poisons in the body are reduced or eliminated, then the body can function properly, and thereby heal. I often say, "The body heals the body". MMS helps to line things up so the body can do just that.

If you decide to put into practice what this book teaches, then I expect to hear of your health recovery. I would appreciate, (and mankind would too) hearing your testimony when you have recovered. Please share your experience so others can benefit as well. Go to:

<http://mmstestimonials.is>