

## **Preface**

Since the discovery of the Master Mineral Solution, the awareness of MMS has continued to grow throughout the world. There is a very simple reason for this: Health is a very precious asset. More and more people have discovered that MMS can be the solution to a health problem when nothing else has worked. It should therefore be no surprise that people who have had positive results with MMS share their story with their friends, family and even publically. So, the word gets around.

Unfortunately there is much misinformation floating around regarding MMS. Much of this misinformation comes from bogus media stories that intentionally attack MMS and other alternative methods.

However, some of the misinformation also comes from well-meaning people. This is due to many reasons. Some zealous folks spread the word, but have failed to keep up-to-date with new developments; therefore they are passing on outdated information. Other would-be authorities, and/or owners of websites, for any number of reasons, simply get it wrong. Whatever the case may be, there is sufficient confusion and misinformation surrounding MMS, and this has been a major factor which has compelled me to write this book.

I have written this guidebook to help you learn the fundamentals of the Master Mineral Solution (MMS) in a clear and concise manner. From my experience, I know that most people can recover from most any disease that exists. You don't need to know every little detail of how MMS works. You just need to know how to use MMS.

This book, for example, will not teach you how to make your own MMS. It is a little like electricity. One does not need to know all the science behind how electricity works in order to benefit from it. All you need to know is how to flip a switch, and voila—the light comes on. My goal is to make it as simple as possible for any newcomer to MMS to take responsibility for his/her own health recovery—to get well, and stay well.

It's very important to understand a basic principle here and that is: *simple* is not synonymous with there is no work involved. I want to be very clear, if you are seeking health recovery, it's going to take some effort on your part. It's going to require that **you** take responsibility for your own health and well-being.

Consider that if you are in poor health, it probably took you a fair bit of time, maybe years, to get there. So you can expect it to take some time, and for sure some *work*, to get back to good health. I sometimes say that MMS can be like a magic bullet, but you have to take the necessary steps to get that bullet in motion. If you so choose the road of good health, a most precious commodity, I can guarantee that I have done everything within my power to make it not void of work, but as simple as it can be. If you will follow the **Health Recovery Plan** as outlined in these pages, you can start following the directions in this book today and possibly start seeing positive results as soon as tomorrow.

In addition, I want to point out that although as the title of this book suggests, this guidebook addresses *health recovery*, per se, it is also very much about **prevention**, and consequently **longevity**. Here is some food for thought: In today's world we are bombarded with toxins on a daily basis—there is

hardly any escaping it. I have discovered over the years that many people think they are doing “OK” in the health department. They have no major illness, and no particular health condition to be concerned about that they are aware of. Yet, once they include MMS into their daily routine, they often discover a whole new world of well-being! They find they begin to shed unwanted weight, and their thinking improves—brain fog, unclear thinking, and poor concentration go out the door. They have more energy, their skin becomes smoother and takes on a special *new glow*. In short, a variety of nagging little problems they learned to live with for years vanish. Although they were doing “OK” health-wise, they are now doing all the better! So you see, MMS offers much more than one might think.

If you have a serious health issue of one kind or another from which you need to recover—this book is for you. Likewise, if your health seems to be “OK” but you would like to nevertheless achieve **optimum health**, this book is also for you. Whatever category you fit in—a basic ongoing routine with MMS can help you get healthy, *keep* you healthy, and help you maintain a good quality of life into your golden years.

For those of you who already have some understanding of MMS, you may notice there are some variations of what has already been published in my other books or posted on my websites. This volume contains the latest up-to-date information, as well as quite a bit of completely new information. It includes recent improvements that myself and others have determined through on-going use of MMS around the globe. The world of MMS is vast, and we are learning new things all the time, so be sure to periodically check for updates at:

<http://www.mmswiki.is>

If you wish to make your own MMS rather than order online, then please purchase my book *The Master Mineral Solution of the 3rd Millennium* which has detailed instructions and many other formulas. Use this book, however, for your health recovery instructions.

To your health,

A handwritten signature in black ink that reads "Jim Humble". The signature is written in a cursive style with a large, sweeping initial "J".

Jim Humble