

Chlorine Dioxide—the Universal Antidote.

For educational use only, not to be considered medical treatment

TERMS

- **CDS:** Chlorine Dioxide Solution which contains Chlorine Dioxide (CD) gas derived from MMS + Activator
- **MMS:** Miracle Mineral Solution or Magic Mineral Solution. (Often inaccurately referred as Chlorine Dioxide or CD)
- **Activator:** Either 4% Hydrochloric Acid, Citric Acid or your own stomach acid
- **Toxin:** Poison
- **Antidote:** Anti-toxin
- **Redox potential (AKA oxidation or reduction potential):** A measure of the tendency of a chemical type to acquire electrons from or lose them to an electrode and thereby be reduced or oxidized respectively. Redox potential is expressed in volts.

What is it Chlorine Dioxide Solution (CDS) and how does it work?

CDS is an anti-toxin. When toxins meet CDS, electrons are exchanged neutralizing the toxin (poison) CDS is widely used in industries for sanitizing foods and water, killing bad bacteria etc.

CDS is not Chlorox or other harsh disinfectants. Hydrogen Peroxide, Chlorox and similar products kill all cells and bacteria they contact. But CDS has the miraculous benefit of only killing the bad guys—bad bacteria and toxic chemicals, and leaving the good guys alone. This is great for preserving your gut and skin bacteria which are so critical to a healthy immune system. CDS has a perfect redox potential with the ability to steal electrons at a perfect voltage of 0.94 so it is non-corrosive and does not create harmful byproducts.

Where to Obtain CDS

You can buy CDS kits off the internet or at health food stores. Sometimes it's labelled MMS or Miracle Mineral Solution, which is liquid Sodium Chlorite at 22.4%. The activator is typically 4% Hydrochloric Acid (HCL). Older systems/kits used citric acid but it tastes nasty and is not recommended. Although you may want to purchase a kit at first to get used to the process, it is easier and cheaper to make your own solution. (See below). There are 2-part kits, and the crystals to make your own on Amazon. Or you can buy from KVLabs on line.

Quality Control of a CDS Kit

The mixture of the MMS with the activator should produce a brown/amber liquid within a minute of mixing the two parts. A good test is to grab a shot glass and add 1 teaspoon of MMS and 1/2 teaspoon of the activator—the color should be more amber brown than yellow.

Make Your Own MMS

- Buy Sodium Chlorite Crystals that contains less than 1% NaClO₃. I buy from Stellar Company via Amazon. It does not list the % NaClO₃ but is known to be good quality by others with experience using it.
- Obtain 4 oz pharmaceutical brown glass bottles (with droppers separate) for storage. (You can use larger brown bottles but I find this size convenient). Clearly label the bottles MMS.
- **Mix 280 grams of Sodium Chlorite Crystals with 720 grams of warm distilled water.** (The standard ratio 1 lb. of crystals to 2.57 lb. of warm water). This will make seven 4 oz. bottles. I usually make a double amount, and I use old colored liquor bottles which fit in my cabinet for storage.

Note: It is important to keep the bottles out of the sun. The sun can cause chemical breakdown, so use colored bottles. Also keep away from high heat but they don't need refrigeration. You are never going to store a mixture of the two parts. You will store the MMS and the activator separately.

Mix Your Activator

- HCL (Hydrochloric or Muriatic Acid) is sold at Hardware stores. It is usually about 32% HCL. To make the Activator Solution, you will add ¼ cup of the 32% HCL to 1 and ¾ cups of distilled water.

CAUTION CAUTION: NEVER ADD WATER TO ACID.
ALWAYS ADD ACID TO WATER.

Create and Use CDS

- When using orally, mix equal drops of MMS and the activator (for example 3 drops of MMS, 3 drops of activator) in a glass or plastic container (not metal) and let it sit for a minute or two. It should turn yellowish/ brown. If it doesn't, start over. If it does, congratulations – you have made CDS! If you are at the 1 -2 drop level you can simply add the mixture to a cup of water and drink. As you begin taking more drops a day, get a bottle with a lid, and mix into roughly a pint or pint and a half of water and drink over the course of the day. You get much more benefit by taking a few sips all day long, rather than all at once.

NOTE: If you don't have issues with heartburn or other gut problems, your stomach acid is probably normal and can be considered the activator. In such a case you don't need to add acid to the MMS. Your stomach acid is the similar to using HCL as the activator. You still need to drink the drops in a covered bottle over the course of a day.

Other points for drinking:

- It is important to start small. If you get loose stools or frank diarrhea that is either due to 1) a high degree of toxicity in your body or 2) taking too many drops over too short a period of time. (Trust me, you don't want to get massive diarrhea.) Start at 1 drop of CDS (or MMS) a day mixed with water. If you do not have diarrhea after a couple days bump up to 2 drops. If you have no problems after 2-3 days go to 3 drops and so on. A recommended maintenance dose is 3-5 drops a day. Some use a higher "anti-aging" dose of 15 drops a day. That takes several weeks to months to reach by slowly adding drops.

Bathing Use

- In a regular sized bathtub, mix a teaspoon of MMS with 1/4 to 1/2 teaspoon of the activator and when it turns amber or brown add to bath. Soak in warm to hot bath for at least 20 min. If you have a large tub you can add more. I use two teaspoons of MMS and 1/2 teaspoon of the activator.