

(which when mixed with water produces hypochlorous acid [HOCl] which is an acid the body uses to destroy pathogens), into the body, albeit by a different route, so it can reach other areas and get deeper into tissues.

Instructions for MMS1 Baths

Full Bath

Note: For MMS baths do not use water with chlorine or fluoride in it. Try to find out if your tap water contains chlorine or fluoride; if it does, use a reverse osmosis water filter or buy purified water in large bottles. Another possible option is that many people say borax can eliminate fluoride and chlorine from bath water. There is much anecdotal evidence on the internet and some chemistry indicates that the boron in borax creates boron fluoride from the fluoride in the water. This is not a poisonous chemical and not dangerous to your health. A similar nonpoisonous chemical is produced from the chlorine as well. Use two rounded tablespoons of borax for a standard size bathtub. Wait at least 15 minutes after stirring the borax into the water, (cold or hot water is OK), then add your MMS.

Step 1

- Activate 20 MMS drops, count to 30 seconds and make sure it has turned amber color.
- Add the activated drops to a tub which has 6 to 12 inches (15 to 30 cm) of water. Use hot water, as hot as you can comfortably stand.
- Get in the bath and lay down, or try to situate yourself to get as much water on you as possible. If you are not totally submersed, use your hands to gently lap the water up over your body.

- ❑ Stay in the water for about 20 minutes.

Note: *Begin by using 20 activated MMS drops per bath, the next time use 40 activated drops and then 60.*

Step 2

- ❑ Take an MMS1 bath 1 to 3 times a day and generally not more than 60 drops per bath.

Step 3

- ❑ On the second or third day, begin to add DMSO drops to the MMS1 solution after the activation time has completed. (**Be sure that your tub is completely clean and free of any residue from soap**, etc.) At first use 1/2 as many drops of DMSO as activated MMS drops, and then each time you prepare a bath, increase the drops of DMSO until you are using 3 drops of DMSO for every 1 drop of activated MMS (MMS1). It is not necessary to use more than 3 drops of DMSO for each activated drop of MMS. (Keep in mind that when we say 1 drop of MMS1, this is 1 drop of activated MMS. Technically, 1 drop of MMS1 is 2 drops of liquid, [1 drop MMS + 1 drop activator acid = 2 drops of liquid]. However, we refer to this as a 1-drop dose of MMS1. In this case, we do not count the drop of activator. So a 3-drop dose of MMS1 would require 9 drops of DMSO, which is 3 drops of DMSO for every 1 drop of MMS1 [activated MMS].)
- ❑ Whether you are taking a bath with just MMS1, or you have added DMSO to the water, stay in the water for about 20 minutes.

Notes

- *Baths can be very important and if you notice feeling better, do not stop taking MMS1 baths (up to three baths a day) until you are sure there is nothing more to be gained.*

- *The instructions above, which suggest taking up to three MMS1 baths a day, and to add DMSO to the bath on the second or third day, is particularly recommended in this amount, in the case of those who are fighting a specific illness and/or life threatening disease. However, the MMS1 bath (or MMS2 bath—see below), can serve many purposes. These baths are great for a general detoxification, especially if one knows they have been “exposed” to some hard hitting toxins, such as due to traveling/airplane flights, or due to spending one or several days in a large polluted city, or being in any overall toxic environment. If you feel the need for some extra detoxification because of what you have been exposed to, then try an MMS bath.*

- *If you happen to live and work in a large polluted city, you might want to consider taking an MMS bath 1 to 3 times a week. Or, you might want to enjoy these baths a few times a week simply for the pleasure of relaxation, and to beautify the skin.*

- *An MMS bath can serve as a beauty treatment and many have reported clearer, smoother and softer skin after adding MMS baths to their weekly schedule. Try the MMS1 or MMS2 bath, see what your body can handle, then add these baths to your routine as the need arises and/or as you feel led.*

Foot Bath

A full MMS bath is much more effective and thus more desirable than an MMS foot bath. This is because more of the skin is in direct contact with the MMS solution and

various parts of the body have a chance to get the MMS directly through the skin on a targeted area. For example, if you have breast cancer and can immerse yourself (and breasts) under the water, it may be of benefit. Or, if the problem is in the private parts and you are immersed in the MMS water, more can be absorbed directly to the problem area.

For those who may not have a bathtub, or who are unable to get in and out of a tub for one reason or another, or who perhaps do not have enough uncontaminated water for a full bath, I suggest a foot bath. Foot baths are a wonderful way to relax, and with this method a good amount of MMS can still get into the system and do some good. Please note, I suggest the same amount of drops for a foot bath as a full body bath. This is because the skin on the feet, ankles and even the legs tends to be stronger or tougher than the chest, back, arms, stomach and private parts.

Step 1

- Use ankle high water in a small plastic basin.
- Follow the same directions given above for the full bath with the same amount of MMS1 and DMSO drops.

Variations

- If water is scarce, you can prepare the foot bath with little water, not even enough to reach the top of the foot. Put a cloth on top of the foot, and let the water soak into the cloth while some water still remains under the foot. This serves as a type of compress and it will still help more MMS to get into the skin/tissues.
- Prepare the foot bath using a deeper recipient for the water, such as a bucket, so the water reaches up to the

calf or to the knees. Follow the same formula—add up to 60 activated drops of MMS per bath. This allows a larger skin area to be covered.

Instructions for MMS2 Baths

Caution: Unlike the MMS1 bath, **never ever add DMSO to an MMS2 bath!** (For more details see warning on pages 23-24.)

Step 1

- Make up your bath or foot bath water as per the directions in the note in the Full Bath section, page 143.

Step 2

- For a full bath** use 3 level teaspoons (15 ml) of MMS2 (calcium hypochlorite) the first time. If the skin does OK, you can cautiously increase up to 10 level teaspoons (50 ml) of MMS2 per bath. You may want to sprinkle the MMS2 granules into the water without touching them, then once in the water mix it around with your hand. If you do get some of the dry granules on your hands, be careful not to touch your eyes until it is thoroughly rinsed off.
- For a foot bath** use the same measurements as the MMS2 full bath as outlined above.

Note: *Skin types vary widely from person to person. If you notice any irritation or burning of the skin immediately get out of the water and rinse off. The next time use only 1/2 as much MMS2.*

Variation: The same variations listed above for the MMS1 bath can apply for the MMS2 baths, with the

exception, again, that you **never, ever add DMSO to an MMS2 bath as the two are not compatible.**