

MIRACLE MINERAL SOLUTION (MMS) STARTUP

The first thing you want to do each day is to **eat a healthy breakfast** early in the morning. The earlier you start your MMS for the day, the sooner it will be complete for the day! This procedure uses a 16 oz. (GLASS preferably) bottle with tight lid and 50% citric acid.

Approximately one hour after eating begin:

First Day:

Place one drop of MMS using a 16 oz. bottle and one drop of 50% citric acid. Wait 30 seconds for activation, then add 16 oz. of water and drink 4 oz. of solution every hour for the next 8 hours. (This solution makes equivalent of $\frac{1}{4}$ drop of activated mms to each 4 oz. serving.) A second 16 oz. bottle will have to be prepared for the second half of the day.

Day Two and Three:

Place two drops of MMS using a 16 oz. bottle and four drops of 50% citric acid. Wait 30 seconds for activation, then add 16 oz. of water and drink 4 oz. of solution every hour for the next 8 hours. (This solution makes equivalent of $\frac{1}{2}$ drop of activated mms to each 4 oz. serving.) A second 16 oz. bottle will have to be prepared for the second half of the day.

Day Four and Five:

Place three drops of MMS using a 16 oz. bottle and three drops of 50% citric acid. Wait 30 seconds for activation, then add 16 oz. of water and drink 4 oz. of solution every hour for the next 8 hours. (This solution makes equivalent of $\frac{3}{4}$ drop of activated mms to each 4 oz. serving.) A second 16 oz. bottle will have to be prepared for the second half of the day.

Day Six and Seven:

Place eight drops of MMS using a 16 oz. bottle and eight drops of 50% citric acid. Wait 30 seconds for activation, then add 16 oz. of water and drink 4 oz. of solution every hour for the next 8 hours. (This solution makes equivalent of 1 drop of activated mms to each 4 oz. serving.) A second 16 oz. bottle will have to be prepared for the second half of the day.

Day Eight:

Place eight drops of MMS using a 16 oz. bottle and eight drops of 50% citric acid. Wait 30 seconds for activation, then add 16 oz. of water and drink 4 oz. of solution every hour for the next 8 hours. (A second 16 oz. bottle will have to be prepared for the second half of the day.) (This solution makes equivalent of 2 drops of activated mms to each 4 oz. serving.)

STARTING PROTOCOL 1000

Day Nine thru Twenty-Nine:

Place twelve drops of MMS using a 16 oz. bottle and one drop of 50% citric acid. Wait 30 seconds for activation, then add 16 oz. of water and drink 4 oz. of solution every hour for the next 8 hours. (A second 16 oz. bottle will have to be prepared for the second half of the day.) (This solution makes equivalent of 3 drops of activated mms to each 4 oz. serving.)

NOTE: Protocol 1000 calls for 3 drops per each 4 ounce serving for 3 weeks, but that does not include startup.

NOTE: NO VITAMIN C CAN BE INGESTED DURING YOUR 8-10 HOUR PROTOCOL.

FOODS THAT CONTAIN VITAMIN C THAT CAN NOT BE EATEN ARE: Sweet peppers, Chili peppers, Brussels sprouts, Broccoli, Artichoke, Sweet potato, Tomatoes, Cauliflower, Kale, Black Currants, Papaya, Strawberries, Oranges, Kiwi, Grapefruit, and Cantaloupe, Lemons, Bell peppers, Guava, Spinach, Mango, Pineapple, Cherries, Limes, Watermelon, Dark leafy greens, Cilantro, Chives, Thyme, Basil, Parsley, Collard greens, and Cabbage.

NOTE: You may return to your regular healthy diet and take any whole food vitamins or supplements about an hour after your last dose. **DO NOT TAKE SYNTHETIC VITAMINS or DRINK FLUORIDATED WATER!**