

Brushing your teeth

Almost all diseases are influenced to a large or small extent by the condition of the mouth and the teeth, therefore all protocols should be accompanied by a daily brushing of one's teeth with MMS1. It has been shown time and again that MMS1 can restore health to the mouth and in the case of doing these protocols, better results are often noticed when brushing with MMS1, even when the teeth and mouth are in very bad shape.

This does not mean that one will not need the services of a good dentist, but once the infections and diseases of the mouth are gone then the dentist can do a much better job, and the diseases of the body are 10 times more likely to be overcome.

Brushing Teeth Procedure

Step 1

Activate 5 drop of MMS by adding **five drops of MMS1** and then **five drops of Activator** to a beaker.

Step 2

Fill the beaker to the **60ml** mark with water.

Step 3

Brush both your gums and your teeth with this mixture for at least two minutes. Dip your brush in the solution, rinse your mouth and brush and repeat. Discard the leftover MMS1.

Step 4

Do this 2 or 3 times a day while doing any of your protocols. **Check the Three Golden Rules of MMS.**

The Three Golden Rules of MMS

1

Getting better?

Do not change anything.
Continue with what you are doing.
Keep gradually increasing as below
in the **Days Ahead**.

2

Felling worse?

Reduce your MMS intake
by half and start and go back to **Day Three**
and attempt to build up slowly again.

3

Not getting better / not getting worse?

Do the next increase according
to your Health Repair Plan and go
on to **Days Ahead**.

DMSO and Teeth

If your teeth are in poor shape, for example if you have an abscess, pain, or more serious complications with your teeth, add DMSO to your teeth brushing routine. DMSO will carry the MMS right through the enamel into the tooth and can help solve many problems.

Step 1

Mix up the MMS1 teeth brushing mixture described above.

Step 2

Brush your teeth with this mixture for a minute or so. This is for an initial cleansing of the mouth and teeth and to clear out anything you do not want DMSO to "carry" deeper into the tissues and enamel of your teeth. Rinse your mouth well.

Step 3

Add DMSO to the rest of the MMS1 mixture and continue brushing with DMSO added. You must add DMSO to your mixture immediately before continuing to brush. Add 3 drops of DMSO for each 1 drop of MMS that you are using. For the formula above, this would be 15 drops.

Note

For a number of years, people around the world have been successfully using MMS1 to keep their mouths in shape and to overcome various teeth and gum infections. You don't have to worry about the alkalinity of the sodium chlorite nor the acidity of MMS1 leaching mercury out of your teeth. This is because the acidity in the MMS activator when mixed drop for drop with the MMS (sodium chlorite) which is alkaline, is calculated to mostly cancel one another out, leaving the MMS1 solution much closer to neutral. The acidity is then much less than most fruits and cannot hurt your teeth or leach mercury from your fillings. Keep in mind that fruits and vegetables are acidic in nature more so than a MMS1 dose.