

## Lung Protocol (The Cup)

Chlorine dioxide gas by itself, as it is used in this procedure, is the strongest way we ingest it. Therefore it cannot be stressed enough the need to closely heed the instructions or it can otherwise be dangerous. Likewise, if you will carefully follow the instructions it can also breathe new life into your lungs.

If you follow these instructions to the letter there is no danger, but people often get too enthusiastic and do too much and then they can suffer. Enthusiastic people sometimes overdo it because they want to get well quickly. Some may take what is say here and carry it too far. So go slow and do not overdo it.

## The Three Golden Rules of MMS

**1****Getting better?**

Do not change anything.  
Continue with what you are doing.

**2****Felling worse?**

Reduce your MMS intake  
by half.

**3****Not getting better / not getting worse?**

Do the next increase according  
to your Health Repair Plan.

Coughing generally is not caused by a tickling in the throat but mainly because the body is trying to cough up mucus that tends to block the breathing tubes. Mucus can also hide various diseases. Getting rid of mucus in the lungs is key to curing the lungs. This protocol is for that purpose. In addition to getting rid of mucus, the chlorine dioxide gas released from the MMS1 (activated MMS) can also kill disease pathogens in the lungs which are not hiding in mucus.

### Step One

Use a clean, dry cup or glass or beaker. Absolutely do not use a metal cup as it will react negatively with the mixture.

Activate 2 drops of MMS with 2 drops of Activator. This is called a two drop solution. Immediately hold your hand across the mouth of the cup, completely covering it, and count 10 seconds. (While counting, swirl the drops in the cup slightly to mix them well.).

### Step Two - Nose

After 10 seconds, bring the cup up to your nose slowly and then remove your hand. Putting your nose right over the brim of the cup, breathe in slowly until you feel a "bite" (a stinging or smarting sensation) at the end of your nose. Once you feel a bite, stop immediately. Do this only one time, breathing through the nose.

### Step Three - Mouth

Then put your hand over the mouth of the cup again for another 10 seconds.

After the second 10-second count, bring the cup up to your mouth, remove your hand from the cup and breathe in slowly through your **mouth** from the mouth of the cup until you begin to feel a "bite" in your lungs, then stop.

That's it for this session..

### Remember

When breathing through the nose and through the mouth—**breathe slowly**.

You want to be especially careful to only breathe deep enough to begin to feel a bite (a stinging or smarting sensation). The key is to get to that point, but no more.

The onset of the bite is the signal to stop.

### How Often

After eight to ten hours or so, repeat Steps 1 through 3 as outlined above.  
Do this procedure only 2 times a day, once in the morning and once in the evening.