

Step 2

Fill the beaker to the 120ml mark with water.

Step 3

Drink **90ml** from the beaker or until there is 30ml left in the beaker. Discard the remaining 30ml. The MMS must be made fresh each hour as it becomes ineffective after an hour.

Repeat these three steps each hour for eight hours.

Protocol 1000

After having done the **Starting Procedure** we start Day 5 with Protocol 1000.

This protocol alone has proven time and time again to restore health to people with a wide variety of diseases and conditions such as Hepatitis A, B and C, HIV/AIDS, arthritis, acid reflux, kidney disease, any number of aches and pains, urinary tract infections, depression, diabetes, and the list goes on and on.

Day Five

Protocol 1000 is taking a **maximum of 3 drops** of activated MMS with 120 ml of water, but is best to build up to this by following these steps.

Step 1

Activate 1 drop of MMS by adding **one drop of MMS1 and then one drop of Activator** to a beaker.

Step 2

Fill the beaker to the 120ml mark with water.

Step 3

Drink all 120ml from the beaker. The MMS must be made fresh each hour as it becomes ineffective after an hour.

Step 4

Repeat these three steps each hour for eight hours. **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**.

Days Ahead

Protocol 1000 is taking a **maximum of 3 drops**. You can go straight to two drops or you can slowly increase by taking one and a half drops by following these steps:

Step 1

Activate 1 drop of MMS by adding **one drop of MMS1 and then one drop of Activator** to a beaker.

Step 2

Fill the beaker to the 120ml mark with water.

Step 3

Drink all 120ml from the beaker. Make another beaker and drink half. So one and half beakers equals one and a half drops. The MMS must be made fresh each hour as it becomes ineffective after an hour.

Step 4

Repeat these three steps each hour for eight hours. **Check the Three Golden Rules of MMS.**

Two and Three Drops per hour

To take two drops per hour you do not need to drink 240ml of water. Instead add two drops of MMS1 to a beaker and then add two drops of activator. Wait 30 seconds and then add 120ml of water to the beaker. You now have a two drop solution. You can do the same for the three drop solution by activating three drops in the beaker and adding 120ml of water.