

Health Repair Plan

The **Health Repair Plan** as described in this leaflet is a general plan that will start your recovery and may well be enough to take you to complete recovery. It is based on a number of Protocols, which increase over time, your intake of MMS in such a way as to allow your body to tolerate the detox. This detox can result in the Herxheimer reaction. Anytime large amounts of pathogens are being killed off in the body quicker than the body is able to eliminate the toxins that the dead pathogens produce, it can cause nausea, vomiting, headaches, diarrhea or other distress, such as excessive tiredness. The **Health Repair Plan** builds up the amount of MMS gradually to help avoid this.

While following the plan, there are **Three Golden Rules of MMS** and these rules always apply. Keeping going back to them for guidance.

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.

Starting Procedure

The **Starting Procedure** consists of taking **MMS1 in very low doses** to start out and working up slowly to a 1-drop dose over a period of four days. MMS1 goes to work on killing the disease, but if you go too fast, the poisons from dead pathogens (any disease producing agent) builds up in the body faster than the body can get rid of them. These poisons mainly can cause nausea, vomiting, or diarrhea, and sometimes other distress, such as extreme tiredness, can also be experienced.

Day One

The first day of the Starting Procedure **take 1/4 drop of activated MMS every hour for eight hours.**

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

Repeat these three steps each hour for eight hours.

Day Two and Three

The second and third day of the Starting Procedure **take 1/2 drop of activated MMS every hour for eight hours.**

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 **60ml** from the beaker or until there is 60ml left in the beaker. Discard the remaining 60ml. The MMS must be made fresh each hour as it becomes ineffective after an hour.

Repeat these three steps each hour for eight hours.

Day Four

The fourth day of the Starting Procedure **take one 3/4 drop of activated MMS every hour for eight hours.**

Step 1

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