

Took of a friend's recommendation for a get your MMS, and tested it ourselves, and know how effective it is! Had been suffering for about 2 years in a seemingly "incurable" constant cough with congested bronchial tubes, as well as sinus problems with hearing in his left ear. Now, after six weeks of use of MMS 1, the complaints have become much less! The cough is completely gone, the sinus problems have improved significantly, the hearing in my left ear has also improved very much. All this is what I have not done the antibiotics prescribed by MMS has improved a lot! Disappeared, it is yet, but am confident that it is!

Yours sincerely,

M.R.

11.02.11 - Husten mit verschleimten Bronchien und vieles mehr...
Vielen Dank Mr. Humble!

Habe von einem Freund die Empfehlung für Ihr MMS 1 erhalten, und es selbst getestet, und erfahren wie wirksam es ist! Litt seit ca. 2 Jahren an einem scheinbar "unheilbaren" stetigem Husten mit verschleimten Bronchien, sowie an Nebenhöhlenproblemen mit Hörproblemen auf dem linken Ohr. Nach nunmehr 6 wöchiger Anwendung von MMS 1 sind die Beschwerden deutlich weniger geworden! Der Husten ist ganz verschwunden, die Nebenhöhlenprobleme haben sich deutlich verbessert, das Hörvermögen auf meinem linken Ohr hat sich auch sehr verbessert. All das was die mir verordneten Antibiotika nicht geschafft haben ist durch MMS deutlich besser geworden! Verschwunden ist es noch nicht, aber bin zuversichtlich daß es das wird!

Mit freundlichen Grüßen

M.R.

Source: http://www.jim-humble-mms.de/erfolgsgfaelle/husten_verschleimte_bronchien.html

51 **Kev (English), (5/24/2011) R5**

I have been takeing mms for over four years now, daily. i am 66 and havent had a single problem during that time, that I couldnt cure within a day or so. two important aspects about mms stand out from my experience which I would like to tell:

1. I have all but two of my original teeth, with about 28 spots on teeth, and gum borders, that had been filled over the years.

One gold cap remains in place. several major filling in chewing teeth, are still intact. a lot of other fillings have dropped out from old age and have not been replaced. a daily steralising with mms at night, after brushing for plaque is the only care my teeth get.

Although up to twenty spots have had the filling drop out, i have had zero tooth aches during that four years. and in fact, two years back when i had a dentist renew a chewing tooth filling, he commented how the other rot areas WERE STABALISED and not rotting.

2. my hobby is metal detecting for gold nuggets. this hobby requires a high level of concentration, listening for the faint sounds of the elusive nuggets. a hearing test eighteen months back, showed that i had the hearing of a 24 year old. this shocked me, as i was 65 years old. a further test a month ago said i had the hearing of a 18 year old ?????? I can only attribute the above results to the daily maintainance dose of six drops of activated MMS for a person of my age.

I will continue to monitor my health and and i can offer complete confidence in jim humbles assertions ... kev

Source: <http://www.healthsalon.org/510/new-mms-testimonials/>

Heart

Any heart related issues not already classified elsewhere.

823 **wdcbob 1308932, USA (English), (11/9/2011)**

It will become an old friend if you use it according to the various protocols.

I have used it for about three years and so far haven't grown any extra arms. I do sleep much better when I take it before bedtime. That is the best time for a maintenance dose. I did 10 drops MMS with 10 drops of 50% citrus tonight. I mix it with Simply Apple Juice about 3 ounces. As long as it is pure apple juice and says on the label not a significant source of vitamin C you are good to go. Lots of juice has 100% daily dose of vitamin C in it because it is a good preservative but it kills MMS. I take MMS about an hour or three after I have eaten. I have read if you take it with food it will kill food not the low PH fungus, virus, parasites, heavy metals, colds, and the stuff I want out of the body.

Last year I beat the flu with the MMS had symptoms about a day or so by taking 6 drops of MMS and 6 drops of 50% citrus activator two or three times a day, but I kept the cough for about a week until I remembered to use a little vicks vapor rub on the feet and sleep with the sox on cough left in a day or two. A lesson is repeated until learned.

I mix 20 drops and 20 drops in a 4 oz spray bottle and spray it on my head and face. This will also be a solution you can brush your teeth with great for knocking out gum bleeding issues. But you can also do that by swishing your nightly dose through your gums as you drink it. Great stuff for gums.

All you reflux people might want to try eating an apple or 1/2 apple when you feel indigestion coming on it seems to help a lot. Oh and to the Mucus guy, I am allergic to wheat so bread = mucus... no prob 13 radishes cost about 98 cents in the grocery store. I eat one or two and the mucus stops immediately.

Oh the guy that says not to activate the mms. The 3 drops in a quart of water makes 6 ph water go to 9 ph water which is alkaline water and that is good but not MMS. Take a very low activated dose of MMS 1 or 2 drops if it causes nausea or diarrhea so it is killing something that then must exit the building. That will go away as you get the bad stuff out. I went to 15 drops 3 times a day before I over did it. It felt like 4 hours of the flu so you do develop a great respect for MMS if it kills too much bad stuff too quickly. But so far I have lived another 3 years so don't be a quitter. Just back off a bit and pay attention.

I use it and believe in it My wife who has had two complete heart rebuilds and a pacemaker uses it every night and it keeps her healthy. My sister uses it every night as well.

But do not be surprised if you tell someone about a great product that cost all of \$20 a year and they will not use it.

I had a friend that had cancer treated by chemo got better then relapsed more chemo and then after a while the doctors looked at him and said go home and die unless this \$3200 pill does not save you.

I said well what do you have to lose try the MMS and he said if this \$3,200 does not work I am gone. He was a Christian and saved \$20.

I buy the family pack 4 family set up at

freemiriclemineral.com it cost about \$34.50 for shipping and handling but then I can give some away to people with various ailments.

You have to have some faith to try it and more to stick with it. I cannot say it will work for you but I sure know of people it worked great for and they were sick and tired of being sick and tired.

I would like to hear more from the NIGARI guy that thought it might do the same thing as MMS. I use the NIGARI 1 pound package for about \$6. It is sea salt after table salt has been taken out mostly magnesium and trace minerals. They use it to thicken TOFU. Put 1 oz of that with 1 oz of water and buy a few colored 4 oz bottles at Walmart for \$1 and give it to all your arthritis or muscle cramp people for Christmas. They will love you. Stops pain and cramps almost instantly. I never thought about it doing something like MMS but mostly people don't absorb oral Magnesium easily but it rubs in great and works fast.

Works demands Grace Supplies Be Well

Dudley My old science teacher in the 6th grade told us that Watermelon is poisonous If you eat 75 pounds of it it will kill you. I never tested that theory.

Source: <http://www.godlikeproductions.com/forum1/message438937/pg56>

344 **Henry (English), (5/26/2010)**

I got anal herpes about a year ago from a woman. I was wearing a condom, so yes you can still get herpes even when wearing a condom. The herpes is only is my anus and hasn't spread. I tried everything. Lysine works, but it always came back. Alcohol burns like hell and it still doesn't go away. Hydrogen peroxide seems to work, but again it always came back. I also tried apple cider which didn't seem to work. Another thing I did was use hemorrhoid ointment on my anus which really helped alot with the pain and swelling. So, I tried the MMS. which is really hard to do when you work all day. Make sure there is a bathroom close by. Do Not Take MMS on an empty stomach or you will be sick all day with nausea and stomach pain. I found that out the hard way. Anyway I got all the way up to 12 drops two times a day. The herpes actually got a lot worse before it got better. I finally stoped it after taking it for about three weeks after working myself up to 12 drops a day two times a day. I couldn't take anymore than that becuase I would be constantly be in the bathroom with diarrhea. This wasn't regular diarrhea, it was pretty much just pure liquid coming out. So since I stopped taking the MMS two weeks ago. The herpes has pretty much has not come back like it was. I still am a little sore sometimes, so I know the herpes is still in my system, but compared to what it was like. Its improved I would say 70%. From having constant pain and itching to almost none at all. I stopped taking the MMS because I was worried that it might be doing damage to my body. I was getting pains in my heart, Not sure if it was hearburn or something else. I was just worried I was doing damage to my body so I stopped. I was also tired of the constant diarrhea. I might try it again in the future, but right now I feel pretty good. Another thing that happened to me was all the pain in my back went away when using MMS. I have osteoarthritis. I was also able to breath better. So I am happy about that.

Source: <http://www.healthsalon.org/439/mms-cured-my-genital-herpes/>

69 **Henry (English), (5/26/2010) R5**

Hi

I got anal herpes about a year ago from a woman. I was wearing a condom, so yes you can still get herpes even when wearing a condom. The herpes is only is my anus and hasn't spread. I tried everything. Lysine works, but it always came back. Alcohol burns like hell and it still doesn't go away. Hydrogen peroxide seems to work, but again it always came back. I also tried apple cider which didn't seem to work. Another thing I did was use hemorrhoid ointment on my anus which really helped alot with the pain and swelling. So, I tried the MMS. which is really hard to do when you work all day. Make sure there is a bathroom close by. Do Not Take MMS on an empty stomach or you will be sick all day with nausea and stomach pain. I found that out the hard way. Anyway I got all the way up to 12 drops two times a day. The herpes actually got a lot worse before it got better. I finally stoped it after taking it for about three weeks after working myself up to 12 drops a day two times a day. I couldn't take anymore than that becuase I would be constantly be in the bathroom with diarrhea. This wasn't regular diarrhea, it was pretty much just pure liquid coming out. So since I stopped taking the MMS two weeks ago. The herpes has pretty much has not come back like it was. I still am a little sore sometimes, so I know the herpes is still in my system, but compared to what it was like. Its improved I would say 70%. From having constant pain and itching to almost none at all. I stopped taking the MMS because I was worried that it might be doing damage to my body. I was getting pains in my heart, Not sure if it was hearburn or something else. I was just worried I was doing damage to my body so I stopped. I was also tired of the constant diarrhea. I might try it again in the future, but right now I feel pretty good. Another thing that happened to me was all the pain in my back went away when using MMS. I have osteoarthritis. I was also able to breath better. So I am happy about that.

Source: <http://www.healthsalon.org/439/mms-cured-my-genital-herpes/>

288 **Hieke Kamminga, (1/3/2011)**

Youtube Video from Holland... needs translation

Source: <http://www.youtube.com/watch?v=YICEPrLyLfA>

162 **Anonymous/Unknown, (Date ?)**

I started about 6 weeks ago. Started with 1 drop in the evening. Made me sick: heart racing, nauseated, fearful with a very anxious feeling & depressed, as well as fatigued, aches and pains throughout my body. Did increase my calcium. Started taking Co Q 10 and hawthorne for the heart symptoms, but the other was simply detoxing, and I knew it. Went to 2 drops, and then 2 in the eveing and 1 in the morning, when I felt the fatigue was just too much to handle. Quit for a few days (felt great when I didn't take it) and then continued with only 1 drop in the evening. I adjusted my dosage according to the nauseated/depressed feelings I experienced. When that lets up (it usually takes about 5 days), I will again increase by one drop. For the last two weekends I have stopped the drops altogether jsut to see how I am feeling and usually feel really good on the weekend. Right now I am up to 5 drops taken in the evening. I use the lime juice you get in the little plastic, fat looking bottle like thing rather than fresh limes simply for convenience. I put 1/4 tsp. of lime juice in a small glass with how many drops I am taking (5 at this time), swish and let stand for 3 minutes. Then I add 1/2 cup water to the mixture and drink. I usually follow with another clean drink of water and I'm done. I might have to use some kind of juice when I get to higher dosages because of the taste, but will cross that bridge when I come to it. Right now plain water is working fine for me.

I noticed the easier breathing right away. Probably within only 1-2 drops of the stuff. This stuff is working for me in a way the ozone didn't. Ozone never reached my lungs like this is. Even tho I am experiencing some detoxing, I am also experiencing increased health in between if that makes any sense. My brain is functioning better, my breathing is better, will also find myself laughing (between tearing up). It's kind of weird. Sometimes I will feel like crying more easily, while other times there is just a sense joy there.

I'm definitely in the digging the trenches foundation right now, but when my body tells me it can handle more, I thoroughly expect to excell as can anybody that will only use patience and perserverence. Gotta lay that foundation first, tho.

Source:

766 **Anonymous Coward 541309 (English), (11/30/2008)**

I took my first drop last night, a few hours before I went to bed. What happened next was thoroughly unpleasant.

After I laid down, I was tired but couldn't fall asleep. I began to have crazy thoughts and what seemed like waking dreams. Later on, my heart began to beat fiercely, so much that I was worried I had induced a panic attack. Strange sensations all over my body after that, followed by cold chills. After a couple of hours I finally fell asleep.

I took another drop in the morning and felt OK, but I'm scared to take any more.

Source: <http://www.godlikeproductions.com/forum1/message438937/pg42>

121 **Anonymous/Unknown, (Date ?)**

The stuff in question is 'MMS' or 'Miracle Mineral Supplement' which is a 28% solution of Sodium Chlorite, which is activated by interaction with acetic acid or citric acid, then is ingested and becomes Chlorine Dioxide in the body.

This stuff is ENORMOUSLY powerful and unfortunately, can be DANGEROUS by virtue of the fact that it can strip arterial plaque out so fast that it doesn't allow any time for healing of those arteries.

How do I know? Because I've done it, and am having heart trouble right now because of it. This is not a negative post. Before launching into this, do not do so without getting and reading the second book, where the author does warn about this very thing. I didn't understand. Now I do.

Before doing this, if you have the slightest notion that you may have any heart troubles, or even if you're older than 30, build yourself up first with a full range of L-Ascorbic Acid and natural Vitamin C containing products like Acerola Powder, and/or eat a lot of citrus fruit if you can handle it, for at least 2 weeks previous to taking MMS.

Also load yourself with potassium and magnesium first.

Once you start MMS, it **may** destroy Vitamin C in your system, so it may be best to take MMS only once a day, and take the C products on the other 12 hour side. C in the morning, MMS at night.

MMS can induce the most extreme of Herxheimer reactions. I have bought activated charcoal and have Bentonite Clay on hand to deal with the Herx when I have my next run at MMS, which won't be for another week at least, maybe longer.

Now to the specifics of how MMS can 'cause' heart trouble:

The arteries of the heart, the ones that deliver blood from the heart to the heart, those arteries collapse with every heartbeat. Without enough vitamin C and collagen*, they weaken at the stress points. The body packs cholesterol onto these weak places. The cholesterol becomes pathogen infested and turns into plaque. Chlorine Dioxide attacks and strips this plaque, exposing the weakened arterial wall beneath. Then you have problems. All of this is in book two, but perhaps not warned about harshly enough.

(*I have just started taking 'Super Collagen' by Neocell, and it also seems to help my heart.)

In just a very few days, MMS exposed and killed a large infection in my right sinuses. I knew I had it but I had no idea how truly bad it was until the MMS went after it.

Don't jump into this with both feet and go splashing around. Don't be stupid like me, and a few others. MMS is great stuff, but so powerful that you must use caution with it.

Now, don't anybody get all worried about me. I'm fine. This has been a learning experience for me and I do believe I'm going to emerge from this even stronger. I sure am smarter already ;>)

Daddybob

PS- Somebody is going to come back and say 'I'll never take that.' Well, I am going to take it again. This is in no way to be construed as anti-MMS. It's just a caution."

Source: http://psoriasis-treatments-that-work.com//MMS_Danger.html

113 **Carl Lindert (English), (Date ?), (lindert@sbcglobal.net)**

Irregular and elevated heart rate

I'm 75 and have been into alternative health for over 35 years. Since age 18-20 I've had an intermittent problem with irregular and elevated heart rate. Many things triggered the condition; Caffeine, stress, exercise...It was always close to acting up. I know my stuff and tried a lot of things with no lasting success. On the fifth day of MMS I took my blood pressure. As usual, it was normal or a bit low. The surprise was the heart rate, which read 60!!! I felt the pulse and it was firm and rock steady. I attend a gym and often had, "After workout" problems; High, irregular, pulse with a light-headed feeling. I've exercised since and the problem seems to have cleared. I have more energy, the heart rate goes higher than it did (Good) and I sweat more (Good). As soon as I stop there is steady recovery to resting heart rate. For me, this is close to a miracle. Jim: Use the above as a testimonial, if you wish. Book 1 showed incidents of general apathy toward Africa. Terrible! I support your mission, 100%.

Carl Lindert
lindert(AT)sbcglobal

Source:

519 **kingnothing, United Kingdom (English), (6/11/2008)**

I recently ordered some mms to boost my health. I don't have any disease that I know of. So last night I added 5 drops of citric acid to one drop of MMS, waited the 3 minutes and added the water. I didn't want to drink it all at once so I

just started to sip, after about half an hour and half of the mixture, my heartbeat became really rapid and my pupils were dilated, I was really scared and after about an hour I drank a lot of orange juice to counter act the mms. Any one else had this reaction? Don't think I'm going to continue with the MMS as it scared the hell out of me.

Source: <http://www.godlikeproductions.com/forum1/message438937/pg36>

9 **Anonymous/Unknown (English), (Date ?) R-5**

First, my health background. I am male, 27, with Chronic Fatigue Syndrome for 7 years, along with seasonal allergies and intermittent adrenal problems. I was hoping MMS would at least help with the CFS, as I suspect a pathogen. I took only a bare minimum of supplements, and started no new ones, during my (short) time on MMS, ruling out anything else.

The short story: MMS gave me startling chest pains, and has left me bed-ridden and miserable for much of the last week.

The long story: I started the MMS 13 days ago, a Monday, at two drops, with an activator of citric acid. I felt only the mildest nausea at two drops, so I moved up one drop at a time, to seven, over the next three days, with similar results.

At seven drops, I had still only mild nausea, along with a productive bout of diarrhea -- until that night. Out of nowhere, my heart began hammering, and felt as if it was straining to beat, with a moderate chest pain that scared the hell out of me. I really thought I was having a heart attack, that's how scared I was. This first bout lasted only several minutes, but it was enough to keep me from taking any more.

Unfortunately, the chest pains/heart problems continued. They came off and on for the next two days, bringing with them pounding headaches and a surge of CFS/adrenal problems. These little "heart attacks" eventually tapered into fits of heavy heartbeats, thankfully; they are still unpleasant, but not terrifying like before. However, the headaches and such have remained, and linger throughout the day. I've been in and out of bed for the last ten days, barely able to work, unable to exercise or sometimes just do chores, exhausted at the drop of a hat. I am currently experiencing one of the worst depressions I have ever known, could be suicidal if I gave in to the ugliness and negativity I feel, my thoughts blunted and idiotic as if I'm coming down from a drug. My heart still beats heavily from time to time throughout the day, and when these spells come, I get remarkably anxious.

I at first thought the MMS had just aggravated my adrenals, somehow, as I would liken these affects to a stress-driven adrenal crash, but I've since determined that that is not the case. The intense heartbeating, the headaches, the negativity/anxiety/depression, the outright lack of well-being -- these are not typical of my adrenal crashes, in intensity, sensation, or length. When my adrenals take a hit, I get down and tired, but nothing like this, and never this long (usually a day or two at the most). I feel poisoned, is what it feels like. It seems to slowly -- so slowly -- be abating, but at this rate, it will take weeks, if not months, to get back to where I was (which wasn't too great in the first place).

Let me say that I am not making this post in an effort to start a debate, or out of malice against MMS or Jim Humble or anyone else who promotes the stuff. I'm making this post, my first, so anyone considering MMS will know that it's not as safe as it's made out to be. Has Mr. Humble cured 75,000 Africans of malaria? Maybe. Have a couple hundred thousand people used MMS, as his website claims? For all I know, yes, and maybe they all had sterling results. However, I did not, and have suffered a horrible experience in which I almost called the ER, followed by a week of hell. Worse, I never saw anything on Mr. Humble's website -- or in any of the extensive research I did before putting the stuff in my body -- that suggested I may have these results, as atypical as they may be. From what Mr. Humble and others have said, MMS is as well-tolerated as aspirin, and that is simply not true.

For what it's worth, I had no idea that anything like this could possibly happen with MMS, even after the hours of research I mentioned (including two of Mr. Humble's books, and more blogs and websites than I'd like to think about). Since my experience, I've tried to find anyone who's had similar experience, but have only come up with a woman who had "heart palpitations" and went to the ER, a report of a man's wife dying that looked very questionable, and a man who had heart trouble after MMS cleaned out his arteries. So, apparently I'm not entirely alone here (though I don't think my problem was either palpitations or my arteries unclogging).

Was my experience some fluke? Maybe. A coincidence? Unlikely, but not impossible. Will MMS leave you sick and frightened like me? From what I've read, probably not. Could it? Yes, and I would like anyone considering MMS to know that, since I did not and am now reaping the consequences.

Source:

80 **Neb Radojkovic (English), (Date ?)**

Dear Jim,

I just had to tell the World... I was suffering from coronary artery disease since 1996 after having 2 heart attacks - 6 months apart. Doctors were offering a partial bypass surgery but I wasn't satisfied with opening my chest just to partially and temporary fix my heart so I was looking into all sorts of unconventional procedures and treatments. I had Chelation Therapy; Chelation Therapy with Plaquex (that actually made things allot better); Oral Chelation from several places; ongoing vitamins and minerals, CQ10, lots of garlic, Straus Drops etc. Nothing actually did more then make me feel a touch better and I still had to take my medication and my Nitro Patch daily.

Just recently I came across your MMS solution. I was fixing a computer for some old guy and he mentioned MMS. We got talking and he gave me a bottle of MMS and a bottle of Citrus and I promised I would give it a try. And I am so happy that I did. I have to say, I may be a little premature in saying certain things but the way I feel I just couldn't keep it locked inside any more. I was scared, to be honest, so I started very carefully with just a drop every hour but not more then 8 times a day. Then I started to take 2 drops every 2 hours again up to 8 drops. I was about to start taking more (after 2 weeks) when a started to feel exceptionally better. You have to understand, I was living with a daily dose of Angina Pains for years. I would go to bed at night and first had to wait for my heart to calm down enough not to echo inside my ears and to slow down so that I can fall a sleep. I could not walk more then a block and a half without having to stop and wait for pain to go away...

But now, after just 2 weeks, I started to feel totally different. I was not having any pain. At first I couldn't believe it but then I started to test myself. I would walk faster and further - nothing. I would walk up stairs - nothing. I would then run upstairs and NOTHING! No pain. I knew I needed to get into shape because I was loosing my breath but there was no pain. There was only a great feeling of happiness for feeling like I use to when I was younger... I know that MMS did this. There is nothing else that could have been making this turnaround in my health. I want to tell everyone. I want to tell people and I wish someone could show me the best way to do that in a way that people would believe me and not think that I am just trying to sell them something.

In any way, I thank the person whom computer I fixed and who gave me the Miracle Solution and I thank you Jim for coming up with this brilliant solution and for giving it to the World unselfishly.

Neb Radojkovic

Source: <http://genesis2church.org/mms-testimonials.html>

255 **PM squave (English), (12/16/2011)**

my MMS experience

For some reason it popped into my head that I hadn't gotten around to telling this story yet.

I love curezone, and if people here are getting good results from something, I try it. I do a lot of research before I try anything, and really try to get a solid overview of the patterns and pitfalls with any protocol.

When I was researching MMS, the nearly even balance of positive and negative testimonials was really confusing. I finally decided to at least give MMS a try, because I can't say something doesn't work, at least for me, until I've given it a fair trial.

Every time I worked up to more than 4 drops of MMS per day, I would feel ill and instinctively back off. "Die off" is one possible explanation. But with many protocols, if I take a day off and start again slower, progress is made and die-off type symptoms are reduced. This didn't happen with MMS. I would feel sick every time I tried it, maybe 5 times over a 1 year period, and the longer I persisted, the worse I would feel.

So, I finally decided I would just push through the "die off phase" and get to the other side. After about 2 weeks I got up to 5 drops twice per day, and my upper back started to hurt when I would breathe deeply. I stopped the MMS, but the pain under my shoulder blade only got worse over the next couple of days. I started to become disoriented, and out of curiosity, took my temperature. Uh-oh, 104F. A friend took me to the emergency room.

After an MRI and a bunch of blood tests I was diagnosed with pneumonia, possibly mycoplasma. A heavy blast of IV antibiotics got me to where I could be released from the hospital the next day, but I felt like death for about 2 weeks afterwards. A Z-pack finished killing the pneumonia, but turned me into an aggressive know-it-all for about a week, which pissed off a couple of my friends.

While I was in the hospital, I was told that my sodium level was so low that I was in danger of having a seizure. I'd never heard of low sodium before. At that time I was in the habit of taking at least 1/8 tsp of Sea Salt every morning, so something must have really been sucking the sodium out of my system.

So, to sum up, I was taking MMS every day for about 2 weeks and wound up in the hospital with pneumonia and dangerously low sodium. I can conclude that MMS doesn't work well for me. I'm someone who does anything he can to stay the hell away from hospitals and doctors, and am a little pissed off that MMS landed me right in their clutches.

Anyway, that's just one story, but I'm sure it's not the only one. Be careful, everyone!

{followup comment by the same person about the above story...}

...Another acute symptom I forgot to mention from my hospital visit was premature ventricular contractions, happening on average about every other heartbeat. A heart monitor was detecting them, and I could feel them. Disruption of electrolytes by MMS could have contributed to that. In the period prior to the hospital visit, I might miss a couple of dozen beats scattered through the day, but not every other one. That symptom has pretty much gone by now.

I started taking MMS because I've got some kind of fibro/chronic fatigue/candida complex of shifting symptoms after being floxed by fluoroquinolones, and am always looking for a way to make it stop. I feel like I've tried everything, but there's always one more thing to try. I gave MMS every possible chance, but it just doesn't suit my individual chemistry, I guess.

Source: <http://curezone.com/forums/fm.asp?i=1891681#i>

930 **Carl Lindert (English), (12/11/2007), (lindert@sbcglobal.net)**

I've been experimenting with MMS for some time using myself as a guinea pig. I changed nothing except to introduce and increase MMS in increments and monitor how I felt. It was a strict test.

For a year I've been monitoring health and over-all fitness using a wonderful Russian machine. It tests 13 levels of functioning of all the physiological systems. It's a 6 minute test; 3 minutes supine, 3 standing. It calculates chronotropic reaction, compensation response and Ortho-test ratios. A graph ranges from 1.1 (World class fitness) to 13.7 (Not-so-good). Being involved in alternative health for 30+ years and knowing what I was doing (Diet, exercise, supplements), In 4 tests, spaced months apart and being a very good boy, I could not get out of the 12-13 range.

After less than a week on MMS (6 drops X 2) I thought I'd check and record my blood pressure. BP was low, as usual, but I was stunned to see a resting heart rate of 60! For years my pulse was at 80-85 and I'd have episodes of intermittent racing and irregular HR since I was in my teens* I'm now 75..

A few days later I took the test again and it registered 9.4...well into the healthy range. The operator of the machine fell off his chair claiming I'd gained 20 years of "Robustness." He'd never seen such improvement. A few days later I had a holistic dentist friend check my mouth. He was amazed to find my teeth more "firm" and the gums pink and healthy...even though I smoke cigars. Both practitioners are now taking MMS,

I re-took the test 3 weeks later in another state. I was now up to 15 drops at night. The chart read 8.4 indicating further improvement.

I work out. HR never used to go up much above 100 while exercising and I did not sweat a lot. Sometimes the HR would not recover smoothly and tachycardia would set in. Now, HR goes to 120-125 and I sweat a lot. HR recovery is smooth and steady.

The problem is, I can't figure out what's changed. I'd been through heavy metal detox, years ago with no positive results. I've tried many holistic/alternative protocols. Heart worm was suggested...but, I feel my 60+ year problem was electrical and can't figure out how MMS corrected the problem..

Additional positive observations: Heat tolerance much better. Thyroid and adrenals test better using muscle resistance. 5 drop dose 20 minutes before exercise seems to increase exercise tolerance (To early to tell for sure). All systems seem to be better "Balanced."

Negatives: Threw up twice. Diarrhea several times...then constipation for a week.

When I was 11-12 I made 25 cents an hour working at a florist. One of my jobs was to place and light fused pesticide bombs in the middle of greenhouses and run like heck. There were times they went off early.... 40's pesticides were pretty potent.

{Update on 12/11/07}

I took the test I wrote about again. This time it came down 3 points to 5.4 (Look it up on the link I sent. So the scores for a year were:

13.5, 13.2, 12.9 Began MMS: 9.4, 3 weeks later 8.4.

3 weeks later 5.4.

For two weeks I've been experimenting taking 5-6 drops of MMS before a workout. On several weight involved exercises I was "Stuck" for a year...inability to increase repetitions. I am now able to add 40-50% more Reps.. I've done this often enough to determine this effect is "Real" ...for me.

Source: <http://genesis2costarica.org/testimonials/>

578 **Survey 3943, (Date ?)**

After just a few days I noticed better breathing,a feeling of well being, far less joint pain, fewer chest pains, more energy and generally felt better than in ten years.

Source: <http://curezone.com/faq/p/e2.asp?a=28,571&s=59&u=1&o=31253>

74 **NATURELOVER (English), (11/20/2007) R5**

If you'd like, you can let A know that there's no need for anyone to "pass on the relevant information" to me because I can still see the thread. In any case, I do appreciate A's concern but I can't think of anything that anybody could say really at this point that would get me to stop taking it. I don't want to go back to the way I felt before, even if the way I feel now is representative of a clinically unhealthier state – which I don't see how it could be.

At this point I've been on the MMS 12 days and I just can't think of anything I could see in writing that would rival what I am feeling. I am just feeling so much better in nearly every category; more than 50% improved in my more annoying

categories – like my feet and my anxiety/paranoia, and I haven't really run into any downswings in my "cycles" as I call them – the rollercoaster up and down that I was having before with my symptoms.

I definitely still have symptoms but they are all being lessened and except for one day when I didn't really take care of myself and didn't get much sleep I haven't lost any significant ground since I've been on the MMS. And I still have a lot of ramping up to do to get to the 2 or 3 15 drop doses a day that are recommended all over the place.

Currently I'm still taking 12 drops once a day. I should probably be breaking those up into at least 2 doses, but it just tastes so gross that it takes a lot of convincing myself to take even just one dose...then afterwards I always think "oh that wasn't so bad," but the smell has become familiar and has started to make me queasy before I drink it. Interesting since I've still never felt nauseas or queasy after taking the dose.

I still lose a little more hair in the shower than usual, but the drain is not clogged after one shower anymore. Last night I did wake up sweating mildly a few times, and I'm not sure if that is a result of Babs or Bart or perhaps I was just too hot – I did remove my heavier down comforter at one point and woke up a few hours later to put it back on again because I was chilly.

My feet are still somewhat red/discolored (as they have been since mid-August), but I was getting like these ulcers on the bottom of my feet and the bottoms of my toes felt like the entire part that touched the ground was a giant blister for a few weeks previous to my starting the MMS.

The ulcers are completely gone, but there is still a mark from one, a sore that my doctor called a sign of endocarditis a few weeks ago – but that sore does not hurt anymore, and I had another one in my mouth on my gumline which is totally gone now. A few spots on my feet are still occasionally sensitive but it is no thing compared to what felt like total rope-burn over the entirety of the bottom of my foot before.

I must say also that I am still taking 200mg of Doxy twice a day and have been for about a month and a half and I have about a month left of that treatment. I'm also on Malarone, one 250/100 pill a day that I've been on for as long as I've been on the Doxy and I have never thought that it has ever done much but I will keep taking it since I spent 400 bucks on a two months supply.

I am also taking herbs, right now primarily Hawthorn, Spirulina and Chlorella, as well as occasional Cat's Claw and the occasional whatever else. I'm becoming somewhat of an amateur herbalist, but what I mentioned by name are the only things I'm taking regularly.

Anyway, the Hawthorn could be at least partially responsible for the disappearance/ lessening of my endocarditis symptoms, as it is supposed to be the best cardiac herb there is because it is (according to Stephen Buhner) the only herb or drug which slows the heart and makes the beats more powerful – in other words it makes the heart more efficient. All other cardiac herbs and drugs make the heart beat faster, more often; they're stimulants and therefore can wear your heart out over time. Apparently Hawthorn makes your heart stronger and stronger for the longer you take it and so I wouldn't be surprised if it is what's getting rid of my endocarditis symptoms.

The Spirulina and Chlorella are basically for immune fortification and the binding of endotoxins, as well as for keeping my system cleared out – they're great at taking out all the trash before anything can get clogged up – and even after stuff already has been clogged, like we saw with my lymph node problem about a week ago, which is now totally resolved as if it never happened.

Anyway, yes I am taking plenty of other stuff besides the MMS and I am trying to make sure that I eat right and get enough sleep. I'm a writer so I pretty much work from home on my computer and that's a great plus for me because it means I don't have to stress myself out over a 9-5 job; which would probably have killed me a long time ago.....

.....anyway, I just want to make sure everybody knows that it could be entirely a coincidence that all of this improvement has just happened to coincide with the last 12 days since taking the MMS since I am trying to do everything else right, and I am taking other things – but I would also point out that at this point it would be nearly impossible for anyone to convince me to stop taking the MMS for any reason. I plan to take it until I have been symptom free for two months, like many do with antibiotics. Then I'll keep a bottle around just in case.

Sorry this has been so long, I didn't realize I was going to be doing an update until I was halfway done haha. Oh well, I guess I get excited talking and thinking about my condition. Feel free to post any of this for those on LN if you'd like. Take Care, Send all the LN'ers my best!

NatureLover

UPDATE FROM NATURELOVER 12/4/07

I am doing really well, actually! I stopped antibiotics almost 2 weeks ago and have just been doing MMS, acidophilus, hawthorn, spirulina and chlorella. I am doing really, really well.

I am really excited though, I am making a lot of progress, pretty rapidly. I did have a minor setback at first when I stopped the antibiotics but I was able to get that under control pretty quickly. My feet are in the best shape they've

been in for a month or two!

I really have a lot of hope surrounding this MMS; it is the most effective thing I've taken. My endocarditis symptoms are still nonexistent. My feet are doing really well and I just feel better in general. I still do have symptoms but it seems like they are becoming more manageable and less incapacitating.

I am up to a 15-drop dose twice a day, which apparently most Lymies can't handle. I find that I do get nausea when I take a 15-drop dose on an empty stomach.

NatureLover

12/05/07

I have been unignorablely ill since mid-August when I found myself in the Emergency Room with disseminated rashes all over my body; a few of them bullseyes – and a left foot that looked so crazy my PCP thought I had renal failure or diabetes, and she refused to treat me because she wanted my foot looked at in the ER.

I had been on antibiotics from mid-August until about 2 weeks ago. I do remember getting a rash before then and I was sick though I didn't put the pieces together since before mid-August. I would say I was actually bitten anywhere from May to late July.

I did have a little set-back about a week after I stopped taking the antibiotics in which it looked like I was losing ground, but I didn't lose ground to where I had been before I started taking the MMS, and I think that I was more frightened than anything else. I have been taking the MMS all the way through and I am continuing to improve.

It is slow but finally my range of symptoms has stopped expanding – whenever I thought I was improving with the antibiotics (except during the initial 3 weeks) it always seemed like my individual symptoms were getting milder but that there were getting to be more of them. Now it seems like the symptoms I do have are getting milder or slowly disappearing one by one and I have not noticed any new symptoms.

I do not think that my improvement is totally separated from the pharmaceuticals I took; I think just the opposite. For several months I would have been unable to cope with life in the absence of antibiotics, and I think the antibiotics I was on did significantly reduce the rate at which I was degenerating. I am not saying they didn't help; they definitely did. I have no intention of saying that the MMS has done what it has done for me on its own. I can't even definitively say it was the MMS, of course, but to me the coincidences just seem unignorable.

I won't be writing anything in any peer-reviewed scientific journals (for among other reasons, I'm not a Dr. or a Scientist). The evidence I have that MMS has been beneficial to me is almost certainly not enough to convince anyone in the mainstream or any official sources; but the evidence is good enough for me, and good enough that I will tell people that MMS is PROBABLY beneficial for Lymies – at least in the short term.

I have seen somebody say "well, I would hate to see a post from you someday that said 'mms gave me permanent brain damage,' or 'mms liquefied my internal organs' or something like that. Well, I'd hate to see a post like that too. I don't know much about ClO2, but I do know that it's not natural and probably not the best thing to be consuming for long periods of time (or maybe at all).

But I would point out that 1) neither are antibiotics and 2) when I was making the decision to try this it was the LYME that was in the process of giving me permanent brain damage, and liquefying my internal organs. At least with MMS, if I see adverse effects I can stop taking it at any time and therefore stop it from doing more damage – with the Lyme I don't have that option; as long as the Lyme lives it will increasingly do more damage.

If I knew that MMS DID give people permanent brain damage and that it DID liquefy people's internal organs but that it would kill the Lyme for good – I would take it anyway until the Lyme was dead so that my real problem would be solved.

The problem with Lyme – as I see it – is not that the assaults my body endures on any given day are particularly devastating; my body has overcome some remarkable injuries that it has sustained from the Lyme. The problem for me is that the Lyme is alive and it keeps assaulting my body over and over again, and since that's the case and I can't seem to kill it with any of the conventional methods that I've tried, I have no problem trying something else that's cheap (free actually for a sample bottle – a several month supply – if you go to the source Humble recommends in book 1) and reportedly effective.

When coincidentally or not I start healing like I haven't healed since the first 3 weeks on antibiotics, I am excited to tell others who are still suffering about my experiences.

I will end this now but I am really excited, and hope everything is going really well for you!

NatureLover

UPDATE FROM NATURELOVER 1/26/08

I'm not doing that well at the moment actually. Not because of the MMS, but because I haven't been very good about taking it for probably the past 2 or 3 weeks and I think the Lyme is reminding me now that it isn't gone yet.

I know I was going to wait until I had been symptomless for 2 months before I stopped taking it but that didn't happen as it just tastes so gross and I felt so good that I made the dumb mistake of pretending I never had Lyme; I stopped taking the MMS strictly and had a few nights of drinking and so forth to ring in the new year.

I'm still doing a thousand times better than I had been before taking the MMS, but I am a little down that some of my milder symptoms which had all virtually disappeared are coming back to me now. I have been getting back into the MMS recently and I hope to begin adhering strictly to two doses of MMS a day again starting tomorrow. I have also restarted doxycycline in the past few days and I think that is contributing to my overall sense of less well-being. I've also heard that the full moon has an exacerbating effect on Lyme (I'm not sure if I believe that or not) and I have noticed the past few nights that the moon has been pretty close to full. Again, I'm not really sold on that being a factor but I thought I would mention it so others can make up their own minds.

I don't know if the MMS actually kills the Lyme or just drives it into cyst form (probably a little of both I suspect, just like anything else, right?) But the one comforting thing is that as much as I have stopped and restarted the MMS, it has not lost its effectiveness; which is unlike any of the other medications I have used.

I'm so used to having to add things to the regimen when whatever I'm using begins losing its effectiveness. So far, nothing of the sort has happened with the MMS. It seems I follow patterns of wellness that match exactly (delayed one or two days) the patterns of how much MMS I have been taking, and it does seem that the MMS takes away symptoms faster than they return.

Hope you and everyone on Lymenet are healing well.

Nature Lover

Source: <http://www.healthsalon.org/366/mms-miscellaneous-testimonials-no-13/>

441 **PGH (English), (7/17/2008)**

A good friend called me to say goodbye as he was very ill. Said the VA was giving him Steroids and Antibiotic's and he had been on Oxygen for 20 years, plus holes in his lungs with scabs covering the holes from 40 yrs of smoking and recently had acquired Pneumonia and now was fading fast. He sounded very weak. I told him to read up on MMS, buy the product and make the activator himself from the food store. He found it with in 2 days and started taking it. He started a 2 drops twice per day and within 5 days worked up to 15 drops twice a day. He never had any side effects other than the Pneumonia was gone after about 3 days. This was 4 months ago, he's still alive today. He did have to back off the MMS after 2 to 3 weeks at 15 drops x 2 daily cause it was bothering his Congested Heart Failure as all his veins are clogged up. He never has restarted a small dosage to see if that will help. He is going to give his body to Science Tech when he goes. Maybe they will learn something helpful.

PGH 7/17/08

Source: <http://www.beating-cancer-gently.com/mms-testimonials-comments.html>

1086 **M. (German), (3/5/2010)**

05:03:10 Mr. M-pneumonia (Behand. m. MMS2)

Dear MMS-ler,

I would like to tell my experience with MMS 2 in connection with an acute pneumonia other interested parties. Within two days it was me tremendously bad, starting with panting chest pain and cough always stronger. When I still got a fever, I went to see a doctor. I had to 38.5 degree fever, high blood pressure, pulse to 140 dropouts and a catastrophic ECG.

My doctor prescribed bed rest and lots of drugs. At home, I took 1 capsule MMS 2, the next morning and an afternoon one.

Less than 24 hours after my highest temperature was 35.7 degrees my body temperature and I felt very good. Quite deliberately, it was not me by the reduction of fever, which was probably due to the reduction of pathogens. I stayed at MMS 3 capsules 2 a day, the cough was turned into a productive cough, phlegm to be expelled from. Overall, I am doing very well, but is still some fluid in my lungs, it probably needs time.

The ECG was back to normal, high fever did not stop.

Thank you Jim Humble
regards

Mr. M. A.

05.03.10 Herr M-Lungenentzündung (Behand. m. MMS2)

Hallo liebe MMS-ler,

ich möchte hier meine Erfahrungen mit MMS 2 im Zusammenhang mit einer akuten Lungenentzündung anderen Interessierten mitteilen.

Innerhalb 2 Tagen ging es mir enorm schlecht, beginnend mit Schmerzen in der Brust sowie immer stärker werdenden keuchenden Husten.

Als ich noch Fieber bekam, suchte ich einen Arzt auf. Ich hatte bis 38,5 Grad Fieber, hohen Blutdruck, Puls bis 140 mit Aussetzern und ein katastrophales EKG.

Mein Arzt verordnete mir Bettruhe und jede Menge Medikamente. Zu Hause nahm ich 1 Kapsel MMS 2, am nächsten Morgen eine und Mittags eine.

Weniger als 24 Stunden nach meiner höchsten Temperatur betrug meine Körpertemperatur 35,7 Grad und ich fühlte mich sehr gut.

Ganz bewusst ging es mir nicht um die Senkung des Fiebers, die geschah wahrscheinlich auf Grund der Reduzierung der Erreger.

Ich blieb bei 3 Kapseln MMS 2 am Tag, der Husten wandelte sich in einen produktiven Husten um, um Schleim aus zu stoßen.

Insgesamt geht es mir sehr gut, allerdings befindet sich immer noch etwas Flüssigkeit in meinen Lungen, dies braucht wahrscheinlich Zeit.

Das EKG war wieder in Ordnung, hohes Fieber kam nicht mehr auf.

Danke Jim Humble

Viele Grüße

Herr M. A.

Source: <http://www.jim-humble-mms.de/erfolgsfaelle/050310.php>

Heartburn

Heartburn, also known as pyrosis, cardialgia, or acid indigestion is a burning sensation in the chest, just behind the breastbone or in the epigastrium. The pain often rises in the chest and may radiate to the neck, throat, or angle of the jaw.

Heartburn is usually associated with regurgitation of gastric acid (gastric reflux) which is the major symptom of gastroesophageal reflux disease (GERD). It however may also be a symptom of ischemic heart disease, though this is true for only 0.6% of those experiencing heartburn.

178 Jim Humble, (Date ?)

8. A case from Australia.

Firstly congratulations, and thank you, thank you, thank you! Keep taking your MMS so you stay alive for many more years to enjoy your successful journey of this life.

I have been using MMS now for seven weeks, and would like to relate the following improvements in my health. My lifelong battle with REFLUX/HEARTBURN/ACID GUT seems to be over. that all disappeared after four days and hasn't come back. (My system succumbed to beer and chips and other assorted rubbish one day, but a scheduled daily dose of MMS knocked it on the head within a few minutes).

My lifelong weakness of too much mucus in the nose and throat at most times has been reduced noticeably to a "no problem" level. I now get a incredible good night's sleep every night, dream vividly, and my wife says my snoring is less. My lifelong weakness to catching the common colds and being very susceptible to any virus or flu going around seems to be over. during the last seven weeks I deliberately exposed myself to catch a cold several times, did get it, and knocked it on the head within hours (only experienced a few sneezes, and slight runny nose) then I was exposed to a severe flu virus, after two days I had a ticklish throat and a few sneezes, here we go I thought. I took a double dose of MMS before going to bed that night and woke up the next day as right as rain. I expect my cholesterol count to have lowered, and my fear of cancer from my enlarged prostate has subsided.

Many other minor problems were experienced during the last seven weeks, and it is enough for me to say I AM HOOKED ON THE STUFF FOR THE REST OF MY LIFE