



SACRAMENTAL

PROTOCOL

VIDEO

Quick Reference Guide

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Genesis II Church of Health and Healing

Health Sacraments

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Introduction

For a long time I had been dreaming a dream that many others have also dreamed of a time when we will live in a world of peace that is free of disease. Then one day, while prospecting for gold in a jungle rain forest in South America with eight men as my helpers, two of the men suddenly became extremely ill with malaria. I sent two of the other men running to the nearest mining camp that might have malaria medicine. Even though they were running, we knew the trip would take at least two full days. I remembered the stabilized oxygen liquid drops that I had brought along to purify jungle water. It had already been established in America that these drops sometimes helped overcome diseases. I asked the sick men if they would like to try the drops. Vomiting and sick with high fever, chills, and extreme pain, the men were happy to try anything. Almost immediately, their symptoms began to subside. Their headaches vanished, their temperatures returned to normal and four hours after taking the drops, they enjoyed an evening meal.

The power of the drops, which had already been used in America for more than 60 years, was once again proven. Clearly this was a gift that heals, a visible form of grace; a health sacrament. With this new wisdom, I was able to create a plan and the tools to bring about the dream of a world without disease.

Today I invite you to share the dream and participate in the Genesis II Church. This can bring a new, high level of good health into your life and the lives of your loved ones. It is a simple, inexpensive, and easily doable. Through the Genesis II Church and its sacraments we can all live free of disease in a world of peace.

The Genesis II Church is the first church created solely for the purpose of serving mankind. Please stay in touch with us. Let us know how your work is going. Let us know what you need to fulfill our shared dream.

As always with love,

Archbishop James Humble

Important details to know:

1. 1 cc contains 24 drops of liquid.
2. Cc's and ml's measures the same.
3. An ounce (oz) contains 30 cc/ml
4. MMS - Means not activated MMS (Master Mineral Solution)
5. MMS1 (A.K.A. MMS Classic) means activated MMS.
6. CDS - Chlorine Dioxide Solution.
7. MMS2 - Calcium Hypochlorite.
8. CDI - Chlorine Dioxide Injectable.
9. PPM - Parts Per Million.
10. pH - Potential of Hydrogen.

Genesis II Church of Health and Healing Products



HEALTH SACRAMENTS, CLEANSING WATERS, PURIFICATION PROCESSES OF THE GENESIS II CHURCH

The Genesis II Church is an ally of your immune system. Its Cleansing Waters are powerful oxidizers that detoxify the body by cleaning the immune system. They remove heavy metals and toxins, and kills pathogens. The Church provides tools of personal responsibility for those who want to take charge of their health. Unlike traditional medicines, these tools are not toxic so one may use them as long as they wish.

1st - Health Sacrament 1000 - *Use for most illnesses.*

MMS: Take 1-3 drops of Cleansing Water (MMS1) every hour, eight hours each day for three weeks or until healed. Begin with one drop an hour and increase over a day's time to three drops an hour. Should nausea occur, take fewer drops but do not stop.

CDS: Take 1 cc/ml every hour, for eight hours each day for three weeks or until healed. Begin with 1 cc/ml per hour and increase over a day's time to 1 ½ cc/ml per hour. If you are able to increase the amount per dose without any reactions, do so. Should nausea occur, take fewer cc/ml, but do not stop.

2nd - Health Sacrament 1000 plus

MMS: Same as above with the addition of an equal number of drops of DMSO added to the activated Cleansing Water (MMS1).

CDS: Same as above with the addition of 10 drops of DMSO added per 1 cc/ml of CDS.

3rd - Health Sacrament 2000 - *Use for life-threatening illnesses such as cancer and AIDS.*

MMS: Begin with Health Sacrament 1000 for several days, leading up to Health Sacrament 2000, which will include 1-10 drops of Cleansing Water (MMS1) every hour for 10 or more hours each day. Use as many drops each hour as possible, but without becoming sicker or nauseous. Use less drops in the case of nausea or feeling sicker. This Health sacrament also includes taking 4 or 5 capsules* of MMS2 at two hour intervals during the same time period as taking the Cleansing Water. The schedule for taking the MMS2 should begin ½ hour after taking the first Cleansing Water (MMS1).

*Start with 1/16, then progress to 1/8 then 1/4 and last 1/2.

CDS: Begin with Health Sacrament 1000 for several days, leading up to Health Sacrament 2000, which will include 1- 5 cc/ml of CDS every hour for 10 or more hours each day. Use as many cc/ml each hour as possible but without becoming sicker or nauseous. Use less in the case of nausea or feeling sicker. This Health sacrament also includes taking 4 or 5 capsules of MMS2 at two hour intervals during the same time period as taking the CDS. The schedule for taking the MMS2 should begin ½ hour after taking the first CDS dose.

4TH - Health Sacrament 3000

MMS: Use for the purpose of getting Cleansing Water (MMS) quickly circulating in the blood. Add 1 cc/ml of DMSO to 10 drops of Cleansing Water (MMS) and apply to the skin. If you need to dilute more, add some drops of water.

CDS: Use for the purpose of getting CDS quickly circulating in the blood. Add 1 cc/ml of DMSO to 3 cc/ml of CDS and apply to the skin. There will be no need to add water.

5TH - Health Sacrament 4000 - Using Cleansing Powder (MMS2) has been used alone to successfully treat 200 cases of HIV in Malawi. Several testimonies have reported that the Cleansing Powder alone has eliminated diabetes, and it has proven to be better than the Cleansing Water (MMS1) for prostate cancer. It is usually used with Cleansing Water (MMS1) or CDS, but if MMS1/CDS is not available, use Protocol 4000, which is Cleansing Powder (MMS2) used alone.

Using Cleansing CDS in place of Cleansing water in the Health Sacraments of the Church.

Cleansing CDS does not need to be activated with citric acid or any acid. However, it is much more diluted than the Cleansing Water; therefore, you must use more Cleansing CDS than Cleansing water (MMS1). It takes 8 drops of Cleansing CDS to equal one drop of Cleansing Water. So, for a dose of 3 drops of Cleansing Water, you would use 3 times 8 drops (24 drops) of Cleansing CDS, which is 1 cc/ml of CDS.

Keep in mind, that Cleansing CDS is used for direct contact mainly to restore health of the skin and many other health conditions of the body. If you have to treat parasites, we recommend that you use MMS1 or CDS with the parasite sacraments that we have provided in this workbook (p.33). We only recommend using natural products to accomplish this.

Important new Cleansing Water (MMS1) and Cleansing CDS Health Sacraments technology

It is important to understand the difference in the use of these two liquids. The Cleansing Water is used mostly for indirect contact, and Cleansing CDS is used for direct contact. So when we say indirect contact, we refer to unhealthy conditions in the body where there can be no direct contact from the liquid, usually because it is necessary for the Cleansing water to travel through the stomach, and partially through the intestines before it enters the blood, and is carried by the blood to the unhealthy area. On the other hand, the cleansing CDS is almost always used to contact the unhealthy condition directly. For example, an infected eye or unhealthy skin conditions of some kind, or a problem in the colon where an enema can be used, or where a douche would touch an unhealthy condition. An example of indirect contact would be of bringing health to those with malaria; because the malaria parasites are in the blood, the parasites cannot be contacted directly. The MMS1 must travel through the stomach and into the intestines before it enters the blood and thus the MMS1 cannot be put directly onto the malaria parasites, and the same is true about almost all parasites. It might be possible to use Cleansing CDS intravenously which would then contact the malaria parasites bringing health to the body, but that research is yet to be tried. At this point in time, in order to bring health to a malaria victim, it is necessary to give Cleansing Water (MMS1) to the sick twice, with two 15 drop doses one hour apart.

The Cleansing CDS is much more effective directly on the unhealthy condition. It is possible to have Cleansing CDS in very high strengths to anoint those with unhealthy skin conditions of all kinds. This is also true with snakebites, stingray stings, and bee stings.

Cleansing CDS has been used to help those with cancer to regain their health. If you have a question, give us a call or send an email, but there has never been a problem, so you do not have to worry about doing damage by using both. See section 8 for instructions on making Cleansing CDS. **However, Cleansing CDS is used for all unhealthy conditions with the exception of parasites, which you can add the parasite protocol to it, and this will work just fine.**

Video #2 - Sacrament 1000 (Using MMS1)

How to make a 1- 3 drop dose (MMS1)

In a glass, place 1-3 drops of Cleansing Water (MMS) and equal amount of drops of 50% citric acid solution. Mix them by swirling the glass around. Wait 20 seconds until the solution turns dark golden yellow or brown. The yellow or brown solution is now ready for consumption and should be added to a few ounces of water - usually 4 ounces, but you may use from 1 to 8 ounces.

Directions for using substitutes for the 50% solution: If you do not have a 50% citric acid solution, you may use lemon juice, vinegar or a 10% citric acid solution but in this case, you will use 5 drops for every drop of Cleansing Water. That would be 5 drops of lemon juice, or vinegar, or 10% citric acid to 1 drop of Cleansing Water. (You will need to wait 3 minutes)

Video #3 - Sacrament 1000 (Using CDS)

How to make a CDS dose (Equivalent to 3 drop dose of MMS1)

In a glass of 120 cc - 240 cc of water, add 1 cc of CDS (3000 PPM). If you feel a slight sting in the back of your throat, then add more water the next time. The advantages are that you do not activate Cleansing CDS, there is no bad taste, and we often get superior results with it.

Video #4 - Sacrament 1000 (Daily bottle using MMS1)

Get a 1 liter bottle or 1 quart bottle that has a secure top. With a permanent marker, mark the half point. Then mark the half points between the mark you just made, and the top of the bottle, then another on the bottom half of the bottle. The bottle now has four equal sections, mark the midpoint of each section. You now have eight sections - one for each Cleansing Water dose of the day.

To prepare your solution for the day:

Decide how many drops you need for each hour: 1, 2 or 3.

Multiply this number by 8. The amount will be 8, 16 or 24 drops.

Put the appropriate number of drops of Cleansing Water in the bottle.

Add an equal number of 50% citric acid solution* and mix by swirling the bottle.

Wait 20 seconds until mixture turns dark golden yellow or brown.

Fill the bottle with water or juice that does not have added vitamin C.

Consume one dose each hour.

Directions for using substitutes for the 50% solution: If you do not have a 50% citric acid solution, you may use lemon juice, vinegar or a 10% citric acid solution but in this case, you will use 5 drops for every drop of Cleansing Water. That would be 5 drops of lemon juice, or vinegar, or 10% citric acid to 1 drop of Cleansing Water. (You will need to wait 3 minutes)

OVERCOMING THE BAD TASTE:

Do not use juice to mix with. Use water only. Use pure, aluminum free, baking soda for this purpose (Arm & Hammer is the best). Be sure to use baking soda and not baking powder. Using the measuring spoon set that you can buy at most grocery stores, take only one filling of the 1/8th size teaspoon (The smallest measuring spoon). Be careful to use only this tiny amount and stir it into a one liter or a one quart bottle. That's all. Do nothing more. The bad taste will be gone. For those who are interested in the technical side, this process brings the pH up from 3 to somewhere between 5 and 5.5. This is the pH at which the human body assimilates MMS1 best.

Video #5 - Sacrament 1000 (Daily bottle using CDS)

Get a 1 liter bottle or 1 quart bottle that has a secure top. With a permanent marker, mark the half point, then mark the half points between the mark you just made, and the top of the bottle, then another on the bottom half of the bottle. The bottle now has four equal sections. Mark the midpoint of each section. You now have eight sections - one for each CDS dose of the day.

To prepare your solution for the day:

Add 8 cc/ml in the 1 liter or 1 quart bottle, fill the bottle with water, and take a dose each hour. If after the 1st day, you are feeling fine and do not have any symptoms of the Herxheimer reaction, then you will add 12 cc/ml to your liter bottle the 2nd day.

Depending on how your body is reacting, you can up your doses, but remember, go slow. No need to rush. We recommend adding 4 cc's to the daily dose every day, and only if your body can handle it. In most cases, people do not go over 5 cc's per hour. That would be 40 cc's in the daily protocol.

Video #6 - Sacrament 1000+ (MMS1 / CDS)

24 hours before you use this protocol, you should test for DMSO tolerance. Rub one drop of DMSO onto the forearm and wait 24 hours. If you experience any pain in your liver, do not use this protocol.

From daily dose bottle: You will need to make the Protocol 1000 daily bottle before you even think of adding any DMSO. You will not be adding the DMSO to the bottle itself. What you will have to do is this: Every time you have to take your doses, that is when you will add your DMSO, whether it is 10 drops or more. The reason we do it like this, is because DMSO will weaken MMS1 and CDS over a period of a couple of hours, and we want to make sure that our body is receiving the MMS1 or CDS with its full strength.

From single dose: If you are only going to make 1 dose of MMS1 or CDS, then add 10 drops of DMSO to the solution. You can always add more, but do it this way for a couple of days before you decide to add more DMSO. It is better to increase the MMS1 or CDS and maintain the DMSO at 10 drops per dose, at least for a couple of days. Then depending how your body is reacting, add more DMSO.

Video #7 - Sacrament 2000 (MMS1 & MMS2)

For cancer and other life threatening diseases - take as many drops of activated MMS each hour, as a person can handle without becoming any sicker, feeling worse, or developing diarrhea. It must be taken hourly for 10 hours a day, for 3 weeks or until well. It is best to start off with only one drop an hour and quickly build up to as many drops as you can take. Take as many drops as you can, but easy dose it. Making yourself sicker uses up energy and makes the recovery go slower.

First, add your number of MMS drops to a clean dry glass, then activate with 1 drop of 50% citric acid for each drop of MMS that is in your glass. Swirl or shake to mix, wait 20 seconds, add 1/2 to 1 glass of water and drink.

If you don't want to make up a single dose each hour, you can make 10 doses in the morning, and keep the solution in a closed container all day. Just follow the above

instructions multiplying all the figures by 10 and then put that liquid in a closed container. Take 1/10th of it each hour. Don't worry, MMS will last hours longer than is needed, so long as you keep the lid on tight. Be sure to only use water for this all day solution, as juices will usually reduce the strength or totally kill the MMS1 by the end of the day. However, you could add some fresh juice to the MMS1 & water solution just before taking an hourly dose.

Now, these are the important instructions you must be sure to follow: You must not make yourself sicker than you already are. Do not cause yourself a lot of nausea, or pain, or diarrhea. If you notice any of these symptoms coming on, take less MMS. Try not to stop taking MMS, just take less. Go from 2 drops an hour of activated MMS to one drop an hour. For example, if you are already taking one drop an hour, then take 1/2 drop an hour, or even 1/4 drop an hour. Try to increase amount of drops an hour as you can, without feeling worse, but do not go over 12 drops an hour.

After 3 days you must add MMS2. Take 1 capsule every other hour (2 hours apart and half hour between taking MMS1) but start with 1/16 and gradually increase to no more than 1/2 capsule. You will be taking 5 capsules each day.

How to make Cleansing Powder MMS2 capsules: Half fill a small bowl with 60-70% calcium hypochlorite. Dip half of a 0-size capsule into the bowl and ¼ fill it. Put the cap on it and take with at least one 240 cc/ml glass of water. Never use more than 1/2 capsule in a size 0 capsule. Start low and build up on your doses. This way you will not have any uncomfortable symptoms.

Start with 1/16, then progress to 1/8 then 1/4 and last 1/2.

Note: Drink lots of water because MMS2 (calcium hypochlorite) is activated by water and produces hypochlorous acid, which your immune system produces naturally.

Video #8 - Sacrament 3000 (MMS1 / CDS) DMSO

24 hours before you use this protocol, you should test for DMSO tolerance. Rub one drop of DMSO onto the forearm and wait 24 hours. If you experience any pain in your liver, do not use this protocol. However, after a week or even less of doing Health Sacrament 1000 or 2000, the liver will normally be able to tolerate DMSO.

This Health Sacrament is often used with Health Sacrament 1000. It is done every hour for eight hours.

MMS1: Mix 10 drops of Cleansing Water (MMS) with 10 drops of 50% citric acid solution. Wait 20 seconds until it turns dark golden yellow or brown, then add 1cc/ml of DMSO. If you wish, you may also add about 5 cc/ml of water.

Anoint one arm with the solution. After an hour has passed, mix another batch and anoint the other arm. At the next hour, mix a batch and anoint one leg. Then the next hour, the other leg and for the hour following that, anoint the stomach. The next hour, begin the process over, using the same arm with which you started.

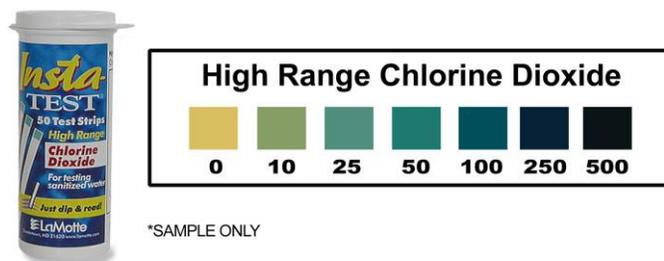
Directions for using substitutes for the 50% solution: If you do not have a 50% citric acid solution, you may use lemon juice, vinegar or a 10% citric acid solution but in this case, you will use 5 drops for every drop of Cleansing Water. That would be 5 drops of lemon juice, or vinegar, or 10% citric acid to 1 drop of Cleansing Water. (You will need to wait 3 minutes)

CDS: Add 3 cc/ml of CDS to a small glass or bowl, then add 1 cc/ml of DMSO to it. No need to add water, because CDS will not irritate the skin like MMS.

Anoint one arm with the solution. After an hour has passed, mix another batch and anoint the other arm. At the next hour mix a batch and anoint one leg. Then the next hour, do the other leg and for the hour following that, anoint the stomach. The next hour, begin the process over again using the same arm with which you started. This might be too much liquid to rub in, so only rub in the amount that seems comfortable to you, and dump the unused portion.

Video #9 - How to test the PPM in MMS

You will need Lamotte chlorine dioxide test strips 0-500 ppm to be able to do this. Add 3 drops of MMS to 3 drops of 50% citric acid in a clean glass. Then add 4oz of distilled water to the glass. Dip the strip in the solution count 2 seconds and whatever the strip reads after 10 seconds, multiply by 100. The test strip should read 35 ppm.



Video #10 - How to test the PPM in CDS

You will need Lamotte chlorine dioxide test strips 0-500 ppm to be able to do this. Add 1 cc/ml of the CDS you have made or obtained to a clean glass. Then add 99 cc/ml of distilled water to the glass. Dip the strip in the solution and whatever the strip reads, multiply by 100. The test strip should read 50 ppm

Video #11 - Spray bottle protocol (MMS1)

Every 30 cc/ml of spray has 10 drops of Cleansing Water and 10 drops of 50% solution citric acid.

To prepare a 120 cc/ml bottle:

Mix 40 drops of Cleansing Water with 40 drops of 50% solution citric acid, and until dark yellow or brown, add 120 cc/ml of water.

This may be sprayed on any part of the body. If it gets in your eyes when you spray your face, it is okay, but splash a little clear water in the area to prevent a burning sensation. When the color gets light, it is losing its strength - make up a new bottle. It has a multitude of uses - spray in your hair to correct dandruff, as a deodorant and to treat athlete's foot. Try it on skin problems and use for hygiene of the mouth.

Video #12 - Spray bottle protocol (CDS)

Every oz or 30 cc/ml of spray has 3 cc/ml of CDS 3000 ppm.

To prepare a 120 cc/ml bottle:

Add 12 cc/ml of CDS (3000 ppm) to a 120 cc/ml spray bottle, then fill with water. This is the standard way of making the CDS spray bottle. Since CDS does not contain citric acid or MMS, you can add more cc/ml of CDS to the spray bottle without burning your skin. Just be careful with your mouth and more sensitive areas

This may be sprayed on any part of the body. If it gets in your eyes when you spray your face, it is okay, but splash a little clear water in the area to prevent a burning sensation. When the color gets light it is losing its strength - make up a new bottle. It has a multitude of uses - spray it in your hair to correct dandruff, as a deodorant and to treat athlete's foot.

Try it on skin problems and use for hygiene of the mouth.

CDS spray bottles do not last as long as their counterparts Cleansing Water spray bottles. CDS spray bottles can last for up to a couple of weeks without losing much strength - that all depends on how you store it. In the fridge or a cupboard where there is no sunlight, it can maintain its strength for longer periods of time.

Video #13 - How to make capsules to substitute for Cleansing Water (MMS1) dose.

If you object to the taste of Cleansing Water (MMS1), you can avoid it by substituting these capsules.

Prepare 8 (3 drop) doses in a 60 cc/ml bottle by activating 24 drops of Cleansing Water with 24 drops of 50% citric acid solution. When it turns dark yellow or brown, add 32 drops of water and put into a small container that has a secure non-leak top.

(80 drops ÷ 10 = 8 drops per hour)

Every hour, put 10 drops of the solution into a capsule, and consume immediately with an 240 cc/ml glass of water. The capsule must be taken immediately, as it will dissolve in just a few minutes. (This overcomes the bad taste - see number 5 above)

When using Cleansing CDS, there is no need for this procedure.

Video #14 - Cleansing Water (MMS1) gas for teeth and mouth

Mix in a glass that has a small opening (such as a 30 cc/ml shot glass) 3-6 drops of Cleansing Water with an equal number of 50% citric acid solution.

Wait about 5 seconds then put the opening of the glass into your mouth.

Keep the glass in mouth 2-3 minutes, but as soon as you feel it start to burn, STOP, even if it is not 2 minutes. During this procedure, you will have been breathing through your nose. Be careful - DO NOT INHALE THE GAS when you remove the glass.

You cannot use CDS for this step

Video #15 - Cleansing Water (MMS1) morning health routine

Mix 2 drops of Cleansing Water and 2 drops of 50% citric acid solution in a cup, cover with hand, wait 20 seconds, then holding this cup to your nose, take a breath in until you get a little bite at the end of your nose. Then do the same with your mouth. If you do not get a bite you can take a second breath but never more than that.

Add a tablespoon or 8 cc/ml of water to the solution, and pour a little on your tooth brush. Brush your teeth and your gums. Do not put the brush into the cup, but twice again pour a little of the solution onto your brush and clean your teeth and gums.

Gargle with the remaining solution and swallow it.

Video #16 - Staph, MRSA and Boils

This treatment can kill the worst staph infections in 5 minutes.

Add 10-12 drops of 50% citric acid solution to an equal number of drops of Cleansing Water (MMS) and activate them. Put this solution in a glass, and press the opening of glass into the area you want to treat. Do not allow the solution to touch your body. When the gas hits the area of the boil, and you are using a clear glass, you will be able to see the boil drain away.

You cannot use CDS for this step.

Zinc Oxide can also be used to treat the MRSA boils. It helps dry it up and closes the wounds.

Video #17 - Brushing teeth for mouth and teeth problems (MMS1)

For handling serious problems such as gingivitis and abscessed teeth - this is not for everyday use.

Mix 10 drops of Cleansing Water (MMS) with 10 drops of 50% citric acid solution, wait 20 seconds until it turns dark golden yellow or brown then add ¼ cup of water. Do not put

the toothbrush in the cup, but pour some of the solution on your brush, then brush your teeth and gums. After you finish brushing upper, lower, inner and outer, begin again by pouring solution onto your brush.

Cover the solution that remains in the cup and follow the same procedure several more times during the day. Repeat 3 or 4 times a day until the mouth is in good shape.

NOTE: If the abscess is inside the tooth, add 10 drops to 1 cc/ml of DMSO to the solution. This will carry the solution through the enamel.

Video #18 - Brushing teeth for mouth and teeth problems (CDS)

For handling serious problems such as gingivitis and abscessed teeth - this is not for everyday use.

Add 3 cc/ml of CDS 3000 ppm to a clean glass, then add ¼ cup of water. Do not put the toothbrush in the cup but pour some of the solution on your brush, then brush your teeth and gums. After you finish brushing upper, lower, inner and outer, begin again by pouring solution onto your brush.

Repeat 3 or 4 times a day until the mouth is in good shape.

NOTE: If the abscess is inside the tooth, add 10 drops to 1 cc/ml of DMSO to the solution. This will carry the solution through the enamel.

Video #19 - Protection against contagious disease

To keep pathogens out of the air, activate 10 drops of Cleansing Water by placing it in a cup and adding 10 drops of citric acid. Let it sit near the sick person - it will create a safer area for people for about 12 hours. It is best to put the cup on a high shelf as the MMS1 gas is heavier than air and it will drop and spread out as it drops.

Video #20 - Nose Drop Protocol (MMS1)

Add 4 drops of 50% citric acid to 4 drops of Cleansing Water. When it turns dark yellow or brown add 120 cc/ml of water.

It is difficult to get to the sinuses because the breath passes by the sinuses and it doesn't collect in them. So you need to lay flat on your back with no pillow and put 5 to 10 drops of this solution into each nostril and let it run down into the sinuses. Repeat several times a day until you are healed. It will have a burning feeling but it will heal. Reduce the number of drops if it feels very bad.

Video #21 - Nose Drop Protocol (CDS)

Add 1 to 1 ½ cc/ml of CDS (3000 ppm) to 120 cc/ml of water.

It is difficult to get to the sinuses because the breath passes by the sinuses, and it doesn't collect in them. So you need to lay flat on your back with no pillow and put 5 to 10 drops of this solution into each nostril and let it run down into the sinuses. Repeat several times a day until you are healed. It will have a burning feeling but it will heal. Reduce the number of drops if it feels very bad.

Video #22 - Eye Drop Protocol (MMS1)

Choose a 1 drop or a ½ drop solution. If you choose a 1 drop solution, you can use the same solution prepared above for the nose. If you want to use a ½ drop solution, then add 2 drops of citric acid to 2 drops of Cleansing Water and activate them by mixing them together until they turn dark yellow or brown. Then add 120 cc/ml's of water.

Using an eye dropper, drop 2-4 drops right into the center of each eye or place the drops in the corner of the eye and blink until the solution is circulated over the total surface of the eye. Do it two or three times a day or as often as every hour until the problem is handled.

Video #23 - Eye Drop Protocol (CDS)

Since CDS does not contain citric acid or MMS, there should be no problem in using 1 to 1 ½ cc/ml of CDS to 120 cc/ml of water to make your solution.

Using an eye dropper drop 2-4 drops right into the center of each eye or place the drops in the corner of the eye and blink until the solution is circulated over the total surface of the eye. Do it two or three times a day or as often as every hour until the problem is handled.

CDS is better for treating eyes than MMS1. MMS1 works well for treating eyes but CDS will cause less burning.

Video #24 - Ear Drop Protocol (MMS1)

Ear with MMS1: Prepare a 1 drop dose per 30 cc/ml of water, by adding 4 drops of citric acid to 4 drops of Cleansing Water in a clean dry glass. When they are activated, they will be dark yellow or brown. Add 120 cc/ml of water.

Lay on your side and put 1 cc into your ear. Wiggle your ear around in order to get the solution to go all the way down to the bottom of your ear canal. If it doesn't seem to hit the eardrum, add more of the solution and keep trying to move the ear. If you get it in far enough, it will cause the earache to go away almost instantly. If it doesn't happen that quickly, wait. It may happen in an hour or so. If you have no success, then include Health Sacrament 1000, starting with a three drop dose every hour. Chances are, if the earache doesn't go away immediately, you didn't get the MMS1 to go deep enough into the ear. Be careful.

Video #25 - Ear Drop Protocol (CDS)

Add 1 - 1 ½ cc/ml of CDS (3000 ppm) to 120 cc/ml of water.

Lay on your side and put 1 cc into your ear. Wiggle your ear around in order to get the solution to go all the way down to the bottom of your ear canal. If it doesn't seem to hit the eardrum, add more of the solution, and keep trying to move the ear. If you get it in far enough, it will cause the earache to go away almost instantly. If it doesn't happen that quickly, wait. It may happen in an hour or so. If you have no success, then include Health Sacrament 1000, starting with a three drop dose every hour. Chances are, if the earache doesn't go away immediately, you didn't get the CDS to go deep enough into the ear. With CDS, you can also add more cc's in the solution without hurting the person's inner ear. But be careful, start by adding 1 cc more each time you do it. If your ear is stinging or burning too much, then reduce immediately. In some occasions, we have made a 50% CDS and 50% water solution and the pain was gone immediately, and the person did not have any stinging or burning sensations. It depends on how advanced their infection is. So start low and bring up the doses slowly.

Video #26 - DMSO (Dimethyl Sulfoxide)

This carrier penetrates the skin and brings the treatment materials deep into the tissues. It is used with many of the Cleansing Water health sacraments and is surprisingly effective in treating abscessed teeth by carrying the Cleansing Water or CDS Cleansing Water through the structure of the tooth directly to the abscess. DMSO banishes almost all pains including chronic pain that has been difficult to get rid of. Using MMS1 with the DMSO will usually clear up the basic problem as well. There is so much more to learn about DMSO. More data about it will appear on our church website.

Video #27 - Cleansing Powder AZ (Bentonite Clay)

Mix Cleansing Powder AZ, which is Aztec Clay or Bentonite (which is the same thing) with 50% Vaseline for treating any and all fungus that is not treatable by the Cleansing Water. Just smear the mixture on the fungus, cover with a cotton cloth and tape the cloth down. In case of foot fungus, smear on, cover with your socks and wear your shoes. In cases of other places on the body, smear on and tape cotton cloth over the smear. In case of fungus in the mouth, use this Cleansing Powder without the Vaseline to brush your teeth.

Video #28 - Cleansing Powder DE (Diatomaceous Earth)

Cleansing Powder DE, which is Diatomaceous Earth, is composed of very sharp microscopic crystal particles. The particles come from diatoms, microscopic animals that lived millions of years ago and left their skeletons on the floor of the ocean in many places. The sharp particles kill micro-organisms by cutting them to shreds. They are useful for killing parasites and other microorganisms that are harmful to the body, both inside and on the surface of the skin.

Mixture of Cleansing Powders AZ and DE: In special cases where the fungus seems extra hard to kill the mixture of these two powders, will handle the fungus when nothing else will. Mix the two powders together in equal amounts, and then mix that powder with an equal amount of Vaseline. Then follow the above instructions for Cleansing Powder AZ.

Video #29 - Zinc Oxide

Zinc is conductor of micro charges of electricity, which serve to heal tissues of the body. It is also a poison to micro-organisms; they die when they come into contact with zinc. The increased healing action and killing action of zinc creates a decrease of healing time and killing time for the pathogens. Zinc Oxide is a cleansing powder of the Church.

We have been seeing great results by using the Zinc Oxide to treat spider bites, abscessed teeth and gums, cancerous tumors, herpes, staph infection outbreaks, and much more.

Video #30 - Parasite Protocol

We are now using natural means to cleanse the body of parasites, that we believe is as effective as any chemical protocol. Just about every human being on earth lives his or her life with the presence of parasites in the body, and lives a healthy life. Now, when the body is infested with parasites and pathogens, the body needs to be cleansed to keep them in check and not hurting the host – Us.

Here are the natural plants or minerals we now use: (Dosing differs)

- **MMS/CDS (Chlorine Dioxide)**
- **Neem**
- **Diatomaceous Earth**
- **Clove**
- **Pumpkin Seeds**
- **Wormwood**
- **Epsom Salts**
- **Calcium Hypochlorite (MMS2)**
- **Cheyenne Pepper**
- **Black Walnut**
- **Garlic**
- **Many others**

Video #31 - Another way to overcome bad taste and eliminate citric acid intake.

We run into problems sometimes with people who are having bad reactions to citric acid, and others who just can't take the taste of MMS1 or CDS anymore. They are seeing improvements in their health, but just the smell and taste, and like I said, the citric acid upsets their stomach. Of course, we tell them not to stop their protocol, but we understand that everyone needs a break from a normal routine. So here is what we have found out. Tonic water and Ginger Ale contain citric acid in them; it is used to preserve it. So all that needs to be done, is adding MMS (not activated), because we are trying to eliminate the extra citric acid, and being that Ginger Ale and Tonic water have a strong taste, we will have pretty much eliminated almost all the bad taste. So here we go...

Get a 1-liter bottle of either Ginger Ale or Tonic water, and add 24 drops of MMS unactivated. This will equal the amount of a 3 drop dose per hour for 8 hours. Of course, you can add more drops, depending on how your body reacts to the protocol. But like always, start low and build up slowly.

We don't recommend doing this for the 3 week sacrament, but using it as a break from the normal way of doing things. We have had people do it for more than a couple of weeks, and they felt great the whole time. But due to the fact that it is processed drinks it is better as a scapegoat.

Sometimes we have run into local soft drinks like Pepsi and Coca-cola that work fine also, but that depends where you live. So, before you even try doing this, you will need the test strips to make sure that the Chlorine Dioxide is not being neutralized by the different sodas. This also applies to the Ginger Ale and Tonic water. Enjoy!!!!

Video #32 - How to purify 1 gallon of water (MMS)

Add 1 drop of un-activated MMS to the gallon of water that you will be purifying. It will need to sit for 1 hour before you are able to drink it. In the 24 hour period, your water will be purified.

Unactivated Cleansing Water (MMS): This is a strong neutralizing agent, which brings quick relief to burns and insect bites. Rub a drop on insect bites full strength, and spray full strength on burns, but do not let it remain on the burn longer than 5 minutes. It must be rinsed off with cool water. If the pain is not gone after 5 minutes, repeat the process again and continue every hour or two until the pain is gone.

Video #33 - How to purify 1 gallon of water (MMS1)

Add 1 drop of MMS in a small glass to 1 drop 50% citric acid and let it activate for 20 seconds. Add a small amount of water to the glass, and pour into your gallon of water. Let the gallon of water sit for 5 to 10 minutes before drinking.

Video #34 - How to purify 1 gallon of water (CDS)

Add 1 cc of your CDS to the gallon of water. Let it sit for 5 to 10 minutes.

Video #35 - How to test different drinks to make sure that they last all day

You will need Lamotte Test strips 0-500 PPM for this exercise.

1st test: Dip the Test strip in a drink or solution you choose. Write down what the strip measures.

2nd test: Do the same 15 minutes after your 1st test. See if the ppm in the solution has come down some.

3rd test: Wait 1 hour and 30 minutes after the time you did the 1st test (This is how long the Chlorine Dioxide will be active in the body). If you don't see the solution becoming any weaker, then you know that you can use that specific drink or liquid to take for a 1 time dose.

4th test: 8 hours after the 1st test, test your solution for the last time. If it still maintains the strength, and hasn't weaken any, then you know you can use this drink or solution for the Sacrament 1000 with no fear that you will weaken or neutralize your MMS1 or CDS. Make sure to test MMS1 and CDS, because you might not have the same results.

Video #36 - How to treat Burns

MMS (not activated) / CDS spray / Aloe Vera.

As soon as someone receives a burn, you must cover the entire burnt area with the MMS immediately. It will sting at first, but after a couple of minutes, the pain will be almost neutralized completely. Do not leave the MMS on for more than 5 minutes. Wash off with water. To continue treating the burn, you will have to use your CDS spray to spray on every hour to accelerate the healing process. If your skin starts to dry up some, you can also use Aloe Vera to help moisten and heal the burnt area.

Video #37 - Natural Liver Cleanse:

We have seen some great results with this liver cleanse. It is simple to do and most everyone can find all the products necessary to do it. Here is what you will need - **100% Natural Apple Juice, Magnesium sulfate (A.K.A. Epsom salt), Cold pressed Olive oil, Fresh Squeezed Grapefruit Juice.** Now here is how you will be doing this protocol...

For 6 straight days you will be taking 1 liter of the natural apple juice throughout the day. Your diet can be the same as always, and there is no need to change anything up; of course sugars and starches should be eliminated anyways.

On the beginning of the 6th day, here is what you will be doing...

Drink through out the day, 1 liter of apple juice until 4 p.m.

6 p.m. 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz (180ml) water.

8 p.m. 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz (180ml) water.

10p.m. Mixed 6 oz (250ml) of cold pressed extra virgin olive oil with 6 ounces (250ml) of fresh squeezed grapefruit juice and laid on right side for the night.

Next morning:

6 a.m. 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz (180ml) water.

8 a.m. 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz (180ml) water.

Note: On this last day, your diet should not be as usual. Eat light all day, maybe some eggs and raw milk in the morning, and some vegetables in the afternoon and at night. What you will want to eat are foods that the body can process quickly, not meats and heavy foods.

Note: Green apples have more malic acid.

Video #38 - Enema Protocol (MMS1 / CDS)

MMS1: Usually you can use the same number of MMS1 drops in the enema tube that you could take orally. Most people will use 4-6 drops but it can go as high as 10. You can start low with just 2 drops. Select the number of drops you want to use and put an equal number of Cleansing Water and 50% citric acid solution in a container, and wait for it to turn dark yellow or brown. Then add the amount of water that you plan to use and fill your enema syringe. (This is demonstrated in the video.)

Usually a small amount is effective. Good results have been obtained with prostate and bladder problems. Use this procedure every hour. If you start with a 2 drop solution, do that once or twice and then do a 3 drop solution. You could go as high as 20 drops if you work up to it, but do not continue if it causes problems. Use this procedure every hour until you are feeling better and then every two hours as long as it is helping.

If Cleansing Water doesn't help with constipation, then try Senna tablets. Senna will clean your colon better than a colonic.

CDS: We have seen that while using CDS, one is able to increase the doses higher than MMS1, and sooner than normal.

Depending on what size enema you will be using, you will start out with 3 to 5 cc/ml of CDS. We try to use a liter or ½ liter enema apparatus. Let's say you have a liter enema, Start out by adding 5 cc/ml to the liter enema for the first time. If you did not have any harsh or uncomfortable reactions to this, then the next time increase to 10 cc/ml. We've had some people go up to 50 cc/ml with no problems, but that was not on their first Enema. They slowly increased the strength over a period of time.

The best time to do the enema is right before you go to bed, and once a day is usually enough. Remember, most people that are doing the enema, are on the Protocol 1000 also, so do not do the enema more than twice a day. DMSO can also be added for further penetration of the CDS in the blood and tissue of the Colon wall. For every cc/ml of CDS, you will add 10 drops of DMSO.

Video #39 - Douche Protocol (MMS1 / CDS)

MMS1: The number of drops of Cleansing Water (MMS1) depends on what you can take orally. If you take ten drops every hour, that same amount is what needs to be activated and added to the water in the douche bag. This is an excellent method of getting

Cleansing Water into your system as well as for treating a specific area. On the second douche and later you may increase the number of Cleansing Water drops if you feel that it is needed.

CDS: Since CDS does not contain the MMS nor the Citric acid, we have been able to do much higher doses than with the MMS1 - this leads to quicker health being restored.

Of course we want to start out low, so we will have to acquire a 500 cc douche bag or even better yet, a 1 liter bag. Let's say we have a 1 liter bag, start out by adding 5 cc/ml to the 1 liter bag. If you have had no adverse reactions, then increase the amount of cc's of CDS for the next douche. The next time, add 10 cc/ml to the douche bag, and keep increasing as long as your body can handle it. If you are using the 500cc bag, then do halves of the amount of the 1 liter bag.

The best time to do the douches is right before you lay down to go to bed. This way it will be better absorbed in the body. We have had ladies do douches with up to 40 to 50 cc/ml of CDS in the 1 liter bag, and had great results. But they slowly increased their doses to get to that amount of CDS per douche. For treatments, once to twice a day should be fine. It all depends on how your body reacts, but for a maintenance cleanse, 1 to 2 times a week should be enough.

Video #40 - Bag Protocol (MMS1)

Put 2 large garbage bags together (opening to opening). Tape them all the way around. You might start by using small pieces of tape to hold them together, then tape them all the way around, taping first one side and then the other. Cut an opening at one end of the bag, then check to see that it is not stuck together in the center. Gather the bag up into a pile so that you can set a cup in the center of the part that is resting on the floor. Put 20 drops of Cleansing Water and 20 drops of 50% citric acid in a cup, then set it inside the bag so that it rests on the floor.

Step into the bag with the cup resting between your feet. Pull the bag up around your shoulders, wrapping and folding the plastic so that no gas escapes. Do not put your head inside the bag or breathe any of the fumes. Stay in the bag 5-10 minutes, but no longer. If you feel any burning, get out immediately, even if the 5 minutes has not passed.

You can use this treatment for skin problems, or you can use it just to get more Cleansing Water into your body. You cannot use Cleansing CDS for this step.

Video #41 - Breathing Cleansing Water (MMS1) mist

MMS1: Mix 24 drops of Cleansing Water with 24 drops of citric acid and wait 20 seconds until they turn dark yellow or brown, and are activated. Add 240 cc/ml of water and put the solution in a mister. When the machine starts misting, take just one breath by putting your mouth and nose right down to the place where the mist is coming out. Wait 3 or 4 hours and repeat the process - this time taking two breaths. The next time, take 3 breaths. Repeat the process. Each time you feel like it, you may add another breath until you get to 20 breaths. The process will loosen mucus and you must keep trying to spit it out, but don't worry if you cannot as it will drain down into your stomach. Do not go beyond 30 breaths total in a day.

Never leave the machine misting in a room.

Never leave it on in a room where you are sleeping.

Save the 24 drop solution in a closed container when it is not being used and you will be able to use the same solution all day. Repeat this process for several days to see if it is helping your problem. If after 3 days it is not helping do not continue.

CDS: Add 8 cc/ml of CDS (3000 ppm) to 240 cc/ml of water and put the solution in a mister. When the machine starts misting, take just one breath by putting your mouth and nose right down to the place where the mist is coming out. Then wait 3 or 4 hours and repeat the process, this time taking two breaths. The next time take 3 breaths. Repeat the process. Each time you feel like it, you may add another breath until you get to 20 breaths. The process will loosen mucus and you must keep trying to spit it out, but don't worry if you cannot, as it will drain down into your stomach. Do not go beyond 30 breaths total in a day.

Never leave the machine misting in a room.

Never leave it on in a room where you are sleeping.

Save the solution in a closed container when it is not being used, and you will be able to use the same solution all day. Repeat this process for several days to see if it is helping your problem. If after 3 days it is not helping do not continue.

Video #42 - Cleansing Water (MMS1) syrup for children

MMS1: If a child is resistant to taking Cleansing Water in water, you could put it in syrup.

Mix 3 teaspoons of sugar and 3 teaspoons of water, and heat until the sugar is dissolved.

Activate 1 drop of Cleansing Water by mixing it with 1 drop of 50% citric acid solution.

When it is activated, add the 1 drop dose to syrup and give it to the child with a dropper.

The formula for babies is usually $\frac{1}{2}$ drop per hour. For children other than babies, the dose is usually one drop of Cleansing Water per hour for each 25 pounds (11.4 kg).

If you wish to give a quarter drop, add the one drop to 4 teaspoons of syrup, and give one teaspoon of this to the child. If you wish to give $\frac{1}{2}$ a drop, add the activated drop of Cleansing Water to two teaspoons of the syrup, and give one teaspoon to the child.

CDS: If a child is resistant to taking CDS in water, you could put it in syrup. Usually they don't have this problem with the CDS, due to the lesser harsh taste of CDS than MMS1.

Mix 3 teaspoons of sugar and 3 teaspoons of water, and heat until the sugar is dissolved.

Add $\frac{1}{2}$ cc/ml's to the syrup you have just made and give it to the child with a dropper. The formula for babies is usually $\frac{1}{4}$ cc drop per hour. For children other than babies, the dose is usually $\frac{1}{2}$ to 1 cc/ml per hour depending on how their body is reacting to the doses.

Bath and Footbath

MMS1: Bath - Activate 20-60 drops of Cleansing Water. After it has turned dark yellow or brown, add it to the tub which has 6-8" of water. Begin by using 20 drops, the next time use 40 and then 60. Use this treatment 1-3 times a day.

Footbath - Use ankle high water in a small plastic tub. Follow the same directions given above for the bath.

CDS: Bath - Add from 3 - 9 cc/ml of CDS (3000 ppm) to the water in your tub. Make sure the water is about 6 - 8" deep. If you need more water to cover your body, then just add more CDS to it. You can use more CDS than MMS1. So start with the standard amount, and add more, depending how your body reacts. Always start low and build up slowly.

Footbath - Use ankle high water in a small plastic tub. Follow the same directions given above for the bath.