

CDH - Making and Using

1. Introduction

- A. A new way to make MMS (**M**aster **M**ineral **S**olution) or CD (**C**hlorine **D**ioxide, ClO_2), is called CDH which is an acronym for **C**hlorine **D**ioxide **H**olding (Solution).
- B. This new MMS/CD has very little smell or bad taste at low doses and is easier to take.

2. How to make CDH - 1 Bottle Method

- A. Three ingredients are needed to make CDH: (all at room temperature)

- 1. DW (Distilled water, RO^1 or purified water)
- 2. MMSU (unactivated MMS1)
- 3. 4% HCL (4% hydrochloric acid) or 35% citric acid

- B. A simple recipe to make One Bottle CDH is:

- 1. 22 parts water + 1 part MMSU + 1 part acid ($22+1+1=24$) (HCL will taste much better than CA)
- 2. The basic recipe can be scaled up to fit any bottle.
- 3. If a Schweppes glass 300ml bottle with plastic lid is used as shown here, the amounts of ingredients could be:
220ml water + 10ml MMSU + 10ml acid added in that order.
- 4. Another example is 28.5ml DW + 1.3ml MMSU + 1.3ml acid to fit in a 30ml or 1 fluid ounce (US) bottle also shown above.
- 5. After adding the three room temperature ingredients, quickly put the cap on so the ClO_2 gas will not escape. Shake bottle to mix ingredients.
- 6. Put the bottle of solution in a dark, room temperature place for 12 or more hours.
If room temperature is below about 70°F (21°C) then increase the time up to 24hr.
- 7. Tip: Reducing the air space above the solution in the bottle will make stronger CDH.
Just remember to keep the recipe ingredient ratio the same 22+1+1.
- 8. If refrigeration is available after the 12+ hour room temperature activation period, put the unopened bottle in a fridge to cool it down. When CDH is below about 51°F (10°C) there will be less ClO_2 gas escaping when the bottle is opened. After taking out a dose of CDH, quickly recap the bottle and put it back in the fridge. Also, keep CDH away from sunlight. Even diffused sunlight will cause ClO_2 gas to escape.



3. How to make CDH - 2 Bottle Method

A. Three ingredients are needed to make CDH: (all at room temperature)

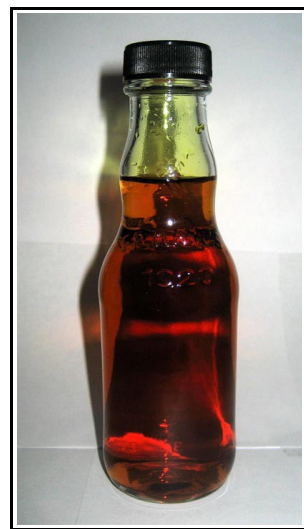
1. DW (Distilled water, RO (reverse osmosis) or purified water)
2. MMSU (unactivated MMS1)
3. 4% HCL (4% hydrochloric acid) or 35% citric acid

B. A simple recipe to make Two Bottle CDH is:

1. Two parts DW + 1 part MMSU + 1 part acid added in that order. (2+1+1=4)
2. This solution will later be diluted with more DW using another simple formula:
3. Add five times as much DW as the total parts of the first solution.
4. The first solution totals 4 parts, so 5 times those 4 parts is 20 parts added DW.
5. Ex: 20ml DW + 10ml MMSU + 10ml acid + 200ml DW added later = 240ml CDH.

C. Making CDH - An example

1. Choose a bottle you want to use. It can be almost any bottle that will seal well.
2. Glass may be the best choice, but plastic can also be used.
3. A non-metallic lid must be used and it must make a tight seal to the bottle.
4. Most of the space in the bottle should be liquid with little air space at the top.
5. A 150ml small Franks Hot Sauce bottle with 10ml for air, leaves 140ml for CDH.
6. 70ml DW + 35ml MMSU + 35ml acid = 140ml. (2+1+1 scales up 35x to 70+35+35)
7. Add 70ml DW to the 150ml bottle. Add 35ml MMSU to the 140ml DW. And last, add 35ml acid & cap. Be sure to add the acid last or you may have a violent solution reaction. Shake to mix well. Keep the bottle out of sunlight.
8. A reaction should begin almost immediately with the solution turning a dark orange color. About 10 minutes later it should be a dark red color. When the color no longer gets darker, put the bottle in a fridge. Note that the activation is done at room temperature. Ingredients must also be at room temp.
9. If you made 140ml of CDH (70+35+35) then put 700ml of distilled water in another bottle and into the fridge to cool down along with the 140ml of CDH. $140\text{ml} \times 5 = 700\text{ml}$. Use a 1 liter bottle, glass preferred with a tight fitting plastic cap.
10. About two hours after the two bottles have been in the fridge, take them out and combine both cold solutions into one bottle. That combined solution will total 840ml of diluted CDH. The 840ml of CDH can be stored in smaller glass bottles such as two 500ml glass bottles with tight fitting plastic caps or synthetic corks. Real cork will be destroyed by the CLO₂ gas. Best to keep CDH in the fridge & only take it out to remove CDH for dosing.



4. How to use CDH - 1 or 2 Bottle Methods

- A. The 840 ml of diluted CDH contains about 3000mg (3g) of ClO_2 (Chlorine Dioxide).
- B. Dosing is a personally determined amount, but a starting dose can be recommended.
- C. If a person is very sick and/or very toxic, starting with low amounts and increasing slowly is desirable. You could start with 1ml and increase until a Herxheimer occurs.
- D. One milliliter (1ml) of the stock CDH solution (840ml in the example above) contains about 3.6mg of ClO_2 . That amount of ClO_2 is roughly equivalent to one hourly dose of MMSA (MMS Activated) using Protocol 1000 or CDS using Protocol 101's basic dose and diluted in a half a glass of water. (4 fl oz or 120ml) Take 1+ml of CDH in a glass of water.
- E. If that amount of ClO_2 causes a Herxheimer reaction, then use less than 1ml of the CDH diluted solution for hourly doses. Increase the dose slowly from a non-Herxheimer reaction dose until the person reaches 1+ml of CDH per hour dose in a glass of water.
- F. Since ClO_2 only stays in the body about 1.5 hours, dosing consecutive hours will be most effective. The more hours per day the better. Increase the hourly dose until a Herxheimer reaction occurs, then reduce slightly. The more hours per day and the higher the dose, the quicker the ailment(s) may be remedied. Using an 8 fluid ounce glass baby bottle & dosing 1 fluid ounce per hour is an easy way to dose daily. Add 8ml CDH & fill bottle to the 8 fluid ounce mark with distilled water for 3mg doses per hour per fl oz.
- G. SweetLeaf brand Stevia drops added at 1 drop per ml of CDH will improve the taste.
- H. The question of when to eat, when to take MMS2, supplements, herbs, etc., perhaps can be answered by referring to the following schedule. Modify to suit your needs.



Time	MMS1/CDS/CDH	MMS2	Eat
0800	x		
0830			x
0900	x		
0930		x	
1000	x		
1030			x
1100	x		
1130		x	
1200	x		
1230			x
1300	x		
1330		x	
1400	x		
1430			x
1500	x		
1530		x	
1600	x		
1630			x
1700	x		
1730		x	
1800			
1900			x

Eat & take antioxidants after 1900

5. How to make CDH - Capsule Method

A. Two ingredients are needed to make CDH capsules:

1. MMSU (unactivated MMS1)
2. 4% HCL (4% hydrochloric acid) or 35% citric acid

B. A simple formula to make CDH is:

1. Combine equal parts MMSU and acid

C. Making CDH Capsules - An example

1. In a 30ml (1 fl oz US) glass or plastic bottle put 15ml of MMSU
2. Add 15ml of acid and immediately cap the bottle. (non-metalic cap)
3. Be sure to add the acid to the MMSU, not the reverse order.
4. When the solution color no longer gets any darker, put the bottle in a fridge.
5. Also keep an eye dropper in the fridge so it stays cold.
6. An HDPE plastic bottle with a dropper top could be used so no eye dropper needed.

6. How to use CDH - Capsule Method

- A. Using your favorite size capsule, dispense drops into the capsule and assemble.
- B. The 30ml CDH capsule solution contains about 1200mg CLO₂.
- C. 30ml of solution contains about 720 drops. (24 drops of solution = 1ml)
- D. Therefore each drop contains about 1.7mg CLO₂.
- E. Two drops would be approximately equal to 1 hourly dose as per Protocol 1000 or 101.
- F. Can also be used topically by applying with a Q-tip.

7. Example calculation for the amount of CLO₂ in 31ml of CDH made in the 1 fl oz bottle.

(See section 2.B.4 above)

A. *"The maximal theoretical yield is 160 mg/ml SC solution (22.4% w/w). or 6.7 mg per 1 drop (24 drops per ml). These values may vary slightly with SC concentration."* (TH)

- 28.5ml DW + 1.3ml MMSU + 1.3ml 4% HCL = 31.1ml solution
- 4500ppm CLO₂ measured in 31ml of CDH and 1.3ml of MMSU was used.
- Using the formula:
- Volume (liters) × Concentration (ppm) = Dose (mg)
- 0.031L × 4500ppm = 139.5mg CLO₂
- 139.5mg / 31ml = 4.5mg CLO₂ per 1ml of CDH.
- 139.5mg / 1.3ml MMSU = 107mg/ml of MMSU used.
- Each drop of 31 drops MMSU produced 4.5mg of CLO₂. (24 drops = 1ml solution)
- Not bad compared to the maximum theoretical yield of 6.7mg per drop of MMSU.

Note that MMSU can also be called 22.4% Sodium Chlorite Solution (SC).

No maximum daily dose has been determined. ¹ RO = reverse osmosis water