

Important Note

Discontinue use of vinegar as an activator for MMS.

It has been recently brought to my attention that 80% of Americans have problems with Candida. Vinegar, being a fermented product, feeds Candida as does all forms of alcohol, soy products along with most types of bread. For the two to three months you may need to use the MMS, it would be beneficial to stay on a yeast-free diet (Try *Feast without Yeast* by Bruce Semon M.D. & Lori Kornbulm).

Jim Humble has done additional research and has found that lemon or lime juice, as well as powdered citric acid is getting as good or better results when used as a catalyst or activator. You can use the plastic yellow and green squeeze bottles found in the produce department of most grocery stores. Continue using 2 drops of this for each drop of MMS.

For the powdered citric acid, additional info will be available soon.

Please email us with additional questions and comments on your personal experience using MMS. Your input may be very helpful to others in need of using MMS.

Thank you for your help in spreading the word about MMS.