



Daily Dose Bottle (MMS1)

In recent years we have taught the use of a *daily dose bottle*. The main inspiration for this bottle was to help facilitate people in taking their *hourly* dose. However, we have since concluded that **maximum benefit from taking MMS1 is derived when each hourly dose is made up fresh**. This phenomenon was first noticed with thousands of autistic children who used the daily dose bottle for an ample time period. Then, when the children were switched over to doses made up individually and fresh each hour, many more improvements were reported than when their doses were mixed into one bottle for the entire day.



In my 20 years of working with MMS, and personally helping thousands of people, I have noticed overall *greater* results in health recovery when individually mixed fresh doses of MMS1 were used. In addition, our very active Health Ministers around the globe who work extensively with MMS, and with large numbers of people (by the thousands), have also reported the same results.

If for various reasons there is no other choice but to make up an all-day mixture instead of mixing each dose fresh every hour, it is certainly well worth your while, and better than taking no MMS at all. But my recommendation is, if

at all possible, stick to mixing fresh hourly doses. You will have a greater chance of getting well much quicker.

Note: *A daily dose bottle entails mixing up all your MMS1 doses for the day into one bottle from which you drink a certain amount each hour. For example, if you were on Protocol 1000, it calls for taking a 3-drop dose of MMS1 (3 drops is the maximum—you start with less), every hour for eight consecutive hours. If making a daily bottle you would activate 24 drops of MMS, and add the drops to a 1 liter/quart bottle of purified water. If you drink 4 ounces out of the bottle, you would have a 3-drop dose.*

There can be any number of reasons why making up a *fresh hourly dose* of MMS1 may seem challenging and not possible. Perhaps one has a job where they drive a lot. Mixing a dose while driving is not easy, nor do I recommend it. I have found, however, through receiving substantial feedback from people around the world, that where there is a will, there is a way. Consider that your health is worth the effort to find a way to mix up your hourly doses. It can be as simple as carrying your MMS and activator acid bottles around in a Ziploc bag.

Tips

- When you are on the go, you might want to have small 1/2 ounce (15 ml) size bottles of MMS and acid activator to carry in your purse or pocket. (These can be refilled when needed from your larger bottles at home.)

- If you are on the go and find yourself in and out of the office, the car, meetings, stuck in traffic and so on, purchasing a small portable pouch or lunch bag to keep your MMS supplies on hand and ready to go along with you at all times can be of help. All you need are your bottles of MMS and acid activator, a small 4 ounce/120 ml size glass, and a bottle or two of purified water. As a rule,

I do not recommend mixing and drinking your doses in plastic cups, glass is preferred. But if you are on the go, it may be convenient to take along small disposable plastic cups, 4 ounce/120 ml size. This would not be what you use all the time, but when you are on the go it could be helpful.

➤ If and when it is still not convenient to do all of the above, and you find yourself in situations where stopping to mix your dose is not possible, an alternative to succumbing to using an *all day dose bottle* as a rule rather than the exception, would be to only pre-mix doses for the hours when there is no other choice.

For example, say you are a teacher and you have to stand in front of your class for two or three hours. You know in advance you cannot excuse yourself to go mix up a dose during that time. In this case, mix up 2 or 3 doses in a bottle beforehand. Drink your hourly dose from that bottle during the time you cannot slip away to mix up a fresh dose. In almost any situation it is acceptable to have a *water bottle* on hand. Then, when possible, go back to mixing your fresh hourly doses. This helps one be able to continue with consecutive hourly doses, without breaking the 8 or 10 hour cycle of the protocols. All MMS1 doses are usually taken in 4 ounces/120 ml of water (or other compatible liquid). Try to find 4 ounce/120 ml bottles and pre-mix the amount of doses you will need, in individual bottles. Or, if you know you need two hours worth of pre-mixed doses, an 8 ounce/240 ml bottle would do, or for three hours a 12 ounce/360 ml bottle. You may want to use an indelible marking pen to mark off your bottle in 4 ounce/120 ml sections. Find what works best for you.

This method is a combination of the pre-made dose bottle and mixing up fresh hourly doses. Remember, fresh mixed doses are best, but resort to this combination of the two—fresh doses and doses prepared ahead of time

in a bottle, when there is no other choice. Keeping up with consecutive hourly doses is important.