

THE UNIVERSAL ANTIDOTE UNIVERSITY



Beginner Training Guidebook

The FREE video training guide that will teach you everything you need to know about the universal antidote which is chlorine dioxide

The Universal Antidote University

Beginner Training Guidebook (2nd ed.)

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*This training guide is interactive. You can click on links to open documents and resources references on the web. If you can't find a reference, or if you have a question, you can email me at the following email address:
theuniversalantidote@protonmail.com

(click on any of the sections to be taken there directly)

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Introduction

I have produced this Beginner Training Series Guidebook to accompany the TUA Beginner Training Series Videos. The videos have been placed strategically on at least six different video platforms to ensure redundancy in order to preserve the information so that it may be available to anyone with the motivation to find it. Section 1 of this guidebook contains clickable links for the TUA Beginner Training Video Series. Links are provided on six different video platforms. If you have trouble accessing links on one platform, try another one. Also, if clicking a link does not work, try copying the link and pasting it into secure browser like Brave Browser.

Section 2 of the guidebook contains links to suppliers for diluted premade solutions and the concentrated raw ingredients. I cannot guarantee that the links to different websites will remain active. Still, the same strategy applies regarding the copy and paste technique in a private browser to make sure that the site is truly available or not available. The powers that be will often attempt to make these links show as being hacked or dangerous. The links provided here have been checked for safety, and usually, any “browser warnings” are attempts to scare you away from having access to these products and information. That being said, by continuing to read and click any links, you are taking full responsibility for your actions, and I cannot be held responsible for any malicious attacks or damage to your computer hardware or its software.

Section 3 of the guidebook contains recipes for making your own 22.4% sodium chlorite solution and acid activator. The recipes I have included are for mixing up a moderate-sized amount of the solutions. I will do my best to make these recipes easy to understand, and hopefully, you can adjust the recipe amounts if you desire to make larger or smaller batches.

Section 4 of the guidebook contains links to groups, websites, and social networks where people are helping people learn about chlorine dioxide and MMS1. The nature and sensitivity of this subject make it possible that some of these groups and links may be non-existent in the future, and the growth of this community is very organic. If you find an active group, don't be afraid to ask if there are other active groups where you can learn. **WARNING: There are trolls in almost every group that will attempt to destroy you if you use personal identifying information. In groups, please, for your safety, never allow your phone number to be seen, and please use an alias or only a first name.**

In Section 5, links are provided to essential books. I have provided everything I have ever made for free, but Jim Humble, Andreas Kalcker, and Mark Grenon have placed much greater risk upon themselves by not remaining anonymous. Please support these people

by buying their books rather than downloading the books for free off of the internet. It is because people have supported their work by purchasing their books that this information has been preserved. I would not have been able to make my training series were it not for these brave men.

Section 1: Training Guide Video Platform Links

This Beginner series video guide is designed to give you a rapid and thorough education to fully understand what the universal antidote is and how it can be used for human health. Choose a video platform below to go through all of the videos. Please read the introduction to this guidebook before getting started with the training videos.

Video Platforms

Here is the entire Universal Antidote Beginner Training Video series in one video. Brighteon:

<https://www.brighteon.com/b7a80860-847c-420a-afda-e4589f1531cd>

Rumble: <https://rumble.com/voq0yr-the-universal-antidote-getting-started-series-complete-series.html>

You can download it FREE from here: <https://t.me/MMSinfo/6846>

Beginner Training Video Series (Telegram video platform) links:

Documentary: <https://theuniversalantidote.com>

Intro video: <https://t.me/theuniversalantidote/272>

Video 1: <https://t.me/theuniversalantidote/281>

Video 2: <https://t.me/theuniversalantidote/290>

Video 3A: <https://t.me/theuniversalantidote/304>

Video 3B: <https://t.me/theuniversalantidote/311>

Video 4: <https://t.me/theuniversalantidote/378>

Video 5: <https://t.me/theuniversalantidote/336>

Video 6: <https://t.me/theuniversalantidote/355>

Video 7: <https://t.me/theuniversalantidote/374>

Beginner Training Video Series (Rumble video platform) links:

Documentary: <https://theuniversalantidote.com>

Intro video: <https://bit.ly/tua-intro>

Video 1: <https://bit.ly/video-1-MMS-History-and-Demo>

Video 2: <https://bit.ly/CDS-history-and-demo>

Video 3A: <https://bit.ly/Video-3A-MMS1-Starting-Procedure>

Video 3B: <https://bit.ly/Video-3B-Treat-Disease-with-MMS1>

Video 4: <https://bit.ly/treating-disease-with-CDS>

Video 5: <https://bit.ly/How-To-Make-Sodium-Chlorite-Solution-Video>

Videos 6: <https://bit.ly/Make-Acid-Activator>

Video 7: <https://bit.ly/Part-7-Final-FAQ-Wrap-up>

Beginner Training Video Series (Gab video platform) links:

Documentary: <https://tv.gab.com/channel/curiousoutlier/view/the-universal-antidote-the-science-6155a96382bcd22e12002c90>

Intro video: <https://tv.gab.com/channel/curiousoutlier/view/introduction-the-universal-antidote-beginner-training-616551f616dbacaa68d4de3d>

Video 1: <https://tv.gab.com/channel/curiousoutlier/view/training-video-1-mms-history-and-61655c2a33dc7ba1086f84c0>

Video 2: <https://tv.gab.com/channel/curiousoutlier/view/training-video-2-cds-history-and-616565bb9d38c1b06bec137f>

Video 3a: <https://tv.gab.com/channel/curiousoutlier/view/training-video-3a-the-starting-procedure-treating-616bf0b0a02530cb502d6a6f>

Video 3b: <https://tv.gab.com/channel/curiousoutlier/view/training-video-3b-treating-acute-616bf8380723dd1355d252b1>

Video 4: <https://tv.gab.com/channel/curiousoutlier/view/training-video-4-treating-acute-6179f4593bb70a9829910c2a>

Video 5: <https://tv.gab.com/channel/curiousoutlier/view/training-video-5-how-to-616c004c1a473613520df7a0>

Video 6: <https://tv.gab.com/channel/curiousoutlier/view/training-video-6-how-to-616c7089c0226123b4a698f1>

Video 7: <https://tv.gab.com/channel/curiousoutlier/view/training-video-7-frequently-asked-6176b565810c54258302b53f>

Beginner Training Video Series (Odysee video platform) links:

Documentary: <https://odysee.com/@TheUniversalAntidote:5/The-Universal-Antidote:0>

Intro video: <https://odysee.com/@curiousoutlier:c/Introductiont-The-Universal-Antidote-Beginner-Training-Video-Series:3>

Video 1: <https://odysee.com/@curiousoutlier:c/Video-1-Mms-History-And-Demo-720p-s:4>

Video 2: <https://odysee.com/@curiousoutlier:c/cds-history-demo:1>

Video 3a: <https://odysee.com/@curiousoutlier:c/training-video-3a-starting-procedure:9>

Video 3b: <https://odysee.com/@curiousoutlier:c/training-video-3b-mms-to-treat-disease:e>

Video 4: <https://odysee.com/@curiousoutlier:c/video-4-treating-disease-with-CDS:4>

Video 5: <https://odysee.com/@curiousoutlier:c/how-to-make-sodium-chlorite-solution:4>

Video 6: <https://odysee.com/@curiousoutlier:c/how-to-make-the-acid-activator:8>

Video 7: <https://odysee.com/@curiousoutlier:c/frequently-asked-questions-and-wrap-up:c>

Beginner Training Video Series (Brighteon video platform) links:

Documentary: <https://www.brighteon.com/5bca50f6-4aad-4831-ad03-81c02a5c7f2d>

Intro video: <https://www.brighteon.com/665bd454-02a5-41cf-82ee-4f6816b990cc>

Video 1: <https://www.brighteon.com/5dca4b7f-bdeb-491c-bf1b-7fd7b1e3a45f>

Video 2: <https://www.brighteon.com/cb5f82c9-ec0f-4ffa-89b5-b33f35752935>

Video 3a: <https://www.brighteon.com/dashboard/videos/26b9a4f9-2b4c-451e-ab4aa0143ca5a775>

Video 3b: <https://www.brighteon.com/dashboard/videos/dc9ed19e-c7fb-4d3e-84f4-c82b5bcd3cb4>

Video 4: <https://www.brighteon.com/dashboard/videos/27ccb4e5-99c4-44c7-b59b-0b5143fef358>

Video 5: <https://www.brighteon.com/dashboard/videos/5181dc09-ec49-4a58-9623-d206321691f2>

Video 6: <https://www.brighteon.com/dashboard/videos/5f5e7db3-52ab-4aa9-ab84-c812d989f67a>

Video 7: <https://www.brighteon.com/dashboard/videos/934a48f6-baec-46c1-a540-d4ed7ebc3899>

Beginner Training Video Series (BitChute video platform) links:

Documentary: <https://www.bitchute.com/video/J2Yfx0WQp2FS/>

Intro video: <https://www.bitchute.com/video/M1tK5syRkl5D/>

Video 1: <https://www.bitchute.com/video/GFGqqI19iCF8/>

Video 2: <https://www.bitchute.com/video/DaQPHtWTXP7Y/>

Video 3a: <https://www.bitchute.com/video/KKCdf4Xd0a2/>

Video 3b: <https://www.bitchute.com/video/55DEWBRYRGdQN/>

Video 4: <https://www.bitchute.com/video/ycPiVByCt7Bp/>

Video 5: <https://www.bitchute.com/video/fsaswt1c9hMF/>

Video 6: <https://www.bitchute.com/video/0pL6dNnRjtp9/>

Video 7: <https://www.bitchute.com/video/zCeg26qriiMU/>

Section 2: Supplier Lists

A. Suppliers of Premade Solutions

This list of suppliers was current and active as of January 2020. I cannot guarantee that any or all of these suppliers will remain active. However, I hope that you have learned enough about these substances that you will be able to find and or make what you need. If you know how to search keywords, you will probably always be able to find the two things you need, which are Sodium Chlorite and an acid activator (HCL, Phosphoric Acid, or Citric Acid).

Suppliers typically have two-part kits that can be purchased so that acidified sodium chlorite (MMS1) or CDS can be made as needed. Many suppliers also typically sell premade CDS or Chlorine Dioxide Solution. (Premade CDS is subject to evaporation and degradation with exposure to light.)

Be aware that if you do not make your own solutions from raw ingredients per Video 5 and Video 6, then you will be relying on the producer of what you buy to ensure that the solutions were made correctly. I definitely prefer to make and use my own solutions, but all of the suppliers listed below seem to have a good track record for producing quality solutions.

Also, take note that some of the suppliers have different names for their solutions. For example, some call the Sodium Chlorite solution MMS while others call it NaClO₂, WPS, Water Purification Drops, Mineral Solution, Part A, Part 1, AMS, or Activated Mineral Solution. Likewise, the acid activator may be explicitly called by the name of the acid, or it may be called Part B, activator solution, or Part 2. Typically the identifying molecule (e.g. NaClO₂, HCL, Citric Acid) will be shown somewhere on the bottle.

For the premade solutions, the acceptable percentage range of the solutions you need will be 22-28% Sodium Chlorite, 4-5% HCL, and 50% citric acid. As of this writing, I have not seen any recommendations for using chlorine dioxide tablets, and I do not have any experience with these.

USA Suppliers: (This is not a comprehensive list. You can also use a search engine like DuckDuckGo to search keywords like “chlorine dioxide water purification kit”)

- <https://waterpureworld.com/>

- <https://onenesslabs.com>
- <https://kvlab.com/>
- <https://www.mmshealthy4life.com/>
- Kit 2 Part Liquid Classic 1:1 Set Hydrochloric Acid 4-5% (HCl) : Sodium Solution 28% (2oz)
https://www.amazon.com/dp/B08B11LYT8/ref=cm_sw_r_cp_api_glt_fabc_XT7511449FS0HGKZPFQ9
- <https://www.discovermms.com>
- <https://cleanplusonline.com/>
- <https://www.amazon.com/gp/product/B0989SG7GY?pldnSite=1#>
- <https://www.eclo2.com/>

Supplies much of Europe:

- <https://www.laubeholistic.com>

Canada suppliers:

- <http://www.genesis2church297.com>
- <https://allnewellnessnow.com/collections/water-purification-drops-wpd-cds>
- https://www.amazon.ca/Biotraxx-Classic-Water-Purification-Hydrochloric/dp/B07CF6YRJR/ref=mp_s_a_1_11?crid=1NSSYMD4RYDAI&dc_bild=1&keywords=chlorine+dioxide&qid=1633393182&sprefix=chlorine+dioxide&sr=8-11
- https://www.mmstabs.com/index.php?route=product/product&path=60&product_id=56
- <https://www.mms-supplement.com/buy-mms>

UK Suppliers:

- <https://aquarius-prolife.com/en/28-classic-set>
- <https://atlantiswps.com>
- <https://www.eclo2.com/product-page/water-purification-chlorine-dioxide-drops-100ml>

- https://www.amazon.co.uk/Biotraxx-Water-Natriumchloritlösung-hydrochloric-Violettglas/dp/B00PHDCWN8/ref=sr_1_3?dchild=1&keywords=Water+purification+drops&qid=1632642155&sr=8-3
- <https://www.ebay.co.uk/item/334163924464>
- <https://www.ebay.co.uk/item/154599506291>

Germany:

- https://www.amazon.com/dp/B07CF6YRJR/ref=cm_sw_r_cp_api_i_dA2bFb0J1P8HY
- <https://aquarius-prolife.com/en/maltesian-mineral-solution/38-mms-classic-2x100ml>

Australia: (ships some products to other countries)

- <https://auwaterpurifier.com/product/wps-125ml-hcl-activator/>
- <https://www.mmsdetox.com.au/>

Spain:

- <https://www.activatedmineralsolution.com/shop/>
- <https://dioxilife.com>

Kenya-Africa:

- <https://www.desertcart.co.ke/products/90065655-oneness-chlorine-dioxide-water-treatment-2-part-kit-clorito-de-sodio>

South Africa:

- <https://hivibe.co.za/shop/biosil-mms-miracle-mineral-solution-2-x-30ml/>
- <https://biosil.co.za/product/mms-miracle-mineral-solution-100-ml/>
- http://nutritherapy.co.za/index.php?id_product=36&controller=product

Netherlands: chlorine dioxide tabs

- <https://www.air-aqua.com/en/catalogsearch/result/?q=chlorine+dioxide+products+calculation+dosage+of+chlorine+dioxide&amnoroute>

Brazil MMS Suppliers:

- <https://www.clo2.com.br/>

B. Suppliers of Raw Concentrated Ingredients

Sodium Chlorite Flake Suppliers:

The sodium chlorite (NaClO_2) flakes that you want to purchase need to be at or near the highest purity that you can get. This will typically be 75%-80%. I question any supplier that states they manufacture 99% pure sodium chlorite flake as it is not possible because sodium chlorite must be diluted with sodium chloride by 20% for the drying process.

This list of suppliers was current as of January 2020, and all of them have been recommended by others within the community that have purchased from the respective producer.

If you have problems finding a supplier, try an alternative search engine, or directly on ebay or amazon and search key words like “sodium chlorite flake”, “sodium chlorite” or “sodium chlorite powder”

USA Sodium Chlorite Flake Suppliers:

- <https://pforlife.com/sodium-chlorite-salt-based-chlorinated-chemical-powder-flakes.html>
- <https://www.amazon.com/Stellar-Chemicals-Sodium-Chlorite-Flakes/dp/B089CH99QF>
- https://www.amazon.com/Marwieze-Chemicals-Sodium-Chlorite-Flakes/dp/B08RM3KVRS/ref=pd_sbs_3/137-7016330-4911346?pd_rd_w=c8UwP&pf_rd_p=0f56f70f-21e6-4d11-bb4a-bcdb928a3c5a&pf_rd_r=HF92TAS5KKHT0J915RQP&pd_rd_r=d9ba485b-7175-4cb5-ac1d-9be295564a1a&pd_rd_wg=SYTE9&pd_rd_i=B08RM3KVRS&psc=1

Australia:

<https://auwaterpurifier.com/product/naclosalts-1-lb/>

Istanbul Turkey:

- <https://tulucechemicals.com/product/sodium-chlorite-80-odorless-chlorine-pools-water-purification-2-lbs/>

India:

- https://www.amazon.in/s?k=sodium+chlorite&i=industrial&ref=nb_sb_noss_2

Spain:

- <https://romerasuministros.es/producto/clorito-de-sodio-80-polvo/>

Europe:

- <https://www.laboratoriumdiscounter.nl/fr/chlorite-de-sodium-80.html>
- <https://www.laboratoriumdiscounter.nl/en/sodium-chlorite-75.html>

South Africa:

- <https://chemlabsupplies.co.za/product/sodium-chlorite-80-5-kg/>
In South Africa you can order sodium chlorite using bidorbuy, Chem Lab Supplies --41 Barney Rd, Benrose--Mobile 087 700 8851 --Work 079 866 7178 -- dumisani@chemlabsupplies.co.za
- <https://labequipsupply.co.za/>

Hydrochloric Acid (Muriatic Acid) Suppliers:

You should be able to find HCL in just about any hardware store. A specific percent dilution for the concentrate is not essential, and you will typically see 31% or 35%.

I have found a high purity HCL (muriatic acid) from Amazon at the following link:

https://www.amazon.com/gp/product/B097TVCY92/ref=ox_sc_act_title_2?smid=A21KI G2SZJEA1Y&psc=1#

Non-GMO Citric Acid Crystals:

Citric acid crystals are 100% citric acid. Citric acid is commonly used for canning and preserving fruits and vegetables and should not be too hard to find. You can search online “Non-GMO citric acid crystals,” or you can purchase at the following link:
<https://www.amazon.com/Milliard-Citric-Acid-Pound-VERIFIED/dp/B00EYFKM32/>

Phosphoric Acid:

Phosphoric acid is used in the production of several food products, including beer and soda. This makes it reasonably easy to find. High purity or food grade phosphoric acid can be found online by searching “food grade phosphoric acid” or “high purity phosphoric acid.” Typical percentages that you will see are 75% and 85%. Here are a few links:

- <https://www.ebay.com/itm/352632700259>
- <https://www.amazon.com/Phosphoric-Acid-High-Purity-1000ml/dp/B009S05Z2Q>
- <https://www.amazon.com/Renowned-Trading-Phosphoric-Acid-75/dp/B095KWSF5L/>

C. Dropper Bottle Suppliers:

Once you have your diluted solutions made, you will need to store them in dropper bottles. There are many reputable companies that produce and sell dropper bottles on amazon, ebay, and through web stores.

1. Use glass or HDPE plastic only. According to studies, glass will not degrade or leach into your solutions even over time, and HDPE can start degrading after approximately 2 years. Here is an example of glass dropper bottles but smaller quantities are available at other places: (<https://www.thecarycompany.com/2-oz-boston-round-amber-glass-dropper-bottle-black-cap>)
2. Order dropper bottle lids with a tip orifice diameter of 0.120-0.130 inches. Here are the ones that I buy. (<https://www.thecarycompany.com/20mm-natural-snap-top-cap-20-410>)
3. I like to buy smaller containers (2-3 oz.) so that I can take them when I travel and so that I can buy them in bulk and share them with others. Here are the

containers that I buy. (<https://www.thecarycompany.com/2-oz-hdpe-plastic-cylinder-bottle-20mm>)

There are lots of options on Amazon for smaller quantities of bottles as well. Just make sure you get glass bottles or HDPE plastic.

Below are several other reputable companies that sell bottles and lids:

<https://www.thecarycompany.com/>

<https://www.sks-bottle.com/>

<https://www.specialtybottle.com/>

Section 3: Recipes

The recipes listed here are for the volume of solutions I produced in the beginner training series videos. I include links to several calculators and charts so that you can make different amounts of each solution if you desire to do that. It may not be easy to understand at first, and using the calculator(s) can simplify the process of making sure you have the correct proportions of distilled water (diluent) and chemicals.

Sodium Chlorite and HCL Dilution Calculator: <https://t.me/theuniversalantidote/376>

Phosphoric Acid Dilution Calculator: <https://t.me/theuniversalantidote/377>

Sodium Chlorite 22.4%:

Ingredients:

280 grams - 80% sodium chlorite (NaClO2)

720 grams - distilled water

Makes 850 ml MMS

Mix sodium chlorite and distilled water together after measuring. It may take up to 30 minutes to dissolve. (Use only a plastic spoon and a glass container. No metal)

Store in amber/opaque bottles out of sunlight

If you are interested in more details, here are some other detailed instructions provided by Charlotte over at mmsinfo.org:

https://mmsinfo.org/infosheets/What_is_MMS_and_How_to_Make_it.pdf

Here is a handy (lazy) chart if you don't want to use the calculator for calculating the sodium chlorite dilution:

80% SODIUM CHLORITE POWDER	DISTILLED WATER	MMS (by weight)	(by volume)
42.7 grams	109.8 grams	152.5 grams	125 ml
85.4 grams	219.6 grams	305 grams	250 ml
170.8 grams	439.2 grams	610 grams	500 ml
341.6 grams	878.4 grams	1220 grams	1 liter

STANDARD ENGLISH MEASUREMENTS

80% SODIUM CHLORITE POWDER	DISTILLED WATER	MMS (by weight)	(by volume)
1.51 ounces	3.87 ounces	5.38 ounces	4.23 fl oz
3.02 ounces	7.74 ounces	10.76 ounces	8.45 fl oz
6.04 ounces	15.48 ounces	21.52 ounces	16.90 fl oz
12.08 ounces	30.96 ounces	43.04 ounces	33.8 fl oz

Hydrochloric Acid (HCL) 5%:

To make different amounts and different percentages, download and use the HCL and Sodium Chlorite Calculator: <https://t.me/theuniversalantidote/376>

Ingredients:

Distilled water: 300 ml
HCL 35%: 50 ml

When you mix the two solutions, always add the acid to the water. **(Do not add water to a concentrated acid as this can produce a splatter reaction.)**

In a glass measuring cup or container, add 300 ml of distilled water. Now add 50 ml of 35% HCL. Store in amber/opaque bottles out of sunlight.

Phosphoric Acid 12.5%:

To make different amounts and different percentages, download and use the Phosphoric Acid Dilution Calculator: <https://t.me/theuniversalantidote/377>

Ingredients:

Phosphoric acid (PA) 75%: 34 ml
Distilled water: 266 ml

Instructions:

Slowly add 34 ml of PA to 266 ml of distilled water. This process generates heat so pour slowly. Never pour water into acid. Always pour acid into water.
Store in amber/opaque bottles out of sunlight.

Citric Acid 50%:

Ingredients:

150 grams of distilled water (This is equal to 150 ml of distilled water)
150 grams of citric acid

Instructions:

Combine the 150 grams of distilled water and the 150 grams of citric acid. Stir with a non-metal stir device and dissolve the crystals. The solution should be clear and relatively thick when finished.

Store in amber/opaque bottles out of sunlight.

How to Make MMS (NaClO₂ + H₂O)

Ensure all items listed in **table 1** are available.

#	Items Needed for Making MMS	Where to Purchase
1	Sodium Chlorite flakes (80%)	Stellar Chemicals
2	Distilled Water	Purchase Locally
3	Digital Scale	Amazon
4	Glass bowl and large glass mixing bowl	Purchase Locally
5	Plastic spoon for mixing	Purchase Locally
6	Glass Amber bottle for storing MMS	Amazon

Table 1

Preparation Steps

1. Ensure the working area is clean and clear.
2. Place digital scale on table. Ensure batteries are good.
3. Place Sodium Chlorite flakes (80%), distilled water, glass bowl, large glass mixing bowl, plastic mixing spoon and glass amber bottle are placed on the table.
4. If desired, warm up distilled water to 120°F (49°C) to reduce dissolving time of Sodium Chlorite.

How to Make and Mix MMS

1. Turn “ON” and adjust the digital scale setting to grams. Place empty glass bowl on digital scale. Press the tare button on the digital scale to remove glass bowl weight. Note that the weight should now show 0 grams with the bowl on the digital scale.
2. To determine the correct weights of Sodium Chlorite and distilled water, use the formulas listed in **table 2**. Place Sodium Chlorite Flakes in glass bowl to desired grams of weight (**example: for 22.4% solution, use 100 grams Sodium Chlorite and 257 grams of Distilled Water**).
3. Place weighed Sodium Chlorite flakes into large glass mixing bowl.



4. To determine the correct weight of Distilled Water to Sodium Chlorite use the formulas listed in **table 2**. Pour Distilled Water into glass bowl to desired grams of weight (example: for 22.4% solution, use 257 grams of Distilled Water and 100 grams Sodium Chlorite).

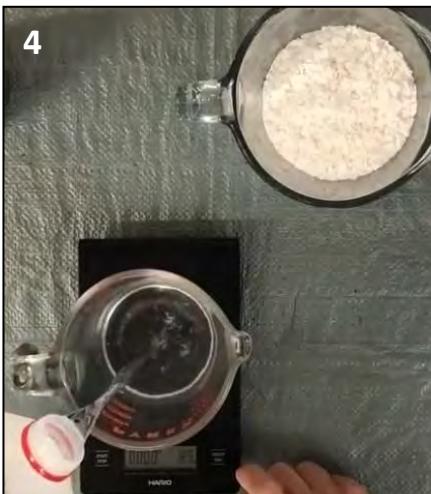
MMS Formula for 22.4% Solution	MMS Formula for 25% Solution	MMS Formula for 28% Solution
Multiply the desired amount of Sodium Chlorite weight by 2.57 to determine the required weight for distilled water. $100 \times 2.57 = 257$	Multiply the desired amount of Sodium Chlorite weight by 2.19 to determine the required weight for distilled water. $100 \times 2.19 = 219$	Multiply the desired amount of Sodium Chlorite weight by 1.86 to determine the required weight for distilled water. $100 \times 1.86 = 186$
Divided the desired amount of distilled water weight by 2.57 to determine the required weight for Sodium Chlorite. $257 \div 2.57 = 100$	Divided the desired amount of distilled water weight by 2.19 to determine the required weight for Sodium Chlorite. $219 \div 2.19 = 100$	Divided the desired amount of distilled water weight by 1.86 to determine the required weight for Sodium Chlorite. $186 \div 1.86 = 100$

Table 2

- Pour weighed Distilled Water into large glass mixing bowl.
- Mix only with a plastic spoon until the Sodium Chlorite is completely dissolved (*NEVER USE metal or wood mixing utensils to prevent contamination*). The mixture may appear a little cloudy at first; however, it will clear up once the Sodium Chlorite is dissolved. The final solution will be clear with a yellowish tint.
- Pour mixed solution into a glass amber bottle for storing.

Optional Step

- If desired, MMS can be run through a coffee filter before placing into glass amber bottle.



How to Dilute Hydrochloric Acid (HCl) to 4% or 5% (Activator)

Ensure all items listed in **table 1** are available.

#	Items Needed for Making MMS	Where to Purchase
1	Hydrochloric Acid Concentrate	Purchase Locally
2	Distilled Water	Purchase Locally
3	Digital Scale	Amazon
4	Glass bowl or Beaker and large glass mixing bowl	Purchase Locally
5	Plastic spoon for mixing	Purchase Locally
6	Glass Amber bottle for storing MMS	Amazon

Table 1

Warning: Diluting high concentrations of Hydrochloric Acid can be dangerous due to its low pH and fumes. Wear eye protection and protective gloves before any dilution and mixing begins. Make sure all diluting and mixing is done outdoors and or in a well ventilated area.

Hydrochloric Acid can be purchased at a pool supply store or Home Depot/Lowes. However, ensure that the Hydrochloric Acid only contains Hydrochloric Acid and water. **DO NOT USE** any Hydrochloric Acid with additional ingredients. All manufactures are required to provide a Safety Data Sheet (SDS) which will list all product ingredients. The manufacture can also be contacted if additional information is required.

Math will be required to properly dilute the concentrated Hydrochloric Acid to a 4% or 5% solution. To avoid math, use the "[**How to Dilute Hydrochloric Acid \(HCl\) with Distilled Water \(H₂O\)**](#)" calculator by clicking the blue hyperlink(s). See math formulas and calculator examples below for details.

Math Formulas for Diluting Concentrated Hydrochloric Acid

- Perform dilution equations below to find X
- Next, subtract V_1 from V_2
- Answer shows how much Distilled Water is needed to dilute V_1 to 4% or 5%

Examples			
Starting Concentration	C_1	31.45%	31.45%
Starting Volume	V_1	120 ml	120 ml
Final Concentration	C_2	4%	5%
Final Volume	V_2	X	X

Example Dilution Equation for 4%

$$V_2 = \frac{C_1 V_1}{C_2}$$

$$V_2 = \frac{31.45\% \cdot 120\text{ml}}{4\%}$$

$$V_2 = \frac{3774}{4\%}$$

$$V_2 = 943.5 \text{ ml}$$

$$V_1 - V_2 =$$

$$120 \text{ ml} - 943.5 \text{ ml} = 823.5 \text{ ml}$$

Add 120 ml of Hydrochloric Acid to 823.5 ml of distilled water

Example Dilution Equation for 5%

$$V_2 = \frac{C_1 V_1}{C_2}$$

$$V_2 = \frac{31.45\% \cdot 120\text{ml}}{5\%}$$

$$V_2 = \frac{3774}{5\%}$$

$$V_2 = 754.8 \text{ ml}$$

$$V_1 - V_2 =$$

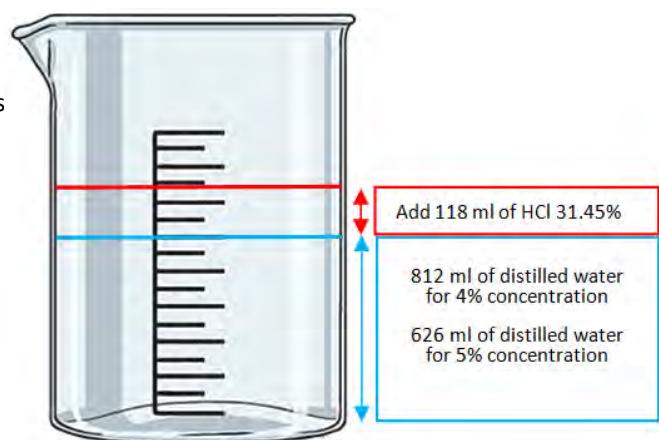
$$120 \text{ ml} - 754.8 \text{ ml} = 634.8 \text{ ml}$$

Add 120 ml of Hydrochloric Acid to 634.8 ml of distilled water

How to Use Calculator

- Click on the blue hyperlink(s) to gain access to JC calculator
- For ounces, fill in the data required for the yellow cells
- For Milliliters, fill in the data required for the orange cells
- The Final Results table will show the exact measurements needed to dilute Hydrochloric Acid concentrate to 4% or

		For Ounces		For Milliliters	
Starting Concentration (HCl)	C_1	31.45	%	31.45	%
Starting Volume (HCl)	V_1	4	oz.	118.294	ml
Final Concentration	C_2	4	%	4	%
Final Volume (HCl + H ₂ O) Total	V_2	31.45	oz.	930.086575	ml
<i>Distilled Water Needed for Dilution</i>		27.45	oz.	811.792575	ml



FINAL RESULTS													
OUNCE	FOR A	4	%	SOLUTION, YOU WILL NEED	4	OZ. OF HYDROCHLORIC ACID AT	31.45	% CONCENTRATE AND	27.45	OZ. OF DISTILLED WATER	TOTAL DILUTED SOLUTION	31.45	OZ.
MILLILITER	FOR A	4	%	SOLUTION, YOU WILL NEED	118.294	ML OF HYDROCHLORIC ACID AT	31.45	% CONCENTRATE AND	811.792575	ML OF DISTILLED WATER	TOTAL DILUTED SOLUTION	930.086575	ML

Preparation to Dilute Concentrated Hydrochloric Acid

1. Ensure the working area is clean and clear.
2. Place digital scale on table. Ensure batteries are good.
3. Place the following item on table: Hydrochloric Acid concentrate, Distilled Water, glass bowl or beaker, glass measuring cup, plastic mixing spoon and glass amber bottle.

Step to Dilute Concentrated Hydrochloric Acid

1. Turn "ON" and adjust the digital scale to grams setting. Place empty glass bowl or beaker on digital scale. Press the tare button on the digital scale to remove glass bowl or beaker weight.
2. Note that grams and milliliter are the same when measuring Distilled Water. To determine the correct amount of Distilled Water needed for diluting, use the formulas listed on [page 1](#) or the [HCl Calculator](#) for correct weight (grams) or volume (ml).
3. Stop adding distilled water once calculated weight (grams) or volume (ml) reached.



4. Use a glass measuring cup or beaker to measure the correct amount of Hydrochloric Acid needed. To determine the correct amount of Hydrochloric Acid needed with Distilled Water, use the formulas listed on [page 1](#) or the [HCl Calculator](#) for correct volume (oz./ml).
5. Wear eye protection and protective gloves before pouring any Hydrochloric Acid. Slowly pour the Hydrochloric Acid into the glass measuring cup. **DO NOT BREATH FUMES.**
6. **Caution:** When diluting acids, always add the concentrated Hydrochloric Acid to Distilled Water. Doing so will prevent the acid from splattering and splashing up. Slowly pour correct amount of Hydrochloric Acid into the Distilled Water. Use a clean plastic mixing spoon to mix.



7. Pour diluted Hydrochloric Acid (4% or 5%) into a glass amber bottle for storing. Place a label on the bottle stating the contents (i.e **Hydrochloric Acid 4%**).



How to make CDS – Detailed Version

Chlorine Dioxide Solution

$(\text{ClO}_2 + \text{H}_2\text{O})$

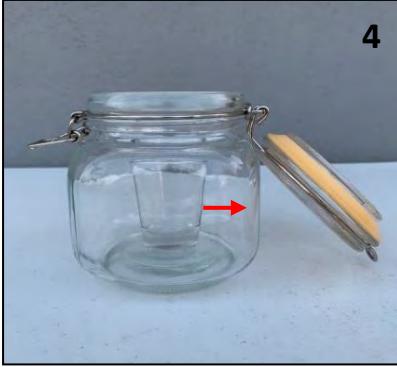
Ensure all items listed in **table 1** are available.

#	Items Needed for Making MMS	Where to Purchase
1	Mason Jar	Amazon
2	Distilled Water	Purchase Locally
3	Shot Glass	Amazon
4	Syringe (5ml)	Amazon
5	MMS, Sodium Chlorite 25% Solution	Purchase or Make
6	Hydrochloric Acid (HCl) 4% solution	Purchase or Make

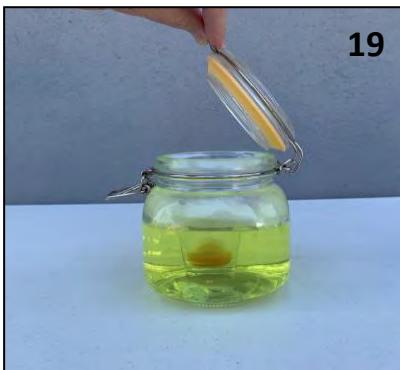
See page 6 for “How to make CDS – Quick Version”



Table 1

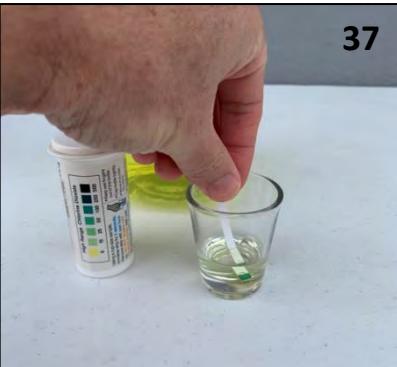
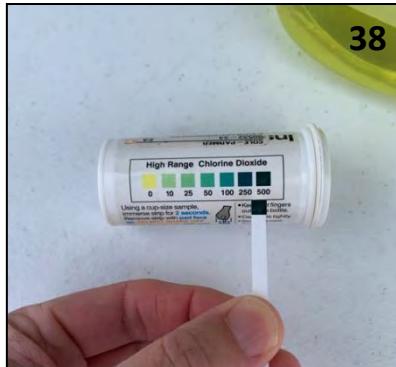
Make sure the working area is clean and clear. Place airtight Mason jar on table.	Make sure the Mason jar is clean and dry.	Make sure shot glass is clean and dry. Place shot glass inside of Mason jar.
 1	 2	 3
Push the shot glass to one side of the Mason jar.	Pour distilled water into the Mason jar. Ensure that the water level is a $\frac{1}{4}$ " (6mm) below the shot glass brim.	Use a 5ml syringe to measure Sodium Chlorite (NaClO_2) and Hydrochloric Acid (HCl).
 4	 5	 6

If desired, syringe plunger can be removed to simplify filling. Note, 4% HCl is a weak solution. Hands can be washed when done.	Fill syringe with 5 ml of Sodium Chlorite. Release Sodium Chlorite into shot glass. Make sure it only enters the shot glass.	Fill syringe with 5 ml of Hydrochloric Acid. Release Hydrochloric Acid into shot glass. Make sure it only enters the shot glass.
		
The Sodium Chlorite will begin to react with Hydrochloric Acid to create Chlorine Dioxide.	Close the Mason jar lid to prevent Chlorine Dioxide gas from escaping.	Ensure that the Mason jar lid is locked.
		
Chlorine Dioxide gas will begin to buildup within the Mason jar and infuse into distilled water.	Place the Mason jar in a cabinet.	Make sure the temperature is well above 51.8° F (11° C). Higher temperature will increase gas off and decrease infusion time.
		

Wait 12 to 24 hours for Chlorine Dioxide to infuse into distilled water.	Remove Mason from cabinet. Ensure the working area is clean and clear before placing Mason jar on table.	Make sure the Mason jar is unlocked outdoors or in a well ventilated area.
		
Warning, high concentrations of Chlorine Dioxide gas have built up within Mason jar. Stand back when opening.	Remove shot glass with content.	Close and lock Mason jar to avoid losing Chlorine Dioxide gas.
		
The contents in shot glass can either be disposed of or used as a disinfectant (i.e. Spray bottle with water).	If desired, pour shot glass contents into spray bottle.	Dilute spray bottle contents with water. Can be used to disinfect floors, countertops, bathrooms, etc.
		

Replace spray bottle spray handle.	Open lid and place shot glass into Mason jar again.	Ensure that shot glass is placed in the center of Mason jar.
		
Fill syringe with 5 ml of Sodium Chlorite. Release Sodium Chlorite into shot glass. Make sure it only enters the shot glass.	Fill syringe with 5 ml of Hydrochloric Acid. Release Hydrochloric Acid into shot glass. Make sure it only enters the shot glass.	The Sodium Chlorite will begin to react with Hydrochloric Acid to create Chlorine Dioxide.
		
Close lid and lock Mason jar. Chlorine Dioxide gas off and infuse into distilled water.	Place the Mason jar in a cabinet.	Wait 12 to 24 hours for Chlorine Dioxide to infuse into distilled water.
		

How to Test Chlorine Dioxide Parts Per Million (PPM)

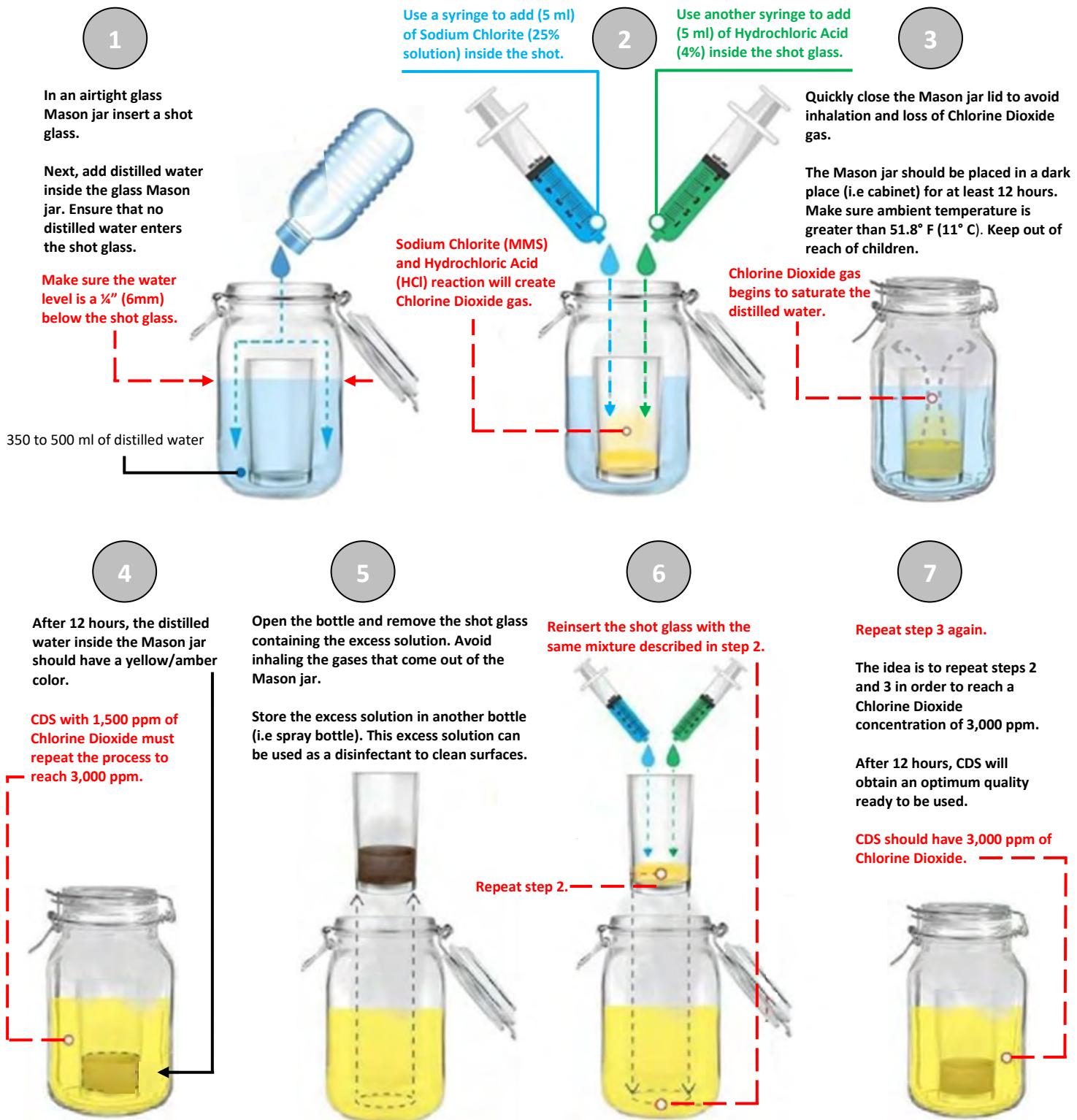
Place 9 ml of distilled water in a glass.	Place 1 ml of Chlorine Dioxide in a glass with distilled water.	Give glass a swirl and before testing Chlorine Dioxide ppm with test strip.
 34	 35	 36
Place test strip in diluted solution for 2 seconds and wait 10 seconds for final results. Compare color to bottle label.	The ppm should be around 300 ppm when diluted with 9 ml of distilled water. This means final concentration is 3,000 ppm.	Store CDS inside a refrigerator. Note, temperatures greater than 51.8°F (11°C) to cause the Chlorine Dioxide to gas off.
 37	 38	 39

The attached video shows how Andreas Kalcker makes CDS.

<https://www.brighteon.com/98951596-048d-403f-85c3-db5ff006d0ef>

How to Make CDS – Quick Version

Chlorine Dioxide Solution ($\text{ClO}_2 + \text{H}_2\text{O}$)



How to Take CDS

(ClO₂ + H₂O)

Steps for Preparing CDS

1. Using a syringe with milliliter markings, place desired amount of CDS in a clean, dry glass.
2. Add 4 oz. (120 ml) of filtered/distilled water to glass
3. Drink CDS with filtered/distilled water.



Protocol Starting Procedure

Please read an important update on page three

- **MMS** is a 22.4% solution of 80% sodium chlorite powder or flakes (NaClO₂) in water.
- **MMS1** is activated MMS. It is MMS plus an activator; when the two are mixed together they produce chlorine dioxide (ClO₂). (Activators suggested are 4% HCl or 50% citric acid) (MMS1 is called CD by some people)

This Protocol Starting Procedure must be completed before following protocols 1000, 1000+, 2000, or 3000. It has been found that this procedure is very necessary and often results in nothing working when this procedure is skipped. You can use MMS1, CDH or CDS for The Protocol Starting Procedure.

NOTE: Some things that Neutralize Chlorine Dioxide are: Vitamin C, any Antioxidant, Coffee, Tea, Milk, Sugar, Alcohol. (Also read [32 Reasons why MMS is not working](#))

→ FOLLOW THESE INSTRUCTIONS ←

- **The first day of the Starting Procedure drink 1/4 drop of activated MMS (MMS1) every hour for 8 consecutive hours**

Step 1. Fill a non-metallic  kitchen measuring cup with 4 fl oz (120ml) of water.

Step 2. Using an empty, clean, dry, non-metallic drinking glass, tilt the glass slightly sideways and drop 1 drop of MMS so the drop goes to the corner of the lowest part of the glass. Drop 1 drop of activator on top of the MMS drop. Shake the glass a little to mix the drops. **Note: CDH or CDS; follow directions denoted by an***

Step 3. Wait 30 seconds and then pour some of the 4 fl oz (120ml) of water into the glass with the drops. Pour that back into the measuring cup. Mix well. Now you have a 1 drop dose of MMS1 in 4 fl oz (120ml) of water.

Step 4. Pour 1 fluid ounce (30ml) from the 4 fl oz (120ml) 1 drop dose of MMS1, into a glass and drink it. You can drink it as it is, or you can add some additional water to it. **This gives you a 1/4 drop dose of MMS1.***

Step 5. Discard the remaining 3 fluid ounces (90ml). You won't be using them. YOU MUST MAKE UP A NEW DRINK EACH HOUR. Each MMS1 drink must be ingested within 30 seconds after making it and one should be sure to never wait more than 60 seconds after making a dose before ingesting it.

* **CDH:** add 1/4ml to water & drink. **CDS:** add 1/2ml to water & drink.

- **The 2nd & 3rd days of the Starting Procedure drink 1/2 drop of MMS1 every hour for 8 hours a day**

Step 6. Follow the same steps 1, 2 and 3 as above each hour. This time pour 2 fluid ounces (60ml) into a glass and drink it. Discard the remaining 2 fluid ounces (60ml). **This gives you a 1/2 drop dose of MMS1.***

* CDH: add 1/2ml to water & drink. CDS: add 1ml to water & drink.

- **The 4th day of the Starting Procedure drink 3/4 drop of MMS1 hourly for 8 hours**

Step 7. Follow the same steps 1, 2 and 3 as above. Pour 3 fluid ounces (90ml) into a glass and drink it. Discard the remaining 1 fluid ounce (30ml). **This gives you a 3/4 drop dose of MMS1.*** At the end of day 4 you will have completed the Protocol Starting Procedure.

* CDH: add 3/4 ml to water & drink. CDS: add 1.5ml to water & drink.

- **The 5th day of the Starting Procedure drink 1 drop of MMS1 every hour for 8 hours**

You are now starting Protocol 1000 at 1 drop of MMS1 hourly for 8 consecutive hours. Follow P1000 instructions. See chart below for MMS1-1 Tabs, CDS & CDH dosing.

* CDH: add 1ml to water & drink. CDS: add 2ml to water & drink.

From this point, those people with cancer should progress forward to Protocol 2000.

Note: We have noticed that people who use MMS1 and activate MMS hourly, seem to have more success in restoring their health. Only use an MMS1 all-day bottle if hourly doses can't be made.

Protocol	Day	MMS1	EASY MMS Tabs	CDH	CDS
Starting	1	1/4 drop	TBD	1/4 ml	1/2 ml
Starting	2	1/2 drop	TBD	1/2 ml	1 ml
Starting	3	1/2 drop	TBD	1/2 ml	1 ml
Starting	4	3/4 drop	TBD	3/4 ml	1.5 ml
P1000 (day 1)	5	1 drop	TBD	1 ml	2 ml

Note that CDH dosing applies only to CDH made to the original McRae-Lackney recipe and CDS is 3000 ppm concentration without added MMS.

If Using **CDH**, Know That 1ml Of CDH Equals 1 Drop Of MMS1 If Ingested Into A Normal Stomach. Therefore, 1/4ml Of CDH Equals 1/4 Drop Of MMS1.

If Using **CDS**, Know That 2ml Of 3000ppm CDS Equals 1 Drop Of MMS1 If Ingested Into A Normal Stomach. Therefore, 1/2ml Of CDS Equals 1/4 Drop Of MMS1. ↑(15 April '18)

The original idea behind the Starting Procedure was to get your body used to small amounts of chlorine dioxide (CLO₂). If you are very sick, then your body may only accept very small amounts of CLO₂ when dosing begins. Later, you may be able to slowly increase dosages.

If you begin taking CLO2 following Protocol 1000 at one drop MMS1 doses, that may be too much for your body and you may experience Herxheimer effects such as excessive tiredness, upset stomach, vomiting and diarrhea.

Jim Humble believes that MMS1 doses should be made fresh every hour due to reports from users claiming the method is more effective than hourly dosing from an all-day bottle of MMS1.

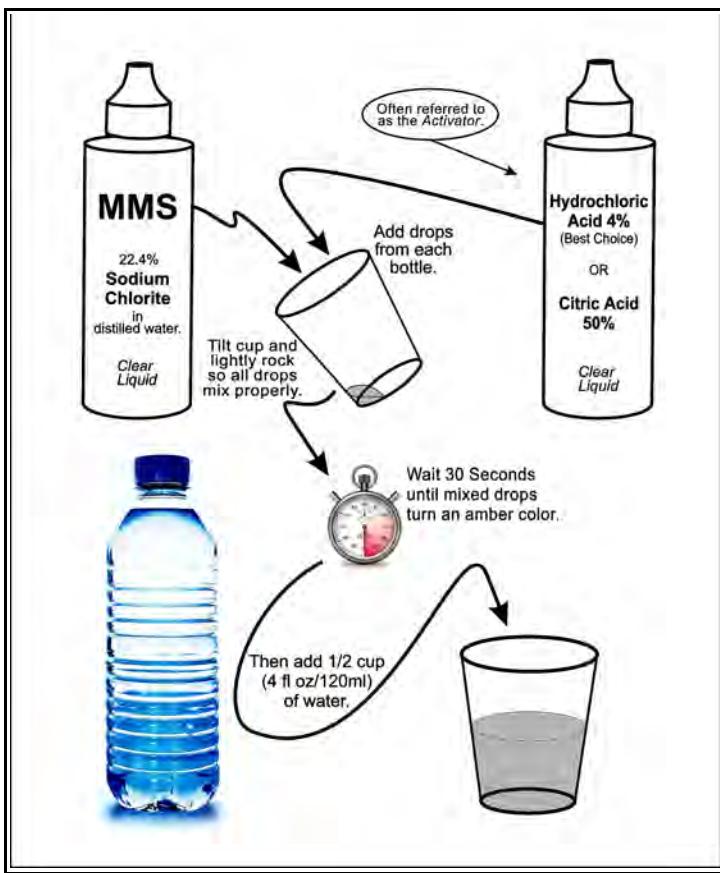
The Starting Procedure is the first protocol you should follow when using MMS1. **However, the Starting Procedure is not intended to help you recover your health from any ailment. Making fresh, hourly MMS1 doses is not necessary when following the Starting Procedure and will only add a lot of unnecessary complications when trying to understand how to use MMS1.**

Therefore, you can use an all-day bottle of MMS1 when following the Starting Procedure.

Preparing an all-day bottle of MMS1 is easy. See graphic to learn how to mix a dose of MMS1.

If you use a recycled plastic one liter pop bottle for your all-day MMS1 hourly dosing, you will want to mark the bottle into 8 equal parts using a felt-tipped pen. That will give you 120ml (4 fl oz) hourly doses when dosing for eight consecutive hours.

If you begin MMS1 dosing with one fourth (1/4) drop hourly doses, mix a 2 drop MMS1 dose in a dry, clean glass as shown. After 30 seconds of activation time, pour a little water from the 1



liter bottle into the activation glass and then pour that into the 1 liter pop bottle. Shake well to thoroughly mix MMS1 into the 1 liter of water.

If one fourth drop hourly doses cause any discomfort, then discard the remainder and make a new bottle using a one drop MMS1 dose. That will provide 1/8 drop hourly doses.

Increase daily dosing by one drop, doses added to the bottle until you reach 8 drops of MMS1 in the bottle on day seven. That will give you 1 drop hourly MMS1 doses, which is the Protocol 1000 beginning hourly dosage.

The number of drops is determined by only counting MMS drops, not MMS plus activator drops.

(20 June 2021 by CL)

Section 4: Social Network Platforms and Links

Since MMS/Chlorine dioxide was first introduced to the public by Jim Humble, communities of people have organically evolved around it. These chat groups and forums consist of people helping people and sharing their healing stories and experiences. Here I provide links for social networks that exist for this purpose. This list is not exhaustive, but these are the groups and forums that I have come across in my research. I do not mention Facebook Groups at all because there have been so many of them that have been disbanded by the FB thought police.

Telegram Channels and Groups:

Telegram is an app that can run on your phone or desktop. You can learn about it here: <https://telegram.org/>

Download the telegram desktop APP here: <https://desktop.telegram.org/>

After you install telegram you can find these groups.

The Universal Antidote Video Channel and Chat Group:

Channel: <https://t.me/theuniversalantidote> (On The Universal Antidote (TUA) Video Channel, you can find chlorine dioxide videos including documentaries, testimonials, and instructional information.)

TUA Chat Join Link: <https://t.me/joinchat/WTKamcXNaJdQ-ydP> (private chat group where you can ask questions and get answers regarding MMS1 and CDS). If the above join link does not work check in the pinned messages here:

<https://t.me/theuniversalantidote>

COMUSAV USA: <https://t.me/ComusavUSA> (group promoting CDS in health care and helping people)

MMS Health Videos Channel: https://t.me/mms_health_videos (Repository of hundreds of testimonials dating back to 2010)-search for testimony videos by searching keyword “testimony” This is true for any channel and group.

Chlorine Dioxide Truth: <https://t.me/chlorinedioxidetruth> (channel with posted information about MMS1, CDS, and more.)

Chlorine Dioxide Testimonies: <https://t.me/ChlorineDioxideTestimonies> (chat group where you can ask questions and get answers regarding MMS1 and CDS)

MMS Health Group: <https://t.me/joinchat/NCKGOFaA8bQaEp22ad6qvQ>

Jim Humble Protocols: <https://t.me/JimHumbleProtocols>

Andres Kalcker Protocols: <https://t.me/AndreasKalckerProtocols>

MeWe Groups:

<https://mewe.com/join/mmsmiraclemineralsolution>

<https://mewe.com/join/chlorinedioxidetruth>

<https://mewe.com/join/coronavirusebolasolutions>

CD/MMS Websites:

MMS:

<https://mmsforum.io/>

<https://jimhumble.co/>

<https://mmsinfo.org/>

<https://clo2.tv/>

Testimonials Website: <https://mmstestimonials.co/>

This website is essential. You can go here and search for any disease or health condition to find testimonials of people who have been helped using chlorine dioxide.

CDS:

<https://andreaskalcker.com/en/>

<https://www.saludprohibida.com/en/>

COMUSAV: This is a non-profit group of thousands of doctors, therapists, researchers, and health professionals who are helping others and working with (CDS) chlorine dioxide solution.

<https://comusav.com/en/recursos/>

<https://comusav.com/en/videoteca/>

Curious Human Productions Video Channels:

<https://t.me/theuniversalantidote>

<https://www.brighteon.com/channels/curiousoutlier>

<https://odysee.com/@TheUniversalAntidote:5>

<https://www.bitchute.com/channel/vrPbyKTAWm0N/>

<https://tv.gab.com/channel/CuriousOutlier>

<https://rumble.com/c/c-537305>

https://www.youtube.com/channel/UCvHthwYiK5greISPBs_cM7Q

Other Important Video Channels:

[MMS DIY](#) on Brighteon: <https://www.brighteon.com/channels/bhstone7>

[MMS DIY](#) on BitChute: <https://www.bitchute.com/channel/KWS38tosUq7L/>

[CLO2 TV News](#) on Brighteon <https://www.brighteon.com/channels/clo2tvnews>

Section 5: Recommended Books

As I stated in the final FAQ video of the TUA beginner training video series, I only recommend two books for learning more about MMS1 and CDS. The first is MMS Health Recovery Guide Book by Jim Humble and Forbidden Health by Andres Kalcker. Mark Grenon has also made a significant contribution to the available health information about chlorine dioxide and much more. Links to purchase his books are also listed below as well.

MMS Protocols

MMS Health Recovery Guide Book:

Printed Version:

<https://jimhumblebooks.co/>

<https://bluejaybooks.co/>

Digital Version: (I am posting the links below because almost every time I check the above website for book purchases, the website is offline. This information is too essential to be offline.) Please make every attempt to support the authors by purchasing their books.

Digital Version:

<https://t.me/JimHumbleProtocols>

https://www.jahealthadvocate.com/uploads/2/4/5/9/2459046/mms_health_recovery_guidebook_1_october_2016.pdf

https://drive.google.com/file/d/1ABncAyttoYA6_6k1xwkxT547cDqjDYyI/view?usp=sharing

CDS Protocols

Andres Kalcker Book---Forbidden Health:

Printed Version:

<https://cleanhandsnj.com/>

Digital Version:

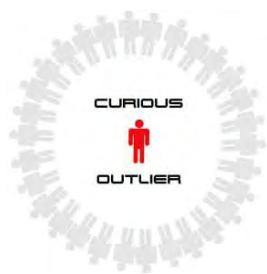
<https://t.me/AndreasKalckerProtocols/21>

<https://t.me/ComusavUSA/13179>

Mark Grennon

<https://g2churchbooks.ecwid.com/All-Three-Volumes-of-Imagine-A-World-Without-DISEASE-p203756591>

About The Author



The Curious Outlier is a registered nurse with 25 years of critical care experience. He chooses to remain anonymous but can easily be reached at theuniversalantidote@protonmail.com

The Curious Outlier loves educating and inspiring other humans to find their full potential for life, health, and spiritual wellbeing.