

MMS1 Teeth Brushing Procedure

from the *MMS Health Recovery Guidebook* by Jim Humble

pH Testing Results by CL

7 August 2019

In response to a MMS Forum member's concerns about using a MMS1 teeth brushing procedure and her complaints about what happened to her teeth when she followed the procedure, I decided to measure the pH of MMS1 solutions made with 50% citric acid and 4% HCL. I also measured the pH of comparable solutions made with CDS and CDH. I hope others will perform similar measurements & post their results.



The original MMS Forum post is here: <https://mmsforum.io/goto/general/32324-started-mms-dms0-protocol-teeth-hurt> Part of the original post by member "Poler" on 27 June 2019 reads:

"I have two teeth with infection inside the teeth under ceramic restorations.

I have just started the protocol with 10 drops MMS solution with 10 drops 50% citric acid activator and 20 drops DMSO, with 90 ml water, I have brushed the teeth a bit with it, then swished around the mouth with the rest for up to 10 mins.

I have done this 4 times, roughly going for the every two hrs thing mentioned in the protocol.

The teeth didn't hurt before starting this, though one felt soft under the bite. When swishing/brushing the mixture, the tooth with the worst infection hurts a bit, and some of the other teeth a bit sensitive. The teeth feel funny afterwards, kind of gummy. (gummy feeling is tooth enamel softening due to low pH MMS solution)

When eating for the first time this morning, I had pain in those two infected teeth that I didn't have before starting the protocol. I am wondering if anyone else has experience with this and can tell me what is happening? Am I doing something wrong?"



I measured the pH of 5 drop MMS1 solutions made with 50% citric acid and 4% HCL, as well as CDS and CDH (1ml). All 4 of the solutions supply [the same amount of CLO2, 3.4 mg](#). I used Jim's 5 drop MMS1 teeth brushing procedure found in his latest book, *MMS Health Recovery Guidebook*, which starts on page 73. DMSO was not added to any of the Sodium Chlorite Solutions (SCS) for this testing.

This recipe will provide about 3.4 mg of CLO2 with a CLO2 concentration of 57 ppm in the 60 ml solution. pH measurements were taken 7 & 10 August 2019. A pH meter and pH test strips were used for testing.

Distilled water = 5.6 pH (used to make the 4 following 60 ml solutions:) (pH is too low) 🤪

MMS1 (made with 50% CA).. = 2.7 pH (CA = citric acid)

MMS1 (made with 4% HCL).. = 2.5 pH (HCL = hydrochloric acid)

This recipe made with CDS = 4.8 pH (2 tests average 4.8 pH with 2 different CDS batches; 1 old, 1 new)

This recipe made with CDH = 3.5 pH (tested with freshly made CDH)



I think it would be unwise to use MMS1 or CDH for teeth brushing, because their very low pH will attack tooth enamel and soften it. Brushing with low pH solutions can cause tooth enamel to be removed! Using high pH water may result in a neutral pH solution, which would be okay for brushing. Measure the pH before brushing!

<https://www.sciencedirect.com/science/article/pii/S0301679X08002685>

<https://www.colgate.com/en-us/oral-health/basics/brushing-and-flossing/is-brushing-teeth-after-eating-good-for-you-0313>

<https://mmsinfo.org/>