

How to Make CDS

Andreas Kalcker method

use part A and part B • measure in mLs



SUPPLIES

- wide mouth glass canning jar with air tight lid (shown: wire bail lid)
- shot glass that fits inside the closed jar
- 12cc syringe (amber is ideal for UV light protection)
- amber glass storage bottle with plastic lid

INGREDIENTS

- 10 ml sodium chlorite (NaClO_2) 22.4%-25% solution
- 10 ml 4-5% hydrochloric acid (or food grade acid activator)
- 1 cup (250 ml) distilled H_2O

INSTRUCTIONS

- Activate 5 ml of Part A with 5 ml of Part B in a shot glass for 30-60 sec.
- Place shotglass in a (8-16 oz) canning jar containing 250 ml distilled H_2O .
- Seal & store in dark place at room temperature for 12 (up to 24) hrs.
- Remove jar; take out the shot glass and close the jar.
- Empty, clean & dry the shotglass.
- Pour the contents of the shotglass into a (brown glass) spray bottle and label as an antiseptic cleanser for counter top surfaces, cutting boards, etc.
- Repeat process above again and set back in cupboard for another 12-24 hrs.
- Now your solution will be rich golden yellow like sunflower seed oil.
- It should test at 0.3% or 3000 ppm CDS concentrated solution.
- To check for accuracy, you can dilute a sample cc 1:10 with distilled H_2O and check it with a high range chlorine dioxide test strip.
- **Store:** Pour & keep CDS in a sealed amber glass bottle in refrigerator.
- **Yield:** 250 mL CDS concentrate 3000ppm chlorine dioxide gas in the distilled water solution or ~1 cup CDS concentrate / 10 activated drops.
- **Preparation time:** 24-48 hours.
- Use this CDS concentrate to prepare doses defined by the Kalcker treatment protocol you choose.

note: 1-2 mls of CDS concentrate is approximately equal to 1 activated drop of MMS1. They can be used interchangeably in protocol recipes. MMS1 works better for some protocols, and CDS works better in some protocols.

note: Part A & Part B combines to form chlorine dioxide gas--which you should avoid breathing.

note: CDS is not stable. It will gas off above 50°F, or when exposed to air, or when exposed to light (even indirect sunlight). The goal is to prevent loss of as much gas produced as possible while making it and whenever handling it.

note: CDS can last up to a year (or more) in the refrigerator. When its yellow color begins to pale, that indicates loss of potency.

note: Green glass bottles work OK, but blue bottles let too much light in.

note: You can use plastic bottles when holding CDS less than 6 months.

note: Do not use any metal (instruments, lids, etc.).