

How to Make a Bottle of CD

- with one day's worth of doses
use part A and B, or CDS concentrate
- measure in drops for MMS protocols
 - measure in mLs for CDS protocols



part A



part B



Mixing fresh doses of MMS hourly is ideal. But when that is not possible, a water bottle can be made fresh each morning that contains the day's worth of CDS or MMS doses. This works fine when away from home all day, or when bringing a day's worth of CD doses to a loved one in the hospital.

Use a glass or hard plastic bottle that holds a quart (or a liter or 32 oz) of drinking water. Mark the bottle with lines for 8 to 10 doses. The number and amount of doses will depend on which protocol you use, but most are 8 hourly doses of about $\frac{1}{2}$ cup. Keep the bottle cool (below 50°F) if possible (freezing will not hurt CD). The doses do not have to be on an empty stomach, but wait 1 hour after eating before taking a dose, and wait 30 minutes after a dose to eat. Any supplements or medications should be taken at least 2 hours apart from a CD dose.

Humble MMS Protocols: bottle holds 8-10 4oz doses.

Mix A & B and activate 30-60 seconds, and add into the liter / quart / 32 oz bottle of distilled or purified water. The number of activated drops to mix is often 3 drops per dose (3 x 8 or 3 x 10) depending on the protocol. Humble's protocols are in Chapter 6 of his book Health Recovery Guide Book ©2016.

Kalcker CDS Protocols: bottle holds 8-10 100-150ml doses.

Add 1-2 milliliters of the 3000 ppm CDS concentrate / dose, to a liter bottle of distilled or mineral water. While Kalcker's protocols are best known for using doses of his concentrate CDS, some of his protocols still call for drops of freshly activated CD like the original Humble protocols. Kalcker's protocols are in Chapter 3 of his book "Salud prohibida" Forbidden Health ©2018.