

# Protocol-MT&T

(A Mouthwash, Teeth & Throat CLO<sub>2</sub> & Baking Soda Solution)

## *What is Protocol-MT&T?*

**Protocol-MT&T** is simply the combination of equal parts of a 100 ppm chlorine dioxide (CLO<sub>2</sub>) water based solution with a sodium bicarbonate (baking soda) water based solution, to be used twice a day (or as needed) as a mouthwash, teeth brushing, and throat gargle solution.

## *Why Protocol-MT&T?*

The acidity of CLO<sub>2</sub> solutions can cause enamel erosion, especially if they're used to brush teeth daily for months or years. **Protocol-MT&T** solves the acidity problem by adding a small amount of a premade baking soda solution that acts to raise the pH of the CLO<sub>2</sub> "MT&T" solution to a slight alkaline level while at the same time keeping the CLO<sub>2</sub> concentration at an effective level for proper oral hygiene.

## *How to Make Both of the Protocol-MT&T Solutions*

### **How to make the baking soda water solution:**

Take any sized bottle of pure water and simply add 1/2 teaspoon or 2.5ml of baking soda for every 100ml of water in the bottle. Shake well to dissolve the baking soda completely until the water is clear.

### **How to make the 100 ppm CLO<sub>2</sub> water solution:**

Take any sized colored glass bottle of pure water and simply add 2.50ml of CDH4000 (4000 ppm) or 3.50ml of CDS (3000 ppm) CLO<sub>2</sub> concentration for every 100ml of water in the bottle.

## *How to Combine and Use the Protocol-MT&T Solutions Just Before Use Each Time*

First take a small clear glass or bottle and mark it at 25ml & 50ml (I cover the marks with clear tape to keep them from rubbing off). Then to combine the **MT&T Solutions** just before each use, just add 25ml of each solution to the glass/bottle, which results in 50ml of a 50 ppm CLO<sub>2</sub> + baking soda **MT&T Solution**. I then immediately sip about 25ml of this solution into my mouth and first gargle with it for a few seconds, then swish with it for a few seconds, and then I brush with it while leaning over the sink. To keep it from flowing out of my mouth, I make as tight of a seal as I can with my lips and at the same time I suck air in through them. This keeps the solution from flowing out of my mouth. I then rinse my tooth brush with water and use about 5ml of the **MT&T Solution** to sanitize it, and then use the remaining 20ml to do one more quick gargle and rinse of my mouth. **By the way**, sucking in to keep the solution from flowing out of my mouth also aerosolizes it somewhat and allows a very small amount of CLO<sub>2</sub> to be carried into my airways and lungs for an even better viral and bacterial sanitization treatment twice a day. This is similar to what I get when I nebulize a 50 ppm CLO<sub>2</sub> solution to protect against respiratory viruses. In other words, I believe **Protocol-MT&T** also acts as a **prophylaxis** against infection.

Personally, I make 500ml of both the CLO<sub>2</sub> and Baking Soda solutions and keep them at the sink without any refrigeration since the low 100 ppm CLO<sub>2</sub> concentration doesn't tend to decrease too fast and at 500ml, I'll be making a new batch every 10 days anyway. I've done this for about a year now and really like it. Before using this approach, I brushed my teeth twice a day for around 6 years with about 50 ppm CLO<sub>2</sub> alone. However, I feel this approach is much better due to the raising of the pH to a non-acidic level using baking soda, which has also been used to brush teeth with for decades due to its own beneficial qualities.

*Please note that the above is a protocol that I the author, Scott McRae am doing and created for myself. I am only providing this information to others for educational purposes. Each person should make their own decisions regarding their health. Thank you and keep on smiling – it's a great gift you can give to others and yourself for free. 😊*