

# STARTING OUT

- **CDS Protocol A Amateur** (starting, prevention, maintenance, long term)

Protocol A is for those starting CD who may be hesitant or unsure. It is also indicated for treating minor issues or for general maintenance or prevention. Mixed fresh / dose: Activate 3 drops. Add to 1/2 to 3/4 cup water, or enough to drink for one dose. Keep anti-oxidants, supplements or medications 1 – 2 hours apart from doses. **DURATION:** Expect the starting days, plus 3 weeks or until recovered (dose response).

**TASTE:** Use “Simply Juice” Cranberry or Apple flavor for dose instead of water.

	(1 hr after) Breakfast	(1 hr after) Lunch	before bed
Day 1			3 drops
Day 2	3 drops		3 drops
Day 3 forward	3 drops	3 drops	3 drops



- **MMS Starting Procedure:** 1/8 to 1/4 to 1/2 drop per dose; work up to 1 drop.

- **MMS Protocol 1000:** Begin only AFTER a Starting Procedure (Jim Humble)  
1 drop in 1/2 cup H2O / hr for 8 hours; work up to 3 drops in 1/2 cup H2O, 8x day.

- **CDS Protocol A Amateur:** 1 L water + CDS 3000 ppm concentrate

Day 1	.....2 mL
Day 2	.....4 mL
Day 3	.....6 mL
Day 4	.....8 mL
Day 5 and forward	..... 10 mL

**DURATION:** If taken as maintenance, rest every 21 days for 3 days; and take extra antioxidants; then continue CD until completing a 60-day cycle.

**TASTE:** Add pinch of salt in liter of water.

- **CDS Protocol B Basic for Beginners** (=Jim Humble protocol 1000)

Protocol B: Make up the CD in the morning in a 1 liter bottle and drink 4 ounces an hour as best you can. Be consistent over time and that is the key.

	Add to a 1 – 1.5 liter bottle of water.
For:	Drink in 8 doses; 1 dose / hour / day:
3 days	6 activated drops
4 days	12 activated drops
7 days	18 activated drops
7 days	24 activated drops

