



Protocol F: as in Frequent
(Formerly the CDS viral protocol 115)

The protocol is especially indicated for sudden viral infections.

It consists of taking 1 ml of CDS 0.3% (3000 ppm chlorine dioxide solution) in 150 ml of water, every 15 minutes, for 1 hour and 45 minutes (8 intakes).

- The treatment is limited to just two hours per day. You can then follow it with Protocol C for as long as needed to recover.
- You can add 8 - 10 ml of CDS 0.3% to a 1-liter water bottle (distilled or mineral) and mark lines to divide the bottle into eight equal doses, then drink up to one mark every 15 minutes.

1 ml CDS every 15 minutes for 1 hour and 45 minutes (8 intakes)

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8 ml CDS in 1 liter of water

If CDS is not available, you can substitute 1 activated drop of CD for each ml of CDS.

Notes:

- » 15 minutes after the last dose (2 hours after the start of protocol F), you can continue with protocol C, if needed, until recovery.
- » If you leave home, you can carry the treatment with you, preferably at a cool temperature in a thermos.
- » **Very important:** always wait at least one hour after meals or taking any prescription drugs before taking CDS, and also wait at least one hour after the treatment before eating or taking medicine.
- » Do not follow the treatment on an empty stomach either. If necessary, the protocol can be repeated a few hours later.