



## The Laube Holistic Health Solutions

[www.laubeholistic.com](http://www.laubeholistic.com)

### Appliance and References

#### Legal Advice:

The information in this booklet has been extracted from the book „MMS: Breakthrough“ by Jim Humble and acts as a basic understanding of the book. It would be advisable that you purchase the book (ISBN-10: 1439207356, ISBN-13: 978-1439207352) or download the 1<sup>st</sup> part of the book at [www.jimhumble.co](http://www.jimhumble.co) for free

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**Disclaimer:** The information in this booklet expresses the views of the author and should not be taken as medical advice. The applications described in this booklet and in the book are carried out at the readers own risk. We are not liable for any damage or injury which may occur due to the use of AMS and/or any information within this booklet.

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## Introduction: the function of AMS

The combination of sodium chlorite ( $\text{NaClO}_2$  as 25% solution) and 4% of hydrochloric acid ( $\text{HCl}$  4%) as “Activator”, generates AMS – chlorine dioxide ( $\text{ClO}_2$ ).

To understand the AMS one must understand **chlorine dioxide**, as this is what is generated and what does the job in the body.

**Chlorine dioxide** is a powerful chemical that has many uses. It is an oxidizer, less powerful than oxygen, but with greater quantity available for oxidizing. Chlorine dioxide explodes when it obtains certain chemical conditions, and is neutral with other chemical conditions. It is selective.

What do we mean when we say it explodes? Well, an explosion is merely a fast chemical reaction, mainly oxidation that also releases energy.

In the formula,  $\text{ClO}_2$ , there are two oxygen ions. So why do these not get released so that the body can use them? It's because they have a minus two charge. They have already done their oxidizing before they arrived in this position. They cannot oxidize further. But the chlorine combined with oxygen can. When chlorine dioxide touches a pathogen or a poison that is acidic in nature, it instantly accepts five electrons. It destroys anything that it can draw electrons from and generates heat at the same time (this action is called oxidization even when oxygen is not a part of it).

When oxygen is not capable of oxidizing it simply cannot do the job in the body that is required for oxygen. What sodium chlorite really does for us is, it gives us **chlorine dioxide, a chemical that is selectively to destroy almost all bad things that might exist in the body**. Each tiny chlorine dioxide molecule has tremendous power to destroy those things from which it can draw electrons, but it does not have the power to draw electrons from healthy cells or aerobic bacteria.

Chlorine dioxide does not last forever. It has too much energy bundled into a small area. It begins to lose some of its energy so that it no longer is explosive (unable to oxidize) it can then combine with other substances.

There is some evidence that it helps make myeloperoxidase, a chemical that the body uses to make hypochlorous acid that is then used by the immune system to further kill pathogens, killer cells and other things. Chlorine dioxide is the only chemical known that has these qualities and that can do these things in the body without creating any negative side effects.

**For over 100 years chlorine dioxide is used in the industry for the sterilization of water, the equipment in hospitals and the disinfection of chicken- and beef as well as other.**



## The importance of the Activator HCl 4%

The Activator, which is 4% HCl (hydrochloric acid), is extremely important. When this is added to sodium chlorite it causes the solution to release chlorine dioxide continuously for about 12 hours.

For example, the addition of 6 drops of a solution that is 25% sodium chlorite (like the mineral supplement) to 6 drops of hydrochloric acid 4% will release approximately three milligrams of chlorine dioxide in 30 seconds. However, when you add water or apple juice up to the 1/2 glass mark the process slows down to one milligram per hour. Three milligrams is an adequate amount for the body.

The Activator has a unique quality that works to create a continuous supply of chlorine dioxide for about 12 hours. In addition to this, it also prevents the solution from releasing chlorine dioxide too quickly when the stomach acids mix with it.

As the chlorine dioxide deteriorates new chlorine dioxide is continuously being generated in the body. All this, just by adding 4% hydrochloric acid to the sodium chlorite!

## Requirements for the preparation and application

25% sodium chlorite solution / NaClO<sub>2</sub> 4% hydrochloric acid / activator (pipette bottle) A clean and dry drinking glass A watch (stopwatch, egg timer, etc.)

Water or a apple-, cranberry-, grape- or pineapple juice **without additional vitamin C** Consumption of the AMS should be done before meals if possible.

The mixture of NaClO<sub>2</sub> and the activator is always prepared in a ratio of 1:1 (1 drop NaClO<sub>2</sub> – 1 drop of activator HCl 4%).

Add the required amount of activator to a clean and dry drinking glass first - one drop at a time. Afterwards, add the required amount of NaClO<sub>2</sub> to the activator and, using a stopwatch or clock, wait the required 3 minute period for the reaction to occur.

During this waiting period you should swirl the glass a little to ensure the components are well mixed.

Once the 3 minutes are over, fill the glass halfway with water or a fruit juice of your choice - ensuring that the juice does not contain any additional vitamin C. This should be visible on the juice carton.

If you are unsure as to whether or not the juice has any additional vitamin C, then the recommendation is to use water. According to experience only freshly pressed juice has no additional vitamin C.

Depending on individual tolerance, the dosage should be increased continuously by one drop everyday, until a maximum of fifteen drops of NaClO<sub>2</sub> is used with the activator.

Remember to always prepare the mixture of NaClO<sub>2</sub>:Activator in a ratio of 1:1.



## Possible Adverse Reactions

Although most people may take the AMS and not suffer any adverse reactions, it should be noted that a possible nausea feeling may occur in certain individuals.

If nausea occurs after consuming more than 2 drops of NaClO<sub>2</sub> + activator, reduce the dosage by 1 drop, until the nausea subsides.

If an overdose of the AMS should occur, drink plenty of water and take additional vitamin C to reduce any nausea. A teaspoon of natron or alka seltzer may also be taken.

### Storage

For the correct storage of sodium chlorite solution please keep the following in mind: The 25% sodium chlorite solution (NaClO<sub>2</sub>) – which will be supplied in durable tinted bottles - should be kept in a cool dark place, such as a cupboard. It is recommended to wrap the bottles in aluminium foil to ensure further protection from the light. Keep out of reach of children!

**Caution:** Any spilled Sodium Chlorite solution that comes in contact with skin or surfaces must be washed away immediately. Do not let it dry. The white powder remaining after the fluid has evaporated, is highly flammable!



## Appliance for prevention of illnesses

Remember, the mixture of the two components has to be in a ratio of 1:1 between the NaClO<sub>2</sub> solution and the activator, therefore 1 drop NaClO<sub>2</sub> = 1 drops activator HCl

### The Beginning

When no acute illness is present, it is best to begin the AMS with a dosage of 2 drops NaClO<sub>2</sub> and 2 drops of activator (ratio 1:1).

This should be taken once daily and, if well-tolerated, the dosage should be increased by one drop every day to a maximum of 15 drops NaClO<sub>2</sub> and 15 drops of activator HCl.

Stick to this dosage for one week as part of the prevention program.

After the body has been cleansed of pathogens and heavy metals, you may decrease the prevention program to a dosage of 4 to 6 drops NaClO<sub>2</sub> - with the corresponding amount of activator (ratio 1:1) to once a day for older people (60+), and twice a week for younger people.

### Appliance on children (*prevention and/or treatment of illnesses*)

With children its best to start with a dosage of 1/2 drop. To prepare this, make up a dose using 1 drop NaClO<sub>2</sub> (with the corresponding amount of activator) and pour away half of the mixture before drinking. Increase the dosage continuously to a max. of 1 activated drop (1 drop of NaClO<sub>2</sub> + 1 drop of activator) per 4kg body weight.

With infants, you should also start with 1/2 drop NaClO<sub>2</sub> + activator and increase to 1 drop twice daily. This means that you should give 1 drop NaClO<sub>2</sub> + 1 drop of activator in the morning, and again in the afternoon.

As previously mentioned, should nausea occur the dosage should be decreased by 1 drop until a tolerable dosage is attained. Once sure that this dosage is well tolerated, you may increase the dosage again step by step to its maximum.

### Appliance on animals (*in case of illness*)

With animals, begin with a dosage of 1/2 drop NaClO<sub>2</sub> + activator. To prepare this, make up a dose with 1 drop NaClO<sub>2</sub> (with the corresponding amount of activator) and pour away half of the mixture before drinking. Increase the dosage continuously to a max. of 1 drop (NaClO<sub>2</sub> + activator) per 4kg body weight. The dosage should also be given twice daily and, if well- tolerated, increased every day to the corresponding maximum.



## Applications with specific illnesses

Here is a short summary of the possible treatments for specific illnesses.

**(Advice: AMS is not pharmaceutical, it is a mineral supplement which is used as a turbo for your complete immune system. The immune system is strengthened with fighting illnesses, pathogens and injuries).**

### Hepatitis A, B and C and other forms of hepatitis

You start off with 2 drops of NaClO<sub>2</sub> + activator and, if no nausea occurs, increase the dosage up to 15 drops NaClO<sub>2</sub> + activator twice a day. Nausea is best avoided, therefore you should stick to a dosage until its well tolerated and only then increase slowly to a max. of 15+15 drops (AMS+Activator). If nausea should occur whilst increasing the dosage, you should decrease the dosis by 1 drop until its well tolerated again.

### Herpes

Take 15 drops of NaClO<sub>2</sub> + activator twice daily for about a week - assuming you have reached 15 drops already. In severe cases it can take up to 2 month until the herpes pathogen is completely eliminated. An additional external application on the affected area is possible.

### Arthritis

For rheumatoid and lyme-arthritis the dosage is the same as described under “The Beginning”. Start off with 2 drops of NaClO<sub>2</sub> + activator and increase as quickly and safely as possible until you reach a dose of 15 drops NaClO<sub>2</sub> + activator twice a day. Unfortunately, conventional arthritis can not be treated with AMS. For this, we recommend the book „Pain Free: A Revolutionary Method for Stopping Chronic Pain“ by Pete Egoscue.

### Asthma

AMS may help with most forms of asthma, however, on irreparable damage created through this illness, AMS can not help. It is recommended to increase the dose until you reach a dosage of 15 drops NaClO<sub>2</sub> + activator twice a day. Remember to gauge your tolerance and increase the dosage safely. With asthma patients it may take up to two months until the dosage is well tolerated.

### Arteriosclerosis

With the AMS prevention dosage, you can reduce high cholesterol in the arteries. High cholesterol is a sign of a deficit of vitamin C. The body is trying to repair the flagged and prudish vascular walls with cholesterol. Therefore, a teaspoon of vitamin C should be taken daily. The amount may be reduced should diarrhea occur. For further information we recommend the books of Dr. Matthias Rath. N.B (*Do not take AMS and vitamin C on the same day*).



### Lyme-disease

Start off with 2 drops of NaClO<sub>2</sub> + activator and increase the dose to 15 drops of NaClO<sub>2</sub> + activator, twice a day. Increase the dose to a max. of 30 drops of NaClO<sub>2</sub> + activator. If no improvement occurs, and depending on individual tolerance, it is possible to increase the dosage until the cancer has regressed. However, a thorough medical examination should be done regardless

### Malaria

It is advisable to begin directly with a dosage of 15 drops NaClO<sub>2</sub> + activator and repeat this dosage after 1 to 2 hours. Within 4 hours the majority of the symptoms should have subsided, if not, take a third dose. If symptoms continue, you should take two doses - each with 15 drops NaClO<sub>2</sub> + activator - a day, until all symptoms have cleared.

### Cancer and leukemia

Start off with 2 drops of NaClO<sub>2</sub> + activator and increase the dose to 15 drops of NaClO<sub>2</sub> + activator, twice daily. Increase the dosage to a max. of 30 drops of NaClO<sub>2</sub> + activator. If no improvement appears - depending on tolerance - it is possible to increase the dosage until the cancer is eradicated. We strongly recommend a medical examination to be done regardless.

### Aids

If you have not yet attained a dosage of 15 drops NaClO<sub>2</sub> + activator, then begin with a dosage of 2 drops NaClO<sub>2</sub> + activator and increase the dosage as quickly and safely as possible to reach this maximum. This dosage should be taken three times a day.

### All remaining illnesses and illness conditions

With the help of the AMS, our body's own immune system can protect us against any illnesses that are caused by viruses, parasites, bacteria as well as mould and saccharomyces albicans. For this, it is recommended to stick to the prevention dosage.

### Mosquitoe bites and other non toxic insects

Mix 10 drops of NaClO<sub>2</sub> and 50 drops activator in a glass and wait 3 minutes. Apply the undiluted solution to the bite and massage it with your fingertips. An improvement should be noticeable after 5 minutes. The solution does not need to be washed off. Dilute the solution with half a glass of water when treating larger surfaces.

### Snake bites

(Consult a doctor immediately if possible). A dose of 15 drops of NaClO<sub>2</sub> + activator should be taken immediately, every 30 minutes, for 2 hours. Afterwards twice every hour and then once every 2 hours until the threat is over. It may be possible to suck out the poison from the wound. Never cut into the wound as this will only spread the poison quicker.



### Stomache ulcer

Start with only 1 drop of NaClO<sub>2</sub> + activator and increase the dose by 1 to max. 2 drops a day, until you reach a dose of 15 drops of NaClO<sub>2</sub> + activator twice a day.

### Parasites and tapeworms

It's recommended to take a dose of 1 drop of NaClO<sub>2</sub> + activator, two to three times daily. This should be increased to a dose of 15 drops of NaClO<sub>2</sub> + activator two to three times daily

## Other application

### External application

We recommend mixing 6 drops of NaClO<sub>2</sub> and 6 drops of activator in a glass, wait the required 30 seconds and then add a tablespoon of water. Apply the mixture to the affected area and let it react for several hours or even over night. Repeat if necessary.

For a rash or melanoma, you should mix 20 drops of NaClO<sub>2</sub> and 20 drops of activator in a 60 ml aerosol can, wait 30 seconds and fill up the aerosol can with water. The solution should be applied on the affected spot every two hours and at least two to three times a day. The AMS should also be taken in orally.

### Oral cavity – tooth inflammation, gum infection and peridontitis

Mix 6 drops of NaClO<sub>2</sub> and 6 drops of activator in a glass, wait 30 seconds and fill up half of the glass with water. Brush your teeth with this several times during the day. Prepare a new dose every day. Keep the solution in your mouth for a maximum of 60 seconds. After about one week gum infections and peridontitis should be gone and after about 3 weeks you should have a healthy mouth.

### Scalp

Mix 6 drops of NaClO<sub>2</sub> with 6 drops of activator into a glass, wait 30 seconds and then fill up the glass with a quarter or half of water. Apply this solution onto the scalp and wash it off after 10 minutes. The hair may bleach otherwise. Depending on severity, repeat the procedure between two to three times a week. Never do this procedure more than once a day.

### Burns

Burns should be treated immediately if possible. The AMS will also work with older burns. Apply NaClO<sub>2</sub> – 25% solution - without activator or additional liquids - directly on the burn(s) Do not leave on the burn longer than 30-60 seconds. Wash it off after and repeat if necessary.





## Other Information

AMS does **NOT** cause high **blood pressure**.

If **low blood pressure** appears, you should drink a glass of apple-, cranberry-, grape- or pineapple juice before and after drinking AMS.

**Important:** only drink juice without additional vitamin C.

AMS has no effect on the **iodine level**.

AMS can cause temporary **tachycardia**, this is when the heart valves are affected by bacteria which are being destroyed. If necessary decrease the AMS dose.

As a **supporting step**, you can eat two apples after drinking AMS. These help absorb the wasteproducts and excrete them.

AMS and vitamin C, or any other additional food/drinks containing additional vitamin C (ascorbic acid) should not be taken on the same day, as these cancel out each others effect. Or at least keep minimum 2 hours between AMS and Vitamin C.

### Disinfection of water:

In the wild, add 4 drops of NaClO<sub>2</sub> (without activator) to 4.5 L of water and drink after 8 hours. With tap water (e.g. in foreign countries) you should add 3 drops of NaClO<sub>2</sub> with 15 drops of activator on 4.5 L of water and drink after 1 hour. You may also disinfect fruits using 6 drops of NaClO<sub>2</sub> and 30 drops of activator. This should be wiped off after.

**AMS can replace from 50% to 80% of all pharmaceuticals!**