



AMS *-For a Better Health-*
Activated Mineral Solution

PROTOCOL for a AMS Bath

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Suggestions for Bathing in AMS Tub Water.

Note: AMS = ClO₂ Gas

In addition to taking oral doses of AMS it is possible to absorb AMS through the skin directly into underlying muscle. Whereas oral doses provide ClO₂ gas primarily to the red blood cells, AMS that sinks through the skin provides ClO₂ gas directly to the liquid plasma of the blood. More ClO₂ is circulated and more rapid benefits can be expected. When using this bathtub strategy, your full skin surface will be in contact with ClO₂ gas for 20 to 30 minutes.

For some people this strategy has produced a breakthrough. By soaking for 20 minutes in tub water laced with activated AMS, people who had been unable to rise above a 7 drop oral solution were able to increase the supply of ClO₂ gas in the blood stream without nausea. Rationale? Bacteria and pathogens on or below the skin level are killed by the AMS and they move outward, away from the body. Most debris moves outward and floats away rather than being adrift in the blood stream. Do not neglect oral doses during your occasional tub experiences. Take at least a six drop dose just before the tub bath. Don't worry about whether you just ate - or didn't eat. Any ClO₂ losses caused by food in the stomach is minor and relatively unimportant.

Pathogens removed through the internal use of AMS (as when we drink it) can only get out of the body by passing to the liver and on to elimination. This works fine until you reach the (temporary) nausea barrier. Nausea indicates that AMS is killing more pathogens than the elimination system can handle, resulting in temporary-but-serious nausea.

Bathing in AMS water enables cleansing of pathogens that are on the skin surface or just under it. Cleansing at these outer levels seems to avoid overloading the internal elimination systems. Pathogens killed near the skin surface more-often move outward

through the skin and float away. Do continue with normal AMS oral doses, of course.

1. WIPE OUT THE TUB. Otherwise the AMS (ClO₂ gas) in the water will go to work on any soap scum and bathtub-ring, reducing or neutralizing the ClO₂ available to the body. By the second bath, the tub will be clean due to the AMS cleansing action. Put no soap or other chemicals in the water. Adding more water does not weaken the ClO₂ that is being generated. Some people add 1/4 cup DMSO. (Not required but it may assist deeper penetration of the ClO₂ gas.)

2. ACTIVATE AMS IN A CUP OR GLASS before adding to the tub water. Place 30 drops of AMS in a cup. Add 30 drops of the Activator 50% citric acid. Plan for a 20 to 30 minute tub sitting. If you have open skin sores or severe body wounds, consider reducing the AMS to 20 drops mixed with 20 drops of the *Activator 50% citric acid* so that sensations of heat or burning will be reduced. Open sores usually heal quickly due to the disinfecting action of AMS.

The 1 to 1 ratio is the normal AMS protocol.

3. MIX THE AMS WITH THE ACID AND SWIRL IN A CUP Wait 30 seconds. While waiting, draw 5 to 8 inches of hot water for bathing. Do not add soap, perfume, shampoo nor children's toys. The amount of water doesn't matter. It is good to drink a separate 6 or 8 drop dose as well.

Diseases caused by bacteria or viruses will almost always be resolved through repeated exposure to AMS (ClO₂ gas.)

Diseases caused by genetic or nutritional deficiencies may not be helped by AMS because AMS supplies no nutrients.

4. ADD THE AMS SOLUTION (ACTIVATED NaClO₂) into the tub water. Stir it. Almost immediately all germs in the water will be eradicated. Some companies provide swimming pool systems that use this same strategy. Water does not reduce the amount of ClO₂ gas that is being produced. Tub half full or very full doesn't matter because the same amount of ClO₂ gas will be produced by the activated AMS.

5. LAY IN THE TUB. One side, then the other. Splash water onto the entire body - arms, neck, hair, face - all over. If you have history of cold sores, then wipe tub water on the lips and nose repeatedly and wherever they were once visible. If water splashes in the eyes, just wipe it away. AMS doesn't harm eyes - unlike shampoo. With a cup pour tub water onto the scalp.

6. ADD MORE HOT WATER. Heat opens the pores and AMS penetrates into the muscles. Massage the scalp with tub water. By the 3rd bath, skin moles may begin to crumble.

7. WIPE AWAY TUB DEBRIS when finished.

See this alphabetical small list of diseases drawn from a catalog of 28,000
skin diseases

Skin Diseases

Acne Pustular, Actinic Keratosis, Addisons Disease, Athlete's Foot, Bacterial Vaginosis, Barcinoma-Basil Cell, Basil Carcinoma, Black Heel, Boils, Candida Groin, Candida Infection, Carbuncles, Chiggers, Clark's Nerves, Cold Sores, Cysts, Dandruff, Dermatitis, Diaper Dermatitis, Eczema, Genetal Ulcers, Grover's Disease, Hand Foot Mouth, Heat Rash, Hives, Hydrocystoma, Impetigo, Insect Bites, Irritant Dermatitis, Jock Itch, Leprosy, Lice, Lichen Schlerosis, Lichen Simplex, Lupus Acute, Lyme Disease, Melanoma, Milroy Disease, Mites, Monkey Pox, Morgellons, Nail Fungus, Nevus Anemicus, Open Sores, Pellagra, Poison Ivy/Oak, Pre-skin Cancer, Psoriasis, Red Ant Bites, Ring Worm, Rosacea, Scabies, Shingles, Skin Lupus, Skin Moles, Small Pox, Staph Infection, Sun Burn/spots, Sunburn, Syphilis, Ticks, Vitilligo, Warts.

By any concerns or questions:

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