

## CDS Protocol CS

### CDS Starting Protocol – Follow This ↑ Protocol Before Following Protocol C

The basic CDS ingestion protocol is Protocol C as defined by Andreas Kalcker. The following is from his 2018 book *Forbidden Health*:

Protocol C, or CDS, is a universal, easy to follow protocol with practically no side effects, which makes it indicated for most treatments.

**Protocol C consists of drinking 1 ml of CDS 0.3% (= 3000 ppm) diluted in water, every hour, ten times a day (the reason this protocol is also known as protocol 101).**

1. Add 10 ml of CDS 3000 ppm to 1 liter of water per day.
2. Take one dose every hour until you finish the contents of the bottle (between 8 and 12 intakes).
3. For severe or life-threatening illnesses, you should increase the dosage little by little, drinking small amounts throughout the day, depending on how you feel, up to a maximum of 30 ml per liter of water.
4. If more is necessary, prepare another bottle. Reduce the dosage in case of discomfort or nausea. Do not drink more than 80 ml over 12 daily intakes (6ml/h for 100kg).
5. The treatment can continue for as long as necessary until the patient feels recovered.

Summary of Protocol C	CDS/day	Daily intakes in 1 liter of water	Dose/hour
General cleansing	10 ml	10	1 ml
Severe illness	30 ml	10	3 ml
Critical cases	80 ml	12	6.7 ml

Jim Humble has a basic MMS ingestion protocol, Protocol 1000, which uses 22.4% Sodium Chlorite Solution ([SCS](#)) activated with either 4% HCL or 50% citric acid. Prior to following Protocol 1000, he recommends a Starting Protocol (procedure) which slowly increases MMS hourly dosing. That is a very good method to slowly work your way up to the beginning dosage of Protocol 1000.

There is no similar starting protocol for CDS (until now), so I will include one in this paper. 😊

Protocol C uses 10ml of CDS daily and can be called Protocol C10. From the chart above, the daily CDS dosage for severe illness is 30ml of CDS daily. That CDS protocol can be called Protocol C30.

This is how a CDS starting protocol can work. On day one instead of adding 10ml of CDS to 1 liter of water, try adding only 1ml of CDS to 1 liter of water. That protocol would be called Protocol C1. On day two you could add 2ml of CDS to 1 liter of water and call it Protocol C2, day 3 Protocol C3, etc.

Summary of Protocol CS	ml CDS/day	Daily intakes in 1 liter of water	ml dose/hour
CDS Starting protocol – day 1	1 ml	10	1/10
CDS Starting protocol – day 2	2 ml	10	2/10
CDS Starting protocol – day 3	3 ml	10	3/10

Continue increasing daily CDS dosage up to 10ml, unless you encounter a [Herxheimer reaction](#). If you do, decrease to the last no problem dosage and stay at that dosage for a few days. Then try to increase again. This is how simple CDS dosing can be. The [maximum daily dosage](#) for a 70kg person should be 70ml of 3000ppm CDS. Happy CDS dosing!

-- CL 20feb'24