

MMS1 and CDS—Know the Differences!

March 14, 2026 by Jim Humble (1932-2023)

We have received a number of questions from people asking about CDS and MMS1. In our communications it is evident that there exists a lot of confusion around this subject. Jim wrote in his MMS Health Recovery Guidebook, in Appendix A (page 307) his personal thoughts on MMS1, CDS and CDH. (Excerpts of this chapter are included at the end of this article).

Jim addressed this subject over the years, and since what he wrote in the MMS Health Recovery Guidebook, mainly during the “pandemic” era of 2020—2023, Jim addressed this subject further, both in his writings, which until now have not been published, as well as in personal conversations with various people, and in email correspondence.

Below is a compilation of Jim’s stance on this subject, but first, we have listed points on the difference between MMS1 and CDS. It is our hope that this will help to clarify any questions, you, the reader, might have on this vast subject, and more importantly, in hopes that it may be of help to you, or your loved ones in obtaining optimum health.

Good fortune to all of you,

Team Jim Humble (March 10, 2026)

MMS1 Pros

- Tried and proven for many more years.
- Easy to mix up—put drops in glass, count to 30, add water, bottoms up.
- Not as finicky or volatile as CDS.
- Does not require refrigeration.
- If using citric acid crystals for activator it is easier to transport dry ingredients (SC [sodium chlorite] powder and CAC [citric acid crystals]), which is an advantage in certain situations and in many parts of the world.
- Goes deeper into the body, reaches the intestines and can go even deeper into the tissues. (*Further explanation on this below).
- If one comes to a “plateau” with CDS, (in other words comes to a standstill where no progress is being made) going to MMS1 can often bring results.

MMS1 Cons

- Many take issue with the taste, however, Jim offers several suggestions on how to get around this.

See: <https://jimhumble.co/2026/01/25/aversion-to-taking-mms-chlorine-dioxide> And pages 42-49 in the [*MMS Health Recovery Handbook*](#).

CDS Pros

Has a milder taste.

- Is good for external use, for all kinds of skin conditions.
- Very good for dental issues.
- Pure CDS is useful for injecting (CDI) with proper supervision, a plus for some conditions.

CDS Cons

- In the case of serious life-threatening conditions, it may necessitate the need to up the dose, however, CDS in large doses has a tendency to burn the throat.
- When necessary to take stronger doses of CDS some people do have nausea, diarrhea and/or headaches, in other words a herxheimer reaction or what is known as a “healing crisis”. This is often par for the course in the detoxification process and is not necessarily magically eliminated with CDS. Every case is different and many factors weigh in to this equation.
- Purchasing CDS online can be questionable, extensive study has shown many suppliers sell inferior quality product, much weaker than 3000ppm. (*See article below). For these reasons it is encouraged to educate yourself, learn to make it yourself and be diligent to follow instructions closely.
- CDS gasses out easily therefore strict diligence must be observed in handling it. Every time you open a CDS bottle, some of the CD gas escapes. So every use from the bottle is weaker than the previous one. This varies by temperature, how long the bottle is open and even the material of the bottle. The amount of air left in the bottle also can affect the strength as does UV light if the bottle is left out. You must handle it carefully and properly. Learn proper handling and storage guidelines.
- Requires refrigeration.

- Not always practical if on the move, traveling, etc.
- CDS does not reach the intestines. Watch this video where Andreas Kalcker explains this: