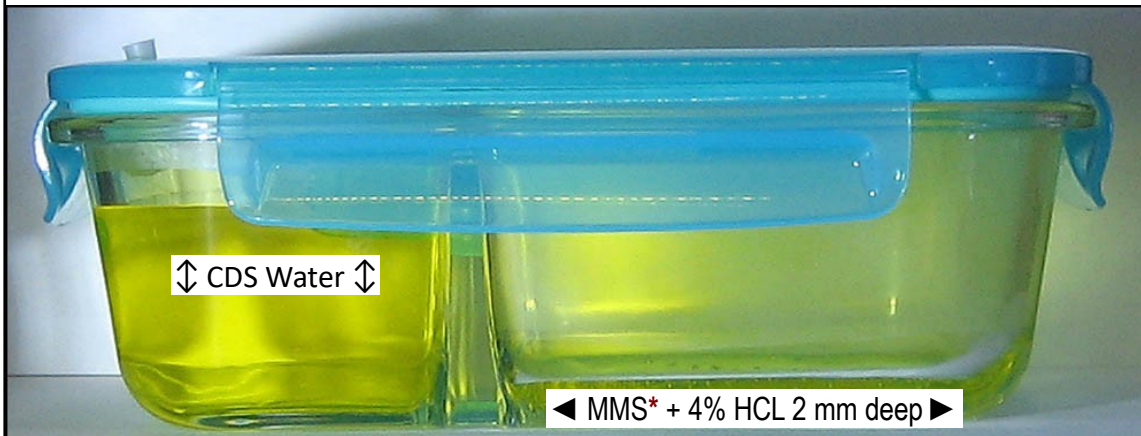


'Quick CDS' Made in a Glass, Two Compartment Food Storage Container

↓ Receiver Compartment ↓

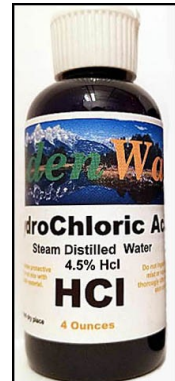
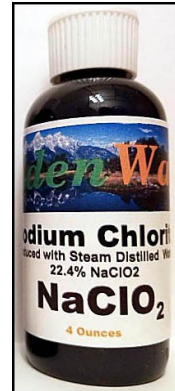
↓ Reactor Compartment ↓



**250ml 3000ppm
CDS in 3 hours**

**10ml MMS +
20ml 4% HCL**

Glass Pyrex 'MealBox' 3.4cup 2 compartment food container



15 April 2021

by

Charlotte Lackney

If you have MMS* and 4% HCL you can easily and safely make 'Quick CDS' at home. Use a two compartment glass bento box, (found at Walmart, etc.), and follow the 'Quick CDS' recipe in the photo. Please note that the MMS to 4% HCL ratio is 1:2, not 1:1

Be sure to put MMS and 4% HCL in the larger of the two compartments (reactor) and CDS water in the smaller compartment (receiver), as shown. The reactor solution should be 2 mm or less in depth. The Pyrex bento box is about 800ml total capacity.

Make at room temperature. Keep CDS away from ultraviolet light that sunlight contains, including indirect sunlight. Most LED lights do not seem to be a problem.

Be sure the reactor solution does not spill into the CDS water; you won't have CDS. ☹️

When done activating after 3 hours, take outside and transfer CDS into a glass storage bottle with an airtight cap. Or, drill a small hole in the plastic lid to take out CDS using a syringe and needle. Cover the hole with tape. I use a tapered silicone plug to seal the hole, which you can see in the photo above. Keep CDS in a fridge, if possible.

Follow Protocol 101 (Protocol-C) for ingestion. Typically can be full strength. **Test first.** 😊

Some CDS protocols are here: <https://mmsinfo.org>

More CDS protocols can be found in Andreas Kalcker's book, *Forbidden Health*.

<https://cleanhandsnj.com/shop/ols/products>

***Note** that MMS is defined by Jim Humble as a 22.4% sodium chlorite solution, or SCS.