



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

DMSO Procedure Steps PROTOCOL

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Home Visits for treatments and more detailed instructions call

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Step 1:

Make an **AMS** solution by activating 10 drops of NaClO₂ (Sodium Chlorite) with 10 drops of *Activator* 50% citric acid.

Wait 30 seconds for the 50% citric acid to activate. Add 20 drops of water or less and add one tablespoon of 80% **DMSO** and immediately spread the mixture over one arm or leg.

Step 2:

Or you can spread the **AMS** and water mixture on the body part first and then spray **DMSO** over the top of the **AMS** on the same area and then gently rub and spread it. You can put a plastic bag over your hand to rub the solution into your body, or you can just use your bare hands.

- * Do not use rubber gloves or other medical gloves. You could get rubber into your body as the **DMSO** melts the rubber.
- * If you notice a burning sensation, the best technique is to place a teaspoon of water on the burning area and rub it in. Keep that up until it is no longer burning. Or use a spray bottle with just water in it for such problems.
- * You can rub olive oil and aloe vera juice on the skin after the **DMSO** application. Use a different part of the body each time you apply the **AMS/DMSO** combination. Over 8 hours, use one arm first, then the other arm, then a leg, then the other leg, then your stomach, then back to the first arm.
- * If the burning is severe, add distilled water to the **DMSO**

up to 50% and more, and also to the **AMS**, as either one can cause the burning. Add enough distilled water so that the burning does not occur.

Step 3:

Repeat this process once every other hour the first day, and once every hour the second and third days. Then quit for 4 days and do the same thing the next week. Remember, when you quit for 4 days, continue taking **AMS** by mouth. After the first week you can go for 4 days a week if there is no problem with your skin.

For extra sick people who should take smaller doses, it would be best to start out using only a small area of the body. I suggest using an area about the size of your palm or the back of your hand, no larger. Use a small area like this for several days before going to a larger area such as the entire arm or leg. Use a larger area only if there is no bad reaction in the smaller area. Or instead, use the added distilled water trick mentioned above. Or for daily use, add up to 10 times the water mentioned above to the entire formula of **AMS** and **DMSO** combination, and spray it on your body.

DMSO is a well-known carrier substance used widely by doctors since 1955 as a way to carry medications directly into the skin.

By any concerns or questions:

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