



JA Health Advocate

**'Health & Wellness Integrity, Through
Natural Health Innovations'**

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MMS/CD Cough Protocol

Coughing can prevent health recovery and often can cause a sickness to worsen. One's muscles in his stomach can become extremely sore and likewise one's throat can become sore from coughing.

Many illnesses produce coughing and some produce extreme continuous coughing. Coughing zaps a person of energy, usually energy that is needed to help overcome the sickness. Coughing can continue on and on for weeks and sometimes even months...if you don't treat correctly.

Coughing can prevent sleep which is also debilitating. The fact is that prolonged coughing presents a major problem. The protocol below offers an alternative to taking drugs (for a persistent cough) as drugs often have some serious side effects.

This has work for others. It has worked with family members, so I believe it can work for you too.

Coughing is caused by mucus and how the body reacts to it. Almost all diseases produce mucus in the area that they exist. For example, sickness in the lungs produces mucus in the lungs, and likewise sickness in the gut often produces mucus in the gut.

Coughing, especially strong coughing, is the body's effort to keep the windpipe (trachea) free of mucus. Blockage of the windpipe is

dangerous. The body cannot allow this to happen or death results, thus the body's natural reaction is deep, heavy, uncontrollable coughing in order to expel mucus from the windpipe.

Even the smallest amount of it threatens to block breathing. Mucus can vary from watery to very hard. One can cough for hours to just expel a tiny bit of mucus from some areas of the windpipe.

One of the dreaded symptoms of the COV!D-19 virus is the thick mucus it produces and the incessant coughing that ensues.

On occasions, coughing does not stop when all of the mucus has been removed from the breathing tubes because certain types of mucus may still be present in the mouth and throat.

This mucus may be caused by other pathogens not related to the original cause of the coughing. Coughing will occur as long as certain types of mucus are in the mouth or throat.

This mucus can be so thin that it is watery and it will even drip out of the nose when coughing, or it can be very thick and continue to collect in the throat, and it needs to be spit out.

Thus removing all mucus from inside of the entire mouth which includes the teeth, gums, the sides of the cheeks and throat, is needed.

Once this is accomplished coughing should stop, this is almost always the case, but if coughing does not stop then you would need to repeat the steps given below a second time.

The Cough Protocol should be used with persons who are already coughing, so you know they'll be able to cough.

Instructions for Mucus Removal

Mucus removal from the mouth can be accomplished with the use of various acids in a diluted form. Drops from a bottle of MMS activator such as 50% citric acid or 4% hydrochloric acid (HCl), or 1/2 squeezed lemon or lime can be used.

Note: Using acid or lemon in these dilute forms will not hurt your teeth. You can rinse your mouth with plain clean water when you have finished each session. Do not use baking soda or alkaline water to neutralize the acid, rinsing with clean water is sufficient.

Step 1 – Very Important

A. Add 20 drops of either 50% citric acid or 4% HCl acid (from a bottle of MMS activator), to 1/2 cup (4 ounces/120 ml) of water.

B. Or use 1/2 squeezed lemon or lime in 1/2 cup of water.

Twenty drops of MMS activator acid in 1/2 cup of water is a very weak acid. It is much weaker than lemon juice and is easy to use.

C. Add 1 drop of un-activated MMS to this solution and wait three minutes before using.

Step 2

A. Take a sip (about 1 tablespoon) of the mixture from the 1/2 cup you made in Step 1.

B. Swish the water around several times in your mouth making sure it thoroughly covers your teeth and the sides of your mouth.

C. If you have false teeth make sure the water gets under the teeth as well.

D. After swishing, tip your head back and gargle for a few seconds and then spit the water/acid mixture out.

Repeat this step 1 more time.

Step 3

A. Using a soft tooth brush, (make sure the toothbrush is clean with no toothpaste on it) pour a little of the solution that is left of the 1/2 cup (4 ounces/120 ml) of acidified water that you made in Step 1 over the toothbrush.

B. Brush your teeth and gums for one minute. This is to make sure there is no mucus film left on your teeth.

Step 4

A. Rinse your mouth out 1 more time, with a sip (1 tablespoon or so) from the 1/2 cup of acidified water made in Step 1.

Notes

Do these four steps anytime a coughing spell comes on. Be sure to keep up with whatever protocol you are on (if any) while doing this extra procedure for a cough.

If coughing persists, it recommend to do the Mold/Fungus Protocol. I have come to believe, like many other professionals, that mold can protect various diseases including diseases that create mucus that cause coughing.

After you have completed the Mold/Fungus Protocol, if coughing is still a problem, then the following is suggested:

Start over again with the **Starting Procedure** and work through the **Health Recovery Plan**.

Whether prior to doing the Cough Protocol you were already on an MMS protocol such as Protocol 1000 or 2000, or if you were not on any MMS protocol, whatever the case may be—go to the Starting Procedure.

At this point please review carefully what you have been doing. Consider if something stands in the way of your health recovery.

Anytime you are on an MMS protocol, as a rule, coughing should stop. This is why it's important that you

- 1 Review what might be hindering your recovery,
- 2 Correct anything that may be wrong, and
- 3 Start over from the beginning.

Basically, retrace your steps so you can find the error and correct it. Then move on with your usage.

[MMS/CD Supply](#)



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