

CDS – basic information

- CDS provides extra oxygen
- CDS is reabsorbed into the blood by the upper stomach mucosa within 1min of oral intake
- CDS must not come into contact with **metal, rubber and soft plastics** (no PET, no PVC); glass is best, hard plastic o.k., silicon where seals are needed
- All dosage recommendations relate to 3000ppm CDS (0,3%) made according the „pickle-jar-method“: <https://gesund-im-net.de/georg/mms.htm#ggm>
- each time the bottle is opened some CDS escapes; CDS cannot go bad, but it gets weaker due to the leakage; if you notice (less smell, less yellow) just take a little more
- CDS makes the blood thinner! Caution if **anti-coagulants** are used! Close regular monitoring of the blood-pressure is needed, and maybe adjusting of the anti-coagulant medication; if you are not sure what to do, stay away from CDS.
- Worldwide CDS is used to keep blood sterile; it's capacity to kill all known pathogens (including HIV, Ebola, SARS, MERS, etc.) is known.

about oxygen

Typically our breathing increases only upon physical activity or emotional upheaval. And the extra oxygen goes exactly into that – increased physical/emotional activity. The oxygen we breathe in is already allotted.

People with sufficient physical activity usually do not have issues caused by oxygen deficit. But lack of physical activity will invariably result in oxygen-deficit-issues.

However, once oxygen deficit has developed, it is difficult to correct. Breathing exercises cannot do that job; for explanation check “hyperventilation” on wikipedia.

Our body cannot store oxygen. Oxygen has to be used up right away, since surplus would cause uncontrolled damage. For that reason evolution has tightly linked oxygen intake to oxygen use.

How to tell too much oxygen from too little?

- too little: when you become quickly short of breath, you are forced to slow down
- too much: you get **overactive** in some way (light-headed, dizzy, fidgety, overdrive, ..), because the body speeds up internal processes in order to use up the surplus oxygen in harmless ways

What does that have to do with CDS?

- CDS provides extra-oxygen that **the body cannot refuse**
- therefore it is necessary to learn how to recognize my upper limit and respect it the same way I respect red traffic lights
- up to the upper limit only good things can happen, my body uses the extra-oxygen to repair oxygen deficit issues

using CDS

Mix CDS only with non-carbonated drinking water.

Preventive (no specific symptoms): over the day 5ml in a bottle of water

Acute symptoms like a flu: in early spring 2019 I caught a severe flu that made me feel extremely tired and exhausted.

- The first two days I took up to 40ml in doses of 5ml that would almost wipe away my symptoms. Whenever tiredness/exhaustion returned I took the next dose.
- From day 3 on the symptoms got less severe and I switched to drinking from a 1 liter bottle of water with 20ml CDS inside.
- From day 5 on I didn't need to carry the bottle with me all the time, and I didn't necessarily finish it.

Chronic issues (like long standing borreliosis):

1. starting with 5ml in a glass of water, find out by trial & error the dose where you get surplus-symptoms
2. in most cases 5ml won't do the job. If you don't notice any overdrive within 20min of intake, take another 3ml. Do it again until you can identify your overdrive symptoms.
3. The total amount of CDS (5ml + 3ml + ..) will be your red traffic light. That amount may differ a bit depending on the daily circumstances. So keep being attentive.
4. Next find out which of your symptoms do respond to CDS. With attention and perseverance you will find a symptom that will indicate when and how much CDS to take, just like exhaustion/tiredness do it during a flu. Keep a written record until your use of CDS is governed by confidence and certainty.
5. Once you are not sure anymore whether CDS still helps you, just discontinue a few day and then start again. Keep using CDS as long as it reduces your symptoms.

Interferences

- CDS is reabsorbed into the blood within 1min. It will not meet anything further down the intestinal tract or taken 1min after CDL. However, it will meet everything that is contained in the blood.