

## USES FOR HYDROGEN PEROXIDE 35% FOOD GRADE

Also known as  $H_2O_2$  = oxygen + water

**NOTE:** 35% Hydrogen Peroxide is highly concentrated and extremely strong. Keep out of the reach of children. If it is spilled on the skin, wash immediately in cold water. Do not allow it to touch the eyes, if this happens, wash and rinse thoroughly with cold water. Store 35%  $H_2O_2$  in the refrigerator or freezer.

Health Note: Food-borne illnesses from fruits, vegetables, meats, fish and poultry due to bacteria, fungus or parasites are a little publicized problem. Soaking in a solution of 3% hydrogen peroxide can help kill these bad guys and also help remove pesticide residue that lingers on produce.

To make 3%  $H_2O_2$ , mix one ounce of 35% food grade to 11 ounces distilled water (preferably) or filtered water.

*Your Dealer is:*

## PERSONAL USES FOR H<sub>2</sub>O<sub>2</sub>

**Athlete's Foot:** Soak feet 10-20 minutes each night in 3% H<sub>2</sub>O<sub>2</sub> until condition is in remission.

**Bath:** One cup of 35% H<sub>2</sub>O<sub>2</sub> to a full bathtub for a detoxifying bath.  
*Note:* try not to use this after 6-7 pm, as the increased absorbed oxygen may keep you awake.

**Douche:** Add five to six tablespoons 3% H<sub>2</sub>O<sub>2</sub> to one quart of distilled or filtered water.

**Enema:** Mix up to six tablespoons (maximum) 3% H<sub>2</sub>O<sub>2</sub> to one quart of distilled water.

**Foot relaxer:** Add one cup of 3% H<sub>2</sub>O<sub>2</sub> to one gallon of hot water and soak 30 minutes.

**Shower:** Spray, after showering, with 3% H<sub>2</sub>O<sub>2</sub> to restore the natural acid mantle of the skin. (Soap used in the shower removes the protective acid mantle of the skin.)

**Facial:** For rejuvenation and freshening after washing, saturate a cotton wad with 3% H<sub>2</sub>O<sub>2</sub> and gently rub on face and neck.

**Mouthwash:** On arising, rinse mouth with water, then gargle and wash mouth with 3% H<sub>2</sub>O<sub>2</sub>, swishing for one half to one minute. (*Note:* a dash of chlorophyll adds flavor and effectiveness.) Helps prevent colds.

**Nasal Spray:** One tablespoon of 3% H<sub>2</sub>O<sub>2</sub> added to one cup of pure water. Spray into nasal passages to relieve congestion.

**Toothpaste:** Make a paste of baking soda and H<sub>2</sub>O<sub>2</sub> and store in tightly sealed container, or dip brush in 3% H<sub>2</sub>O<sub>2</sub> and brush teeth.

**Denture Soak:** Use 3% H<sub>2</sub>O<sub>2</sub> in denture container and soak 30 to 60 minutes or overnight.

**Deodorant: (Body)** Saturate cotton wad with 3% H<sub>2</sub>O<sub>2</sub> and rub on under arms.

## TAKEN FROM THE (OLD) FILES OF OXYTHERAPY.COM

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### The Author of this article is unknown

#### USING 35% FOOD GRADE HYDROGEN PEROXIDE: (H<sub>2</sub>O<sub>2</sub>: - INTERNAL)

Use the dosages listed in the chart with 5 ounces of distilled or purified water. When reaching higher dosages more water may be used.

Take on an empty stomach, 1 hour before a meal and at least 3 hours after a meal. If your stomach gets upset at any level, stay at that level, or go back one level. *NOTE:* Candida victims may need to start at 1 drop 3 times per day.

#### Dosage Schedule for undiluted 35% H<sub>2</sub>O<sub>2</sub>

- 1st day, use 9 drops (3 drops, 3 times/day)
- 2nd day, use 12 drops (4 drops, 3 times/day)
- 3rd day, use 15 drops (5 drops, 3 times/day)
- 4th day, use 18 drops (6 drops, 3 times/day)
- 5th day, use 21 drops (7 drops, 3 times/day)
- 6th day, use 24 drops (8 drops, 3 times/day)
- 7th day, use 27 drops (9 drops, 3 times/day)
- 8th day, use 30 drops (10 drops, 3 times/day)
- 9th day, use 36 drops (12 drops, 3 times/day)
- 10th day, use 42 drops (14 drops, 3 times/day)
- 11th day, use 48 drops (16 drops, 3 times/day)
- 12th day, use 54 drops (18 drops, 3 times/day)
- 13th day, use 60 drops (20 drops, 3 times/day)
- 14th day, use 66 drops (22 drops, 3 times/day)
- 15th day, use 72 drops (24 drops, 3 times/day)
- 16th day, use 75 drops (25 drops, 3 times/day)

For more serious complaints stay at 25 drops, 3 times per day for 1-3 weeks. Next graduate down to 25 drops, 2 times per day until the problem is taken care of. This may take from 1-6 months. Don't give up!

When free of complaints, you may taper off by taking:  
25 drops once every other day, 4 times  
25 drops once every third day for 2 weeks  
25 drops once every fourth day for 3 weeks

### POSSIBLE REACTIONS TO HYDROGEN PEROXIDE

Skin eruptions, nausea, sleepiness, unusual fatigue, diarrhea, colds (in head or chest), ear infections, boils, or any other method that the body uses to emit toxins from the body! (The toxins have been rooted out by the use of hydrogen peroxide.)

This is the natural way for the body to cleanse and the natural cleansing will be of short duration, as you continue to maintain your program. Above all, even if you must decrease the dosage, continue the program, don't give up.

If you get a cleansing reaction, you may want to increase the dosage to hasten the cleansing. A cleansing is the effect of the body of bacteria dying off, or various forms of poisons being released through the eliminative organs of the body, i.e. skin, lungs, kidneys and bowels.

Remember: When hydrogen peroxide comes in contact with virus and streptococcus, it will liberate free oxygen (O<sub>2</sub>).

This may be happening in your stomach. If your stomach feels uneasy, it is only the hydrogen peroxide seeking out the virus and streptococcus to destroy.

**CAUTION: IF YOU SPILL 35% HYDROGEN PEROXIDE ON YOUR SKIN, IMMEDIATELY RINSE UNDER TAP WATER. IT WILL BURN AND TURN THE SKIN WHITE. WILL RETURN TO NORMAL IN 30-45 MINUTES. AVOID SPILLAGE.**

## ADDITIONAL USES FOR HYDROGEN PEROXIDE

**Pets:** Add one ounce 3%  $H_2O_2$  to one quart drinking water.

**Deodorizer when pet is sprayed by a skunk:** Mix  $\frac{1}{4}$  cup baking soda, 1 quart 3% hydrogen peroxide and 1 teaspoon of Ivory soap. Use this solution to wash your pet, being careful to keep it out of your pet's eyes. Rinse with clean water.

**Vaporizer:** One ounce of 35%  $H_2O_2$  per gallon of water in a vaporizer improves nighttime breathing and helps clear sinus and bronchial congestion.

**Vegetable Soak:** (in place of Clorox) Add  $\frac{1}{4}$  cup of 3%  $H_2O_2$  to a gallon of cold water. Soak light leafy vegetables 15 to 20 minutes. Soak thick skinned fruits and vegetables for 30 minutes (apples, cucumbers, tomatoes, etc.) If time is a problem, you can spray the vegetables with straight 3%  $H_2O_2$ , let stand a couple of minutes, rinse and dry.

**Leftover Tossed Salad:** Put one tablespoon 3%  $H_2O_2$  in  $\frac{1}{2}$  cup of water and spray the top of the salad with the solution before covering and refrigerating.

**Marinade:** In glass, stainless steel or ceramic casserole (never aluminum), place meat, poultry or fish and cover with 3%  $H_2O_2$ . Cover loosely and store in refrigerator one half to one hour. Rinse well, then cook.

**Kitchen Cleaner, Freshener, Disinfectant:** Keep a spray bottle of 3%  $H_2O_2$  (straight) in the kitchen, use it to wipe off counter tops and appliances. It disinfects and gives the kitchen a fresh smell. Works great inside the refrigerator and on formica tops.

**Dishwasher:** Add two to three ounces of 3%  $H_2O_2$  to regular wash for dishes. Add the same for washing dishes in sink.

**Laundry:** Instead of bleach, add six ounces of 3%  $H_2O_2$  to small load of laundry; eight ounces to large load.

**Mold:** Spray or wash well with 3%  $H_2O_2$ , floors, walls and furniture

as allowed. Wipe dry with cloth if too damp. If problem is real bad in a room, use humidifier with ½ cup of 35% to 2 gallons of water. (*Note:* molds and mildews are a major cause of allergies, colds, bronchial and flu sensitivities, general malaise, breathing problems and low energy.)

**Insect Spray:** In one gallon of water, stir eight ounces (one cup) refined white sugar and five to eight ounces of 3% H<sub>2</sub>O<sub>2</sub>.

**House & Garden Plants (for growth):** To one quart water, add one ounce 3% H<sub>2</sub>O<sub>2</sub> or sixteen drops of 35% H<sub>2</sub>O<sub>2</sub>. Mist and/or water plants frequently.

**Crop Spray:** Many farmers are increasing crop yields by spraying with a diluted H<sub>2</sub>O<sub>2</sub> water mixture. For each acre add five to sixteen ounces of 35% H<sub>2</sub>O<sub>2</sub> to twenty gallons of water.

**Fungus/mildew control for roses & vegetables:** Mix 5 tablespoons baking soda, 5 tablespoons 3% hydrogen peroxide in one gallon of water. Apply.

**Seed Sprouting:** Place seed in container, add 2 cups water and 12 tablespoons 3% hydrogen peroxide. Allow to soak overnight. Drain and repeat daily until seeds sprout.

**Hot Tubs:** Start up with using eight ounces (one cup) 35% H<sub>2</sub>O<sub>2</sub> per 500 gallons of water. Should be maintained with 2-4 ounces of 35% H<sub>2</sub>O<sub>2</sub> weekly, depending on use and direct sunshine on water. Use in place of chlorine.