

## Hydrogen Peroxide Therapy

Controversy abounds on the subject of hydrogen peroxide therapy. The reason for its popularity is because it is inexpensive, readily available and very powerful. The reason for the controversy is incomplete knowledge on what exactly your body does with hydrogen peroxide. Keep in mind that as with all good things, more isn't necessarily better for you. It is easy to get carried away with the benefits of hydrogen peroxide therapy and overdose and harm yourself. We'll provide you the information that we have uncovered thus far and leave it to you to judge for yourself.

### **What are the facts?**

Hydrogen peroxide ( $H_2O_2$ ) is simply water with an extra oxygen atom attached ( $H_2O+O$ ). Hydrogen peroxide therapy consists of methods of using the extra oxygen molecule in hydrogen peroxide to target bacteria, viruses and other toxins in your body.

Many people mistakenly assume that hydrogen peroxide is a man-made chemical – in reality, it is a naturally occurring substance. Did you ever wonder why your yard looks so green and beautiful after a heavy rain? Ozone ( $O_3$ ), which is formed in the upper atmosphere (think ozone layer), is heavier than oxygen and thus migrates downward. As it passes through clouds (water vapor), it turns into hydrogen peroxide. If it is not destroyed by pollution in the lower atmosphere, it will reach the ground through rain and snow, thereby oxygenating surface water. Have you ever noticed that your grass is greener after a rainstorm, than with sprinkler watering? Have you ever enjoyed the clean fresh smell in the air after a heavy rainstorm? These are benefits from the hydrogen peroxide present in the rainwater.

### **What is the controversy?**

Because it is less stable than a water molecule, hydrogen peroxide can readily react chemically and break down into simply water and oxygen. You must be thinking "Water and oxygen! It must be non-toxic!" However, just like ozone, hydrogen peroxide readily frees its extra oxygen atom initiating an oxidizing reaction. It is this reaction that is the source of the hydrogen peroxide therapy controversy.

While an oxidizing reaction has the ability to neutralize harmful chemicals and bacteria, this reaction can also have detrimental effects. Remember, oxidation is also the same reaction that causes metals to rust. While our bodies shouldn't contain metals that are subject to rusting, the extra oxygen molecule circulates within the body as a free radical. I am sure that that term rings a bell? You have probably heard it in conjunction with all of the recent studies on anti-oxidants, which reduce damage caused by free radicals. Note the composition of the term "anti-oxidant" itself! Hence there is a controversy surrounding ingesting hydrogen

peroxide – does it help in neutralizing chemicals and pathogens more than it hurts by increasing the number of free radicals?

### **What do I need to safely administer hydrogen peroxide therapy?**

Like pure oxygen, pure hydrogen peroxide is extremely flammable. In fact a combination of 90% hydrogen peroxide and 10% water is used as rocket fuel! Therefore, care must be taken when administering hydrogen peroxide therapy, to ensure the proper concentration / dilution of hydrogen peroxide is used. The hydrogen peroxide readily available in the pharmacy is diluted to a 3% solution in water. Even at this dilution, it can be used to kill germs as a topical disinfectant or mouthwash. Nevertheless, do not use this for hydrogen peroxide therapy as it contains chemical stabilizers.

**Always** look for food grade hydrogen peroxide. In most cases, you will find food grade hydrogen peroxide in 12%, 17% or 35% solutions. At these concentrations, you must **always** use care when handling food grade hydrogen peroxide as it can burn your skin. Lastly, it **must be diluted**, using distilled water, to a minimum 3.5% solution before it can be used for therapeutic purposes. Any concentration of hydrogen peroxide above 10% can cause neurological damage. As previously mentioned, too much of a good thing is not always better for you!

**CAUTION:** If you accidentally spill undiluted hydrogen peroxide on yourself, quickly and thoroughly rinse that area under running water. That area of skin may turn temporarily white and you may experience a burning sensation.

**Always** store hydrogen peroxide away from heat and sunlight. Some sources suggest that the original solution that you bought should be stored in the freezer.

### **What is the proper dilution scale for food grade hydrogen peroxide?**

Dilution scale: Note 2 oz =  $\frac{1}{4}$  cup

Mix 2 oz of 35% hydrogen peroxide with 22 oz of distilled water = 24 oz 3.5% diluted hydrogen peroxide solution

Mix 2 oz of 17% hydrogen peroxide with 12 oz of distilled water = 14 oz 3.5% diluted hydrogen peroxide solution

Mix 2 oz of 12% hydrogen peroxide with 8 oz of distilled water = 10 oz 3.5% diluted hydrogen peroxide solution

Remember, hydrogen peroxide is a caustic substance when used in high concentrations. Diluting it to the proper concentration and not overdosing are key to administering hydrogen peroxide therapy safely, regardless of the application method you choose.

## **The Many Forms of Hydrogen Peroxide Therapy**

Methods of hydrogen peroxide therapy that do not involve ingesting hydrogen peroxide are not controversial and are generally known to be safe, if applied properly. This site provides details on various methods of hydrogen peroxide therapy that do not involve ingesting. It also provides guidelines on how to further dilute hydrogen peroxide if you do choose to ingest it. With this information in mind, if you decide to administer hydrogen peroxide therapy by ingesting hydrogen peroxide, please follow the directions on this page to ensure that you do it in a safe manner.

### **Hydrogen Peroxide Therapy through your Lungs**

#### **Vaporizer**

Mix 16 oz (2 C) of 3.5% diluted hydrogen peroxide solution with 128 oz (1 gallon) of water in a vaporizer. Use this mixture in your vaporizer nightly.

#### **Nasal Spray**

Mix 1 Tablespoon of 3.5% diluted hydrogen peroxide solution with 8 oz (1 C) of distilled water for use as a nasal spray. Use 2-3 squirts of this nasal spray throughout the day when you start experiencing signs of congestion. Better yet, try it daily and see if it helps ward off congestion during the cold and flu season.

### **Hydrogen Peroxide Therapy through your Skin**

Put 64 oz (2 quarts) of the 3.5% diluted hydrogen peroxide solution in a tub full of warm water. Soak in it for 30 minutes. The hot water will dilate your pores and blood vessels facilitating absorption. Your body will absorb the oxygen through your skin. Sounds like a hyperthermia treatment? Now you know how to combine the two treatments! Unlike a standard hyperthermia treatment, do not try this immediately before bedtime, as many people report that the oxygen actually energizes the body and hinders sleep.

### **Hydrogen Peroxide Therapy through your Mucous Membranes**

#### **Mouthwash & Toothpaste**

You can use the 3.5% diluted hydrogen peroxide solution full strength as a mouthwash. You can mix the 3.5% diluted hydrogen peroxide solution with baking soda and use this as toothpaste. It kills the bacteria that cause cavities and gum disease. Many people note that their dentists will comment on how white their teeth are and how healthy their gums. Surprise, surprise! Now you know the secret to the ever-popular teeth whitening systems!

#### **Enema & Douche**

Mix 3 Tablespoons of the 3.5% diluted hydrogen peroxide solution with 32 oz (1 quart) of distilled water. Administer per the directions for a normal enema or douche. Applied rectally, through an enema, it will clean the colon of harmful

anaerobic bacteria, but will not hurt beneficial aerobic bacteria, such as acidophilus. Applied vaginally, in a douche, it can clean out yeast and bacterial infections.

### **Hydrogen Peroxide Therapy through your Digestive Tract**

Obviously, the other method of delivery through the mucous membranes is to ingest hydrogen peroxide orally. Taken orally, hydrogen peroxide is an extremely powerful cleanser for both the blood and the digestive tract. If at any point during the cleansing, the toxins purged by your body exceed your ability to eliminate them, you will most likely experience a healing crisis. You may experience fatigue, diarrhea, headaches, skin eruptions, cold or flu-like symptoms, and nausea. Do not discontinue the hydrogen peroxide therapy if you experience these symptoms.

Take the hydrogen peroxide on an empty stomach, either 1 hour before meals or 3 hours after meals. The hydrogen peroxide can react with bacteria present in food, causing foaming, indigestion and even vomiting. Avoid taking it too close to bedtime as it can energize you and result in sleeplessness.

Taken orally, you do not need to worry about pre-mixing a solution, as your objective is to get a certain amount of hydrogen peroxide per day. Fill a small, glass eyedropper bottle with the full strength solution that you purchased. Be very careful not to get any on your skin as it can burn you! Store the eyedropper bottle in the refrigerator.

Remember, the objective is to get the total number of drops per day, but you have to do it in a very diluted form. Using the table below, add the specified number of drops to 8 ounces of purified water (not chlorinated water!), milk, aloe vera juice or watermelon juice. Avoid mixing with other juices as they may contain compounds, such as beta carotene, which will cause the hydrogen peroxide to release the oxygen before it has a chance to get into your system. Many people experience a bleach taste when the dosage starts to increase. If mixing the hydrogen peroxide in milk, aloe vera or watermelon juice does not help, then try cutting down on the number of drops, but increase the number of glasses you drink.

### Cleansing Dosage

Day #	Hydrogen Peroxide Concentration			Times Per Day
	12%	17%	35%	
1	6 drops	4 drops	2 drops	3
2	12 drops	8 drops	4 drops	3
3	18 drops	12 drops	6 drops	3
4	24 drops	16 drops	8 drops	3
5	30 drops	20 drops	10 drops	3
6	36 drops	24 drops	12 drops	3
7	42 drops	28 drops	14 drops	3
8	48 drops	32 drops	16 drops	3
9	54 drops	36 drops	18 drops	3
10	60 drops	40 drops	20 drops	3
11	60 drops	40 drops	20 drops	3
12	60 drops	40 drops	20 drops	3
13	60 drops	40 drops	20 drops	3
14	60 drops	40 drops	20 drops	3
15	60 drops	40 drops	20 drops	3
16	60 drops	40 drops	20 drops	3

Maintain the maximum dose for at least one week. For chronic conditions, you can stay on the maximum dosage three times a day for up to three weeks.

Use the table to determine the equivalent number of drops, if you are starting with a different concentration of hydrogen peroxide. Gradually reduce your dosage as follows:

- 20 drops (35% concentration) once every other day for 1 week
- 20 drops (35% concentration) once every third day for 2 weeks
- 20 drops (35% concentration) once every fourth day for 3 weeks.

### Maintenance Dosage

This can then be reduced to between 5 and 15 drops (35% concentration) per week based on how one feels. Again, use the table to determine the equivalent number of drops, if you are starting with a different concentration of hydrogen peroxide.