

BENEFITS OF FOOD GRADE 35% HYDROGEN PEROXIDE – H²O²

Of all the nutrients needed by the body, only oxygen is in such constant demand that its absence brings death in just a few minutes. Most people tend to get caught up in the small details of nutrition and tend to overlook the fundamental necessity and importance of oxygen and the role that its deficiency plays in every disease or illness. What if you could very easily add that oxygen to water and consume it directly? Well Mother Nature beat you to it. Did you know that hydrogen peroxide is simply oxygenated water? Hydrogen peroxide is water that has extra oxygen in it. Made up of two hydrogen atoms and two oxygen atoms, it is known chemically as H²O².

Many people are skeptical when they first learn about using H²O² orally or intravenously. In most cases this skepticism leads to investigation and research. This article is meant to educate you about the wide variety of uses and the benefits of taking H²O².

Hydrogen peroxide is odorless and colorless, but not tasteless. When stored under the proper conditions, it is a very stable compound. When kept in the absence of light and contaminants, it dismutates (breaks down) very slowly at the rate of about 10% a year. (This can be slowed even further by storing the liquid in the freezer.)

When exposed to other compounds hydrogen peroxide dismutates readily. The extra oxygen atom is released leaving H₂O (water). In nature oxygen (O₂) consists of two atoms--a very stable combination. A single atom of oxygen, however, is very reactive and is referred to as a free radical. Over the past several years, we've continually read that these free radicals are responsible for all types of ailments and even premature aging. What many writers seem to forget, however, is that our bodies create and use free radicals to destroy harmful bacteria, viruses, and fungi. In fact, the cells responsible for fighting infection and foreign invaders in the body (your white blood cells) make hydrogen peroxide and use it to oxidize any offending culprits. The intense bubbling you see when hydrogen peroxide comes in contact with a bacteria-laden cut or wound is the oxygen being released and bacteria being destroyed. The ability of our cells to produce hydrogen peroxide is essential for life. H²O² is not some undesirable by-product or toxin, but instead a basic requirement for good health.

Father Richard Willhelm

We are just beginning to learn exactly how H²O² works. It was reported to work as far back as 1920. The English medical journal, Lancet, then reported that intravenous infusion was used successfully to treat pneumonia in the epidemic following World War I. In the 1940's Father Richard Willhelm, the pioneer in promoting peroxide use, reported on the compound being used extensively to treat everything from bacterial-related mental illness to skin disease and polio. Father Willhelm is the founder of "Educational Concern for Hydrogen Peroxide" (ECHO, a nonprofit organization dedicated to educating the public on the safe use and therapeutic benefits of hydrogen peroxide.) Much of the interest in hydrogen peroxide waned in the 1940's when prescription medications came on the scene. Since that time there has been little economic interest in funding peroxide research. After all, it is dirt cheap and non-patentable. Even still, in the last 25 years, over 7,700 articles relating to hydrogen peroxide have been written in the standard medical journals. Thousands more, involving its therapeutic use, have appeared in alternative health publications. The number of conditions helped by hydrogen peroxide is astounding. The reported dangers and side effects are few and often conflicting.

The following is only a partial listing of conditions in which H²O² therapy has been used successfully. (Many of these conditions are serious, if not life-threatening. As always, we highly recommend seeking the advice and guidance of a doctor experienced in the use of these techniques.)

Allergies	Headaches	Altitude Sickness	Herpes Simplex	Alzheimer's	Herpes Zoster	Anemia	HIV
Infection	Arrhythmia	Influenza	Asthma	Insect Bites	Bacterial Infections	Liver Cirrhosis	Bronchitis
Lupus Erythematosus	Cancer	Multiple Sclerosis	Candida	Parasitic Infections	Cardiovascular Disease		
Parkinsonism	Cerebral	Vascular Disease	Periodontal Disease	Chronic Pain	Prostatitis	Diabetes Type II	
Rheumatoid Arthritis	Diabetic Gangrene	Shingles	Diabetic Retinopathy	Sinusitis	Digestion Problems		
Sore Throat	Epstein-Barr Infection	Ulcers	Emphysema	Viral Infections	Food Allergies	Warts	
Fungal Infections	Yeast Infections	Gingivitis					

GRADES OF HYDROGEN PEROXIDE

Hydrogen peroxide is available in various strengths and grades.

A) **3.5% Pharmaceutical Grade:** This is the grade sold at your local drugstore or supermarket. This product is not recommended for internal use. It contains an assortment of stabilizers which shouldn't be ingested. Various stabilizers include: acetanilide, phenol, sodium stannate and tetrasodium phosphate.

B) **6% Beautician Grade:** This is used in beauty shops to color hair and is not recommended for internal use.

C) **30% Reagent Grade:** This is used for various scientific experimentation and also contains stabilizers. It is also not for internal use.

D) **30% to 32% Electronic Grade:** This is used to clean electronic parts and not for internal use.

E) **35% Technical Grade:** This is a more concentrated product than the Reagent Grade and differs slightly in that phosphorus is added to help neutralize any chlorine from the water used to dilute it.

F) **35% Food Grade:** This is used in the production of foods like cheese, eggs, and whey-containing products. It is also sprayed on the foil lining of aseptic packages containing fruit juices and milk products. **THIS IS THE ONLY GRADE RECOMMENDED FOR INTERNAL USE.**

Only 35% Food Grade hydrogen peroxide is recommended for internal use. At this concentration, however, hydrogen peroxide is a very strong oxidizer and if not diluted, it can be extremely dangerous or even fatal. Any concentrations over 10% can cause neurological reactions and damage to the upper gastrointestinal tract.

35% Food Grade H²O² must be: 1. handled carefully (direct contact will burn the skin--immediate flushing with water is recommended). 2. diluted properly before use. 3. stored safely and properly (after making a dilution the remainder should be stored tightly sealed in the freezer).

One of the most convenient methods of dispensing 35% H²O² is from a small **glass** eye dropper bottle. These can be purchased at your local drugstore. Fill this with the 35% H²O² and store the larger container in the freezer compartment of your refrigerator until more is needed. Store the eye dropper bottle in the refrigerator. The generally recommended dosage is outlined in the chart below. The drops are mixed with either 6 to 8 ounces of **distilled water**, juice, milk or even aloe vera juice or gel. (**Do Not** use chlorinated tap water to dilute the peroxide!)

Suggested Protocol

The program outlined is only a suggestion, but it is based on years of experience, and reports from thousands of users. Those who choose to go at a slower pace can expect to progress more slowly, but that certainly is an option. The program is not carved in stone and keep in mind that it can be adapted to fit individual needs. Individuals who have had transplants should not undertake an H₂O₂ program. H₂O₂ stimulates the immune system and could possibly cause a rejection of the organ.

Day # -Number of Drops/ Times Per Day

1 - 3 / 3	9 - 12 / 3
2 - 4 / 3	10 - 14 / 3
3 - 5 / 3	11 - 16 / 3
4 - 6 / 3	12 - 18 / 3
5 - 7 / 3	13 - 20 / 3
6 - 8 / 3	14 - 22 / 3
7 - 9 / 3	15 - 24 / 3
8 - 10 / 3	16 - 25 / 3

Maintenance Dosage

In most situations after the above 21 day program, the amount of H2O2 can be tapered off gradually. This can then be reduced to between 5 and 15 drops per week based on how one feels. Those with more serious problems will often benefit from staying on 25 drops three times a day for one to three weeks, then tapering down to 25 drops two times daily until the problem is resolved (possibly as long as six months). Those with chronic systemic Candidiasis may need to start with 1 drop three times a day, then 2 drops three times a day before starting the above schedule.

It is important that H2O2 be taken on an empty stomach. This is best accomplished by taking it either one hour before meals or three hours after meals. If there is food in the stomach, the reaction of H2O2 on any bacteria present may cause excess foaming, indigestion, and possibly even vomiting. Additionally, some animal research indicates that when H2O2 given orally combines with iron and small amounts of vitamin C in the stomach, hydroxyl radicals are created (J Inorg Biochem 89;35(1):55-69). The bleach-like aftertaste of H2O2 can be lessened by chewing one of the sugar-free cinnamon gums. Some individuals taking H2O2 immediately before bedtime have a difficult time getting to sleep. This is probably due to a sense of alertness triggered by an increase of oxygen at the cellular level. The oral dosage schedule is basically the same for all conditions. There are several points to keep in mind, however.

Some individuals may experience upset stomach. If this occurs it is recommended that one not stop the program, but rather remain at the current dosage level or reduce it to the previous level until the problem stops. (Some patients have been able to solve the nausea problem by taking three or four lecithin capsules at the same time they take the H2O2.)

During the program it's not uncommon to experience what is known as a healing crisis. As dead bacteria and toxins are released from your body it may temporarily exceed your capacity to eliminate them quickly enough. In some individuals this overload may cause fatigue, diarrhea, headaches, skin eruptions, cold or flu-like symptoms, and/or nausea. **One should not discontinue using the peroxide to stop this cleansing. By continuing the program, toxins will clear the body sooner and this healing crisis will pass rather quickly.**

If you are not already taking vitamin E and an acidophilus product, I recommend starting them before going on H2O2. Vitamin E can make more efficient use of any oxygen available and acidophilus will help re-establish the beneficial bacterial flora in the lower bowel and also help in the internal production of hydrogen peroxide.

Hydrogen peroxide is one of the few simple miracle substances still available to the public. Its safety and multiple uses ranks it right up there with DMSO. If you've never used either of these compounds you are overlooking two of the most powerful healing tools ever discovered.

Most of us started on hydrogen peroxide shortly after birth. Not only does mother's milk contain high amounts of H2O2, the amount contained in the first milk (colostrum) is even higher. This seems only reasonable now that we know one of its main functions is to activate and stimulate the immune system. Although there are many strong supporters of H2O2 therapy, this article does not suggest that everyone needs to be using it. There are probably some individuals whose health and well-being would not be enhanced with hydrogen peroxide. But there are also millions of others who are suffering needlessly because they either do not know about hydrogen peroxide or they have been misinformed about its use.

**YOU WILL FIND LOTS OF BENEFICIAL INFORMATION ON U-TUBE
TAKE THE TIME TO DO A SEARCH ON 35% FOOD GRADE HYDROGEN PEROXIDE**

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