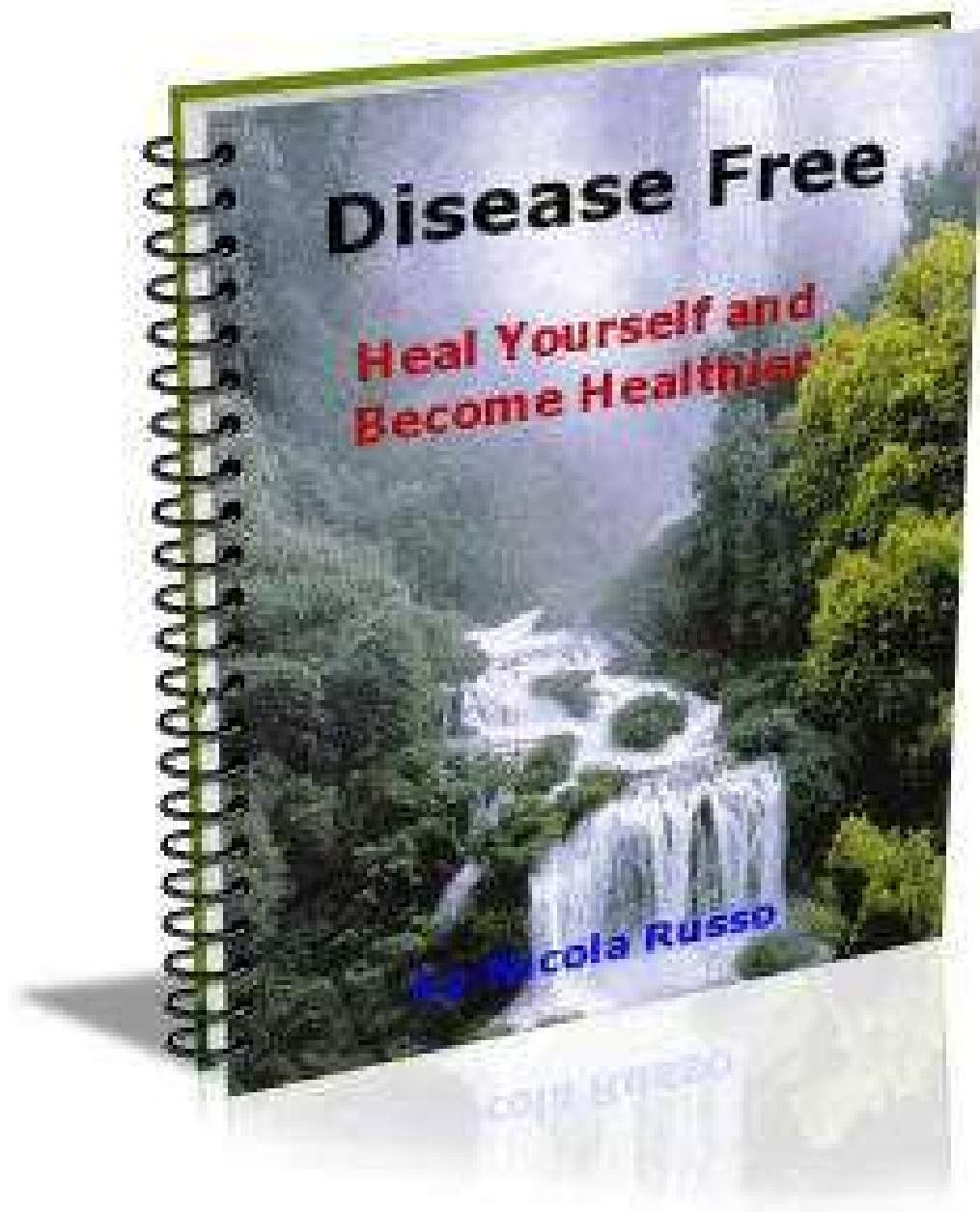


# Practical User Guide

*How to use Food Grade Hydrogen Peroxide*



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### Preface

I will take care of keeping you up to date, sending you informative e-mails about the different usage of food grade hydrogen peroxide.



Please note:

The purpose for this letter is only instructive. **It must not be considered a medical prescription!**

Before following whatever alternative cure, a person suffering from severe illness, **should consult a physician.**

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## 1 - Diluting 35% food grade Hydrogen Peroxide to 3%

35% concentrated food grade hydrogen peroxide, once bought, cannot be used before being diluted.

Such a high concentration of oxygen is harmful, so it must be diluted before being used, either for external or internal purposes.

We can use hydrogen peroxide in different concentrations. What follows shows how to make a 3% solution, the most used.

To make 3% hydrogen peroxide from 35% hydrogen peroxide, the general mixing guideline is: **1 part 35% hydrogen peroxide plus 11 parts water = 3% hydrogen peroxide**. You can use this guideline with any quantity you need to mix.

### Precautions when handling hydrogen peroxide.

- **Use rubber or lattice gloves**, so it avoids 35% hydrogen peroxide to come into contact with your skin. It does not cause serious harm but in some cases, when accidentally in contact with a part of your body, it may cause itching and excessive skin whitening.
- **Use an empty 30 ml plastic or glass bottle**, this should be used to measure the exact quantity of hydrogen peroxide (30 ml) to be diluted in 330 ml of distilled water.
- **Use an empty 500 ml plastic or glass bottle**, this should be used to funnel inside both the hydrogen peroxide (30 ml) and the distilled water (330 ml).
- **Use a 500 ml bottle of distilled water for medical use**. It is suggested the use of **apirogenous water, normally used for injectable solutions (intravenous injections or intravenous drip)**. This type of distilled water is available only at the chemist's (pharmacy). Other water can be used but it has to be free of mineral components or other matter. In this case, the presence of sulphate ferrous components in the water can contaminate the hydrogen peroxide solution with the consequence of being harmful.

### How to dilute it:

The 3% diluted solution is very simple to make and it is even versatile in its applications.

- use rubber gloves;
- get the bottle which contains the 35% hydrogen peroxide solution and fill with it an empty 30 ml bottle;
- put the bottle which contains what remains of the 35% hydrogen peroxide solution, sealing up the bottle top and store it in the freezer;
- empty the 30 ml bottle which contains the 35% hydrogen peroxide into the empty 500 ml bottle;
- fill the 30 ml bottle with distilled water and then empty it into the 500ml bottle in which you have already put 30 ml of 35% hydrogen peroxide. Repeat this operation 11 times. The result is 360 ml of 3% hydrogen peroxide;
- put the bottle which contains the 3% solution in the refrigerator, paying attention to seal well the bottle top. Put on the bottle a label writing on it 3% HYDROGEN PEROXIDE;

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- when using it, fill in an empty 30 ml bottle with the 3% solution. Avoid keeping it near heat sources such as radiators, fireplaces or direct sun light otherwise much of its effectiveness is lost.

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### *2- Using a vaporizer or a nasal spray*

Unfortunately, living in a world more and more poor of oxygen, our body is negatively affected by this.

Food, water and the atmosphere are more and more lacking in this element which it is so important for the healthiness of all living beings.

The lack of oxygen encourages harmful microorganisms, which cause diseases, to proliferate.

Increasing the quantity of oxygen we can strengthen our body cells (aerobic cells which use oxygen to produce energy). We can give more vitality to our immune defense system, with the consequence of attacking the anaerobic cells (cells which are the cause of unhealthy environments).

Reported below are the two ways to administrate hydrogen peroxide by inhalation.

#### ***Vaporizer***

Put about 20 drops of the 3% solution into a beaker and inhale it breathing deeply. You may try holding your breath for 5 or 10 seconds; this can increase your lungs elasticity and help to reduce breathlessness.

Remember that, once that hydrogen peroxide has been inhaled in your lungs, it can cause an "Alka Seltzer" effect. It removes catarrh which might be accumulated in the respiratory system. Eventually we have a strong expulsion of catarrh. This might be just for a short period of time until the catarrh has been completely removed.

Using regularly a vaporizer to inhale hydrogen peroxide can avoid the formation of new catarrh and consequently, prevent from respiratory disorders or any disease whatsoever.

#### ***SPRAY***

At the chemist's or pharmacy it is possible to buy a spray bottle with a dispenser, specific for throat or nasal sprays. Using 3% hydrogen peroxide many times a day can help relief a stuffy nose or disinfect your mouth.

Doing this regularly is very useful. Since this intake system is energetic, it is better not to do it before bedtime.

It can help to soothe pain in case of headaches or dizziness because we have an immediate increase of oxygen when using the nasal spray.

### 3 - Body Hygiene

It is no more breaking news that where there is more oxygen life flourishes and a person, other than being healthy, is even able to recover from illness.

Deforestation is responsible for the decrease of oxygen in the atmosphere because there are less woods or forests, which are our main oxygen suppliers.

Elaborate food supply us with a nutrition rich of sugar, fats, minerals, proteins, carbohydrates but unfortunately, very poor of oxygen.

Vegetables and fresh fruit are maybe more fit to be seen but unfortunately, poorer of the essential basic elements, necessary for a healthier life.

Humans host harmful microorganisms, they proliferate and possibly invade healthy parts of our body.

Increasing the quantity of oxygen in our body makes sure to bring back that natural healthiness and so giving our body more strength and energy.

The good news is that we can increase the quantity of oxygen following also a correct body hygiene.

For example, looking at our skin closely we can see that it is as a marvelous shell. It encloses and safely protects our inner organs and body tissues from the external harmful attacks of bacteria, viruses or fungi, etc.

Creams, liniments, lubes and so on, can be of some aid and comfort but, nearly none of them, help to fight and eliminate possible infections which constantly threaten our body.

Oxygen instead, not also it protects our skin from the harmful microorganisms but it reinforces the epidermis cells, having so an healthy skin, even visible to the naked eye.

The question arises: how do you oxygenate more your skin without the aid of a specialized centre?

Semplice! Molti medici e persone che ne hanno provato l'efficacia, testimoniano ampiamente che il perossido di idrogeno food grade soluzione al 3% può essere messo a contatto col la pelle al fine di disinfettarla, per uccidere le cellule che la danneggiano e renderla più sana e più bella.

It is easy! Many doctors and people who have already tried it proved that food grade 3% hydrogen peroxide can be used in contact with a person's skin as a disinfectant, to kill all the harmful cells that may damage the epidermis. Using food grade 3% hydrogen peroxide can help keeping your skin healthy and beautiful.

#### **Follow these procedures:**

**BATHTUB** – You can empty a 30 ml of 3% hydrogen peroxide directly into the bathtub, which has already been filled with hot water. Then, jump into the bathtub; the use of soap or shampoo does not affect the efficacy of it. The same result can be achieved pouring 30 drops of 35% hydrogen peroxide directly into the hot water of your bathtub.

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**SHOWER** – After having had your shower you can:

- Spray 3% hydrogen peroxide directly on your body.
- Pour some on your hand and pass it over your body.

**PERSONAL HYGIENE** – 3% hydrogen peroxide when in contact with a person's genitals has always proved to be a cure-all. These intimate parts, because of poor ventilation, are easily infected by microorganisms which cause discomfort, annoyance and pain. If you spray hydrogen peroxide directly on the most intimate part, not only it cleans better than whatever soap can do but it immediately gives great relief. A constant administration may prevent from irritation, reddening and itching.

If you think that my son, having problems with ear wax, after the use of hydrogen peroxide, he has not only recovered from the illness cold he had (at last no more antibiotics), he has also got rid of ear wax and his ears are now always clean. In fact, putting 8/10 drops of 3% hydrogen peroxide in your children's ears may help prevent colds and flu and other typical children disorders such as diarrhea, bellyaches or headaches.

**INSIDE YOUR EARS** – It is not necessary to clean your ears before putting 8/10 drops of hydrogen peroxide in your ear cavity. Do this leaning the other side of your head on the table and wait a minute or two. The only disturb you may experience is hearing a frying noise in your ear. This is caused by the effect of oxygen on the harmful cells which nestle in your ears. The microorganisms will be eliminated leaving your ears clean and disinfected. Taking care regularly of your ears in this way helps eliminating the overproduction of ear wax. Another important benefit you may have is to prevent flu, colds and inner ear infections.

**FOOT BATH** – Put at least 10/12 drops of 35% hydrogen peroxide solution in a washing-up bowl which already contains hot water. Put your feet into the water and keep them there for at least 10/15 minutes. Doing this regularly helps your feet to be clean and naturally disinfected. The skin of your feet will be healthier and so will be your nails.

**YOUR ARMPITS** - After having washed and dried out well your armpits, spray on them 3 hydrogen peroxide (3%). It can considerably reduce the bad smell when sweating. This habit may prevent armpit infections from bacteria, fungi and viruses.

**WASHING YOUR HAIR** – Last but not least, you can put on your scalp hydrogen peroxide (3%) to fight against dandruff, in order to reinforce your scalp and reduce itching. It may prevent hair loss and heal your scalp from clots. Do not overdo the quantity or otherwise you will risk to lighten or bleach your hair.

As soon as you start using 3% hydrogen peroxide for your body hygiene, if there are infections, you will soon experience a pleasant sense of relief. If your body does not have any sign of infection, instead it can prevent infections and keep your skin healthier and strong.



### *4 - Dental and oral hygiene*

Dr W.C Douglas in his book "Hydrogen Peroxide Medical Miracle", in chapter 6 named "Throw Out Your Toothpaste", he claims that toothpaste is of any help when fighting or preventing tooth decay. It does not, he claims, disinfect the oral cavity or protect gums from infections. The taste it gives in your mouth, whether it is mint or strawberry-flavored toothpaste, is illusory. He says that it is of no effect against bacteria or harmful microorganisms which might be in our mouth.

He also says that toothpaste is noxious because the fluorine present in it, is an enzymatic poison. For this reason, he suggests the supervision of an adult when a child brushes his or her teeth using toothpaste.

I understand that these words may sound so shocking and may be confusing. We have always been told that, for a correct dental hygiene, we have to brush our teeth with toothpaste. But what Douglas claims, is the truth.

Before brushing your teeth, he suggests to always wash the toothbrush with food grade 3% hydrogen peroxide. This because the toothbrush, after we have used it, is wet. In this way, it easily attracts bacteria, fungi or other microorganisms. So, spray the hydrogen peroxide in your mouth and using the toothbrush delicately massage your teeth and gums, your tongue and your palate. At last, wash your mouth with water. This is for a good disinfection of your oral cavity.

After having washed your mouth you may want to repeat this operation in order to keep your oral cavity disinfected for a longer time.

A regular use of hydrogen peroxide, having no side effect, helps effectively fight against throat infections and gum disease.

Another positive result we may have it for our teeth, which are whitened; hydrogen peroxide prevents the formation of tartar, especially for smokers.

### *5 - Intestinal Cleaning*

The intestinal part of the body, being a canal in which refuses pass, is extremely exposed to the presence of an enormous quantity of microorganisms. These microorganisms can cause infections and different forms of disease.

Irregular bowel movements, lazy or irritated intestines or even constipation can cause fecal stagnancy. Some people who are constipated or have irritated intestines find it painful to have a bowel movement and often experience straining, bloating, and the sensation of a full bowel. This can bring to serious consequences!

It is suggested to prefer High-fiber foods which help to regularize bowel movements and avoid constipation. Occasionally, we should do more to keep well cleaned and disinfected our intestine.

Doctors, already experts in the use of hydrogen peroxide, suggest their patients the use of it, for a correct and regular intestinal cleaning.

Using enemas many of these patients have used this therapy with great results.

After some dose applications, as described below, the patient will take benefit of this therapy.

Modalities and concentrations used are these:

- Use approximately half a liter of distilled water to make an enema, once a day (without adding 3% hydrogen peroxide). Repeat this operation for a couple of days.
- Put a spoon of 3% hydrogen peroxide in half a liter of distilled water and make the enema. (Do not use metal made spoons or metal made bowls to measure or contain the hydrogen peroxide).
- After two days put one and a half spoons of 3% hydrogen peroxide in half a liter of distilled water and make the enema.
- After other two days put two spoons of 3% hydrogen peroxide in half a liter of distilled water and make the enema.
- After other two more days put two and a half spoons of 3% hydrogen peroxide in half a liter of distilled water and make the enema.
- After two more days put three spoons of 3% hydrogen peroxide in half a liter of distilled water and make the enema.
- After other two days put three and a half spoons of 3% hydrogen peroxide in half a liter of distilled water and make the enema.
- After other two days put four spoons of 3% hydrogen peroxide in half a liter of distilled water and make the enema.
- Dopo altri due giorni mettere quattro cucchiaini e mezzo di perossido di idrogeno per uso interno al 3% in mezzo litro di acqua distillata e fare il clistere.
- After two other days put four and a half spoons of 3% hydrogen peroxide in half a liter of distilled water and make the enema.

Some doctors have made an enema of the same concentration for two consecutive days before passing over to the following concentration.

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The important thing is that YOU SHOULD NEVER USE, to make the enema, a 3% solution without first having it diluted in distilled water. It is better to gradually increase the dose instead of doing it at once with a higher concentration of the 3% solution. The intestines need to be gradually accustomed to high concentrations of oxygen.

Here comes the question: Now often can you use this therapy to clean and disinfect your intestines?

Some do this once or more times a year, others when they think it is necessary.

This can be decided together with your family doctor or may be decided after some advice!

### *6 - Disinfect your blood*

Blood is as important for our organism as it is oil for transportation.

Blood is a vital part of our body. It transports oxygen and other important substances which are essential for the health of all our body cells.

Like any other transportation, if kept clean and healthy (efficient), is able to do an excellent job.

But blood in its *journey*, more than transporting what our body needs, it is also forced to transport an excessive quantity of waste and harmful stuff. It is plausible that it may not be able to do a good job. In this case, it causes much discomfort and our body cells will not have the right amount of oxygen.

Dr Bruce Lenex says that blood is the only liquid organ and it is a living transportation system.

“The blood circulatory system is something like the Venetian Canals” says the scientist Leigh Anderson. “ It transports oxygen, as well as nutritional substances and the immunitary cells”. But, continues Anderson, “it also transports waste substances, carbon dioxide, dead or malformed cells”.

While it covers the 100,000 km of the circulatory system, blood comes into contact with practically every tissue of the organism, including vital organs such as the heart, kidneys, the liver and lungs, which functionality depends on blood.

Blood contains a large quantity of waste substances which are normally filtered by our kidneys and expelled with our urine.

For this reason, by now in hospitals, before a blood transfusion, the patient is obliged to sign a releasing statement which relieves from any kind of responsibility the hospital administration, in case there are complications caused by blood transfusion.

Another point to be considered, is the importance of keeping blood well oxygenated and clean. The right opposite of it, bad oxygenated blood can bring to two consequences which can cause illness:

- Increase of toxins which poison cells.
- Increase of microorganisms which infect our cells and proliferate in our body.

If the level of oxygen in our blood is not sufficient, the consequences are well visible: many patients waiting to be diagnosed of serious illness.

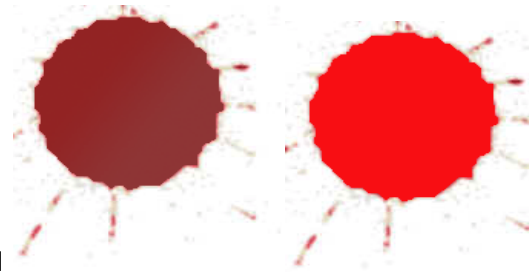
Instead of being victims of the environment, we should ourselves be the reason of our body purification.

Depending on what is the route covered by blood, it is called “arterial blood” and “venous blood”. Arterial blood has a vivid red color because it is rich of oxygen, instead venous blood is darker in its color because, in its return to the lungs, is full of waste substances.

Venous blood, well oxygenated, is clearer than arterial blood badly oxygenated (see drawing below). This allows a fluid and flowing blood stream and it keeps the arteries clean, such as other parts of the body.

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Average person's blood

Well cleaned and oxygenated blood

It is sad to say but most people nowadays have poor oxygenated blood.

The solution is to choose a better lifestyle to improve our mental and physical condition.

Inhaling food grade hydrogen peroxide (spray or vaporizer), drinking it, putting it in your ears, in contact with your skin or even by enema, it can increase the level of oxygen in your body and therefore, keep your body healthy and strong.

White cells, part of our blood, necessary to fight against the harmful cells which attack our organism, produce hydrogen peroxide which disinfects our body; in other words, it kills the cells which cause diseases.

Having the conviction that "knowledge is power", we should always research for the information which may help us to take the right decision, to recover well and be healthier.