

The Many Benefits of Hydrogen Peroxide

By Dr. David G. Williams

<http://educate-yourself.org/cancer/benefitsofhydrogenperoxide17jul03.shtml>

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(Original title: Hydrogen Peroxide - Curse or Cure?)

When it comes to hydrogen peroxide therapy there seems to be only two points of view. Supporters consider it one of the greatest healing miracles of all time. Those opposed feel its ingestion is exceptionally dangerous, and only the foolhardy could think of engaging in such behavior. Before either condemning or endorsing hydrogen peroxide, let's take a real close look at what we're dealing with.

If any substance is interesting, it's hydrogen peroxide. Hydrogen peroxide should really be called hydrogen dioxide. Its chemical formula is H_2O_2 . It contains one more atom of oxygen than does water (H_2O). By now everyone's aware of the ozone layer that surrounds the earth. Ozone consists of three atoms of oxygen (O_3). This protective layer of ozone is created when ultraviolet light from the sun splits an atmospheric oxygen molecule (O_2) into two single, unstable oxygen atoms. These single molecules combine with others to form ozone (O_3). Ozone isn't very stable. In fact, it will quickly give up that extra atom of oxygen to falling rainwater to form hydrogen peroxide (H_2O_2). (Bear with me: all this chemistry mumbo jumbo I'm going through actually will help you understand the importance of hydrogen peroxide.)

Helps Plants

It is this hydrogen peroxide in rainwater that makes it so much more effective than tap water when given to plants. With the increased levels of atmospheric pollution, however, greater amounts of H_2O_2 react with air-borne toxins and never reach the ground. To compensate for this, many farmers have been increasing crop yields by spraying them with diluted hydrogen peroxide. You can achieve the same beneficial effect with your house plants by adding 1 ounce of 3% hydrogen peroxide to every quart of water you give your plants.

(It can also be made into an excellent and safe insecticide. Simply spray your plants with 8 ounces of 3% peroxide mixed with 8 ounces of white sugar and 120 ounces of distilled water. Note; To make the spray, Start with a gallon of distilled water. Pour off 8 ounces of the distilled water and save. Put another two cups of the distilled water in a pan and heat. Add the sugar and stir until it is dissolved. Put the 8 ounces of 3% hydrogen peroxide and the sugar water in the gallon jug with the distilled water and mix. Now you have one gallon of insecticide for your plants. Mark container clearly)

(Hydrogen peroxide is odorless and colorless, but not tasteless. When 35% H_2O_2 is stored under the proper conditions [frozen], it is a very stable compound. When kept in the absence of light and contaminant's, it dismutates (breaks down) very slowly at the rate of about 1% a year. Hydrogen peroxide boils at 152 degrees C/305.6 degrees F and freezes at minus 2 degrees C/35.6 degrees F).

When exposed to other compounds hydrogen peroxide dismutates readily. The extra oxygen atom is released leaving H_2O (water). In nature oxygen (O_2) 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.

H_2O_2 is not some undesirable by-product or toxin, but instead is a basic requirement for good health.

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Page One

New research indicates we need hydrogen peroxide for a multitude of other chemical reactions that take place throughout the body. For example, we now know that vitamin C helps fight infections by producing hydrogen peroxide, which in turn stimulates the production of prostaglandins. Also lactobacillus found in the colon and vagina produce hydrogen peroxide. This destroys harmful bacteria and viruses, preventing colon disease, vaginitis, bladder infections and a host of other common ailments. (Disinfect News Aug.8, 91:5). When lactobacillus in the colon or vaginal tract have been overrun with harmful viruses, yeast, or bacteria, an effective douche or enema solution can be made using 3 tablespoons of 3% food grade H₂O₂ in 1 quart of clean (distilled) water. Keep in mind, however, that a good bacterial flora must always be re-established in these areas to achieve lasting results.

Aerobic versus Anaerobic

While we are discussing enemas and douches, there is another misconception about H₂O₂ I need to address. The friendly bacteria in the colon and vagina are aerobic. In other words, they flourish in high oxygen environments and thrive in the presence of oxygen rich H₂O₂. On the other hand, most strains of harmful bacteria (and cancer cells) are anaerobic and cannot survive in the presence of oxygen or H₂O₂. We can agree that hydrogen peroxide produced within individual body cells is essential for life. And no one doubts its effectiveness when it comes to treating infections topically. The controversy deals with ingesting the substance orally or introducing it into the body intravenously. The dispute has been going on for decades, and considering the attitude of our medical community, it will continue for many more decades to come.

I'll admit I was skeptical when I first learned about using H₂O₂ orally or intravenously. This healthy dose of skepticism, however, led to a great deal of investigation, clinical work and experimentation. And while I realize a large majority of readers will probably never be convinced that H₂O₂ is a safe and effective compound, I am. Hydrogen peroxide is safe, readily available and dirt cheap. And best of all, it works! No one yet fully understands the complete workings of hydrogen peroxide. A pint of 3% hydrogen peroxide found at the local drugstore (not for internal use) contains the equivalent of 10 pints of oxygen. And a pint of 6% H₂O₂ solution (not for internal use) used to bleach hair contains the equivalent of 20 pints of oxygen.) We also know that when H₂O₂ is taken into the body (orally or intravenously) the oxygen content of the blood and body tissues increases dramatically. Early researchers felt these increases were simply due to the extra oxygen molecule being released. This doesn't however, appear to be the case.

Only very diluted amounts of H₂O₂ can be introduced into the body at a time. The small amount of oxygen present couldn't be solely responsible for the dramatic changes that take place. Dr. Charles Farr, a strong proponent of intravenous use, has discovered another possible answer. Dr. Farr has shown that hydrogen peroxide stimulates enzyme systems throughout the body. This triggers an increase in the metabolic rate; causing small arteries to dilate and increase blood flow. This enhances the body's distribution and consumption of oxygen and raises body temperature (Proceedings of the International Conference on Bio-Oxidative Medicine 1989, 1990, 1991).

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.

Emphysema

Let's look at several conditions that seem to respond especially well to H₂O₂ therapy. First, keep in mind that there are two methods of administering the peroxide, 1-orally, and 2- intravenously. While most conditions respond remarkably to oral ingestion, emphysema is one condition in which intravenous infusion can be a godsend. Emphysema involves destruction of the alveoli (the small air sacs in the lungs). Although chemical fumes and other irritants can cause the destruction, it is most often the result of smoking. As the disease progresses, the patient finds it more and more difficult to breathe. A wheel chair and supplemental oxygen become necessary as the disease progresses. Lack of adequate oxygen reaching the tissues forces the heart to pump more forcefully. This leads to high blood pressure, enlargement of the heart itself and eventually heart failure. Conventional medicine offers little help for emphysema. There is no cure. The best that can be hoped for is symptomatic relief and the prevention of any serious complications that might result in death. H₂O₂ therapy can offer more. Intravenous infusion holds the real key to relief. It has the ability to cleanse the inner lining of the lungs and restore the ability to breathe.

We continue to hear the same story from Dr. Farr and others who use intravenous infusion for emphysema and congestive lung problems. Within minutes oxygen from hydrogen peroxide begins to bubble up between the membrane lining the lungs sacs and the accumulated mucus. (Dr. Farr refers to this as the "Alka-Seltzer effect.") The patient begins to cough and expel the material that has accumulated in the lungs. The amount of bubbling, coughing, and cleansing can be regulated by simply turning the H₂O₂ on and off. As the peroxide clears the lung surface and destroys the bacterial infections, the patient regains the ability to breath more normally. We continue to receive reports from patients for whom the technique has improved breathing so much that a wheelchair and supplemental oxygen are no longer needed. If you would like to find a doctor in your area trained in the use of intravenous H₂O₂ infusion, contact the International Bio-Oxidative Medicine Foundation (IBOM), P.O. Box 13205, Oklahoma City, OK 73113 at (405) 478-4266. They can provide names and addresses of doctors using the procedure in your area.

If emphysema were the only ailment successfully treated with H₂O₂ therapy, it would still rank as one of the top health discoveries of all time. Fortunately, H₂O₂ works wonders on a multitude of health problems. It does so by increasing tissue oxygen levels. A closer look at how we have decreased the availability of external and internal oxygen, will show you just how important this can be. If you were not too occupied with trying to hide dissection specimens in the other student's desks, you might remember from elementary science courses that our atmosphere contains about 30% oxygen. That is under ideal circumstances. It has recently been reported that in many of our more polluted cities, there levels have dropped to around 18%! (I have already mentioned how less hydrogen peroxide-containing rain is reaching the earth's surface. With increased pollution it is reacting with airborne toxins before it even reaches the ground.) And everyone, by now, knows the oxygen-generating rain forests are being destroyed worldwide, which further reduces available oxygen. Internal oxygen availability is also under attack.

Chlorination of drinking water destroys oxygen. Cooking and over-processing of our foods lowers their oxygen content. Unrestrained antibiotic use destroys beneficial oxygen-creating bacteria in the intestinal tract. Dr. Johanna Budwig of Germany has shown that for proper cellular utilization of oxygen to take place, our diets must contain adequate amounts of unsaturated fatty acids. Unfortunately, the oils rich in these fatty acids have become less and less popular with the food industry. Their very nature makes them more biologically active, which requires more careful processing and gives them a shorter shelf-life. Rather than deal with these challenges, the food industry has

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Page Three

turned to the use of synthetic fats and dangerous processes like hydrogenation.

It's obvious that our oxygen needs are not being met. Several of the most common ailments now affecting our population are directly related to oxygen starvation. Asthma, emphysema, and lung disease are on the rise, especially in the polluted metropolitan areas. Cases of constipation, diarrhea, intestinal parasites and bowel cancer are all on the upswing. Periodontal disease is endemic in the adult population of this country. Cancer of all forms continues to increase. Immune system disorders are sweeping the globe. Chronic fatigue, "Yuppie Flu" and hundreds of other strange viral diseases have begun to surface. Ironically, many of the new "miracle" drugs and nutritional supplements used to treat these conditions work by increasing cellular oxygen (oftentimes through H₂O₂ formation). For example, the miracle nutrient, Coenzyme Q-10, helps regulate intercellular oxidation. Organic germanium, which received considerable publicity not too long ago, also increases oxygen levels at the cellular level. And even substances like niacin and vitamin E promote tissue oxidation through their dilation of blood vessels.

Hydrogen peroxide is only one of the many components that help regulate the amount of oxygen getting to your cells. Its presence is vital for many other functions as well. It is required for the production of thyroid hormone and sexual hormones. (Mol Cell Endocrinol 86;46(2): 149-154) (Steroids 82;40(5):5690579). It stimulates the production of interferon (J Immunol 85;134(4):24492455). It dilates blood vessels in the heart and brain (Am J Physiol 86;250 (5 pt 2): H815-821 and (2 pt 2):H157-162). It improves glucose utilization in diabetics (Proceedings of the IBOM Conference 1989, 1990, 1991). The closer you look at hydrogen peroxide, the less surprising it becomes that it can help such a wide variety of conditions.

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, I would highly recommend seeking the advice and guidance of a doctor experienced in the use of these techniques.)

Allergies

Altitude Sickness

Alzheimer's

Anemia

Arrhythmia

Asthma

Bacterial Infections

Bronchitis

Cancer

Candida

Cardiovascular Disease

Cerebral Vascular Disease

Chronic Pain

Diabetes Type 11

Diabetic Gangrene

Diabetic Retinopathy

Digestion Problems

Epstein-Barr Infection

Gingivitis

Headaches

Herpes Simplex

Herpes Zoster

HIV Infection

Influenza

Insect Bites

Liver, Cirrhosis of the

Lupus/Erythematosis

Multiple Sclerosis

Parasitic Infections

Parkinson's Disease

Periodontal Disease

Prostatitis

Rheumatoid Arthritis

Shingles

Sinusitis

Sore Throat

Emphysema
Erythematosis/Lupus
Food Allergies
Fungal Infections

Ulcers
Viral Infections
Warts
Yeast Infections

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.

ONLY FOOD GRADE H₂O₂ IS RECOMMENDED FOR INTERNAL USE.

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. 35% H₂O₂ can also be diluted with distilled water to make 3% and 6% H₂O₂. (35% H₂O₂ is considered a hazardous material and can only be shipped in separate cartons from licensed manufacturing facilities. Each container must be checked and approved by the FDA. Once it has been diluted to 3% H₂O₂ or 6% H₂O₂, it is heat stable at room temperature and can be shipped with other products and without any hazardous material warnings. Please keep out of the reach of children.)

G) 90%: This is used as an oxygen source for rocket fuel.

Only Food Grade hydrogen peroxide made with distilled water is recommended for internal use.*** Any concentrations over 6% can cause neurological reactions and damage to the upper gastrointestinal tract. There have been two known fatalities in children who ingested 27% and 40% concentrations of H₂O₂. Recently, a 26 month old female swallowed one mouthful of 35% H₂O₂. She immediately began vomiting, followed by fainting and respiratory arrest. Fortunately, she was under emergency room care and although she experienced erosion and bleeding of the stomach and esophagus, she survived the incident. When she was re-examined 12 days later, the areas involved had healed (J Toxicol Clin Toxicol 90;28(1):95-100).

All H₂O₂ above 6% must be;

1) handled carefully (direct contact with H₂O₂ above 10% can burn the skin - immediate flushing with water is recommended). Avoid contact with the eyes.

2) diluted properly before use if it is 6% or above.

3) stored safely and properly (after making a dilution, the remainder should be tightly sealed and stored in the freezer [at 35.6 degrees F below zero] in a clearly marked bottle).

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Page Five

One of the most convenient methods of dispensing H₂O₂ is from a small glass eye dropper bottle. You may be able to purchase them at a health food store or drug store. The generally recommended dosage is outlined in the chart below. Using a weaker (3%) solution of H₂O₂ will yield slower results. Choosing the weaker solution can be just as effective, it just takes longer. The drops are mixed with either 6 to 8 ounces of distilled water, juice, or even aloe vera juice or gel. (Please do not use chlorinated tap water to dilute the H₂O₂)

Suggested Protocol***

The program outlined is only a suggestion. 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 gradual, but that certainly is an option. The lower the percentage of hydrogen peroxide used, the slower the pace of recovery for some people. Every individual is different and some advice from someone who has already practiced H₂O₂ therapy, or a health care provider is strongly recommended. The program is not carved in stone. Keep in mind that it can be adapted to fit the individual needs of a person. Individuals who have had transplants should not undertake an H₂O₂ program. H₂O₂ stimulates the immune system and could possibly cause the rejection of the organ.

Day # -Number of Drops/ Times Per Day

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

Maintenance Dosage

In most situations after the above 21 day program, the amount of H₂O₂ can be tapered off gradually as follows:

- 25 drops once every other day for 1 week
- 25 drops once every third day for 2 weeks
- 25 drops once every fourth day for 3 weeks

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). 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.

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.

Additional Information

There are two sources you should contact if you have an interest in using hydrogen peroxide therapy. The first, ECHO, was founded by Father Richard Willhelm and is run by Walter Grotz. Their information packet includes a sample newsletter, a list of H₂O₂ distributors and several other items. Their address is;

ECHO Box 126,
Delano, MN 55328

If you have an interest in contacting doctors who provide intravenous hydrogen peroxide therapy you can write to the International Bio-Oxidative Medicine Foundation (IBOM) at the address listed earlier in this article. You should also be aware that there are now numerous hydrogen peroxide products on the market. Some are simply peroxide that has been flavored and mixed with sea minerals, aloe vera, inner tree bark or other ingredients to make the peroxide more palatable (Superoxy, Oxy Toddy, etc.).

Others claim to have developed products that deliver more oxygen than does simple hydrogen peroxide (Aerox, Anti-Oxid-10, Di-Oxychloride, Aerobic 07, Aqua Pure, etc.). Basically you'll end up paying a small fortune and at best achieving the same results you can get for pennies by using hydrogen peroxide.

Conclusion

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 (MSM). 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 hydrogen peroxide, the amount contained in the first

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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 I am a strong supporter of H₂O₂ therapy, I am not suggesting 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.

Thank You.

Dr. David G. Williams, D.C.

Using 3% or 4.5% Solution of food grade H₂O₂.

Athlete's foot: H₂O₂ can be used full strength as a foot bath for athlete's foot. (Diabetics have found relief from circulation problems by soaking their feet in 1 pint of 3% food grade H₂O₂ mixed with 1 gallon of warm, distilled water for 30 to 40 minutes nightly.)

Children: In 1928 Richard Simmons, M.D. hypothesized that colds and flu virus enter the body through the ear canal. The medical community dismissed his findings. According to Dr. Simmons research, and contrary to what you may think or have been taught about how you catch the flu or a cold, there is only one way that you can acquire this air-borne infection; and that's via the ear canal. It is not through the eyes, nose, or mouth, as most have believed.

Giving a child one or two drops (same amount for adults) of hydrogen peroxide in each ear at the first sign of infection, may shorten the duration of the illness. I encourage you to only use 3% food grade H₂O₂, should you choose to follow this practice. I say this because theoretically, this is the equivalent of using H₂O₂ as a mouthwash; something the FDA has already approved. Note; It may make a gurgling sound in the ear so it's important to prepare the child for what is coming and explain to them the benefit of the practice.

Deodorant: Saturate a cotton ball with 3 % or 4.5% food grade H₂O₂ and rub it on your armpits. You can also use a sprayer for this application.

Douche: Add four to six tablespoons of 3 % or 4.5% food grade H₂O₂ (maximum) to one quart of warm distilled water.

Drinking Water*:** On Mix one and one half teaspoons (7.5 ml) of 3% food grade hydrogen peroxide to one gallon of distilled water. This formula will give you .006% H₂O₂, (Read caution at the end of this paper.)

Enema: Mix up 4 to 6 tablespoons of 3 % or 4.5% food grade H₂O₂ to one quart of warm distilled water.

Facial: For rejuvenation and freshening your face after washing; saturate a cotton ball with 3 % or 4.5% food grade H₂O₂ and gently rub on the face and neck.

Mouthwash*: On arising rinse mouth with water, then gargle and wash mouth with 3 % or 4.5% food grade H₂O₂ , swishing for about 60 seconds. This practice can also help to whiten your teeth. (Note: a dash of chlorophyll adds flavor and effectiveness.)

Nasal Spray: A tablespoon of **3% food grade H₂O₂** added to 1 cup of distilled water can be used as a nasal spray. Depending on the degree of sinus involvement, one will have to adjust the amount of peroxide used. I have seen some who can use it at the full 3% strength and others who had difficulty with using a few drops and mixed with a cup of distilled water.

Drinking Water for Pets: **3% food grade H₂O₂** can be added to pets drinking water at the rate of 12 drops per quart of distilled water. Sick cattle reportedly benefit from 3 ounces (of 3%) to each 5 gallons of clean (distilled) water. (Chickens and cows have remained healthy by using 96 ounces (2.5 quarts) of **3% food grade H₂O₂** per 1,000 gallons of clean drinking water.)

Personal Uses for 6% food grade H₂O₂ (continued)

Athlete's Foot: Soak feet for 10-20 minutes each night in half **6% food grade H₂O₂** and half distilled water (total of 8 oz. to a gallon of water) until condition is in remission.

Bath: One pint to one quart of **6 % food grade H₂O₂** to a full bathtub of water. Note; not recommended to practice in the evening. Increased absorption of oxygen may keep you awake.

Counter Wipe: Use **6 % food grade H₂O₂** in a spray bottle to disinfect the counter-tops. Mix half **6% food grade H₂O₂** and half distilled water.

Foot Relaxer: Add one half cup (4 oz.) of **6 % food grade H₂O₂** to one gallon of warm water and soak for an hour.

Laundry: Instead of bleach, add four to eight ounces of **6% H₂O₂** to a load of wash, depending on the size of your washer. Be sure to mix the H₂O₂ with plenty of water before adding the clothes.

Note: I started researching information on hydrogen peroxide in 1998. This study took many twist and turns. I was finally able to start making sense of the information available on the web by comparing it with information I was finding in the library. Just bits and peices at first, like learning that hydrogen peroxide is actually created in the rain water as it falls to the earth. With these bits, I felt comfortable using my own common sense in making the conclusions that have brought me to this point. In 2000, I started testing everything. This went on for the entire year. It was also during this time that I started using distilled water. Needless to say; the rest is history.

As a result of this year long study (2000 to 2001), I have added these products to my diet, my life, and my inventory.

18-100 WYN'S Rain Drops - 100[©], (.006% food grade H₂O₂ & colloidal silver), 2 oz. amber glass bottle w/glass dropper & H₂O₂ Booklet, **\$7.95**

18-118 STARTER KIT - 118, Starter Kit, Empty 4 oz. amber glass bottle w/label, glass dropper, 25 ml glass beaker & H₂O₂ Booklet. **\$12.95**

18-119 DROPPER KIT - 119, Dropper Kit, Empty 4 oz. amber glass bottle w/label & glass dropper & H₂O₂ Booklet, **\$7.95**

18-125 BOTTLE KIT - 125, Bottle Kit, **2** Empty 4 oz. amber glass bottles w/labels & 2 glass droppers, **\$9.95**

18-106 WYN'S WATER - 106[©], (.006% food grade H₂O₂), quart, **\$3.95**

18-107 WYN'S WATER - 107[©], (.006% food grade H₂O₂), 1 gallon jug, **\$7.95**

- 18-112 WYN'S WATER - 109[©]**, (.006% food grade H₂O₂), 1 - 5 gallons /with jug, **\$39.95**
- 18-113 WYN'S WATER - 109[©]**, (.006% food grade H₂O₂), 1 - 5 gallons / without jug, **\$17.95**
- 18-102 WYN'S WATER - 102[©]**, (3% food grade H₂O₂), quart, **\$11.95**
- 18-103 WYN'S WATER - 103[©]**, (3% food grade H₂O₂) one gallon, **\$24.95**
- 18-110 WYN'S WATER - 103[©]**, (3% food grade H₂O₂) two gallons, **\$47.95**
- 18-108 WYN'S WATER - 103[©]**, (3% food grade H₂O₂) four gallons, **\$93.95**
- 18-114 WYN'S WATER - 114[©]**, (4.5% food grade H₂O₂), quart, **\$14.95**
- 18-115 WYN'S WATER - 115[©]**, (4.5% food grade H₂O₂) one gallon, **\$34.95**
- 18-116 WYN'S WATER - 115[©]**, (4.5% food grade H₂O₂) two gallons, **\$64.95**
- 18-117 WYN'S WATER - 115[©]**, (4.5% food grade H₂O₂) four gallons, **\$118.95**
- 18-104 WYN'S WATER - 104[©]**, (6 food grade H₂O₂) quart, **\$17.95**
- 18-105 WYN'S WATER - 105[©]**, (6% food grade H₂O₂) one gallon, **\$39.95**
- 18-111 WYN'S WATER - 105[©]**, (6% food grade H₂O₂) two gallons, **\$73.95**
- 18-109 WYN'S WATER - 105[©]**, (6% food grade H₂O₂) four gallons, **\$143.95**

Thank you for your interest in good health...

Bill Cooper EP/EFT CC, TFT, Ph W
Nutritional Psychotherapist

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