

Hydrogen Peroxide (H₂O₂)*

Why is Hydrogen Peroxide important to the body?

Hydrogen peroxide contains a pure form of oxygen; something that can be used by every cell in the body. By adding hydrogen peroxide to your daily routine, you can increase your oxygen intake. When you increase your oxygen intake, you increase your body's ability to function at a higher level.

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How can Hydrogen Peroxide help me?

By increasing the amount of oxygen available to your body, you can improve your digestion, improve your circulation, strengthen your immune system, and increase your cellular function. For example; someone coping with arthritic pain has found relief simply by ingesting food grade H₂O₂ (this practice is best done under the supervision of someone experienced in administering this therapy). I have a copy of their experience on file. Another example is the testimony of Dr. Christiaan Barnard (the first doctor to perform a successful heart transplant surgery). When asked about ingesting H₂O₂, he said: "I do everything possible to retard the aging process" .

Personal Uses for 3% & 4.5% 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% or 4.5% food grade H₂O₂ mixed with 1gallon of warm, distilled water for 30 minutes nightly.)

Children: In 1927 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 of hydrogen peroxide in each ear at the first sign of infection, may shorten the duration of the illness (some of my clients are using a q-tip soaked in H₂O₂ to swab the ear).

I encourage you to use 3% food grade H₂O₂, when 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 its 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 five to six tablespoons of 3 % or 4.5% food grade H₂O₂ (maximum) to one quart of distilled water.

Drinking Water:** Add 1 to 1-1/2 teaspoons (5ml to 7.5ml) of 3% food grade hydrogen peroxide (this will reduce the strength to about .006% H₂O₂) to one gallon of distilled water. I use this formula for my regular drinking water (about eight, 8 ounce glasses of water a day) and find it very refreshing (read caution at the end of this paper.)

Enema: Add up to four tablespoons (2 ounces) of 3 % or 4.5% food grade H₂O₂ to one quart of distilled warm (103° F) 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 & Gargle*: On arising rinse mouth with water, then gargle and wash mouth with H₂O₂, swishing for about 60 seconds. This practice may also help to whiten your teeth. (Note: a dash of chlorophyll can add flavor.)

Nasal Spray: A tablespoon of 3% or 4.5% 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.

Purging: There are two different purging schedules (oral use of food grade H₂O₂ ***) available for anyone interested in learning about this procedure. Both of these programs have proven effective for some people who were coping with chronic disease and/or with parasite infestation (candida and/or round worms [*Ascaris lumbricoides*]). It is extremely important for you to familiarize yourself with all the procedures and restrictions involved, should you choose to consider using the oral therapy approach.

During the past year, I've come to believe this may be one of the most closely guarded secrets in the health care industry. I feel this way because this knowledge has been available for over a hundred years. Why hasn't it been discussed? What would happen if people were able to treat minor infections successfully at home?

Here are some to consider;

1. A person can go without food for up to thirty days;
2. A person can go without water for up to three days;
3. A person can go without oxygen for about twenty seconds before brain cells start to die.

These facts tell us oxygen is absolutely essential for life. A healthy person can produce hydrogen peroxide internally. It requires a raw food diet. The first milk a woman gives her baby (colostrum) is extremely high in hydrogen peroxide. Doesn't it stand to reason that nature knows how important hydrogen peroxide is to our health? Is it possible that by adding hydrogen peroxide to our diet properly, we can gain control over some of the very factors that may be causing us a lot of pain and discomfort?

From my studies, I believe the answer is; "yes". What I've learned is that parasites can infest the GI tract, and in some cases, organs and the blood stream. These parasites require an environment that is oxygen deficient. Here are some other facts I've learned about these microbes: 1)Parasites have a highly developed social structure. 2)They are able to communicate with each other. 3) They are able to communicate with the host. 4) When their needs are not being met, they have ways of correcting the situation (when you experience a craving that is not good for your health, it's possible the parasites are driving the craving).

When oxygen levels are increased in the body of a person by using some form of oxygen therapy, the parasites (pathogen/virus/harmful bacteria) can no longer exist because of the increased level of oxygen present. In an oxygen rich environment, they will die.

Note; The intelligent (safe) use of hydrogen peroxide is important. I encourage you to seek as much information as you need to this end (the web is a great resource). I'll certainly help you as much as I can. You also need to understand the danger in storing hydrogen peroxide, especially when there are children in the home. 3%, 4.25% and 6% food grade hydrogen peroxide are relatively safe (they will cause vomiting if swallowed; however, no long term side effects). 3%, 4.25% and 6% food grade hydrogen peroxide are heat stable; they have an indefinite shelf life when stored away from any strong light source (they will not degrade because of being exposed to heat), always store it in a dark area. Hydrogen peroxide 8% and above will degrade. The higher the concentration, the faster it will degrade. Remember, 35% food grade hydrogen peroxide is highly corrosive (I do not consider it a safe household product around children).

As a result of this year long study (2000 to 2001), I'm adding 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, **\$7.95**

18-118 Wyn'w Water Home Starter Kit # 1, This kit contains the following items: An EMPTY 4 Oz. amber glass bottle (with label), 1 quart of Wyn's Water 102 (3% food grade hydrogen peroxide), a glass Eye Dropper, a 15 ml Page Two Lab Quality Glass Beaker, and an H₂O₂ Booklet. **\$27.95**

Wyn'w Water Home Starter Kit #2 H2O2 Started Kit # 2, This kit contains an EMPTY 4 Oz. amber glass bottle (with label). It also contains a glass Eye Dropper, a 15 ml Lab Quality Glass Beaker, and an H2O2 Booklet **\$12.95**

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

18-102 WYN'S WATER - 102[©], (3% food grade H₂O₂), quart, **\$13.95**

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, **\$16.95**

18-115 WYN'S WATER - 115[©], (4.5% food grade H₂O₂) one gallon, **\$31.95**

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, **\$123.95**

18-104 WYN'S WATER - 104[©], (6 food grade H₂O₂) quart, **\$19.95**

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**

(*All Kits also contain an informative booklet on food grade hydrogen peroxide)

These items are in stock They can be used anywhere a disinfectant is needed; in the laundry, instead of chlorine (chlorine depletes oxygen) bleach; in the bath (just add one to four cups [using 6% - double if using 3%] to a tub of hot water), for toothpaste, mix a small amount of 3% with some baking soda, and it works great for a mouthwash (use 3% or 4.5%). It can be stored anywhere as it is heat stable at this strength; however, it's still best to keep it out of reach of the children.

With the importance of hydrogen peroxide gaining acceptance in the diet of many people, some individuals are taking advantage of the public's ignorance of this product to make some outrageous claims. I urge you to be a knowledgeable consumer and learn all the facts concerning the proper use of hydrogen peroxide. Understand why using the wrong type or strength of hydrogen peroxide could be harmful, or even dangerous to your health and well being.

Note: 3%, 4.5% and 6% food grade hydrogen peroxide (H₂O₂) are heat stable (at any temperature). They have an indefinite shelf life. 35% food grade hydrogen peroxide (H₂O₂) does not have this advantage, it will degrade rapidly at room temperature; even when the 35% food grade hydrogen peroxide is stored at 0 degrees F. it will degrade over time. 35% food grade hydrogen peroxide should never be stored in the refrigerator. A person (especially a child) is not able to distinguish it from a bottle of plain water and could suffer serious health effects if they were to drink what they may think is just water. I store my 35% H₂O₂ in the back room in an upright freezer. It has a lock on the door.

***The Food & Drug Administration (FDA)** in Federal Regulation Vol. 46, Number 6, Jan 9, 1981, in effect gave the food industry a green light to use hydrogen peroxide in the "Aseptic" packaging process. The FDA has further ruled that hydrogen peroxide can be used in the processing of cheese and related cheese products (part 133), eggs and egg products (part 160), and as an anti-microbial agent in whey processing. They have also ruled it to be used in cleaning and healing mouth injuries and as a mouthwash (1% to 3% food grade H₂O₂).

****THE FDA HAS NOT APPROVED THE USE OF THE PURGING SCHEDULES OR OF THE DRINKING OF HYDROGEN PEROXIDE INTERNALLY. THOSE WHO CHOOSE TO DO SO, DO IT OF THEIR OWN VOLITION. THIS INFORMATION IS PASSED ALONG FOR RESEARCH AND EDUCATIONAL PURPOSES ONLY. THOSE WHO CHOOSE TO USE IT ASSUME ALL RESPONSIBILITY PERSONALLY.**

Reference: ECHO Newsletter Highlights, ECH₂O₂, Inc. P.O. Box 126, Delano, MN 55328

The information contained herein is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health care professionals. Consult your physician before beginning or making changes in your diet, supplements or exercise program.

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