

How Safe Is Hydrogen Peroxide To Use In The Home?

To answer this question, I present two points of view. The column on the left is a press release from the **FDA** concerning the use of hydrogen peroxide for personal use and in the home. The column on the right presents my experience in using hydrogen peroxide in my home and marketing it to my clients over the past two years. I make no claims regarding the use of hydrogen peroxide other than those I have experienced personally and those that are presented as scientific fact. I share the concern the **FDA** has expressed regarding the use and storage of **35% food grade hydrogen peroxide** in the home. I do not believe this product (**35% food grade hydrogen peroxide**) should ever be kept in any area (such as a refrigerator) that is accessible to children.

Technical Data Sheet

Human Consumption of Hydrogen Peroxide

Introduction

Hydrogen peroxide is being promoted as a "cure-all" by several small non-medical organizations.

PRESS RELEASE April 13, 1989
P89-18

Food and Drug Administration

Mike Shaffer - (301) 443-3285

The Food and Drug Administration warned today that industrial strength hydrogen peroxide illegally promoted to treat AIDS and cancer has caused at least one death in Texas and several injuries requiring hospitalization.

The products are sold as "**35% Food Grade Hydrogen Peroxide**" to be diluted and used in "Hyperoxygenation Therapy" for AIDS, cancer, and more than 60 other conditions. FDA said there is no proof that either the product or the therapy has any medicinal value.

Further, the agency said, this concentration - more than ten times as strong as the 3 percent hydrogen peroxide solution commonly used to disinfect minor cuts - is highly

Using food grade Hydrogen Peroxide for personal hygiene and as a disinfectant.

I have been using 3%, 4.5%, and 6% food grade hydrogen peroxide in my home for the last five years with respect to my personal hygiene. I also use it as a disinfectant, and as a meat tenderizer (I learned this trick back in the early 50's when I was a helper in the kitchen of a popular steak house in St. Louis, MO. When I got to work, I'd take the steaks set aside for the day, out of the refrigerator and spray them with H₂O₂. This steak house had a reputation for having the most tender steaks in town).

When the **FDA** says that **35% food grade H₂O₂** is dangerous, I agree with them wholeheartedly. I store my supply of **35% food grade H₂O₂** in a freezer in the back room and the freezer has a lock on the door.

I only market 3%, 4.5% and 6% **food grade H₂O₂** because it is not as dangerous to have in the house with young children around. It is clearly labeled. Pherwyn (7 years old) has been shown what the bottle looks like and understands not to try to use it as drinking water.

I have plenty of testimony as to the effectiveness of using 3%, 4.5% or 6% **food grade H₂O₂** properly for therapeutic purposes.

When the FDA says there is no scientific

corrosive. FDA considers it dangerous even if it is handled according to the manufacturer's directions.

"This concentration is not approved by FDA for any therapeutic purpose," FDA Commissioner Frank E. Young, M.D., Ph.D., said. "Indeed, no one has come forward with any evidence this substance taken internally has any medicinal value. Buyers are being cheated and subjected to significant risks and family members are being injured."

The liquid is purchased in bulk from chemical plants in Texas and Mexico, and repackaged into smaller containers by distributors. Stored in home refrigerators according to the manufacturer's instruction, the corrosive chemical has been mistaken for water and consumed.

FDA in February, while trying to halt the distribution of **35% hydrogen peroxide** by a distributor operating in Brownsville, Texas, learned of two incidents that occurred last year. In August, a four year-old girl (in Dennison, Texas), poured a drink for her two brothers from a quart bottle that she mistook for water. The resulting injuries required more than six months of medical care and cost thousands of dollars in expense. Then in September in Conroe, Texas, a mother poured what she thought was water from a bottle in her refrigerator for her two children and a neighbor's child. Her children were severely injured and the neighbor's child died after drinking the liquid.

The agency said the products - sometimes called "Biowater" and "H2O2" - are promoted as an "alternative medicine" by mail-order distributors in Wisconsin, Minnesota, California, and Texas, and by some "health

justification for using **food grade H₂O₂** for therapy, they are telling the truth. What they fail to say is why. It stands to reason that no pharmaceutical company has any interest in testing **food grade H₂O₂** because they would never be able to recoup their investment. **H₂O₂** is just as natural as **H₂O**.(water).

Here are some other facts that I think are important to consider:

In 1927 Richard Simmons, M.D. hypothesized that colds and/or the flu virus enter the body through the ear canal. As a result, he treated the children by giving them one or two drops of **3% food grade H₂O₂** in each ear. He practiced this technique in his clinic for several months. When he wrote a paper on the results, 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 is via the ear canal. It is not through the eyes, nose, mouth, or dirty hands as most (including myself) have been led to believe.

Dr. Simmons suggest giving a child one or two drops of **food grade H₂O₂** in each ear at the first sign of infection. This may shorten the duration of the illness (some of my clients are using a q-tip soaked in **food grade H₂O₂** to swab the ear). I encourage you to only use food grade **food grade H₂O₂**, when you choose to follow this practice. I say this because theoretically, I feel this is the equivalent of using **food grade H₂O₂** as a mouthwash; which is something the **FDA** has already approved. Note; It may make a gurgling sound in the ear so its important to

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food" outlets. The concentrated liquid comes in pint, quart, and gallon containers with ordinary screw caps, or, in some cases, with child-resistant caps.

Literature usually distributed with the product explains how to dilute the concentrated liquid for such unproved or unnecessary uses as sprouting seeds, purifying meat, cleansing laundry, and treating acne, gum disease, athlete's foot, colic, headache, varicose veins, AIDS and cancer.

Materials promoting the product often include printed pages resembling magazine articles along with alleged testimonials that blend various medical facts with fictitious claims and offer the view that hydrogen peroxide's benefits are suppressed by the medical establishment and the government.

The promotion of hydrogen peroxide as a home remedy has continued and has reappeared despite efforts of the **FDA** beginning in 1985 to get distributors of **35 percent hydrogen peroxide** to stop making the illegal claims. **FDA** is not aware of any medical benefits from consuming hydrogen peroxide in any form; no information or applications have been submitted to the agency to support any drug claims for taking this chemical internally.

Danger: Hydrogen Peroxide solutions are strong oxidizers and corrosive to the eyes, mucous membranes and skin. Consult the MSDS for the appropriate Personal Protective Equipment to wear when handling hydrogen peroxide. In case of contact with the eyes, skin or clothing, flush with large amounts of water for 15 minutes. In case of ingestion, sit upright, drink large quantities of water to dilute the stomach contents and seek immediate medical attention. See MSDS for additional information.

prepare the child for what is coming and explain to them the benefit of the practice. 3%, 4.5% and 6% **food grade H₂O₂** are heat stable at room temperature. They have an indefinite shelf life.

Hydrogen peroxide is created in the raindrops as they fall from the sky.

Hydrogen peroxide is in a mother's first milk (colostrum) to strengthen the baby's immune system.

Hydrogen peroxide is in all fresh fruits and vegetables.

3% Hydrogen Peroxide has been approved by the **FDA** for use as a mouthwash.

Hydrogen peroxide (up to 14%) is used in some products to whiten teeth.

Hydrogen peroxide is used in some laundry powders to safely bleach clothing

Hydrogen peroxide is manufactured in the body during the Krebs Cycle.

Hydrogen peroxide is used by the body to strengthen the immune system.

When you take Vitamin C, the body uses it to make **hydrogen peroxide**; and again the body uses the **hydrogen peroxide** to improve elimination and to strengthen the immune system.

Our **hydrogen peroxide** is manufactured without additives or stabilizers. Our **Food grade hydrogen peroxide** is manufactured only with distilled water.

The **FDA** monitors **food grade hydrogen peroxide** closely. It is used as an aseptic in food packaging as well as the main ingredient in several brands of mouthwash.

Many people have a negative feelings about using **hydrogen peroxide** because of some very intensive mis-information programs that have been conducted over the years. Who is responsible for them is something I've yet to

be able to pin down. For a positive opinion I turn to Dr. William C. Douglas; M.D. and ask you to listen to what he has to say concerning hydrogen peroxide (I have this in print).

"It's a Medical Miracle. Why? Because of the fact that almost all infection and/or disease demands a low oxygen environment. Increasing your oxygen level is the most positive action you can take in the prevention of disease".

One more point I would like to offer for your consideration. Our atmosphere today contains about half the oxygen it contained a hundred years ago. This is also a scientific fact.

Since we are oxygen dependent beings, I believe it is reasonable for us to take whatever steps are necessary to help improve the oxygen level in our body..

Bill Cooper, EFT CC,TFT, Ph W.
Nutritional Psychotherapist

Why is food grade hydrogen peroxide better...?

I am asked almost daily - why it is important to use food grade hydrogen peroxide? I have gathered the following information from the Internet to help provide an answer.

Oxygen is a dominant element on earth and it has the ability to bind with almost every other element or group of elements. The combinations that could be formed number in the thousands. **No one has ever conducted a study to determine the safety of any of these combinations.** By choosing food grade hydrogen peroxide added to distilled water, which is clean water, you are reducing the possibility of ingesting other combinations of minerals that may be significantly more toxic to the body. I believe it only stands to reason that using food grade hydrogen peroxide offers a higher degree of protection.

Below is a partial list of the oxides that may be found in a hydrogen peroxide formula that does not use distilled water as a base.

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- **Aeschynite** (Rare Earth Yttrium Titanium Niobium Oxide Hydroxide)
- **Anatase** (Titanium Oxide)
- **Bindeimite** (Lead Antimony Oxide Hydroxide)
- **Bixbuite** (Manganese Iron Oxide)
- **Brookite** (Titanium Oxide)
- **Chrysoberyl** (Beryllium Aluminum Oxide)
- **Columbite** (Iron Manganese Niobium Tantalum Oxide)
- **Corundum** (Aluminum Oxide)
- **Cuprite** (Copper Oxide)
- **Euxenite** (Rare Earth Yttrium Niobium Tantalum Titanium Oxide)
- **Fergusonite** (Rare Earth Iron Titanium Oxide)
- **Hausmannite** (Manganese Oxide)
- **Hemitite** (Iron Oxide)
- **Ice** (Hydrogen Oxide)
- **Ilmenite** (Iron Titanium Oxide)
- **Perovskite** (Calcium Titanium Oxide)
- **Periclase** (Magnesium Oxide)
- **Polycrase** (Rare Earth Yttrium Titanium Niobium Tantalum Oxide)
- **Pseudobrookite** (Iron Titanium Oxide)

·
The Pyrochlore Group

- Betafite** (Rare Earths Calcium Sodium Uranium Titanium Niobium Tantalum Oxide Hydroxide)
- Microlite** (Calcium Sodium Tantalum Oxide Hydroxide Fluoride)
- Pyrochlore** (Sodium Calcium Niobium Oxide Hydroxide Fluoride)
- **Ramsdellite** (Manganese Oxide)
- **Romanechite** (Hydrated Barium Manganese Oxide)

·
The Rutile Group:

- Cassiterite** (Tin Oxide)
- Plattnerite** (Lead Oxide)

Pyrolusite (Manganese Oxide)

Rutile (Titanium Oxide)

Stishovite (Silicon Oxide)

· **Samarskite** (Y) (Rare Earth Yttrium Iron Titanium Oxide)

· **Senarmontite** (Antimony Oxide)

The Spinel Group:

Chromite (Iron Chromium Oxide)

Franklinite (Zinc Manganese Iron Oxide)

Gahnite (Zinc Aluminum Oxide)

Magnesiochromite (Magnesium Chromium Oxide)

Magnetite (Iron Oxide)

Spinel (Magnesium Aluminum Oxide)

· **Taaffeite** (Beryllium Magnesium Aluminum Oxide)

· **Tantalite** (Iron Manganese Tantalum Niobium Oxide)

· **Tapiolite** (Iron Manganese Tantalum Niobium Oxide)

· **Uraninite** (Uranium Oxide)

· **Valentinite** (Antimony Oxide)

· **Zincite** (Zinc Manganese Oxide)

Thank you for your interest in good health....



EFT CC, TFT, Ph W

Nutritional Psychotherapist
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