

The Safe and Sane Use of **HYDROGEN PEROXIDE**

(H₂O₂)

Chapter One, 3% H₂O₂ in distilled water -

Chapter Two, Wyn's Rain Drops in 3 X distilled water with colloidal silver (12 ppm) -

The purpose of this article is to give anyone interested in learning new ways (actually, old ways) to improve their health, using a very powerful and inexpensive gift of nature (H₂O₂).

Is it possible that hydrogen peroxide (H₂O₂) can help us improve our overall health?

Perhaps it is time we look at just a few of the ways nature puts hydrogen peroxide to work in the body. **1)** We make H₂O₂ as a part of the digestive process in our body (digestive cycle). **2)** Nature creates H₂O₂ in the falling raindrops. **3)** Most of the fluid (colostrum) a baby gets from its first breast-feeding is H₂O₂. This is done to strengthen the baby's immune system.

According to information I have found on the internet, H₂O₂ has been used effectively to treat colds, flu, ear infections (all these conditions can be treated with drops in the ears), digestive disorders, constipation, sore throat, etc. for hundreds of years. The important thing is to learn when to use H₂O₂ and what strength and purity will work in your favor.

My choice is to only use food grade quality H₂O₂ in distilled water. I feel this enables me to obtain the cleanest possible product. The following is a guideline I use daily (these suggestions come from years of personal experience in using H₂O₂):

I use **6% food grade H₂O₂** for heavy cleaning anywhere in the house, in the laundry (in place of chlorine bleach which destroys oxygen), and in my bath (H₂O₂ can work great for clearing up some types of skin problems).

I use **3% or 4.5% food grade H₂O₂** for cleaning in the kitchen (counter tops, etc.); to tenderize meat, fish, or fowl; for a mouth wash; for infections (scraps/small cuts); for ear drops (to help ward off viral infections); added to clean water for an enema or colonic.

I use **.006% food grade H₂O₂** as my drinking water (to make this drinking water, I add 1 and 1/2 teaspoons (7.5ml) of **3% food grade H₂O₂** to a gallon of distilled water). All of these practices are helping me raise the oxygen level in my body.

The most frequent comment I hear from others when they start using H₂O₂, as a mouthwash is that it taste terrible and it stings a bit. The reason for this is the fact that the H₂O₂ is at work; killing unfriendly bacteria, etc. After a few uses, you will find the unpleasant taste and the stinging will have disappeared. Your mouth is healing now and may be cleaner. Gone are the infections it was supporting earlier.

By this time, you may be asking; "How is it possible that hydrogen peroxide can be so powerful"?

This is what I have found in studying this subject: *The oxygen level in your body determines your overall health.* Almost all pathogens, unfriendly bacteria, etc. require a low oxygen environment to thrive and reproduce. A high oxygen environment kills them. A high oxygen environment kills almost any disease or illness that may plague us.

Keep in mind that our earth, at one time, was home to billions of creatures that thrived in a low oxygen environment. What changed?

Early in our earth's history, a microscopic plant (alga) started splitting water molecules - doing this allowed the alga to create its own food supply from the surrounding minerals and gases. This action in turn, freed them (the algae) from being dependent on other sources for their nutrition. One of the principal by-products of this action was oxygen. Each of these microscopic plants was adding oxygen to the atmosphere. As this action multiplied, our atmosphere was eventually converted from a sulfur dioxide environment to an oxygen rich environment. This conversion process is what allows us to inhabit the earth. Is it possible we are the aliens on this planet?

Today, algae are still responsible for producing about 90% of the oxygen in our atmosphere. So, in one sense, we are the new kids on the block. What is even more interesting is the fact that almost all infectious disease, harmful bacteria, and pathogens that we consider so dangerous, were possibly here long before we were. When we raise our oxygen level, can we hold these harmful organisms at bay? When we are willing to do this, they no longer are able to inflict damage on our health. As I see it, our challenge is to make their environment uninhabitable. We can accomplish this simply by increasing the oxygen level in our body.

What are some of the indications that your oxygen level may be too low? One of the first signs can be constipation. Other possible signs are frequent colds, stiff joints, and problems with getting started in the morning (needing a stimulant such as coffee to wake-up).

How do you know when your oxygen level is too high? You suddenly go from feeling great to feeling sluggish. When you back off on your oxygen intake, you immediately feel better. You may start having problems with frequent bowel movements and/or loose stools. This is not to be confused with diarrhea (a watery discharge - diarrhea can also a sign of low oxygen levels).

In studying this material and learning how all of the pieces of the puzzle fit together, I was amazed to learn what one of our great scientist had discovered back in 1912. Here is a quote made by Dr. Alexis Carrel, M.D. (Nobel Prize Winner - 1912).

"The cell is immortal, it is merely the fluid in which it floats that degenerates. Renew this fluid at intervals, give the cells what they require for nutrition, and as far as we know, the pulsation of life may go on forever."

Dr. Carrel's work involved studying the cell and developing some of the earlier techniques used in transplant surgery. I question why such a profound understanding of the human body has been largely ignored by our present day health experts.

I find such a statement coming from a doctor of medicine fascinating - especially when I think of the normal rhetoric (the latest cure) I hear from the daily news media today.

Dr. Carrel implies that providing the cell with the proper fluid daily can help to extend its life. What did he know that most people in the medical industry are not telling us today? Is it possible that improving the oxygen level of the fluid in the cell can be the answer? I say; "Yes". It makes sense to me.

I think the most important consideration we have now is learning what constitutes a safe and sane guideline for a particular application when using H_2O_2 . When used properly, H_2O_2 is one of nature's most powerful gifts. I have also learned that H_2O_2 , at one time, was one of medicines most popular products. This was prior to the

introduction of antibiotics and other patent medicines.

I believe it is important that I emphasize the fact that I have been using H_2O_2 every way possible since 1999. I have noticed improvement in almost every area of my health. I feel it helped me to purge my system of parasites (colonics). I use it daily for my drinking water needs (I hope I never have to go back to drinking tap water). H_2O_2 helps me keep a clean kitchen and bath. I could go on and on...

I also have articles from several research papers attesting to the benefits of adding H_2O_2 to a person's life. Still, I find that any form of oxygen therapy is considered experimental.

Keep in mind that this practice is experimental and is not approved by the FDA. Any person engaging in this practice must be willing to accept full responsibility for their actions.

If this practice interests you, please take the time to learn as much as you can about the various ways you can add H_2O_2 to your daily life. I recommend you read: **Bio-oxidative Medicine** by Ron Kennedy, M.D., Santa Rosa, CA (call or e-mail me for a copy).

Chapter Two

Wyn's Rain Drops - .006% H_2O_2 in distilled water with colloidal silver (12-15 ppm).

Now let's look at an entirely new application for .006% food grade H_2O_2 - what I like to call "Rain Drops". First, let me share a bit of my history with you. This will help you understand what has been driving me in my quest to find eye drops that work.

My working life has put a heavy demand on my eyes. Because of this concern, I have tried almost every brand of eye drops on the market. I must also say that none of them have ever proven to be entirely satisfactory.

Twenty years ago, I was having trouble with blurry vision. My doctor told me it was being caused by cataracts. Several weeks earlier, I had read about using raw honey to kill the virus that can cause cataracts.

I was able to clear up this condition by having Donna put some raw honey in my eyes every day. This routine took about two weeks before I was able to notice any results. In the long run, it worked well; however, it was a very uncomfortable process (it burns).

I have learned since then that colloidal silver also works. It helps to kill unfriendly organisms. Perhaps, over time it is as effective as the honey. I was not willing to be that patient. I felt there was something better and the more I learned about H_2O_2 , the more I wanted to try it. What was holding me back was the fact that I had no idea how to mix a safe formula.

This has proven to be one of the most frustrating parts of this puzzle during these past five years. All the research I have read cautioned against any use of H_2O_2 in the eyes under any circumstances.

What kept nagging at me was the fact that from my own experience, food grade H_2O_2 has proven effective in almost every other application. I could not understand why it would be dangerous to use in my eyes when it was at the proper strength and purity. What I could not find was a reference with that information, and none of the research I studied supported that application, period. Because of this blank wall (another term that comes to mind is "prison"), and the fact that I was unable to find any reference to the contrary, I resisted trying to use food grade H_2O_2 for eye drops.

All of this changed in the middle of June, 2005. My love of philosophy helped me find the information I was seeking.

I was online, reading a book written by Sextus Empiricus in the later part of the 3rd century A.D., on the subject of "PYRRHONISM" (named for the philosopher Pyrro of Elis [ca. 360-270 B.C.]).

What I find amazing is the fact that finding a formula for using **food grade H₂O₂** for eye drops was the farthest thing from my mind. That all changed in an instant - I was reading this sentence on page 43; I quote; "Rainwater, too, is beneficial to the eyes but roughens the windpipe and the lungs;" In a split second, I knew I had the formula for the eye drops. Rainwater contains **H₂O₂**. If it was strong enough to irritate a person's throat, yet bring comfort to their eyes, I had my formula. I find it amusing today that I have no memory of why I was reading the book. This find was just too exciting for me to be able to hold onto that question. I remember I was simply following a series of links, seeking an answer to a philosophical query.

My first move at that moment was to order a copy of the book (I finally had my reference). Less than an hour later, I was trying some **Rain Water** in my eyes. It worked so well I continued to use it twice a day for the rest of the week. It did sting a bit at first; however, it was not as severe as the raw honey. By the second day, the stinging was gone.

In the following week I decided to try adding colloidal silver (12-15 ppm) to the formula. I have been using colloidal silver for some time and wanted to see if this would help make the eye drops more effective. I, and several friends tried this combination and saw a significant difference between the two, so the colloidal silver was added to the formula.

My next step was to use double distilled water in the Rain Drops. Double distilling the water insures a cleaner product. However, it also makes the water so clean, it is not possible to use it to make Colloidal Silver. As a compromise, I now only use distilled water that test no more than 8 ppm for the Colloidal silver. Now I have a formula that works and it is helping my eyes. I have continued to use this formula. My vision has cleared and my eyes do not get as tired as they did before. With all the events I have experienced, I am beginning to realize just how much a part, stress and pollution play in depleting the oxygen available to me. Of course, I can not prove any of this; I have no staff, no degree in science... - yet I do have enough sense to know that using **Wyn's Rain Drops with colloidal silver** has helped my eyes in spite of a fairly heavy workload on the computer.

If you would like to try this novel use of **food grade H₂O₂**, just call or e-mail me. **Wyn's Rain Drops (.006% food grade H₂O₂ in 3X distilled water) w/ colloidal silver** (shelf life: One Year) comes in a two ounce Amber Glass Bottle with a distinctive (yellow background and magenta frame) label. The dropper is packaged separately. Cost is \$7.95 per bottle, plus shipping, handling and insurance. Your purchase carries our total satisfaction guarantee.

This is an experimental formula and anyone choosing to participate in using this application must be willing to accept full responsibility for his or her participation. I say this because to my knowledge, the use of **Wyn's Rain Drops (.006% food grade H₂O₂ in 3 X distilled water) w/ colloidal silver (12 ppm)** as eye drops does not have the approval of the FDA.

Again, I thank you for taking time to learn about the many different applications available in using **food grade H₂O₂** and this novel use of **hydrogen peroxide** in eye drops. Please do not hesitate to call, write or e-mail me if you have any comments or questions.

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