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Amazing Benefits and Uses for Hydrogen Peroxide

Hydrogen peroxide (H_2O_2) is the only germicidal agent composed only of water and oxygen. Like ozone, it kills disease organisms by oxidation! Hydrogen peroxide is considered the worlds safest all natural effective sanitizer. It kills microorganisms by oxidizing them, which can be best described as a controlled burning process. When hydrogen peroxide reacts with organic material it breaks down into oxygen and water.

Whiten Clothes

An Alternative to Beach

Add a cup of peroxide to white clothes in your laundry to whiten them. Peroxide is great to get rid of blood stains on clothes and carpets. If there is blood on clothing, just pour directly on the spot, let it sit for about a minute. then rub and rinse with cold water. Repeat if necessary.

It's Natural!

Your body makes hydrogen peroxide to fight infection. White blood cells are known as leukocytes. A sub-class of leukocytes called neutrophils produce hydrogen peroxide as the first line of defense against toxins, parasites, bacteria, viruses and yeast.

Rejuvenating & Detoxifying

Use about 2 quarts 3% hydrogen peroxide to a tub of warm water. Soak at least 1/2 hour, adding hot water as needed to maintain a comfortable water temperature.

Foot Fungus

To cure a foot fungus. simply spray a 50/50 mixture of H_2O_2 and water on them (especially the toes) every night and let dry.

Infections

Soak any infections or cuts in 3% for five to ten minutes several times a day. Even gangrene that would not heal with any medicine has been healed by soaking in H₂O₂. Put half a bottle of hydrogen peroxide in your bath to help rid boils, fungus or other skin infections.

Bird Mites Infections

Patients infected by tiny mites report that hydrogen peroxide effectively kills the mites on their skins. They spray it on their skin a couple of times (with a few minutes in between the applications) with amazing results.

Sinus Infections

A tablespoon of 3% Hydrogen peroxide added to 1 cup of non-chlorinated 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.

Wound Care

3% H₂O₂ is used medically for cleaning wounds, removing dead tissue, and as an oral debriding agent. Peroxide stops slow (small vessel) wound bleeding/oozing, as

Some sources recommend soaking infections or cuts for five to ten minutes several times a day. However, washing and rinsing action is sufficient. You shouldn't leave the solution on open tissue for extended periods of time as, like many oxidative antiseptics, hydrogen peroxide causes mild damage to tissue in open wounds. Therefore it is important to use with cau-

Mouthwash / Tooth Care

Healing Properties: Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit

it out. You will not have canker sores and your teeth will be whiter. If you have a terrible toothache and cannot get to a out your mouth with water. dentist right away, put a capful of 3% Hydrogen peroxide into your mouth and hold it for 10 minutes several times a as a disinfectant in CIBA day. The pain will lessen greatly.

Many people don't realize that hydrogen peroxide makes a very effective and inexpensive mouthwash. Use 3% H₂O₂ - add a dash of liquid chlorophyll for flavoring if desired.

Use baking soda and add enough $3\% H_2O_2$ to make a paste.

Or, just dip your brush in 3% H₂O₂ and brush. Soak your toothbrush in it, to keep it free of germs.

Hydrogen peroxide is not

a pain killer; however, as an

Tooth Ache

anti-viral, antibacterial and anti-fungal agent, it is effective at treating the pathogen that is causing the infection. The following is from my own personal experience: My dentist wanted to give me a root canal some time ago as one tooth was inflamed and. in her opinion, would die. I felt some discomfort but told her that I would give it chance to heal. I rinsed with hydrogen peroxide (several times a day) as well ascoconut oil (once a day). The discomfort went away and I have had no further problems with the tooth.

Tooth Whitening

Having used 3% Hydrogen peroxide as a mouth wash for sometime ago, I am thrilled to note that my teeth have been beautifully and effortlessly whitened. I used to pay so much for professional whitening, those silly strips and uncomfortable trays. Live and learn.

NOTE: Do not swallow any peroxide. When the peroxide rinse is done be sure to rinse

Contact Lenses

Hydrogen peroxide is used Vision's Clear Care no rub contact lens cleaning solution, due to its ability to break down the proteins that build up on the lense from the eye's immune response, resulting in increased comfort for those with sensitive eyes.

Sanitizina / Disinfectant

Clean your counters and table tops with hydrogen peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters. Use it to clean glass and mirrors with no smearing.

Keep a spray bottle of 3% (straight) to disinfect the interior of the refrigerator and kids' school lunch boxes.

In the Dishwasher

Add 2 oz. of 3% hydrogen peroxide to your regular washing formula.

Clean with Hydrogen peroxide when your house becomes a biohazard after its invaded by toxic mold, such as those with water damage.

Food Preparation

Use as a vegetable wash or soak to kill bacteria and neutralize chemicals. Add 1/4 cup 3% H₂O₂ to a full sink of cold water. Soak light skinned (light lettuce) 20 minutes, thicker skinned (like cucumbers) 30 minutes. Drain, dry and refrigerate. Prolongs freshness.

If time is an issue, spray produce with a solution of 3%. Let stand for a few minutes. rinse and dry.