

Internal Use of 35% Hydrogen Peroxide Therapy

NOTE: Undiluted 35% Hydrogen Peroxide will burn your skin if spilled on it and it is flammable. IT SHOULD NOT BE INGESTED UNDILUTED!

1. 35% Food Grade Hydrogen Peroxide is to be mixed with Distilled Water ONLY.
Note: Must be taken on an empty stomach; otherwise, it will react with the food's bacteria in your stomach and cause excess foaming, nausea & possibly vomiting.
2. Fill a glass bottle with 6-8 oz of distilled water.
3. Dispense the desired drops (*see table on page 2*) of hydrogen peroxide into the glass bottle using an eyedropper cap; then label that bottle as "Internal 35% Food Grade Hydrogen Peroxide" in order to prevent accidentally using the undiluted version.
4. Store the remaining undiluted 35% Food Grade Hydrogen Peroxide in the refrigerator.
5. Once you've completed the 23-day regimen in the table on page 2, gradually decrease the dosage by one drop a day until you get to the maintenance dose of 3 drops (*diluted in 6-8 OZs of distilled water*) 3 times a day.
6. If you have a serious condition, you may try taking 25 drops three times daily for 1 to 3 weeks during the beginning portion of the maintenance phase before tapering down to 25 drops TWO times per day for up to six months. Otherwise, you can reduce the maintenance schedule to between 5 and 15 drops based on how you are feeling.

Making Absorbable 3% Hydrogen Peroxide Solution

Note: This is NOT the 3% hydrogen peroxide found at your local drugstore because that is the pharmaceutical grade and it is for external use only and should not be ingested EVER...diluting it is not allowed either!

- **If you want to ingest the absorbable 3% H₂O₂, it will need to be diluted further according to how it will be used.**

1. Starting with 35% Food Grade Hydrogen Peroxide.
2. Pour one ounce of 35% food grade hydrogen peroxide into a pint size glass jar.
3. Add 11 ounces of distilled water. (*This yields 12 ounces of 3% hydrogen peroxide*).
4. Label the jar "Absorbable 3% Food Grade Hydrogen Peroxide" to distinguish it from the 35% strength.
5. Store any unused portion in the refrigerator.

23-Day Hydrogen Peroxide Therapy Regimen

<i>Day</i>	<i>Number of Drops of 35% Food Grade H₂O₂ Diluted in 6-8 Ozs of Distilled Water</i>	<i>Time Administered Daily</i>
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	11	3
10	12	3
11	13	3
12	14	3
13	15	3
14	16	3
15	17	3
16	18	3
17	19	3
18	20	3
19	21	3
20	22	3
21	23	3
22	24	3
23	25	3

Don't take this before bedtime as it will give you too much energy.

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Uses of Absorbable 3% Hydrogen Peroxide

I. Gum & Teeth –

1. At full strength, the 3% solution can be used as a mouthwash. (DON'T SWALLOW)
2. Mixing it with baking soda as a toothpaste to fight cavities, gum disease and as a tooth whitener.
3. To use as a tooth whitener:
Dip a cotton swabs into the baking soda / 3% solution to gently target specific teeth.
Do this twice a day after brushing your teeth.
Do not rinse mixture immediately after applying to teeth and do not eat or drink anything for 20 minutes after application for best results.

II. Enema or Douche –

1. Use three tablespoons of the 3% solution and one quart of distilled water. Used as a douche or enema, it will kill off “bad” bacterial in the rectum & colon and any bacterial infections and yeast in the vagina.

III. Skin Absorption of 3% Hydrogen Peroxide –

1. Athlete's Foot & Diabetes-related Ailments: used at the 3% full strength for athlete feet as a foot soak.
For diabetic ailments soak the feet in 1 pint of the 3% solution with a gallon of warm water for half an hour.
2. As a Bath Soak – add 1 to 8 pints of the 3% solution to a bathtub full of warm water. This usage can get rid of boils, fungus and other skin infections.
3. For Acne – apply the 3% solution at full strength to the affected area once or twice a day with a cotton ball or swab.

IV. Graying Body Hair –

1. Instead of using the absorbable 3% solution, use a *pint* of the 35% Food-Grade hydrogen peroxide solution at full strength in a tub of water to turn gray hair back to its original color.

V. Plant Growth –

1. Use one ounce of the 3% solution and a quart of water when watering your plants.
2. Seed soaked in one ounce of the 3% solution with a pint of water will grow more quicker and much larger.