

The Many Forms of Hydrogen Peroxide Therapy

Methods of hydrogen peroxide therapy that do not involve ingesting hydrogen peroxide are not controversial and are generally known to be safe, if applied properly. This site provides details on various methods of hydrogen peroxide therapy that do not involve ingesting. It also provides guidelines on how to further dilute hydrogen peroxide if you do choose to ingest it. With this information in mind, if you decide to administer hydrogen peroxide therapy by ingesting hydrogen peroxide, please follow the directions on this page to ensure that you do it in a safe manner.

Hydrogen Peroxide Therapy through your Lungs

Vaporizer

Mix 16 oz (2 C) of 3.5% diluted hydrogen peroxide solution with 128 oz (1 gallon) of water in a vaporizer. Use this mixture in your vaporizer nightly.

Nasal Spray

Mix 1 Tablespoon of 3.5% diluted hydrogen peroxide solution with 8 oz (1 C) of distilled water for use as a nasal spray. Use 2-3 squirts of this nasal spray throughout the day when you start experiencing signs of congestion. Better yet, try it daily and see if it helps ward off congestion during the cold and flu season.

Hydrogen Peroxide Therapy through your Skin

Put 64 oz (2 quarts) of the 3.5% diluted hydrogen peroxide solution in a tub full of warm water. Soak in it for 30 minutes. The hot water will dilate your pores and blood vessels facilitating absorption. Your body will absorb the oxygen through your skin. Sounds like a [hyperthermia treatment?](#) Now you know how to combine the two treatments! Unlike a standard hyperthermia treatment, do not try this immediately before bedtime, as many people report that the oxygen actually energizes the body and hinders sleep.

Hydrogen Peroxide Therapy through your Mucous Membranes

Mouthwash & Toothpaste

You can use the 3.5% diluted hydrogen peroxide solution full strength as a mouthwash. You can mix the 3.5% diluted hydrogen peroxide solution with baking soda and use this as toothpaste. It kills the bacteria that cause cavities and gum disease. Many people note that their dentists will comment on how white their teeth are

and how healthy their gums. Surprise, surprise! Now you know the secret to the ever-popular teeth whitening systems!

Enema & Douche

Mix 3 Tablespoons of the 3.5% diluted hydrogen peroxide solution with 32 oz (1 quart) of distilled water. Administer per the directions for a normal [enema](#) or douche. Applied rectally, through an enema, it will clean the colon of harmful anaerobic bacteria, but will not hurt beneficial aerobic bacteria, such as acidophilus. Applied vaginally, in a douche, it can clean out yeast and bacterial infections.

Hydrogen Peroxide Therapy through your Digestive Tract

Obviously, the other method of delivery through the mucous membranes is to ingest hydrogen peroxide orally. Taken orally, hydrogen peroxide is an extremely powerful cleanser for both the blood and the digestive tract. If at any point during the cleansing, the toxins purged by your body exceed your ability to eliminate them, you will most likely experience a healing crisis. You may experience fatigue, diarrhea, headaches, skin eruptions, cold or flu-like symptoms, and nausea. Do not discontinue the hydrogen peroxide therapy if you experience these symptoms.

Take the hydrogen peroxide on an empty stomach, either 1 hour before meals or 3 hours after meals. The hydrogen peroxide can react with bacteria present in food, causing foaming, indigestion and even vomiting. Avoid taking it too close to bedtime as it can energize you and result in sleeplessness.

Taken orally, you do not need to worry about pre-mixing a solution, as your objective is to get a certain amount of hydrogen peroxide per day. Fill a small, glass eyedropper bottle with the full strength solution that you purchased. Be very careful not to get any on your skin as it can burn you! Store the eyedropper bottle in the refrigerator.

Remember, the objective is to get the total number of drops per day, but you have to do it in a very diluted form. Using the table below, add the specified number of drops to 8 ounces of purified water (not chlorinated water!), milk, aloe vera juice or watermelon juice. Avoid mixing with other juices as they may contain compounds, such as beta carotene, which will cause the hydrogen peroxide to release the oxygen before it has a chance to get into your system. Many people experience a bleach taste when the dosage starts to increase. If mixing the hydrogen peroxide in milk, aloe vera or watermelon juice does not help, then try cutting down on the number of drops, but increase the number of glasses you drink.

Cleansing Dosage

Day #	Hydrogen Peroxide Concentration			Times Per Day
	12%	17%	35%	
1	6 drops	4 drops	2 drops	3
2	12 drops	8 drops	4 drops	3
3	18 drops	12 drops	6 drops	3
4	24 drops	16 drops	8 drops	3
5	30 drops	20 drops	10 drops	3
6	36 drops	24 drops	12 drops	3
7	42 drops	28 drops	14 drops	3
8	48 drops	32 drops	16 drops	3
9	54 drops	36 drops	18 drops	3
10	60 drops	40 drops	20 drops	3
11	60 drops	40 drops	20 drops	3
12	60 drops	40 drops	20 drops	3
13	60 drops	40 drops	20 drops	3
14	60 drops	40 drops	20 drops	3
15	60 drops	40 drops	20 drops	3
16	60 drops	40 drops	20 drops	3

Maintain the maximum dose for at least one week. For chronic conditions, you can stay on the maximum dosage three times a day for up to three weeks.

Use the table to determine the equivalent number of drops, if you are starting with a different concentration of hydrogen peroxide. Gradually reduce your dosage as follows:

- 20 drops (35% concentration) once every other day for 1 week
- 20 drops (35% concentration) once every third day for 2 weeks
- 20 drops (35% concentration) once every fourth day for 3 weeks.

Maintenance Dosage

This can then be reduced to between 5 and 15 drops (35% concentration) per week based on how one feels. Again, use the table to determine the equivalent number of drops, if you are starting with a different concentration of hydrogen peroxide.

Possible Reactions to Hydrogen Peroxide

Skin eruptions, nausea, sleepiness, unusual fatigue, diarrhea, colds (in head or chest), ear infections, boils, or any other method that the body uses to emit toxins from the body (the toxins have been rooted out by the use of hydrogen peroxide).

This is the natural way for the body to cleanse and the natural cleansing will be of short duration, as you continue to maintain your program. Above all, even if you must decrease the dosage, continue the program, don't give up.

If you get a cleansing reaction, you may want to increase the dosage to hasten the cleansing. A cleansing is the effect on the body of bacteria dying off, or various forms of poisons being released through the eliminative organs of the body, i.e. skin, lungs, kidneys and bowels.

Remember: When hydrogen peroxide come in contact with virus and streptococcus, it will liberate free oxygen (O₂).

This may be happening in your stomach. If your stomach feels uneasy, it is only the hydrogen peroxide seeking out the virus and streptococcus to destroy.

As the Hydrogen peroxide may also strip some natural bacteria and minerals from the cells of the body it is suggested that you take a natural pro-biotic in conjunction with an organic Colloidal Mineral supplement or equivalent to keep your guy flora in balance.

Note: the FDA and TGA has not approved of the use of the H₂O₂ purging schedules or of the drinking of hydrogen peroxide internally. those who choose to do so, do it of their own volition. the information is passed along for research and educational purposes only and those who choose to use it assume all responsibility personally.