

## OXYGENATION THERAPIES:

A very common but little known natural remedy is oxygen in the form of ozone or hydrogen peroxide. It is nature's own cleansing method. Your cells release hydrogen peroxide to kill germs that invade the body. Harmful germs, viruses, and fungi can not live in the presence of oxygen! Also your body needs oxygen to remove toxins from its tissues. So by increasing the oxygen in your blood stream you can actively combat disease. Hydrogen peroxide is a useful method of doing this. Hydrogen peroxide is water with one extra molecule of oxygen (H<sub>2</sub>O<sub>2</sub>) this extra molecule is easily given off.

The common drug store hydrogen peroxide 3% is useful for many things; but the best kind is the 35% food grade which is more pure, especially for internal uses. You may have to shop around to find a source; you may find a pharmacy that will order it in for you. But a lot can be done even with the drug-store kind if that is all you can get. In the lists of uses please note the percentage and remember that 35% is more than 11 times stronger! If you get it, handle with care and use proper dilutions. You can make 3% (approx.) from 35% by adding 11 cups distilled water to 1 cup 35% solution.

## USES FOR HYDROGEN PEROXIDE:

**Brushing teeth** use 3% to dip brush in and brush teeth then use 3% 1/2 & 1/2 with water to rinse mouth. Soak dentures in 3% overnight and rinse. Note: the active ingredient in most mouthwashes is H<sub>2</sub>O<sub>2</sub>!

Use 3% to apply to **stings, bites or wounds**. Scrapes and wounds treated with H<sub>2</sub>O<sub>2</sub> heal quickly and don't get infected. **For infected wounds** soak area in 3% or if area very tender, use 1/2 and 1/2 with water. Soak 3 times a day for 15 minutes until well. For ulcers **and slow healing** apply 3% 3 times daily.

**For athletes foot:** soak in 3% 1/2 and 1/2 with warm water or apply 3% straight to area with cotton ball. Repeat 2-3 times a day until healed.

**Baths:** 1/2 to 1 cup of 35% in a bath tub of water and soak for 1/2 hour. This is a good cleansing and detoxifying aid. (It will even relieve hangovers) It is a good thing to do at the first sign of a cold or flu!

**Pimples and acne:** cleanse with 3% on a cotton ball. (It is the active ingredient in costly patent treatments)

**Douche:** Use 4 oz. 3% add to 1-2 quarts warm water.

**Facial:** use 3% on cotton ball as freshener after wash.

**Pets:** 1 oz. 3% food grade to quart of drinking water to keep them healthy. Use 1 cup 3% to gallon for dog baths.

**Washing laundry:** 8 oz. 3% to load of wash in place of harmful chlorine. It also can be used to launder clothes of infants and those with sensitive skin, in place of detergent. Leaves wash soft and fresh!

**In the bathroom:** Keep a spray bottle of 3% in shower and mist your body over following shower or bath. Spray toilette paper before wiping to stop rectal itching and help shrink hemorrhoids.

**Dishwasher:** 2 oz. 3% to your regular formula. Makes them sparkle!

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**Cleaning:** Use spray bottle of 3% to clean counters and appliances, great for refrigerator! Also Formica desk tops. The great thing about it is it is good for you not harmful like so many disinfectants and yet it kills germs! It is cheaper than disinfectant sprays and much safer!

**Clean yes! Germs No! and poison No!**

**Plants:** Both house and garden plants thrive on a solution of 1 oz. 3% to a quart of water! Try it on your garden to increase yield and eliminate many pests. Water or spray your plants with this solution.

**Vegetable soak:** 1/4 cup 3% to sink of cold water. Soak vegetables and fruits for 20 minutes and rinse before refrigerating. Removes most pesticides and prolongs storage life of produce.

**Left-over salad:** 1 tbsp. 3% in 1/2 cup water. Spray top of salad before covering and refrigerating.

**Sore, tired feet:** Soak nightly in 1 cup 3% to 1 quart warm water. Dry well and massage with olive oil. Make sure you do not stand up on a slippery surface with oily feet!

## Peroxide vs. Bleach

This was written by B\_ R\_ of Indiana (a doctor's wife), and I want to share it with you. She was over recently for coffee and smelled the bleach I was using to clean my toilet and countertops. This is what she told me:

"I would like to tell you of the benefits of that plain little ole bottle of 3% peroxide you can get for under \$1.00 at any drug store. What does bleach cost? My husband has been in the medical field for over 36 years, and most doctors don't tell you about peroxide.

"Have you ever smelled bleach in a doctor's office? NO!!! Why? Because it smells, and it is not healthy! Ask the nurses who work in the doctor's offices, and ask them if they use bleach at home. They are wiser and know better!

"Did you also know bleach was invented in the late 40's? It's chlorine, folks! And it was used to kill our troops. "Peroxide was invented during WWI. It was used to save and help cleanse the needs of our troops and hospitals.

Please think about this:

1. 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. (I do it when I bathe.) No more canker sores, and your teeth will be whiter without expensive pastes. Use it instead of mouthwash!
2. Let your toothbrushes soak in a cup of peroxide to keep them free of germs.
3. Clean your counters and table tops with 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.

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4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
5. I had fungus on my feet for years until I sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.
6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine, but was healed by soaking in peroxide.
7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.
8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, plugged sinus. It will bubble and help to kill the bacteria. Hold for a few minutes, and then blow your nose into a tissue.
9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.
10. Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.
11. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.
12. I use peroxide to clean my mirrors. There is no smearing, which is why I love it so much for this.

"I could go on and on... It is a little brown bottle no home should be without!

"With prices of most necessities rising, I'm glad there's a way to save tons of money in such a simple, healthy manner!"