

Oxygen O2

The Life-Giving Element

The Hydrogen Peroxide Story

H2O2

by Sonya C. Starr, B.S., N.C.

"THE HYDROGEN PEROXIDE STORY" is not intended as medical advice; its intention is solely informational and educational. Please consult a medical or health professional should the need for one be indicated.

This edition of "THE HYDROGEN PEROXIDE STORY" has been edited and retyped using larger, and, we hope, more readable type, and is distributed with the permission of the author by:

REMCO of ARIZONA, Inc.
602/292-0453
P.O. Box 36833
Tucson, Arizona 85740-6833

revised, April, 1990

Additional copies of this booklet are available from REMCO of ARIZONA, Inc. for \$3.50 each.

Oxygen, as found in hydrogen peroxide, H₂O₂, is among the most revolutionary and important health discoveries in this century.

Billions of dollars are spent annually to control cancer, heart disease, arthritis, multiple sclerosis, diabetes, and a host of other degenerative diseases. In spite of these efforts, our nation, which once was the healthiest, is now one of the unhealthiest. We must ask, Why? Some of the reasons are: We have polluted, leached, bleached, stripped, and poisoned our air, water, soil, and food.

We use supplements to replace nutrients that have been lost. However, we have overlooked and neglected one of the most important nutrients of all, OXYGEN the giver of life to the body.

We have replaced our oxygen producing trees and plants with concrete and asphalt. The air we breathe is not only deficient in oxygen, but polluted with toxic chemicals coming from automobile exhaust, industrial wastes, pesticides, and acid rain.

As a result of research efforts of the late Edward Carl Rosenow, M.D., and Otto Warburg, M.D., oxygen taken internally is capable of eliminating microorganisms in the human body to the extent that arthritis, cancer, ulcers, hives, candida, and a number of other diseases, could be eliminated, or at least controlled.

Back in 1914, Dr. Rosenow was considered America's most eminent bacteriologist. He was associated with the Mayo Foundation for over 60 years, and published a paper that shattered the foundations of the drug industry. His research revealed that there exists no specific bacteria. One kind of bacteria can be changed into other kinds and back again, accomplished simply by altering conditions, food, temperature, and environment. Deadly bacteria were converted to harmless ones and vice-versa. The experiments showed that bacteria are merely a primitive form of life. The condition of the host determines the behavior of the germ, either beneficial or detrimental. Dr. Rosenow's research also revealed that we have two kinds of microbes in our bodies: aerobic and anaerobic. Aerobic are the healthy and necessary ones, and they require oxygen. They are the friendly bacteria needed for good health. The anaerobic bacteria are unhealthy and detrimental, and cannot live in a high oxygen environment. The anaerobic microbes invade our bodies and gnaw away at joints (inflammatory arthritis); give off calcium waste matter that cements bones together; lodge in liver and kidneys, and with their bile form stones; live in the lining of arteries and leave hardened deposits on arterial walls; attach to the lining in the nervous system and short-circuit some of the electronics in the central computer of the brain; attack cells causing the cell to lose its specific function so that it can only live and multiply into cancerous tumors.

The microorganisms in our bodies, as they are more and more depleted of oxygen, proper nutrition and a clean healthy environment are more and more becoming the

unfriendly, the "bad guys," the anaerobic microbes that no longer require oxygen.

One of the simplest sources of healing oxygen is found in Food Grade Hydrogen Peroxide, H₂O₂. H₂O₂ is water plus another molecule of oxygen. Hydrogen peroxide was first reported by the French chemist, Louis Jacques Thenard in 1818, who named it "eau oxygenee." H₂O₂ is very much involved in a healthy immune system. It is one of the active compounds generated by the body to help kill invading germs. It is released from human blood platelets when challenged by particulate membrane-perturbing agents.

It is very natural. It occurs in our rain and snow. It is found in our fresh fruits and vegetables, coming from rain, and some is manufactured in the photosynthesis process. (Gen. Biochemistry; Furton R Simmonds, p. 338) It is found in human mother's milk, and colostrum (first milk secreted after birth) has an even stronger hydrogen peroxide content. It is found in high concentration in the healing waters of the world.

In the past twenty years there have been over a thousand medical articles published on the qualities of hydrogen peroxide. These articles are available in most medical libraries.

Despite all the talk about the damaging effect of "free radicals", H₂O₂ is very much needed by the body to kill off infections and to neutralize toxins. In the paper, "Oxidation The Key to Cancer and Degenerative Disease," (published in "Cancer News Journal," Vol., 18, No. 4, Winter 1983-84) Dr. George Freibott, et al, states:

"Oxidation is defined as the ability of oxygen to combine with other substances forming water and gases. In the body, the process of oxidation occurs repeatedly. Without this process taking place, life would cease very, very quickly. We take in oxygen through our respiratory exchanges and dispose of body effete, also referred to as 'toxins'. Our blood has the function of the uptake of oxygen, its transport, and disposal of body toxins. This, in combination with several other metabolic functions, is oxidation.

Oxygen, the most crucial element to our health and lives, is vastly being depleted: pollution, physical and environmental - an endless list - is the robber. We often hear of the 'toxic, detrimental free radicals' and the free radical theory (remember the word 'theory') of disease causation. We have found, as the Nobel Prize winner, Otto Warburg stated, that without free radicals the body will cease to exist. Oxygen, and/or ozone, breaks down into unpaired, freely bonding electron sub-units able to combine with other free radicals. These new compounds can then be excreted.

The common belief, even espoused in the James Bond movie of current fame, is that free radicals are bad, nasty, and harmful to the human body. Do not be fooled: free radicals are necessary to the functioning

and nutrition of the human organism. It is excessive proliferation of free radicals that are unnecessary to metabolic function and nutrition that are often harmful to the human organism.

Why are we now discussing free radicals? Because free radicals can be either a boon or a bane to the state of health and homeostasis. Without the free radical oxygen, known as O₁, or nascent oxygen, nasty, destructive free radicals cannot be efficiently eliminated by the body. The nascent available free radical oxygen seeks out and combines with toxic-free radicals. These destructive free radicals have accumulated due to the absence of healthy free radical oxygen. This absence has hindered the whole oxidative cycle of our aerobic bodies."

Ozone bubbled through water is one of the methods to produce hydrogen peroxide. Nascent oxygen is released from hydrogen peroxide.

Oxygen is so vital to good health that all rescue units, ambulances, and life support systems are equipped with it. Without it you can live only a few minutes.

Let's look at a few of the ways that increased oxygen consumption may benefit the body by the ingestion of Food Grade Hydrogen Peroxide:

1. DIGESTION. When the liver doesn't receive enough oxygen, gastric juices are too dilute and it requires calcium, water and oxygen to produce gastric juices. When the digestion is poor, food is not properly assimilated, which encourages overeating because nourishment is needed. Overweight people are usually oxygen starved. They need more oxygen to burn calories more efficiently. Oxidation is necessary in order to burn fuel (food) to eliminate wastes.

2. AGING. When there is a lack of oxygen, the body is unable to assimilate Vitamin C properly. There is a collagen breakdown. A lack of oxygen is why body organs grow old, permitting arteries and veins to harden. It is the primary cause of strokes and degeneration of the brain.

3. DIABETES. When there is too much sugar in the blood the brain cannot get enough oxygen. Diabetes related deaths are often caused by lack of oxygen to the brain. High blood sugar starves the brain of oxygen.

4. CIRRHOSIS OF THE LIVER. The liver is unable to repair cells when it is oxygen starved. Alcohol builds up the density between the molecules of blood, causing a deficiency of oxygen being carried to the brain. This causes intoxication and confusion.

5. ANEMIA. When there is anemia there is also an oxygen deficiency.

6. EMOTIONAL AND MENTAL UPSETS. People lacking oxygen suffer mental and emotional upsets. They hold grudges and feel anxiety. Memory declines and germ life multiplies. Sociability requires oxygen, for when you are oxygenated you are vivacious.

7. HIGH ALTITUDE. People living at a high altitude need more oxygen and would greatly benefit by ingesting hydrogen peroxide.

8. PREVENTION OF WOUND. Peroxide enhances host defenses in the prevention of wound infection at the time of surgery.

9. SNAKE AND INSECT BITES. Hydrogen peroxide has been injected directly at the site of snake bites to neutralize the venom.

The Rheumatoid Disease Foundation, Washington, D.C., has published a book available from their office. It was written by an English doctor, Roger Wyburn-Mason. It details his discovery years ago of an amoeba which causes rheumatic arthritis and is found in many "incurable" patients with multiple sclerosis, scleroderma, and some cancers. It is interesting to note that H₂O₂ can kill amoebas and malaria-type parasites, and this may explain why some who drink dilute amounts of hydrogen peroxide feel it helps their arthritis. It may also explain why there may be a brief flare-up in one's condition, since the amoebas give off toxins as they die. This has been called the Herxheimer reaction. The amoeba can be seen under a microscope. They cause calcium to be deposited in joints. The calcium deposits are not created by the body itself, but by the amoeba in the body.

Cardiac resuscitation with hydrogen peroxide is an approach employing a dilute concentration given by a variety of routes to provide oxygen. Under the influence of catalase and peroxidases, H₂O₂ is degraded to oxygen and water. Blood and tissues contain excess quantities of both enzyme systems. Therapy can be provided regionally, avoiding the pulmonary and central nervous system toxicity problems of hyperbaric chambers. It can be given continuously over long periods of time by a single physician without expensive equipment and large teams, and also avoids the compression-decompression hazards of hyperbaric oxygenation.

Hydrogen peroxide therapy is simple. Only 35% Food Grade should be used (it is used in food processing, cheese, eggs, etc.) Also it is used in aseptic packaging containers. Do not use 3% Pharmaceutical Grade internally as it contains stabilizer phenol, acetanilide, sodium stannate, tetrasodium phosphate, among others. The Technical Grade also contains stabilizers and is not recommended.

INSTRUCTIONS FOR NORMAL USE:

Use with five ounces or more of good quality water, juice or milk. Do not use with carrot juice, carbonated drinks or alcohol! An enzyme in carrot juice causes the oxygen to bubble out. Take on an empty stomach, one hour before meals or three hours after

meals. However, some people find it more comfortable to eat within a half-hour after taking the drops.

1st day use 9 drops - 3 drops three times a day

2nd day use 12 drops - 4 drops three times a day

Increase drops in this manner until day 16, use 54 drops - 18 drops 3 times a day.

If your stomach gets upset at any level, STAY AT THAT LEVEL, or go back one or two levels. As bacteria die or poisons are being released, they are removed through the eliminative organs. The body can eliminate only so much in a 24 hour period. If undesirable symptoms occur one should go off the program for a few days to give the body a chance to catch up with elimination. Then begin again where you left off. Bowel cleansing is most important, and enemas, or colonics are beneficial.

If candida has been a problem, begin the program very slowly. One drop a day for the first week may be all that can be tolerated. Increase drops slowly for the first two weeks until you are able to get on the full program.

A healing crisis may occur when the body is in the process of elimination. Reactions may be mild or they may be severe. One should expect this and work toward it. Study carefully the processes the body goes through in the healing crisis outlined below. For more serious complaints it is possible to go as high as 25 drops 3 times a day for 1 to 3 weeks, then reduce to twice a day until the problem is taken care of. This may be from 1 to 6 months.

When free of complaints you may taper off by taking 18 drops every other day for a week. 18 drops every 3rd day for 2 weeks, and 18 drops once every 4th day for 3 weeks. An alternate route may just be to gradually reduce the amount to a few drops daily as a maintenance program.

These directions are merely a suggested course of action. This program is flexible. Remember, for those who prefer to go more slowly, the results will be slower. You are Your own boss.

THE HEALING CRISIS

The human body is governed by laws. What we feed it physically, emotionally, and spiritually, controls the building-up or tearing-down process. We earn the state of health we are in, be it good or bad. The choice is ours. The body's inherent desire is for perfect health. We have the ability to earn our way back to that state.

The body must go through an elimination process to achieve good health. There will be ups and downs. One doesn't go immediately into good health. This elimination process is what we call the "healing crisis."

A healing crisis is the result of every body system working in concert to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new. A disease crisis, on the other hand, is not a natural one and

works against the body's natural processes. Hydrogen peroxide taken internally will bring the body into the healing crisis faster than any known method.

In a healing crisis, every organ is working for the health of the entire body. Symptoms may be identical to the disease, but there is an important difference, elimination. A cleansing, purifying process is under way and stored wastes are in a free-flowing state. Sometimes pain during the healing crisis is of greater intensity than when building the chronic disease.

The crisis will usually bring about past conditions in whatever order the body is capable of handling at that time.

People often forget the diseases or injuries they have had in the past, but are usually reminded of them during the healing crisis.

Reactions could include skin eruptions, nausea, headache, sleepiness, unusual fatigue, diarrhea, head or chest colds, ear infections, boils, or any other way the body uses to loosen and eliminate toxins. The crisis usually lasts about three days but if the energy level of the patient is low, it may last for a week or more.

In producing a crisis, as much help as possible is needed from every organ. One should follow the body's natural cravings. Do not overeat, but eat foods which will assist the elimination process. During the height of the crisis one should abstain from eating, or eat only a very small quantity of food. The body needs juices, and especially water, to help carry off the toxins. This is a time for rest; mental rest, as well as physical rest.

Any treatment that would suppress or stimulate the body should be avoided. The body that is capable of producing this healing is making a normal readjustment and needs no outside help.

One crisis is not always enough for a complete cure. The person in a chronic state, who has gone through many disease processes must go through these processes again. It is like climbing a ladder up to good health.

Often a health-building program will be necessary before the crisis will develop. All conditions must be in its favor. Often the crisis will come after one feels their very best, setting the stage for the elimination. The whole body must get into action.

With a heavy catarrhal condition there may be many small crises to go through before the final one is possible. Everything must be considered and given its proper place in the build-up of a healing crisis. One should expect it and work toward it.

In the past it was considered dangerous to have a fever, and every effort was employed to bring it down.

We now know that fever is a means to eliminate accumulated toxic wastes.

By means of the healing crisis, the body has proven itself to be self-regenerating and self-healing through the retracing of the disease. Any other way of handling these conditions will only treat the effects and treat the symptoms. We must work to bring out symptoms that have been suppressed.

We should carefully consider what we take into the body, whether by mouth with lifeless foods, impure water, poisoned air, or injections through the skin. These products are carried by the blood and lymph to the various organs, and finally become a part of human tissue. Coffee, doughnuts, junk food and soda pop cannot produce a healthy working body, nor can drugs make living tissue.

Unfortunately, there is no such thing as an absolute cure for everyone. Some people are not interested in good or normal health until they lose it, and then they want a quick cure, an instant remedy for their condition.

The real cure can only take place when new tissues are exchanged for the old by the blood stream. This may take varying lengths of time, depending on whatever former conditions have been repressed and stored in the cells. Every cell has intelligence and memory, and molds itself from the air we breathe, the food we eat, the thoughts and feelings we have, and the life we live.

Dr. Bernard Jensen's three principles of cure are:

1. A healthy blood stream.

2. Rapid circulation.

Blood must circulate, carrying all the necessary building blocks, fast enough to give the body the opportunity to build and repair rapidly.

3. Rest.

Rest cures. When we feel fatigue, this is a signal that we should rest. To carry on is one of the hindrances to recovery. There can be no disease if we have clean blood, good circulation, and the right mental attitude concerning bodily needs.

Not only is hydrogen peroxide beneficial for health, but there are multiple uses for it in the home.

To make a 3% solution of Hydrogen Peroxide, mix one ounce of 35% solution of Food Grade H2O2 into 11 ounces of good quality water. Use distilled water or water filtered by the reverse-osmosis method.

FRUITS AND VEGETABLES

To dissolve and remove harmful insecticides on fresh fruits and vegetables, mix one Pint of 3% solution of Hydrogen Peroxide in one gallon distilled water and soak for 5 minutes. Rinse in clear distilled water. Strain and save the solution, if not too dirty, and use again.

Use 1 pint 3% solution H2O2 to 1 gallon of water.

BERRIES

Clean, then rinse with 3% solution of H2O2. Pack in Jar. cover with distilled water and 1 tablespoon of 3% solution of H2O2. Gently shake and then drain. Cover and refrigerate. Will keep fresh for weeks.

SPROUTS

Soak seeds in one ounce 3% solution of H2O2 to one pint distilled water for 8 hours. Use mixture of one ounce of 3% solution of H2O2 to a quart of water for rinsing.

RAW MILK

Mix 10 drops of 35% solution of H2O2 in one gallon raw milk. Will keep fresh down to the last drop. Pasteurization does not kill the streptococcus germ. It requires boiling for 90 hours to kill it, but hydrogen peroxide kills it on contact.

S.O.D. (Superoxide Dismutase)

Sprout wheat (as above) to 3/4". Grind and store in refrigerator. Eat one tablespoon twice a day. A vegetable source of S. O. D.

MEAT AND CHICKEN

Marinate in 3% solution of H2O2 for 20-30 minutes. You will be surprised how much bad material can be removed from chicken by this simple process. Drain, rinse, and prepare as desired.

DENTAL HOME REMEDY

Mix 2 tablespoons baking soda with 3% solution of H2O2 to form a paste. Wet slightly and brush. Dissolves peridontic plaque.

ALTERNATE DENTAL REMEDY

Put 2 drops 3% solution of H2O2 on toothbrush with paste and brush well.

BATH

Use one pint 35% solution H2O2 to 1/2 tub of water. Soak 1/2 hour. Keep off of hair. Do not do this before bed as it may keep you awake. This is a powerful detoxification.

ALTERNATE BATH

1 quart 3% solution, 1/2 lb. sea salt. 1/2 cup baking soda. Add to tub and soak 20 minutes.

HOUSE PLANTS

Mix one ounce of 3% solution H2O2 in one quart of water, or use 4 drops of 35% solution H2O2 to 8 ounces of water. Also, early in the morning spray under the leaves of outdoor plants.

IN THE DISHWASHER

Add 2 oz. of 3% solution H2O2 to your regular washing formula. Your glasses will really sparkle.

HUMIDIFIERS/STEAMERS

IN THE SHOWER

Keep a spray bottle of 3% solution of H2O2 in the shower. Spray your body after washing to replace the acid mantle on your skin that soap removes.

HEMORRHOIDS

Spray toilet paper with 3% solution of H2O2 before wiping to stop rectal itching and to help shrink hemorrhoids.

DOUCHE

Start with 3 tablespoons of 3% solution of H2O2 per pint of water and gradually increase to equal parts of 3% solution of H2O2 and water.

ENEMA

Start with 3 tablespoons of 3% solution of H2O2 to a quart of water. Gradually increase to 6 tablespoons of 3% solution of H2O2 maximum dosage.

INSECTICIDE

Mix one gallon water with 8 ounces of white sugar and 4 ounces of 3% solution. Spray on gardens to get rid of insects.

Diabetics have soaked their feet in 1 Pint of 3% solution H2O2 to 1 gallon of warm water for 30 minutes for great benefits. May be used several times before making a new batch.

Drinking dilute solution of hydrogen peroxide has been used to reduce stress and pain connected with chronic infections and diseases. Hydrogen peroxide is not carcinogenic to the body.

Much of the information we have today on hydrogen peroxide therapy is credited to the dedication of the Reverend Richard Willhelm, retired Army Chaplain, who has for the past 20 years continued the research began by Dr. Carl Rosenow. In February, 1982, Walter O. Grotz, retired postmaster, who had experienced remarkable results on the program, joined the Rev. Willhelm in his endeavor. Since then many more have joined.

The foregoing information is for educational purposes only. It is not meant to prescribe for any particular disorder or disease.

If you would like names, addresses, and telephone numbers of people who claim to have been helped by the use of the hydrogen peroxide program, please Write to Walter O. Grotz, c/o ECHO, P.O. Box 126, Delano, MN 55328, or telephone him at 612/972-2144.

ECHO is a non-profit educational organization whose purpose is the research of hydrogen peroxide in treating illness and disease.

For information on the availability of Food Grade Hydrogen Peroxide, contact your local Health Food Store, or

REMCO of ARIZONA, Inc.
602/292-0453
P.O. Box 36833
Tucson, Arizona
85740-6833

REFERENCES

"The Science and Practice of Iridology." Bernard Kemsem, D.C., N.D.. BiWorld Publishers, Provo, UT.

"The Chemistry of Man," Vol. II, 'Man Series', Bernard Jensen, Jensen Publisher.

"The Health Secrets of a Naturopathic Doctor " M. O. Garten, D.C., Parker Publishing Co. Inc. West Nyack, NY.

"Cardiac Resuscitation with Hydrogen Peroxide," H. C. Urschel, Jr., M.D.; A. R. Morales, M.D.; J. W. Finney, Ph.D.; G. A. Balla, M.D.; G. J. Race, M.D.; and J.T. Mallams, M.D.; "The Annals of Thoracic Surgery," Vol. 2. No. 5, September, 1966.

"The FP Letter," May 16, 1984, No. 24, published by the California Academy of Family Physicians, 5 Third St. San Francisco, CA 94103.

"Medical News Round Up," Craig Daskalakis, member of the National Health Federation Board.

"Hydrogen Peroxide Release from Human Blood Platelets," Allesandro Finazzi-Agro, et al. Biochimicaet Biophysica Acta 718, (1982) 21-25, Elsevier Biomedical Press.

"Arthritis News Today," Vol. 3, No. 11, August 1981, Publication of the Arthritis Patients Association.