

HYDROGEN PEROXIDE USES

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.

A 3.5% solution can be made quite easily by first pouring 1 ounce of 35% H2O2 into a pint jar. To this add 11 ounces of distilled water. This will make 12 ounces of 3.5% H2O2. 3.5% H2O2 has a variety of medicinal uses.

- **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.
- **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.
- **LAUNDRY**
- Stain removal: direct to stain or 1/4 c to laundry
- **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**
- Use 1 pint 3% solution H2O2 to 1 gallon of water.
- **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.
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- 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.

- **Hydrogen Peroxide tips and uses**
 - Keep it out of direct sunlight and in a cool place, as exposure to the sun and heat will quickly break it down into oxygen and water; rendering it ineffective. Store it in a dark bottle and remember to keep it out of reach of children.
 - Dip your toothbrush in a 3% solution of hydrogen peroxide solution to help kill bacteria on the brush after brushing.
 - A 3% solution of hydrogen peroxide with equal amounts of water can be used as a mouthwash - swish for up to 60 seconds once a day; but don't swallow and be sure to rinse your mouth out afterwards. This can also help whiten teeth.
 - Hydrogen peroxide in a 3% solution applied to a rag can be used to clean benchtops and cutting boards to help kill salmonella and other bacteria
 - Half fill a spray bottle with a 3% solution and then top it up with water for use as a bathroom and toilet disinfectant and cleaner. This is especially useful if you have a septic, greywater or blackwater treatment system as it won't harm the bacteria in the treatment areas - the hydrogen peroxide would have diluted to a point that renders it harmless by that stage through the interaction with flush water.
 - Mix a 3% hydrogen peroxide solution with two parts water in a spray bottle and use on areas affected by mold. You can try a neat 3% solution for areas like bathroom tiling, but be careful on the strength in relation to painted items as it may bleach them.
 - Make a whitening toothpaste by mixing baking soda and enough 3% Hydrogen Peroxide to form a paste
 - Use 3% hydrogen peroxide to sterilize cuts and abrasions - the fizzing you'll see occur is normal.
 - To help kill bacteria such as E. Coli on fruits and vegetables, add a quarter cup of 3% hydrogen peroxide to a sink full of cold water. immerse, rinse with cold water and drain. By killing bacteria this will also help keep fruit and vegetables fresher for longer. You can also use a spraybottle containing a 50/50 mix of 3% hydrogen peroxide and water - just spray and rinse.
 - Add a cup of 3% hydrogen peroxide to your whites wash in place of bleaches
 - Remove bloodstains from clothing by blotting stain with 3% hydrogen peroxide, then rinse promptly with cold water to avoid bleaching of the fabric.
 - To remove yellowing from lace curtains or tablecloths, fill a sink with cold water and a 2 cups of 3% hydrogen peroxide. Soak for at least an hour, rinse in cold water and air dry