

# USES FOR: HYDROGEN PEROXIDE 35% FOOD GRADE

Also know as H2O2=Oxygen + water.

**NOTE:** 35% Hydrogen Peroxide is highly concentrated and extremely strong. Keep out of the reach of children. If it is spilled on the skin, wash immediately in cold water. Do not allow it touch the eyes, if this happens, wash and rinse thoroughly with cold water. Store 35% H2O2 in the refrigerator or freezer. Out of refrigeration, it will lose strength (potency) at the rate of approximately one percent a month.

To make 3% H2O2, mix one ounce of 35% food grade to 11 ounces of distilled water (preferably) or filtered water.

## Personal Uses for H2O2

**Athlete's Foot:** Soak feet 10-20 minutes each night in 3% h2o2 until condition is in remission.

**Bath:** One cup of 35% hydrogen peroxide to a full bathtub for a detoxifying bath. Note: try not to use this after 6-7pm as the increased absorbed oxygen may keep you awake.

**Douche:** Add five to six tablespoons 3% H2O2 to one quart of distilled or filtered water.

**Enema:** Mix up to six tablespoons (maximum) 3% H2O2 to one quart of distilled water.

**Foot relaxer:** Add one cup of 3% H2O2 to one gallon of hot water and soak one half hour.

**Shower:** Spray after showering, with 3% H2O2 to restore the natural acid mantle of the skin. (Soap used in the shower removes the protective acid mantle of the skin.)

**Facial:** For rejuvenation and freshening after washing, saturate a cotton wad with 3% H2O2 and gently rub on face and neck.

**Mouthwash:** On arising rinse mouth with water then gargle and wash mouth with 3% H2O2, swishing for one half to one minute.  
(Note: a dash of chlorophyll adds flavor and effectiveness.) Helps prevent colds.

**Nasal Spray:** One tablespoon of 3% H2O2 added to one cup of pure water. Spray into nasal passages to relieve congestion.

**Toothpaste:** Make a paste of baking soda and H2O2 and store in tightly sealed container. Or dip brush in 3% H2O2 and brush teeth.

**Denture Soak:** Use 3% in denture container and soak 30 to 60 minutes or overnight.

**Deodorant: (Body)** Saturate cotton wad with 3% H2O2 and rub on under arms.

## ADDITIONAL USES FOR HYDROGEN PEROXIDE

**Pets:** Add one ounces 3% to one quart drinking water.

**Vaporizer:** One ounce of 35% H<sub>2</sub>O<sub>2</sub> per gallon of water in a vaporizer improves nighttime breathing and helps clear sinus and bronchial congestion.

**Vegetable Soak:** (in place of Clorox.) Add ¼ cup of 3% H<sub>2</sub>O<sub>2</sub> to a gallon of cold water. Soak light leafy vegetables 15-20 minutes. Soak thick skinned fruits and vegetables for 30 minutes (apples, cucumbers, tomatoes & etc.) If time is a problem, you can spray the vegetables with straight 3% let stand a couple of minutes, rinse and dry.

**Leftover Tossed Salad:** Put 1 Tbsp. 3% in ½ cup of water and spray the top of the salad with the solution before covering and refrigerating.

**Marinade:** In glass, stainless steel or ceramic casserole (never aluminum), place meat, poultry or fish and cover with 3% H<sub>2</sub>O<sub>2</sub>. Cover loosely and store in refrigerator one half to one hour. Rinse well then cook.

**Kitchen Cleaner, Freshener, Disinfectant:** Keep a spray bottle of 3% (straight) in the kitchen, use it to wipe off counter tops and appliances. It disinfects and gives the kitchen a fresh smell. Works great inside the refrigerator and on formica tops

**Dishwasher:** Add two to three ounces of 3% H<sub>2</sub>O<sub>2</sub> to regular wash for dishes. Add the same for washing dishes in sink.

**Laundry:** Instead of bleach, add six ounces of 3% of H<sub>2</sub>O<sub>2</sub> to small load of laundry: eight ounces to large load.

**Mold:** Spray or wash well with 3% H<sub>2</sub>O<sub>2</sub>, floors, walls and furniture as allowed. Wipe dry with cloth If to damp. If problem is real bad in a room, use humidifier with ½ cup of 35% to 2 gallon of water. (Note: Molds and mildews are a major cause of allergies, colds, bronchial and flu sensitivities: general malaise, breathing problems and low energy.)

**Insect Spray:** In one gallon water stir 8 ounces (one cup) refined white sugar and 5 to 8 ounces of 3% H<sub>2</sub>O<sub>2</sub>.

**House & Garden plants (for growth) :** To one quart water add one ounce 3% H<sub>2</sub>O<sub>2</sub> or 16 drops of 35% H<sub>2</sub>O<sub>2</sub>. Mist and or water plants frequently.

**Crop Spray:** Many farmers are increasing crop yields by spraying with a dilute H<sub>2</sub>O<sub>2</sub> water mixture. For each acre add 5 – 16 ounces of 35% Hydrogen Peroxide to 20 gallons of water.

**Hot Tubs:** Start up with using 8 ounces (one cup) 35% per 500 gallons of water. Should be maintained with 2-4 ounces of 35% weekly, depending on use and direct sunshine on water. Use in place of chlorine.