

HYDROGEN PEROXIDE

(H₂O₂)

THERAPY

Compiled by

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(This material has been compiled from various sources)

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

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LEGAL NOTICE

Because of legislation changes (effective 01 Sep 2014) relative to the purchase and use of Food Grade Hydrogen Peroxide in the United Kingdom, the maximum strength that hydrogen peroxide is available in, without an appropriate business licence, is 12%. Therefore, where appropriate, hydrogen peroxide usage is noted with a 12% base strength.

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Introduction

The French chemist, Louis-Jacques Thenard (1777-1857) discovered Hydrogen peroxide in 1818, and named it "*eau oxygenee*" - "oxygenated water".

Hydrogen peroxide (H_2O_2) contains one more atom of oxygen than does water (H_2O), and is naturally produced in the human organism as a by-product of oxygen metabolism. Nearly all living organisms possess enzymes known as peroxidases, which catalytically decompose low concentrations of hydrogen peroxide into water and oxygen.

The ability of the human organism to produce hydrogen peroxide is essential for life, and is also a necessary requirement for good health.

Hydrogen peroxide functions include:

- Helping to regulate the amount of oxygen available to the body's cells.
- The dilation of blood vessels in the heart and brain.
- The improvement of glucose utilization in diabetics.
- The production of thyroid and sexual hormones.
- Stimulating the production of interferon (a cellular protein produced in response to infection by a virus, which acts to inhibit viral growth).

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Hydrogen Peroxide Therapy

The first key to health and longevity is oxygen, and an easy assimilable and administrable source of oxygen is hydrogen peroxide.

There are two methods of taking hydrogen peroxide, orally and intravenously. However, most medical conditions respond well to oral ingestion of Food Grade Hydrogen Peroxide.

The gastrointestinal tract is around 40% more efficient at assimilating oxygen than the lungs, thus the oral administration of Hydrogen Peroxide is a very effective way of getting therapeutic oxygen into the body.

Hydrogen Peroxide Therapy is also an alternative treatment for cancer, with hydrogen peroxide being injected intravenously, in very low concentrations (less than 1%), into the blood stream. Moreover, an intravenous infusion of Hydrogen Peroxide may be the greatest breakthrough for brain tumours

Tumour cells, bacteria, and foreign elements in the blood can readily be destroyed with hydrogen peroxide therapy; and hydrogen peroxide also helps pulmonary disease, gangrene, arteriosclerosis, AIDS, flu, asthma, and cancers, etc.

Chelation Therapy is a useful preventive and treatment for some 80% of peripheral circulation problems; however, it cannot clean out hardened plaque in the large heart arteries and aorta. However, Hydrogen Peroxide, orally administered or intravenously dripped into the leg and carotid vessels of individuals with arteriosclerosis, was found to clean the arteries of disease and plaque. The separation of lipids from the arterial wall, from the Hydrogen Peroxide therapy, had been successfully effected, and the improvement was permanent.

Thus, hydrogen peroxide has been observed to dissolve calcium and cholesterol deposits, and to dramatically reduce arterial-wall inflammation.

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What can Oral Hydrogen Peroxide Therapy Help?

Oral hydrogen peroxide therapy has been known to help:

Adult Onset Diabetes	Herpes Zoster
Allergies	HIV Infection
Altitude Sickness	Immune Disorders
Alzheimer's	Infectious Diseases
Anaemia	Inflammation
Angina	Influenza
Arrhythmia	Insect Bites
Arthritis,	Liver Cirrhosis
Asthma	Lupus Erythematosus (an inflammatory collagen disease)
Bacterial Infections	Migraine Headaches
Bronchitis	Multiple Sclerosis
Cancer	Parasitic Infections
Candida	Parkinsonism
Cardiovascular Disease	Parkinson's Disease
Cerebral Vascular Disease	Periodontal Disease
Chronic Fatigue Syndrome	Pneumonia
Chronic Pain	Prostatitis
Diabetes Type 11	Pulmonary Diseases
Diabetic Gangrene	Rheumatoid Arthritis
Diabetic Retinopathy	Shingles
Digestion Problems	Sinusitis
Emphysema	Sore Throat
Epstein-Barr Infection	Stroke and Memory Loss
Food Allergies	Type II Diabetes
Fungal Infections	Ulcers
Gangrene	Vascular and Cluster Headaches
Gingivitis	Viral Infections
Headaches	Warts
Heart Disease	Yeast Infections
Herpes Simplex	

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Other positive results from orally taking hydrogen peroxide include:

- arthritis disappearing
- bowels regulated
- cancers entering remission
- elimination of depression
- high blood pressure normalizing
- improved alertness

- improved memory
- return of high energy levels

Moreover, Hydrogen Peroxide stimulates enzyme systems throughout the body, increasing metabolic rate, causing small arteries to dilate and to increase blood flow; and thus enhance the body's distribution and utilization of oxygen.

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Practical Aspects of Hydrogen Peroxide

Caution

When working with Hydrogen Peroxide (especially the 35% strength) caution must be used.

Wear protective clothing, surgical gloves, face mask, and goggles.

If a strong solution of Hydrogen Peroxide is splashed onto the skin, immediately wash it off with copious amounts of water. The affected areas will turn white; however, normal skin colouring will return.

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Storage

Store the Hydrogen Peroxide, in its original container, in a cool dark place - such as a refrigerator.

In a refrigerator, the loss of potency per year is small - typically about 1% per year

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Creating 6%, and 3% from 12% Hydrogen Peroxide

Hydrogen Peroxide strengths can be derived from 12% Food Grade Hydrogen Peroxide as follows:

6% Hydrogen Peroxide

Dilution of 12% hydrogen peroxide with distilled water to get a 6% hydrogen peroxide:

1 part hydrogen peroxide to 1 part distilled water = 6% hydrogen peroxide

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3% Hydrogen Peroxide

Dilution of 6% hydrogen peroxide with distilled water to get a 3% hydrogen peroxide:

1 part hydrogen peroxide to 1 part distilled water = 3% hydrogen peroxide

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Creating 6%, 3%, and 0.5% from 35% Hydrogen Peroxide

Hydrogen Peroxide strengths can be derived from 35% Food Grade Hydrogen Peroxide as follows:

6% Hydrogen Peroxide

Dilution of 35% hydrogen peroxide with distilled water to get a 6% hydrogen peroxide:

1 part hydrogen peroxide to 5.5 parts distilled water = 6% hydrogen peroxide

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3% Hydrogen Peroxide

Dilution of 35% hydrogen peroxide with distilled water to get a 3% hydrogen peroxide:

1 part hydrogen peroxide to 11 parts distilled water = 3% hydrogen peroxide

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0.5% Hydrogen Peroxide

Dilution of 3% hydrogen peroxide with distilled water to get a 0.5% hydrogen peroxide:

1 part 3% hydrogen peroxide to 5 parts distilled water = 0.5% hydrogen peroxide

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Dosage General

Drink the Hydrogen Peroxide solution one hour prior to, or three hours following a meal.

Drink the Hydrogen Peroxide solution on an empty stomach.

Add food grade Hydrogen Peroxide to 250 ml (8 oz) distilled water, spring water, milk, vegetable juice, or fruit juice.

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3% Schedule

Note:

**Hydrogen Peroxide should be taken on an empty stomach,
one hour before meals,
or three hours after meals.**

Food in the stomach may cause excess foaming, indigestion, or vomiting.

Never exceed the recommended dosage.

Mix one part 3% food grade Hydrogen Peroxide with five parts of distilled water (0.5% solution of Hydrogen Peroxide).

Dosage Using 3% Food Grade Hydrogen Peroxide	
Mix one part 3% food grade Hydrogen Peroxide with five parts of distilled water, spring water, milk, vegetable juice, or fruit juice (0.5% solution of Hydrogen Peroxide)	
Day 1	1 oz (29.6 ml) daily
Day 2	2 oz (59.1 ml) daily
Day 3	3 oz (88.7 ml) daily
Day 4	4 oz (118.3 ml) daily
Day 5	5 oz (147.9 ml) daily

Day 6 - 12	5 oz (147.9 ml) 2 x daily
Day 13 - 19	5 oz (147.9 ml) 3 x daily
Day 20 - 25	5 oz (147.9 ml) 2 x daily
Day 27 - 32	5 oz (147.9 ml) every other day
Day 33 onwards	5 oz (147.9 ml) every third day

If the larger amounts are reactive, then reduce to an amount of intake that is comfortable. Stay at that level until the desired results are achieved.

If the condition is severe/chronic, stay on 8 oz (237 ml) of the 0.5% solution twice a day until the condition is resolved.

If you have a weak stomach, try using 1 oz (30 ml) of 3% food grade Hydrogen Peroxide in 8 oz (237 ml) of milk, vegetable juice, or fruit juice.

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6% Schedule

Note:

**Hydrogen Peroxide should be taken on an empty stomach,
one hour before meals,
or three hours after meals.**

Food in the stomach may cause excess foaming, indigestion, or vomiting.

Never exceed the recommended dosage.

Dosage Schedule Using 6% Food Grade Hydrogen Peroxide	
Mix one part 6% food grade Hydrogen Peroxide with ten parts of distilled water, spring water, milk, vegetable juice, or fruit juice (0.5% solution of Hydrogen Peroxide)	
Day 1	1/2 teaspoon (2.5 ml) daily
Day 2	1 teaspoon (5 ml) daily
Day 3	1 1/2 teaspoons (7.5 ml) daily
Day 4	2 teaspoons (10 ml) daily
Day 5	2 1/2 teaspoons (12.5 ml) daily
Day 6 - 12	2 teaspoons (10 ml) 3 x daily
Day 13 - 19	2 teaspoons (10 ml) 2 x daily
Day 20 - 27	2 teaspoons (10 ml) every other day
Day 28 - 35	1 teaspoon (5 ml) every other day

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12% Schedule

Dosage Schedule Using 12% Food Grade Hydrogen Peroxide	
Add drops to 8 oz (237 ml) distilled water, spring water, milk, vegetable juice, or fruit juice	
Day 1	9 drops, 3 x daily
Day 2	12 drops, 3 x daily
Day 3	15 drops, 3 x daily
Day 4	18 drops, 3 x daily
Day 5	21 drops, 3 x daily
Day 6	24 drops, 3 x daily
Day 7	27 drops, 3 x daily
Day 8	30 drops, 3 x daily
Day 9	36 drops, 3 x daily
Day 10	42 drops, 3 x daily
Day 11	48 drops, 3 x daily
Day 12	54 drops, 3 x daily
Day 13	60 drops, 3 x daily
Day 14	66 drops, 3 x daily
Day 15	72 drops, 3 x daily
Day 16	75 drops, 3 x daily

For serious problems stay at 75 drops, 3 x daily for 1 to 3 weeks. Reduce dosage to 75 drops, 2 x daily until the problems are resolved. This may take up to 6 months.

When the problems are resolved, reduce the dosage to 75 drops 1 x daily for a week, then 75 drops every other day for a week, then 75 drops every third day for a week, and then 25 drops every fourth day for a week.

A good final maintenance routine would be 15 to 60 drops a week.

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35% Schedule

Add 8 drops to 8 oz (237 ml) distilled water, spring water, milk, vegetable juice, or fruit juice.

Note:

Always take the drops in distilled water, spring water, milk, vegetable juice, or fruit juice.

NEVER, EVER, TAKE THE DROPS IN AN UNDILUTED FORM.

Hydrogen Peroxide should be taken on an empty stomach, one hour before meals, or three hours after meals.

Food in the stomach may cause excess foaming, indigestion, or vomiting.

Never exceed the recommended dosage.

Dosage Schedule Using 35% Food Grade Hydrogen Peroxide Add drops to 8 oz (237 ml) distilled water, spring water, milk, vegetable juice, or fruit juice	
Day 1	3 drops, 3 x daily
Day 2	4 drops, 3 x daily
Day 3	5 drops, 3 x daily
Day 4	6 drops, 3 x daily
Day 5	7 drops, 3 x daily
Day 6	8 drops, 3 x daily
Day 7	9 drops, 3 x daily
Day 8	10 drops, 3 x daily
Day 9	12 drops, 3 x daily
Day 10	14 drops, 3 x daily
Day 11	16 drops, 3 x daily
Day 12	18 drops, 3 x daily
Day 13	20 drops, 3 x daily
Day 14	22 drops, 3 x daily
Day 15	24 drops, 3 x daily
Day 16	25 drops, 3 x daily

For serious problems stay at 25 drops, 3 x daily for 1 to 3 weeks. Reduce dosage to 25 drops, 2 x daily until the problems are resolved. This may take up to 6 months.

When the problems are resolved, reduce the dosage to 25 drops 1 x daily for a week, then 25 drops every other day for a week, then 25 drops every third day for a week, and then 25 drops every fourth day for a week.

A good final maintenance routine would be 5 to 20 drops a week.

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Age Spots (Liver spots)

Using Hydrogen Peroxide to remove age spots (liver spots) and other skin blemishes:

Note:

Never exceed the recommended strength of 3% Hydrogen Peroxide

Soak a cotton bud in 3% Hydrogen Peroxide and liberally apply daily to the age spot.

Apply only to the age spot itself, and not to the surrounding skin area.

Over a period of time the age spot will fade and disappear.

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Appendix

The "Secret Substance"

of the

One-Minute Cure

What is the "Secret Substance" of the One-Minute Cure?

The "Secret Substance" of The One Minute Cure is 35% Food-Grade Hydrogen Peroxide:

**8 x drops,
of 35% Food-Grade Hydrogen Peroxide,
in [250ml] Distilled Water,
3 x daily**

or

**24 x drops,
of 12% Food-Grade Hydrogen Peroxide,
in [250] Distilled Water,
3 x daily**

The drops are typically taken in a glass of distilled water. However, they may be also taken in spring water, milk, vegetable juice, or fruit juice.

That's it...

Does it work?

Many say it does... why not give it a try... they say it can't do any harm...

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The One-Minute Cure Claims

The One-Minute Cure claims that there are "hundreds of physical problems and diseases that this natural therapy can cure".

The following table of "curable ailments" was taken from One-Minute Cure site (<http://1minutecure.com>), as is, on 23 Oct 2014:

Diseases / Ailments	
AIDS	Gingivitis
Acne	Gum Disease
Allergies	Headaches
Altitude Sickness	Hepatitis
Alzheimer's Disease	Herpes
Anemia	Herpes Simplex
Angina	Herpes Zoster
Arrhythmia	HIV Infection
Arteriosclerosis	Influenza
Arthritis	Insect bites
Asthma	Leg ulcers
Bacterial Infections	Leukemia
Bronchitis	Lupus Erythematosus
Burns	Lymphoma
Cancer	Metastatic Carcinoma
Candidiasis	Migraine headaches
Cardiovascular Disease	Mononucleosis
Cerebral Vascular Disease	Multiple Sclerosis
Cholesterol (High)	Open sores and wounds
Chronic Pain	Parasitic infections
Cirrhosis of the liver	Parkinson's Disease
Cluster headaches	Periodontal Disease
Colitis	Proctitis
COPD	Prostatitis
Cystitis	Rheumatoid Arthritis
Diabetes Type II	Shingles
Diabetic Gangrene	Sinusitis
Diabetic Retinopathy	Sore Throat
Digestion Problems	Temporal Arteritis
Eczema	Trichomoniasis
Emphysema	Ulcers
Epstein-Barr infection	Vascular Diseases
Food allergies	Vascular headaches
Fungal infections	Viral infections
Fungus	Warts
Gangrene	Yeast infection

End

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