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HYDROGEN PEROXIDE

Most of us either have a brown bottle of this stuff in the pantry or grew up with mom or grandma pouring it over a scraped knee. But how does it work? And did you know that application is only one in a vast array of uses for your health and household?

Hydrogen peroxide in chemistry terms is H_2O_2 . It breaks down into simple water and oxygen. When it bubbled on your knee the hydrogen peroxide was giving up one of its oxygen atoms. As this happens it makes holes in the invading organism's protective membrane, effectively killing it. Hydrogen peroxide occurs naturally in rainwater and raw honey, is produced by vitamin C and more significantly by our white blood cells, making it an important element of our immune system. It is the first line of defense against every single type of invading organism. No other chemical compound comes even close to H_2O_2 in its importance to life on this earth.

Excellent clinical research has been done on the medical uses of hydrogen peroxide as far back as 1914. Since 1940 it was found that intravenous hydrogen peroxide rapidly relieves influenza symptoms and acute viral infections. Tumor cells, bacteria, and other unwanted foreign elements in the blood can usually be destroyed with hydrogen peroxide treatment. Studies have shown that syphilis, yeast (candida), and even parasites will respond. However, researchers have either had their funding cut off or the published papers have disappeared! There are over 6,100 articles in the science literature dating from 1920 on the scientific application of hydrogen peroxide that have been largely ignored. Could this be due to the fact that its wide-spread effectiveness costs only pennies?

Even the Bird Man of Alcatraz knew the benefits! He was a convict who had a special love for birds. He would treat a sick bird, who happened onto the island, with hydrogen peroxide and had quite phenomenal results in curing his little patients. Hence his nickname.

Here is just a short list of hydrogen peroxide's many uses:

- wipe the surface of fish after rinsing to remove bacteria from the surface
- the Journal of Food and Science indicates rinsing food and vegetables to kill E. Coli
- as a mouthwash it kills bacteria, retards gingivitis, and reduces plaque formation
- in the kitchen wipe cooking utensils and counter tops to prevent the spread of illness
- as a spray in the bathroom it rids mold, mildew, and fungus from surfaces
- for the body it bleaches hair, age spots, and diminishes acne
- in hospitals and clinics it is used to sanitize and disinfect equipment
- in the military it has been used in rockets and for explosions
- it is an efficient, non-polluting and renewable fuel source for automobiles
- in the garden it is an effective fertilizer and powerful insecticide and fungal solution

The proper use of hydrogen peroxide to clean and heal will not disturb the environment, set off allergic reactions, pollute the air we breath or deliver harsh chemical to skin and hair. Perfect!

Hydrogen Peroxide MEDICAL MIRACLE by William Campbell Douglass, MD
The Magic of Hydrogen Peroxide by Emily Thacker