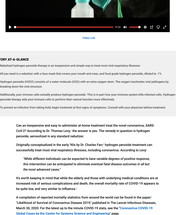
Could Hydrogen Peroxide Treat Coronavirus?

Articles by Dr. Joseph Mercola | ✓ Fact Checked

December 03, 2020



Video Link

STORY AT-A-GLANCE

- Molecular Hydrogen peroxide therapy is an inexpensive and simple way to treat and recover from viral respiratory illnesses
- All you need is a nebulizer with a face mask that covers your mouth and nose, and food grade hydrogen peroxide, diluted at 1%
- Hydrogen peroxide (H202) consists of a water molecule (H2O) with an oxygen atom added to it. Oxygen is a powerful free radicalquenching antioxidant
- Additionally, your immune cells actually produce hydrogen peroxide. This is a part how your immune system kills infected cells. Hydrogen peroxide therapy will give immune cells a perfect short-term antiviral function while they are in
- To prevent an infection from being lethal, begin treatment at first signs of symptoms. Consult with your physician before treatment.

Can an inexpensive and easy to administer at home treatment treat the novel coronavirus, SARS-CoV-2 from causing COVID-19. Thomas Levy, the answer is yes. The remedy in question is hydrogen peroxide, administered in any standard nebulizer.

Originally conceptualized by the early 1900s by Dr. Charles Farr,[1] hydrogen peroxide treatment can successfully treat most viral respiratory illnesses, including coronavirus. According to Levy:

"While efficient nebulizers can be expected to have variable degrees of positive response, this intervention can be anticipated to eliminate eventual lower disease outcomes in all but the most severe cases.

It could reasonably be expected that while the elderly and those with underlying medical conditions are at increased risk of serious complications and death, the overall mortality rate from COVID-19 appears to be quite low, and very similar to influenza.

A compilation of reported mortality statistics from around the world can be found in the paper, 'Likelihood of Survival of Coronavirus Disease 2019,' published in The Lancet Infectious Diseases, March 30, 2020. For the latest up to the minute COVID-19 stats, see the Coronavirus COVID-19 Global Cases by the Center for Systems Science and Engineering' map.

That said, considering the fact that scientists still do not know whether COVID-19 patients get immunity from having had the disease, or for how long, or even if they do, the ability to treat viral disease presents a rare opportunity for reflection, training, and improvement and simple way to treat yourself at first signs of symptoms may be a priority for many.

How Hydrogen Peroxide Works

To perform this treatment, you need just two items: a nebulizer such as the Pari Trek S Compressor Aerosol System and a face mask that covers your mouth and nose that emits a fine mist, and food grade hydrogen peroxide. Typically food grade peroxide comes in concentrations of 1% so you will need to dilute it down to 1% to use it as I describe in the video and chart below.

Starting Peroxide Concentration	Hydrogen Peroxide	Water	Total Solution	Ending Peroxide Concentration
3%	1/4 tsp	6 T. 1/4 tsp	=	1%
12%	1/4 tsp	6 teaspoons	=	1%
35%	1/4 tsp	15 teaspoons	=	1%

Viruses are not "alive" per se. They need a host in which they can infect the cells that then replicate the viral DNA and RNA. Once a cell is infected, rarely replicated viruses can lie still and move on to the next cell to duplicate the process.

So, when we talk about "killing" a virus, we're really talking about inactivating them by breaking down their structure. This is why soap works so well. Coronaviruses are held together by a lipid (fatty) coating. Soap works amphiphilic — meaning it can dissolve most viruses. Hydrogen peroxide works by causing the virus to fall apart and become inactive.

More specifically, the free radicals in oxygen will react with pathogens similar to the lipids found in the coating, and the oxygen molecule then will react with and replace the lipids in the membrane. In so doing, the "lipid coating" is destroyed, and the virus is inactivated.

Hydrogen peroxide, unlike it is similar, may be isolated by Levy, "the way to control any viral infection is not to let the virus, when, the infected cells that have been turned into viral factories ever be lifted."

Your immune cells actually produce hydrogen peroxide. This is in part how your immune system kills cells that have been infected with a virus. By killing the infected cell, viral reproduction is stopped. So, hydrogen peroxide therapy is in essence only adding your immune cells to perform that natural function more efficiently.

Hydrogen peroxide also is a key redox signaling agent. As explained in the March 28, 2020, review "Hydrogen Peroxide Signaling Controls Immune Polarization and Immune Disease: Redox Synapses Shape Inflammatory Physical Signaling Agents":

"At the low physiological levels in the mammalian range, H2O2 is the major agent signaling through specific protein targets, which engage in metabolic regulation and stress responses to support cellular adaptation to a changing environment and stress ...

Recent methodological advances permit the assessment of molecular interactions of specific H2O2 (reactive oxygen species) molecules with specific targets in redox signaling pathways.

Accordingly, major advances have occurred in understanding the roles of these oxidants in physiology and disease, including the nervous, cardiovascular and immune systems, skeletal muscle and metabolic regulation as well as ageing and cancer.

In the past, unspecific information of H2O2 by use of free molecular mass antioxidant compounds was not successful in counteracting disease initiation and progression. Therefore, the emerging field of redox medicine is now focusing on specific redox modification targeting, which is a prerequisite for a future of more refined redox medicine."

In short, hydrogen peroxide is a major ROS, but while ROS are typically thought of as "all bad", this is a gross oversimplification. As noted in this paper, biological stimulation of ROS results in effects that actually serve important signaling functions. The paper, which is behind a paywall, further explains:

"Steady-state physiological flux of H2O2 in specific protein targets leads to reversible oxidation of cysteine residues, which modulates protein function and cellular signaling in an orchestration of various processes in cells and organs, including cell proliferation, differentiation, migration and angiogenesis. The state of low level H2O2 maintenance and its associated physiological roles signalling is called 'oxidative eustress.'"

Contrary to oxidative stress or oxidative distress, oxidative eustress denotes an oxidative challenge that has positive or beneficial effects and is essential to redox signaling.

Hydrogen Peroxide Has a Long History of Medical Use

As explained in a British Journal of Pharmacology paper published in 2012, which sought to assess the therapeutic potential of hydrogen peroxide in the treatment of ischemic stroke:

"... In light of recent findings, [hydrogen peroxide] is being recognized as a ubiquitous endogenous molecule of life as its biological role has been better elucidated. Indeed increasing evidence suggests that H2O2 may act as a second messenger with a pro-survival role in several physiological processes.

The presence of H2O2 in living systems was identified in 1818. However, it was only in 1894 that it was first used as a medicine. In 1894, H2O2 was used to treat diphtheria and described by Lorne as efficacious in treating numerous diseases, including scarlet fever, diphtheria, vocal cords, acute coryza, whooping cough, anthrax lep- ficer and tonsillitis.

Similarly, Oliver and colleagues reported that intravenous injection of H2O2 was efficacious in treating influenza pneumonia in the epidemic following World War I. Despite these reports, the use of H2O2 in medicine was soon abandoned — in fact it was even denied during the antiquing a development of new prescription medicines.

Notably, Farr is generally considered to be the pioneer of 'oxidative therapy' by proposing intravenous infusion of H2O2 to treat a wide variety of diseases. Farr proposed that the therapeutic use of H2O2 in treat cancer, skin diseases, polio and bacterial related mental illness.

He defined H2O2 as 'God's given immune system.' Another player in the H2O2 story was Gerson, who advanced pain relief by treating H2O2 on himself to treat his patients pain.

Gerson was also, when Farr has been labelled a quack by some critics, other scientists and researchers are not so quick to dismiss his contributions to medical science.

What Do Studies Say?

The most relevant study was one that was done earlier this year in the Journal of Hospital Infection. They studied 3,376 hydrogen peroxide, six times weaker than the 3% typically used, and found that it killed human corona viruses and SARS corona viruses and MERS.[2]

Studies have also looked into the use of hydrogen peroxide against a variety of pathogens, including a 1994 study in Pacific Science, which found a microencapsulated vital of 3% hydrogen peroxide "completely inactivated infectious rectangle/cuboids virus.

Exposure to the vital also reduced infectivity of Newcastle disease virus. Infectious Newcastle virus was not detectable after 30 minutes of exposure to hydrogen peroxide. The 3% hydrogen peroxide vital was necessary to render infectious bronchal disease virus completely inactive.

Another study,[3] published in the American Journal of Infection Control in 2009, assessed the efficacy of hydrogen peroxide against viruses on various surfaces. Rotavirus was inactive to hydrogen peroxide vapor at a concentration of 10 parts per million resulted in 99% inactivation after 2.5 minutes.

Similarly, a 2014 study[4] in the Journal of Hospital Infection found hydrogen peroxide vapor effectively killed a variety of viruses on surfaces, including human coronavirus, a human gastroenteritis coronavirus of pigs (TGE), a SARS-CoV surrogate, avian influenza virus and swine influenza virus.

According to the authors, "Hydrogen peroxide vapor was successful against human coronavirus, adenovirus, TGEV and avian influenza virus at the lowest exposure tested (10 mL).[5] Hypochlorite hydrogen peroxide was found to completely inactivate a range of viruses with recovery in a 1997 study[6] as well.

Hydrogen peroxide ability to inactivate dangerous infectious viruses has also been highlighted in vaccine science. As noted in a 2014 study[7] in the Vaccine journal, 3% hydrogen peroxide inactivated influenza virus and was used in the production of the influenza vaccine. Hydrogen peroxide is one of the inactivation process reported for the making of a rabies vaccine (which contains inactivated rabies virus).

Video Link

Why Use a Nebulizer?

The therapy tested by Farr involved administering hydrogen peroxide intravenously. This, however, puts the therapy out of reach for most who want a quick and easy remedy to use at home. A far more inexpensive and convenient alternative is to inhale this hydrogen peroxide mist, using a nebulizer — a small, handheld device that converts liquid into a fine mist.

The microscopic mist, similar to smoke or vapor, can be comfortably inhaled deep into your lungs. Nebulizers are used to treat a variety of lung ailments, including asthma, bronchitis and emphysema. Unlike inhalers, they deliver systemic effects not only the lungs but your entire body.

As noted in the 2002 review article, "Pulmonary Drug Delivery Systems: Recent Developments and Prospects," "Targeting drug delivery into the lungs has become one of the most promising areas of systemic ... drug delivery systems."

In the case of respiratory infections, the nebulizer has the added advantage of delivering the hydrogen peroxide right to the areas most affected by respiratory viruses — your sinuses, throat, bronchial tract and lungs.

"Effective hydrogen peroxide nebulization quite literally 'sprays the head off' of the snake', and the virus present elsewhere in the body can then readily be mopped up from the virus virus reflux low lower terminus," Levy says, adding:

"It should be kept in mind that hydrogen peroxide kills pathogens very readily upon contact in an open mound. It should, therefore, be understandable why putting a fine mist of hydrogen peroxide into the lungs of maximal viral replication promptly puts the body at a pathway to quick healing."

Levy's Hydrogen Peroxide Protocol

To prevent an infection from being lethal, begin treatment at first signs of symptoms. Food grade hydrogen peroxide (1%) should be diluted to a maximum 1% dilution. Consult with your physician before administering treatment, as this is for acute treatment and not recommended for chronic use.

If you're already presenting with runny nose or sore throat, Levy recommends using the nebulizer every 2 hours, for 10 minutes, for the first 24 hours, and then every 4 hours. Use it for 5 days. Hydrogen peroxide for prevention and maintenance, which may be used daily during the pandemic while COVID-19 pandemic is in full swing, Levy notes:

"It is a complete non-toxic therapy, nebulization can be administered as often as desired. It does not on a daily basis at least once, a very positive impact on bowel and gut function will often be realized as killing the chronic pathogen colonization present in most noses and throats stops the 24/7 swallowing of these pathogens and their associated toxins.

If daily prevention is a top particular goal, the effectiveness of this treatment is optimized by adding a nebulization with a saline solution, 1 teaspoon of sea salt in a quart of distilled water. Don't add the iodide iodination. Just nebulize at your first opportunity."

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kcnapthy
kcnapthy 10/11/2021 1:30:47 AM
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Dr. Mercola: posted the article - Hydrogen Peroxide is seen - to prevent colds and flue years ago. It worked for me every time. 100%. When I mention this method of virus prevention to friends and acquaintances they look at me as if I am nuts. The hard with them. Let them wear their masks and gloves. I prefer to be a nutty old man healthy 70 years old.

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Jessica
Jessica 10/10/2021 3:10:50 PM
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I do it too. I learned it from Andrew Wells book "Timeless secrets of health and rejuvenation", so many other great remedies. It's my "Health Bible" I carry around in my purse. Lol.

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Ernest
Ernest 10/10/2021 2:14:51 AM
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gloomedly to with you. 100%. I used to work in a dangerous arena of market finds, most of the time without health insurance, and thinking probably for the rest of my life. I learned many responsibility for my own health and remained self-educating myself. I used some of the alternative medical practices, and I have recently what are my alternatives.

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dianaheavy
Jessica 10/10/2021 6:38:08 PM
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Hydrogen Peroxide is sure works for me all the time. I must side with no other troubling. Like you, everyone thinks its nuts. Even ones it works.

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jamiehs
Jamiehs 10/10/2021 7:20:00 AM
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I have a friend who is a microbiologist. She shared that she years ago. She had 3 young children who were prone to ear infections and hydrogen peroxide proved to be sure to which she used to treat their rather that antibiotics.

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Lunarcat
Lunarcat 10/11/2021 4:08:09 PM
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I am a cancer survivor, many people, I believed Doctor's advice, which was wrong and more and more drugs added to an ever growing mix. After many years I decided enough, I left the medical field and changed the personal lifestyle, I eliminated all drugs, I eliminated alcohol. I learn from many years of research what cancer gave me gifted me a life. Whatever cancer from watching Nature. Cancer is a gift, it teaches us how to live a healthy life, it teaches us how to be healthy, it teaches us how to be a healthy human. I am not a medical doctor, but I know, as a physicist, Many Doctor have lowered their risk cancer related to Gaining, because their medicines failed. Stay and well healthy! And blessa you for your wisdom.

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Sandi1
Jessica 10/10/2021 5:11:07 AM
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I get those same bubs when I overfeed putting hydrogen peroxide in the ears. Recently my body was fighting a cold that seemed to hang on and I was tired and felt like I was getting sick. I decided to try the hydrogen peroxide in my ears and it cleared up the cold and I felt better every time I blew my nose. Both the hydrogen peroxide and the saline solution from my ears and nose are pretty clear and I guess that is why I am not coughing. The medical nodes - I don't know why people think its cold or flu. Congratulations on being healthy!!! Jesus saw the sores again and condition was healthy.

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jack
Jamiehs 10/10/2021 8:00:00 AM
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I've worked rarely like the hydrogen peroxide (H2O2) in the Wells pharmacy shelf has been empty for a few weeks now ??? Having trouble finding it in other places. Is it being used for something else? Is it being hoarded? Is it being sold on the ebay, was purchased? Maybe people are using up the pharmacy 3% and freezing it for a rainy day?

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Sailforce
Jamiehs 10/10/2021 8:47:00 AM
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Vitamin C holds much-needed, gravitating hydrogen peroxide. The highest doses provided by vitamin C (IV) are considered to cause a pro-oxidant state within cells, such as cancer cells that lack antioxidant enzymes, where the high level of Vitamin C generates H2O2 (hydrogen peroxide) in the extracellular fluid, which then diffuses into the cancer cells and kills them. Cancer cells have a high metabolic and therapeutic demand of oxygen to the cell, which also transport large amounts of vitamin C. This is why Vitamin C is selectively toxic to cancer cells, and why it is a promising adjunctive therapy for cancer and other diseases. www.drfranklinmd.com/ ... 27/04/2021 - 2020 | ncbi.nlm.nih.gov/ ... 27/04/2021 - 2020 | ncbi.nlm.nih.gov/ ... 27/04/2021 - 2020 | pubmed.ncbi.nlm.nih.gov/ ... 27/04/2021 - 2020 | pubmed.ncbi.nlm.nih.gov/ ... 27/04/2021 - 2020 | www.drfranklinmd.com/ ... 27/04/2021 - 2020 | pubmed.ncbi.nlm.nih.gov/ ... 27/04/2021 - 2020 | pubmed.ncbi.nlm.nih.gov/ ... 27/04/2021 - 2020 | www.drfranklinmd.com

Indeed, COVID Zero doesn't exist as a concept in the medical sense, and not the hope of the vaccines that Bill Gates is promoting that the all-vaccinne system will create herd immunity and end the crisis. Viruses are obligate parasites. Viruses are incapable of a change of disease prevention pathway, with lack of protection equipment, food recommendations, industrial pollution, 5G, industrial agriculture, etc. Viruses are not alive, they are a chemical, not a living organism. Viruses are not a living organism, they are a chemical, not a living organism. Viruses are not alive. Viruses are a chemical, not a living organism. Viruses are not alive.

It is a normal virulent strain of pneumonia, influenza, and other respiratory conditions and the pharmaceutical industry. This has shown the danger of super bacteria/virus/fungus because Gates, Jade, Dr. Fauci's Fauci is only concerned with the pharmaceutical industry, unachronically and artificially assembled in laboratories and factories. Gating is Fang. Fauci contains the contribution of all the Fang. Fauci is Fang. Fauci is Fang. Fauci is

charlesfischer
Joined On 7/17/2012 5:21:46 AM
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Hi Jill,

Just FYI - The Centers Institute has been highly successful at "Mens Fraternal". Frightened people will do anything their leaders tell them. Well, the overwhelmingly majority of people are in the front chair. Involuntary suicide - this is the future with sadomasochism and mass-hypnotized thrown in the mix.

Report as Inappropriate · Posted On: 10/16/2012 12:06:26 AM

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Sullivanus
Joined On 4/17/2012 8:47:45 AM
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Yes, Bill Gates compared the fear and need for a vaccine against Covid-19 (health passport, Gates-angel leaders to prepare

dougrock
Joined On 2/15/2021 5:34:55 AM
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Hi, Thanks Dr. Mercola for your nice video on the "mix" for the Neblbi treatment with Hydro and salt. Probably a dumb question? But, did you use Sea salt? if so what kind? I was under the impression that you use regular salt that is pure like for Canning. I think the Sea salt is much better idea, but what would be a safe sea salt to use? The claim is the H salt is not pure due to plastic's in it? Anyone with thought's or ideas would be cool to hear of them!?

Reply | Mark as Spam | Posted On 2/15/2021 5:39:37 AM
Like | Dislike

Dr. Mercola
Joined On 12/21/1997 7:06:45 PM

Celtic, Redmond or Himalayan all work fine and are not contaminated.

Mark as Spam | Posted On 2/15/2021 12:39:44 PM
Like | Dislike

dougrock
Joined On 2/15/2021 5:34:55 AM
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Can't reply to thank Doc M for his reply, so I'm putting it here, hope he see's the "Thank You"

Mark as Spam | Posted On 2/26/2021 3:45:39 PM
Like | Dislike

grulla
Joined On 1/17/2012 8:03:55 AM
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You might be interested in this recent mined salt article, which could also apply to sea salt??? Not sure if this is just an ingestion matter or topical in bathwater as well??? Or even a problem altogether, you be the judge. butternutrition.com/pink-himalayan-salt ~~~ www.hawkeshealth.net/community/showthread.php?t=21231&highlight=sa...

Mark as Spam | Posted On 12/3/2022 8:43:42 AM
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lyn7020
Joined On 10/17/2012 2:51:44 PM
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Dr Mercola I am hoping you will answer my question. I purchased the hydrogen peroxide and prepared it as indicated, to have on hand in case my family needed it. My husband and I both tried it once to just to see, and our lungs felt irritated afterwards. I purchased the exact brand mentioned. Has anyone else had this experience? Thank you!

Reply | Mark as Spam | Posted On 11/15/2020 6:13:29 PM
Like | Dislike

Dr. Mercola
Joined On 12/21/1997 7:06:45 PM

Sounds as if you did not dilute the peroxide. You can't use it straight. Please dilute very carefully according to the instructions.

Mark as Spam | Posted On 11/16/2020 4:47:14 AM
Like | Dislike

AmberBamber
Joined On 12/26/2007 7:28:34 PM
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Yes! I got a headache when I used 1.5% as I didnt read it right... math is hard... chemistry is critical to get this right.. have someone check your math or dont do it..

Mark as Spam | Posted On 4/6/2021 2:57:20 PM
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jo64926
Joined On 9/6/2016 1:52:45 AM
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Love the hydrogen peroxide nebulizer idea and have done it a couple of times as a preventative exp in regards to covid-19. However,I heard that some bacteria (and I know covid is a virus) release hydrogen peroxide into cells inactivating large proteins which are known to detect and respond to pathogens and that this could weaken an immune response perhaps particularly in the case of a lung infection. If this is the case does this mean that nebulized hydrogen peroxide would do the same? Would appreciate any viewpoints, not taken as medical advice.

Reply | Mark as Spam | Posted On 5/22/2020 4:23:52 PM
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wardsue711
Joined On 2/16/2007 7:56:50 AM
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Thank you Dr. Mercola for this important information! I have used the hydrogen peroxide protocol 14 years ago with success! Thank you so much!!! Really cool to see this original video.

Reply | Mark as Spam | Posted On 5/8/2020 8:59:54 AM
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car8585
Joined On 7/13/2015 10:22:24 AM
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COPD patient – Always use 0.9% NaCL. Plain water can react in the lungs and cause spasms of the bronchial tubes. Would there be a reaction between the hydrogen peroxide and 0.9 % Normal Saline. Also what kind of water? Tap water (City - Treated), distilled, filtered, well (mine has rust bacteria)

Reply | Mark as Spam | Posted On 4/19/2020 7:16:19 AM
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smoolichen70
Joined On 5/14/2006 8:24:19 AM
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Hi, Car8585. At this time my docs are not sure what is going on with me but some think I have the start of COPD, others have not idea what is causing my intermittent breathing issue. But I am trying out the H2O2 treatment method to see if things get better and/or don't worsen. I have read that it is good to use saline in the nebulizer and that there seems to be no issue with a reaction to H2O2. I dilute my 12% food grade down to 3% with saline and when I go to use this concentration in my nebulizer which I then dilute 1/1 with saline. Saline is also helpful for support in clearing out mucus in nasal and lungs. The water I use, as recommended, is distilled water since it eliminates many of the heavy metals and other minerals in your city/treated water. If you google Earth Clinic and H2O2 use in nebulizers you can a lot of good scientific information about validity and how to use. Hope this is helpful.

Mark as Spam | Posted On 4/23/2020 10:04:40 AM
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ssor690
Joined On 4/19/2012 5:57:40 AM
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Totally brilliant, thank you so much for being such a powerful leader of wellness. You are changing lives and have been for a very long time!!

Reply | Mark as Spam | Posted On 4/16/2020 11:06:10 AM
Like | Dislike

JdamonJ
Joined On 2/4/2015 2:04:53 PM
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I intuitively used Hydrogen peroxide as a young teen for ears and throat infections. The nebulizer delivery is just the thing I have been looking for in general and glad it works on the latest virus as well, but things have changed a lot. The nebulizer is easy enough but finding hydrogen peroxide these days, near impossible. I guess if you are willing to pay $20 for one lousey brown bottle, then it's out there. I think some of it's counterfeit judging by the amazon reviews. At that price may have more luck w/ the better food grade anyway!

Reply | Mark as Spam | Posted On 4/15/2020 9:32:20 PM
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danceswithwords
Joined On 7/16/2012 7:19:40 PM
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This is already in place in my home incase of infection. We also diffuse essential oils and cleanse with peroxide and essential oils. It's the best first line treatment IMHO. We also have a large supply of sodium ascorbate (great guide to use it here
Thomas-Levy-Guide-To-The-Optimal-Administration-of-Vitamin-C (1).pdf) if it's needed. I suggest these for all my clients. Thank you, Dr. Mercola and staff again for doing the best research/ coverage of important topics!

Reply | Mark as Spam | Posted On 4/9/2020 12:00:58 PM
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Temlakos
Joined On 10/20/2008 12:34:16 PM
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Thank you for mentioning particularly to buy food-grade H2O2 and dilute it down to 3 percent. But let's recommend diluting it with filtered water. I have artesian water from my own well. Others might need to filter their water at the tap or going into the house; that's a separate discussion.

Reply | Mark as Spam | Posted On 4/9/2020 8:42:47 AM
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jujusmith
Joined On 4/9/2020 7:32:32 AM
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I have always been told from my holistic health care practitioner, that you only ingest food grade hydrogen peroxide. Never put the 3% hydrogen peroxide that you can purchase at Walmart etc. inside of your body. That is for topical use only. Only use food grade for ingestion. Typically, that can be purchased at a health food store.

Reply | Mark as Spam | Posted On 4/9/2020 7:36:05 AM
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Rakaiaawa
Joined On 4/15/2014 4:53:00 AM
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Yes yes yes. I know it does and it worked for me in a very short time. I came down very sick very quick. I have used hg37c for years and have never had antibiotics for years. The key to it I feel is that, you must apply hp straightaway. I mean the second you ask yourself am I getting a cold/flue/sore throat. I've found if you wait four hours plus before using it doesn't seem as powerful.

Reply | Mark as Spam | Posted On 4/9/2020 7:11:17 AM
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Keythong
Joined On 3/2/2021 12:07:23 PM
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Sigh, yet more "Germ Theory" deluded nonsense! These symptoms would appear to be caused by diet high in highly processed and plant foods, especially starches, unbounded sugars, and rancid/inflammatory oils, excessive skin washing with detergents, including soap, and various pollution, including from chlorinated water and other sterilising (poisoning) agents. Adding reactive Halogen compounds/ions to water, to "sterilise" it, was never a smart idea, because they can react to create toxic biological compounds. Water is better cleaned by finer filtration, like done by the earth to the water table and by Berkey Black gravity filter sticks, not via by additive leaking, oil-plastic membranes.

The stuff about Vitamin C killing cancer via H2O2 production was amusing and disturbing, because it ironically admits that significant dietary vitamin C is toxic! Cancer is most probably the body encapsulating especially troublesome material it is too busy to deal with. The whole idea of killing cancer seems silly. It would seem smarter to detoxify the body so that it doesn't keep growing/maintaining cancer masses and can maybe start to detox/excrete all the troublesome material encapsulated in cancer masses.

Reply | Mark as Spam | Posted On 12/3/2022 9:21:07 AM
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