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The Error at the Base of the Nebulized Peroxide Controversy

Analysis by Dr. Joseph Mercola Fact Checked

October 12, 2021

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STORY AT-A-GLANCE

- The Asthma and Allergy Foundation of America and the media are now warning against using nebulized hydrogen peroxide for respiratory viruses such as SARS-CoV-2
- There is absolutely zero evidence that supports the idea that properly diluted hydrogen peroxide nebulization is hazardous. On the contrary, several health benefits have been demonstrated, both clinically and anecdotally
- Recent research shows COVID-positive patients who irrigated their sinuses with a saline-iodine solution were 19 times less likely to be hospitalized for COVID-19 than the national rate
- Another recent paper recommends nebulizing 1.5% hydrogen peroxide twice daily as an at-home treatment for COVID-19, and by hospitalized patients who do not yet require intensive care
- Nebulizing with normal saline, hypertonic 3% saline, hydrogen peroxide and iodine have all been shown to safely improve respiratory infections. I recommend diluting peroxide with normal saline for a 0.1% concentration, and adding one drop of Lugol's iodine

September 22, 2021, The Washington Post published an article citing warnings from the Asthma and Allergy Foundation of America (AAFA),[1] which triggered a frenzy of media articles warning against using nebulized hydrogen peroxide for respiratory viruses such as SARS-CoV-2.

> *"A leading asthma patient group has issued a warning against an unproven coronavirus treatment circulating on social media that is leading some people to post videos of themselves breathing in hydrogen peroxide through a nebulizer.*
>
> *The Asthma and Allergy Foundation of America called the action 'concerning and dangerous' in a Tuesday blog post,[2] emphasizing that it will neither treat nor prevent the virus and is harmful to the lungs. 'DO NOT put hydrogen peroxide into your nebulizer and breathe it in. This is dangerous!' the foundation wrote."[3]*

According to the AAFA,[4] "Hydrogen peroxide can be used as a cleaner and stain remover, and can cause tissue damage if you swallow it or breathe it in." In their blog,[5] the AAFA also cites the Agency for Toxic Substances and Disease Registry, which notes that:[6]

> *"Hydrogen peroxide can be toxic if ingested, inhaled, or by contact with the skin or eyes. Inhalation of household strength hydrogen peroxide (3%) can cause respiratory irritation. Exposure to household strength hydrogen. peroxide can cause mild ocular irritation. Inhalation of vapors from concentrated (higher than 10%) solutions may result in severe pulmonary irritation."*

Front Group Blames Me for Peroxide 'Misinformation'

According to The Washington Post, the Great Reset front group known as the Center for Countering Digital Hate (CCDH) has identified me as the source and driver behind the trend to nebulize hydrogen peroxide as an antiviral prevention and treatment for respiratory viruses:[7]

> *"In April 2020, Mercola posted a video saying 'hydrogen peroxide treatment can successfully treat most viral respiratory illnesses, including coronavirus,' according to the advocacy group Center for Countering Digital Hate …*
>
> *Imran Ahmed, chief executive of the Center for Countering Digital Hate, said he blames Mercola for advancing hydrogen peroxide as a coronavirus treatment.*
>
> *He called hydrogen peroxide 'a really volatile chemical and a bleaching agent,' and expressed concern that even saline-diluted solutions could be harmful if used instead of legitimate treatments or vaccines.*
>
> *'This is not just about the primary effect of telling people that hydrogen peroxide can affect covid. It means people will reject other therapies when they are in trouble,' Ahmed said. 'It means people get sick and, rather than getting the treatment they need, they will start looking on Amazon for a nebulizer and hydrogen peroxide.'"*

What the 'Experts' Are Missing

There's just one really major problem with this suppression attempt, and that is that they're assuming people aren't following instructions. From the get-go, my instructions have been quite clear.

It is really important to dilute the hydrogen peroxide with saline to get a 0.1% solution, as indicated in the chart below; 99.9% of what you're inhaling is literally harmless saline, not peroxide. As I'll discuss further below, saline may even have distinct health benefits of its own. The Washington Post, to their credit, did include my response to their inquiry for this story:[8]

> *"In an email, Mercola said: 'The solution you are referring to is primarily saline, with highly diluted hydrogen peroxide. It is important to ensure that people use saline to dilute the hydrogen peroxide to 0.1%; 30X lower concentration than the standard peroxide found at the local pharmacy. High concentrations of hydrogen peroxide should not be used.'"*

hydrogen peroxide dilution chart

To the reporter's shame, he did NOT include any of the scientific references I included in my response. He'd asked if I was "aware of any peer-reviewed research supporting the use of nebulized hydrogen peroxide to treat COVID" and I sent him five scientific papers discussing the use of saline with hydrogen peroxide mixtures. He didn't even mention the existence of these studies, so I'll review them here.

Saline-Iodine Irrigation Reduces Hospitalization by 1,900%

The first paper, posted on the preprint server medRxiv in mid-August 2021, titled "Rapid Initiation of Nasal Saline Irrigation: Hospitalizations in COVID-19 Patients Randomized to Alkalinization or Povidone-Iodine Compared to a National Dataset,"[9] sought to determine whether irrigating the nasal passages within 24 hours of a positive PCR test would reduce the risk of hospitalization for COVID-19 among patients over the age of 55.

Patients were randomly assigned to irrigate their nasal passages with one of two regimens. One used a mixture of 2.5 milliliters of 10% povidone-iodine (an antimicrobial) and standard saline. The other used a mixture of saline with half a teaspoon of sodium bicarbonate (an alkalizer).

All irrigated their nasal passages twice a day for 14 days. The findings were then compared to patient outcomes found in a Centers for Disease Control and Prevention database. According to the authors:

> *"Of 79 patients assigned to nasal irrigation … 0/37 assigned to povidone-iodine and 1/42 patients in the alkalinization group had a COVID-19 related hospitalization (1.26%) ...*
>
> *There were no statistical differences in outcomes by irrigation unit used, of those with symptoms, resolution was more likely in the povidone-iodine group (19/25) than the alkalinization group (15/33 …).*
>
> *Conclusion: Patients who initiated isotonic saline nasal irrigation after a positive COVID-19 PCR test were 19 times less likely to be hospitalized than the national rate. Further research is required to determine if adding povidone-iodine to irrigation reduces morbidity and mortality of SARS-CoV-2 infection."*

Why did the reporter not bother to include this extremely timely paper? Was it because it shows simple saline irrigation reduces your risk of hospitalization with COVID-19 by 1,900%?

Peroxide Reduces Hospitalization Rate and Complications

The second paper The Washington Post ignored was published in April 2020. This paper, "Might Hydrogen Peroxide Reduce the Hospitalization Rate and Complications of SARS-CoV-2 Infection?" noted:[10]

> *"The efficient inactivation of coronaviruses (eg, SARS and MERS) on inanimate surfaces using hydrogen peroxide (H_2O_2 0.5% for 1 minute) was assessed by Kampf et al.*
>
> *Based on their findings, and after reviewing the current literature concerning hydrogen peroxide, we propose that hydrogen peroxide, as an antiseptic agent, could play a pivotal role in reducing the hospitalization rate and COVID-19-related complications.*
>
> *The antiseptic efficacy of hydrogen peroxide 3% against SARSCoV-2 on oral and nasal mucosa can be reasonably hypothesized. The antiseptic action is due not only to the known oxidizing and mechanical removal properties of hydrogen peroxide but also to the induction of the innate antiviral inflammatory response by overexpression of Toll-like receptor 3 (TLR3).*
>
> *Thus, the overall progression of the infection from the upper to the lower respiratory tract can be reduced.*
>
> *Therefore, we advise an off-label use of H_2O_2 3% and 1.5 % (10 volumes) by oral and nasal washing respectively, performed immediately after the onset of the first symptoms and the presumptive diagnosis of COVID-19 and during the illness in home quarantine or by hospitalized patients not requiring intensive care.*
>
> *We propose a regimen of gargling 3 times per day for disinfection of the oral cavity and nasal washes with a nebulizer twice daily (due to a greater sensitivity of the nasal mucosa)."*

The authors stress the safety of hydrogen peroxide on mucous membranes, noting that it is frequently used in otolaryngology (ear, nose and throat medicine). They also present evidence showing no tissue damage is incurred in the mucous membranes after gargling with 3% peroxide for six months.

> *"In our opinion, the effectiveness of this regimen will be verified through a significant reduction of the rate of hospitalization and respiratory complications in patients positive for SARS-CoV-2 with and without mild-to-moderate symptoms,"* the authors said.[11]

So, we have one study showing nasal irrigation with saline dramatically reduces your chances of coming down with severe COVID-19, and another paper recommending the use of 1.5% to 3% hydrogen peroxide for gargling and nasal irrigation at first symptoms, and the safety thereof. But what about INHALING saline and hydrogen peroxide? Does inhalation suddenly make these two ingredients dangerous?

Saline Nebulization Helps Clear Airway Infections

Starting with saline, inhaling nebulized saline is certainly not a health hazard. Quite the contrary. In February 2020, researchers found nebulizing normal saline may actually be safe and effective treatment for acute viral bronchiolitis (a viral infection in the small airways of your lungs).[12]

In clinical trials that evaluate nebulized drugs, saline is typically used as a placebo, but a systematic review and meta-analysis concluded it produced consistent clinical improvements, and should be considered an active treatment for this condition.

An even earlier double-blind study,[13] published in 2007, assessed the effectiveness of nebulized hypertonic saline in the treatment of viral bronchiolitis in infants. Here, they found that nebulizing with 3% hypertonic saline, in conjunction with standard therapy, reduced the length of hospital stays by 26% in infants with moderately severe infection, compared to nebulizing with standard saline (0.9% sodium content).

Hypertonic saline, which has a higher salt content than normal saline, is a known mucolytic, meaning mucus thinner.[14] Salt attracts water. When inhaled, the salt attracts water, thereby thinning any mucus lodged in your airways. This makes the mucus easier to expel when you cough. According to the authors:[15]

> *"The treatment was well tolerated, with no adverse effects attributable to the use of HS [hypertonic saline]. The use of nebulized 3% HS is a safe, inexpensive, and effective treatment for infants hospitalized with moderately severe viral bronchiolitis."*

A similar study but done on adults with COPD was published in October 2017 in the CHEST Journal.[16] Here, the drug albuterol was mixed with either hypertonic saline or standard saline. The hypertonic saline mix was more effective and provided greater relief than normal saline, although both had a beneficial impact.

In addition to that, 1.5% hypertonic saline has also been shown to be 100% effective in blocking SARS-CoV-2 replication, without any side effects.[17,18] Its mechanism of action is surprisingly simple: When you breathe it in, the extra salt forces your cells to expend ATP to rebalance their electrolyte gradient. Viruses also need ATP to replicate, so by using up ATP, the cells have far less ATP left for viral replication.

Why Didn't WaPo Review the Science?

The Washington Post ignored all of these studies as well, and opted to cite the CCDH's concerns instead. According to Ahmed, "even saline-diluted solutions could be harmful if used instead of legitimate treatments or vaccines." I'd like Ahmed to actually name a "legitimate" early at-home treatment.

To this day, not a single early treatment has actually been green-lighted by public health authorities. Patients are simply told to do nothing, wait at home until they are unable breathe, and then go to the hospital. This is patient abandonment and reprehensible criminal medical negligence, plain and simple.

To dissuade patients from nebulizing with saline at first signs of respiratory infection is unbelievably ignorant, considering how safe it is. And again, my recommendations have always been to dilute the hydrogen peroxide to a 0.1% solution, which means you're inhaling 99.9% saline. That said, what do we know about nebulizing peroxide? Is there anything to warrant concern?

Peroxide Nebulization and COVID Resolution

For this, let's turn to the documentation from two medical doctors who have used nebulized peroxide extensively in their practices. In a May 10, 2021, Orthomolecular Medicine press release,[19] Dr. Thomas E. Levy — board-certified in internal medicine and cardiology — discussed the use of this treatment for COVID-19 specifically.

During a trip to Colombia, he'd met a family friend who was coming down with what appeared to be a common cold, or possibly influenza. Having treated his own chronic sinus problem with nebulized peroxide for nearly a year, he just so happened to have all the necessary paraphernalia with him.

After nebulizing with straight over-the-counter 3% hydrogen peroxide for 15 minutes, she was feeling significantly better. The treatment was repeated the following day, and the day after that, "she was completely well." It is important to note that Dr. Levy and I disagree on the concentration to use. He prefers 3% and I believe lower concentrations of 0.1% are more appropriate.

When Levy left Colombia, he let her keep the nebulizer, and some three months later, COVID-19 emerged as a pandemic. During 2020, Levy's Colombian friend ended up treating 20 individuals with COVID-19 infections (seven of them had been tested and tested positive), most of whom were "significantly ill" with labored breathing by the time they saw her.

All of them significantly improved after nebulizing with 3% hydrogen peroxide for 30 minutes three times a day for two days, followed by a 50/50 peroxide-saline mixture three times a day for three days.

"At the end of five days, all 20 patients appeared to have achieved complete clinical cures," Levy said. Levy has in fact written an entire book on peroxide nebulization called **"Rapid Virus Recovery," which you can download for free from MedFox Publishing**.

More Evidence Supporting Peroxide Nebulization

Dr. David Brownstein, along with six other co-authors, has also published an informative case history on nebulized peroxide for COVID-19. This case report paper, titled "A Novel Approach to Treating COVID-19 Using Nutritional and Oxidative Therapies" was published in the journal Science, Public Health Policy, and the Law, in July 2020.[20] You can **download the PDF here**.

> **"Is nebulized peroxide diluted with saline, with or without iodine, dangerous? No. There's no evidence to suggest there's a danger to this protocol, unless you radically violate recommendations on dilution."**

Of the 107 confirmed COVID-19 patients treated, 91 (85%) used nebulized peroxide diluted with normal saline, plus Lugol's iodine. As explained in Brownstein's paper:

> *"A solution of 250 cc of normal saline was mixed with 3 cc of 3% hydrogen peroxide providing a final concentration of 0.04% hydrogen peroxide … Additionally, 1 cc of*

magnesium chloride (200 mg/ml) was added to the 250 cc saline/hydrogen peroxide bag. (This was mixed in the office for the patients.)

Patients were instructed to nebulize 3 cc of the mixture three times per day or more often if there were breathing problems. Usually one or two nebulizer treatments were reported to improve breathing problems.

A total of 91 COVID-19 subjects (85%) utilized the nebulized solution. They reported no adverse effects. We have been using nebulized saline/hydrogen peroxide at this concentration for over two decades in his practice.

Hydrogen peroxide is continually produced in the human body with substantial amounts produced in the mitochondria. Every cell in the body is exposed to some level of hydrogen peroxide.

The lungs are known to produce hydrogen peroxide. Nebulized hydrogen peroxide has been shown to have antiviral activities. Hydrogen peroxide can activate lymphocytes which are known to be depleted in COVID-19."

Iodine Irrigation for COVID-19

In an August 18, 2021, fully referenced preprint paper,[21] Leo Goldstein also reviews the scientific literature supporting gargling and nasal irrigation with povidone-iodine (PVP-I). He points out that:

"PVP-I has been used for decades as a broad-spectrum antiseptic in dentistry and otolaryngology, so its use for COVID-19 is not re-purposing. PVP-I has been widely used in India to prevent nosocomial transmission of COVID-19 … Gargling with PVP-I was recommended by Japan's Ministry of since the 2009 pandemic flu, and by the government of China since the beginning of the COVID-19 pandemic."

Goldstein also cites clinical trials showing PVP-I nebulization prevented hospitalizations and deaths from COVID-19 by as much as 90%.

"Application of 0.5%-1.0% PVP-I solution to the nasal cavity, oral cavity, nasopharynx, and oropharynx, 2-4 times per day, is an excellent prophylaxis and adjuvant treatment of early COVID-19," Goldstein writes, adding:

"Its use would also prevent or sharply decrease transmission of the virus from contagious persons. Povidone-Iodine (PVP-I) is available over the counter. This is the conclusion from the available literature, including physicians' recommendations."

Mexico City Case Study

Lastly, we also have a case series[22] from Mexico City, where nebulized hydrogen peroxide was safely used with good effects. As detailed in the abstract:

"Knowledge of the antiseptic effects of hydrogen peroxide (H_2O_2) dates back to the late 19th century, and its mechanisms of action has been amply described. Globally, many physicians have reported using H_2O_2 successfully, in different modalities, against COVID-19.

Given its anti-infective and oxygenating properties, hydrogen peroxide may offer prophylactic and therapeutic applications for responding to the COVID-19 pandemic.

We report a consecutive case series of twenty-three COVID-19 patients … who had been diagnosed by their primary care physician … and twenty-eight caregivers in the Mexico City Metropolitan Area who received a complementary and alternative medicine (CAM) telemedicine treatment with H_2O_2 taken by mouth (PO, at a concentration of 0.06%), oral rinse (mouthwash, 1.5%), and/or nebulization (0.2%) …

The patients mainly recovered well, reporting feeling 'completely better' at 9.5 days on average. Two (9%) were hospitalized prior to joining the study, and one did not fully recover … Given its low cost and medical potential and considering its relative safety if used properly, we suggest that randomized controlled trials should be conducted."

Final Verdict

So, is nebulized peroxide diluted with saline, with or without iodine, dangerous? No. There's no evidence to suggest there's a danger to this protocol, unless you radically violate recommendations on dilution. Even nebulization with 0.1 to 3% hydrogen peroxide appears to be quite safe, but it would be a very serious hazard to use peroxide of greater concentrations.

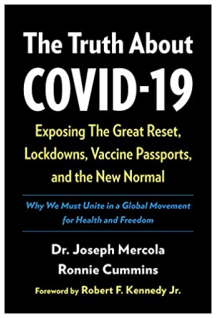
Food grade peroxide up to 35% concentration can be obtained and should NEVER be used topically or internally. It MUST be diluted or severe injury can occur. Your safest bet is to use 3% food grade peroxide and dilute it as indicated in the chart provided above, so you end up with a solution of 0.1%.

As for nebulizing saline, be it normal 0.9% saline or hypertonic 3% or even 7% saline, there's virtually no risk to this at all. It is important to note that even infants have safely nebulized 3% hypertonic saline in clinical studies, with no adverse effects. So, I stand by my recommendation to use nebulized peroxide for any suspected respiratory infection, and the earlier you start, the better.

There is no danger in doing it every day if you're frequently exposed, and likely there are additional health benefits, as even at a 0.1% solution, it will rapidly raise your blood oxygen level. It may also improve your bowel movements, which may be a result of eliminating respiratory pathogens that were having negative impact on your microbiome.

#1 Best Seller In Books

"The Truth About COVID-19" exposes the hidden agenda behind the pandemic, showing the countermeasures have nothing to do with public health and everything to do with ushering in a new social and economic system based on totalitarian, technocracy-led control. So, it's not misinformation they fear. It's the truth they want to prevent from spreading. Pick up a copy of this best-selling book today before it's too late.



The Truth About COVID-19

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Bigfletch

Joined On 1/5/2010 7:46:30 AM

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It is patently obvious that ANYTHING which can be demonstrated to reduce symptoms and prevent hospitalisation is against the agenda. Why else that in the history of g.p's there are no guidelines for early treatments. The message could not be louder and the deafness more

pronounced.

Reply | Mark as Spam | Posted On 10/12/2021 12:39:32 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Very well expressed the sad reality. These are part of the results of not applying early treatments and adequate medicines and turning to biological weapons called "vaccines" as a solution: In the past nine months, more than 2.1 million injuries caused by the covid-19 vaccine have been reported in the World Health Organization (WHO) VigiAccess database. This database was created in 2015 to allow the public to monitor medical errors and various types of vaccine injuries.

Hundreds of thousands of needless injuries occurring in young, healthy people. According to VigiAccess, 2,199,476 adverse effects following vaccination against COVID-19 have been reported in 2021 as of today, with 866,558 (39 percent) of the injuries being reported in 18–44-year-olds, and 1,517,989 (69 percent) of all injuries occurring in women.
www.lifesitenews.com/news/who-database-reports-over-2-million-potentia.. (Thu Oct 7, 2021)

In July Attorney Renz Whistleblower, under penalty of perjury, stated that she estimated at least 45K people had died from the Covid-19 Vaccine. USA Today Fact Checkers and other fact checking services claimed that to be "misinformation." Today's revelations solidify that the "Trusted News Initiative" is actually the source of misinformation and propaganda, and that Attorney Thomas Renz Whistleblower was correct all along. rumble.com/vn12v1-attorney-thomas-renz-we-got-them.-fact-check-this-al.. (September 27, 2021)

Mark as Spam | Posted On 10/12/2021 12:20:50 PM

Like Dislike

StandFastPats

Joined On 1/24/2021 1:32:24 PM

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Dear Fletch, here is a recent video of Dr. Peter McCullough, which speaks to his/our frustrations, AND also the WHY/WHAT is the point of all this. www.lifesitenews.com/news/covid-expert-dr-peter-mccullogh-urges-unbrea..

Mark as Spam | Posted On 10/12/2021 12:31:00 PM

Like Dislike

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mirandola

Joined On 6/27/2014 7:00:58 AM

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Thank you for saying it exactly as it is, Bigfletch. I find this just unbelievably criminal. What brashness, out in the public and in the wide open world of the media and internet. Lordy. Why people don't catch on to this, surely beats me. And speaking of the media, they are not only unbelievably complicit, but also actively working to help mass murder along and to install world-wide dictatorship. The media, as core strategy, needs to be sued left and right, upside down,and inside out.

I know many people on this forum are understandably discouraged by the corrupted courts/judges, yet there are a few who are still Real Americans and value the cherished values, and I also know that class action lawsuits carry far more impact than solo. I think the time has come. If we lie down passively, what is to change this whole situation? nothing. The more we say and do nothing, the more emboldened They All become. Witness the current saga. It's time for the real Americans to stand up! Keep 'em busy in court, so busy that they have no time or means to cause trouble. Eventually, we will win as it becomes the hundredth monkey.

Mark as Spam | Posted On 10/12/2021 2:48:58 PM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Republican Texas Governor Greg Abbott, responding to what he called "bullying" by the Biden Administration, on Monday barred all COVID-19 vaccine mandates in the state by any entity, including private employers. "In another instance of federal overreach, the Biden Administration is now bullying many private entities into imposing COVID-19 vaccine mandates, causing workforce disruptions that threaten Texas' continued recovery from the COVID-19 disaster," Abbott said in an executive order.
www.reuters.com/world/us/texas-governor-bars-all-vaccine-mandates-stat.. (October 12, 2021)

Mark as Spam | Posted On 10/12/2021 3:11:06 PM

Like Dislike

Bigfletch

Joined On 1/5/2010 7:46:30 AM

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StandFast. Thanks. I have been following Dr McCullough for a while now. The irony being, this agenda could not be rolled out if enough people were not vulnerable to all the propoganda. Lets face it, Dr M would not have this position if most were not succeptible to the food and drug admin. for decades. If the majority are victims, it doesnt take too many bullies to pursue their agenda, and thatbisnexactly what is happening. If you wish to " go deep" The Dark Journalist has been confirming my understanding for many years. He is the Dr M of the journalist world.

Mark as Spam | Posted On 10/12/2021 9:05:30 PM

Like Dislike

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caws

Joined On 1/12/2009 12:42:21 PM

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It is well known that most pathogens are anerobic. Hydrogen PEROXIDE will help to oxygenate your cells & kill them. When I had sinus surgery we rigged the nebulizer with two straws to force it up into my sinuses and it really helped along with Neil Md washes. Please don't use more than one drop of Lugol's iodine and DO NOT put colloidal silver in the nebulizer. It has many uses but metal it does not belong in your in your lungs. Makes a great sinus wash though. My 90 year old friend who's father was a Quaker doctor way back before antibiotics said they used a long swab dipped in iodine for strep throat and it worked great.

Many folks think you have to have a prescription to get a nebulizer. Not so; most pharmacies have them for under $40. Asthma medicine Albuteral is what you need prescription for and that nasty stuff made my heart race when they tried to give it to me when I had pneumonia. Prednisone made me feel suicidal & I immediately knew it was the drug ; not me.

Keep in mind that Jeff Bezos, who runs the CLOUD for the CIA, owns the Washington Post. Nearly all mainstream TV news has former or current CIA operatives since the 60s. CIA is a criminal organization that works for the Globalists running guns, drugs, assassinations and overthrowing foreign governments. Mercola detractor; Anderson Cooper, was briefly an admitted CIA recruit. Rupert Murdoch ;who owns CSL VACCINE company in Australia, also owns Wall Street Journal, FOX TV & movie outlets, many private satellites, and most British & Aussie newspapers. Strausberger family publicly trades the NYT and has borrowed a lot of money from Mexico & Chinese. They ALL depend on drug ads to survive and are stockholders in Big Pharma like Gates so it is no surprise they are attacking anything or anybody that draws attention from the drive to jab us with the death shot. That is until Merck comes out with the reformulated repatented Ivermectin pill that will cost $700 to treat the "virus".

Mark as Spam | Posted On 10/13/2021 6:50:24 AM

Like Dislike

Bigfletch

Joined On 1/5/2010 7:46:30 AM

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Hi CAWS, I heartily suggest you catch up on Dark Journalist on youtube. After over 40 yrs of following this agenda, he has the best compillation of all the issues.

Mark as Spam | Posted On 10/13/2021 8:42:18 AM

Like Dislike

Retsbew

Joined On 7/26/2009 1:31:08 PM

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The Yogi in Toronto that I studied with for two years used a saline solution every day to irrigate his sinuses. He recommended it highly and he was one of the healthiest people I've ever known. These "creative writers" in the press have such limited knowledge and should write sci fi, except it wouldn't be much good either. One of my dearest wishes is that the creative writers be taken out of circulation and brought to justice.

Reply | Mark as Spam | Posted On 10/12/2021 2:00:53 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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You had a good teacher, Retsbew. The life of a yogi is one that seeks harmony with the principles that govern the universe and undertakes to perfect itself until it connects with its divine nature. Ayurvedic medicine recommends starting the day with a tongue scraping, it is a very beneficial ritual. Jihwa Prakshalana, or the morning rite of scratching the tongue, is an oral hygiene practice used for thousands of years in Ayurvedic medicine. Among the benefits, it stands out that of eliminating bacteria and toxins from the tongue, ending bad breath, reducing the development of cavities and improving digestion.
vibrantayurveda.com.au/ayurvedic-ritual-tongue-scraping-jihwa-prakshal.. ~ www.svasti.ca/.../blog-post-title-three-nhcf5

Shankha Prakshalana, also known as Varisara, is a very effective method of cleansing the digestive tract using just water and salt. The name Shankha Prakshalana means “shell cleansing”, as the water courses through the digestive tract as though it was a shell. It is a fundamental exercise in yogic practice and an excellent internal cleansing procedure that removes toxins from the intestines and can prevent a large number of diseases that accelerate the ageing process.
gerardribo.com/.../shank-prakshalana-intestinal-cleanse

Mark as Spam | Posted On 10/12/2021 3:38:49 AM

Like Dislike

StandFastPats

Joined On 1/24/2021 1:32:24 PM

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Dear Retsbew! Too funny... "These "creative writers" in the press have such limited knowledge and should write sci fi, except it wouldn't be much good either". I wish someone would apprise baseball players of nasal irrigation. I suspect the reason the general population thinks it's OK to spit everywhere, is by watching a ball game. So gross.

Mark as Spam | Posted On 10/12/2021 12:47:34 PM

Like Dislike

Retsbew

Joined On 7/26/2009 1:31:08 PM

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Hi Gui, the Yogi was Alfred Schmielewski and I went to his classes for two years, in The Collonade, on Bloor Street in Toronto. A lady named Bianca, who seemed years older than him, was his sponsor in my opinion at the time. She taught dance and I think he had the premises via his relationship with her. I was about 21, so maybe she was 50, ha ha. He highly recommended the tongue scraping you describe. I'll be honest, the yoga practiced today seems a bit whifty, in comparison. (British slang, damn, I hate spell check).

At the time he said some of us were close to becoming Yoginis - a term I thought was hilarious. However, it's surprising I didn't challenge that and demand equal rights. I also got annoyed when he asked me if I was on LSD (a psychedelic drug). The pupils of my eyes are large due to being shortsighted. However, he was an inspiring man and made a huge difference to my life. I don't think once you've practiced Yoga like we did that you ever lose it mentally. It's also true that if you practice Yoga regularly, you become very psychic.

His original Yoga manual for a detailed 12 month course was written purposely without an index - maybe it's a psychic exercise? Quite a few years later, Yogi Alfred Schmielsewki became the psychic, Narayana. He was charging gigantic fees for readings and that sort of thing really bothers me. Anyway, he came to a sticky end and was shot, died on the spot and the case was never solved. There's a lot of baloney in these articles. He was not more than 6' tall, if that and I find it hard to believe he'd have something from former Prime Minister, Brian Mulroney on his wall. Mulroney was never charged for accepting payment (bribery) when he shouldn't have. But maybe when he became Narayana, he changed. greghenrywaters.com/.../yogipass.html ~ angiesdiary.com/psychology/life-and-death-of-yogi-alfred-narayana/

Mark as Spam | Posted On 10/12/2021 4:33:31 PM

Like Dislike

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smoolichen70

Joined On 9/14/2006 8:24:19 AM

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I know your expression, “Creative writers” , is tongue-in-cheek but, respectfully, I think you are too kind. I don’t believe they all have limited knowledge but a desire to be derisive and intentionally mis-leading. Unfortunately some of these people have great power to prevent the truth sayers like Dr. Mercola, Guillermo and other intelligent people that are trying to educate us. I am hopeful that the rest of the world is slowly waking up to see that the "those like us at Mercola.com” have been there already and can help to spread the word. I just wish there was a way to be more internet verbal without the censorship.

Mark as Spam | Posted On 10/12/2021 4:39:02 PM

Like Dislike

Freedomofchoice1

Joined On 10/2/2012 12:39:07 AM

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A follow up comment re purchase of Nebulizers…I just checked from Australia and to want to buy the table top bigger better machines two of them on offer in the list... surprise surprise are both “not available” and any time is unknown to be available again, yes it is via A ?? But Australia I believe may have a hand in this.... as there was ONE "case" of a returning traveller to Australia being in one of the Hotel Quarantine rooms, who was using this and THEY declared it was him and this machine that "spread" CoV 19 to other people in this building..

I believe he soon later was taken to hospital not sure what happened with the N.. BUT word was that they are "dangerous"... and spread the virus.... so would not be surprised as with Hydroxychloroquine being banned as well as Ivermectin... imports also banned... THEY want to keep people "dependent" And the so called Prime Minister really want to open the International borders around the end of this year??? we Australia seem to be one of the most locked up people around the world NO idea of any alternatives, NO idea of living with this or any other virus and a strong immune system BUT NO just more lies, and now people can enter to win A$1mill but must be jabbed..are there such stupid people yes they have already been brainwashed. Sadly.

Reply | Mark as Spam | Posted On 10/11/2021 11:44:38 PM

Like Dislike

ToeCutterAUS

Joined On 5/30/2021 9:06:33 PM

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Neither Ivermectin nor Hydroxychloroquine banned from import into Australia. Ask me how I know.

Mark as Spam | Posted On 10/12/2021 2:47:47 AM

Like Dislike

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michaelides

Joined On 7/15/2009 5:42:49 AM

Add as Friend | Send Message

Of course they will open up the borders. Got to get the opium of the masses (Cricket Ashes Cup) out to the herd...

Mark as Spam | Posted On 10/12/2021 2:53:15 AM

Like Dislike

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juststeve

Joined On 1/5/2012 11:13:54 AM

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With winter, the season of the cough, coming up fast we can be assured just regular run of the mill colds & flu will be making the rounds. This nebulizer peroxide process will no doubt be of critical importance for many. By blocking healthy people from being engaged in actually living and exposed to all Life has to offer immune systems in general are most likely to be at an all time low. Just how much regular seasonal disease may be increased & as to what it will be pegged as will remain to be seen. Will they be reclassified as Covid-19 variants or will they be promoted as new super bugs flu's to also be needing a "miracle cure" jab of their own? This along with Emergency Use Authorization status, opening ever larger gateways to vicious experiments with guaranteed profits, control and a reduction of the pesky unworthy's.

Supposed to be the best of the best country's in the world, yet pay the most for the worst results, with a track record for years of death by med's the third highest cause of death here, and having few recourses to push back on malicious offenders. As said before, Fauci's track record should have delegated him to janitor status in a free clinic. Maybe this will fly today - www.msn.com/en-us/tv/celebrity/candace-cameron-bure-has-this-to-say-ab..

Mark as Spam | Posted On 10/12/2021 7:32:47 AM

Like Dislike

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dia1910

Joined On 12/31/2020 8:08:47 AM

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To freedomofchoice1: Have you tried HealthProductsforYou.com? I purchased the Pari Trek S for $62.99(USD) back in January. So glad, it came just in time because my husband came down with covid just a week after we received it. By the way, their price was cheaper than Amazon and I was thrilled that Amazon was not my only option--don't particularly like giving my money to the enemy! Lastly, we were very happy with the results my husband got from the hydrogen peroxide nebulizer treatments. He said he felt much better each time he did them!

Mark as Spam | Posted On 10/12/2021 7:47:25 AM

Like Dislike

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jamNjim

Joined On 2/20/2008 11:15:54 PM

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Meanwhile, Australia is setting records almost every week since August for "New Daily Cases" of covid-19. This should comes as no surprise to anyone. These so-called vaccines cause ADE between 2 and 6 months after getting the second jab. The only solution being offered is BOOSTERS of the same crapp! It's already happened in Israel and the UK. It's happening in Australia as we speak. I wouldn't be surprised at all if Australia is blocking imports of these life saving devices.

Mark as Spam | Posted On 10/12/2021 8:17:12 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Natural immunity is advancing in many countries and it will be the one that ends this false pandemic. Genetic weapons will only cause suffering and hunger and will be the greatest crime against children. Those “vaccinated” transmit the spike protein, transmit the Covid-19 infection and originate new strains of coronavirus. In any case, you should ask for a passport of natural immunity, not immunity for the damn biological weapons. Pfizer is officially asking the FDA to give the green light to the vaccine for children ages 5 to 11. Pfizer and its German partner, BioNTech, today asked the US Food and Drug Administration (FDA) to authorize their COVID vaccine for emergency use for children ages 5 to 11. According to The Washington Post, an FDA advisory committee is scheduled to meet on October 26 to discuss Pfizer's pediatric COVID vaccine. 6abc.com/.../11096706 (October 8, 2021)

Two studies have shown that antibody levels drop months after receiving Pfizer's Wuhan coronavirus vaccine and that infection rates are much higher among vaccinated people. Two studies published in the New England Journal of Medicine confirm that any immune protection offered by two doses of Pfizer's COVID vaccine wears off after about two months, although protection against serious illness, hospitalization and death remains strong, the authors said. the studies.
www.nejm.org/doi/full/10.1056/NEJMoa2114583?query=featured_home (October 6, 2021)

The authors of the Qatar study, Laith Abu-Raddad of Weill Cornell Medicine-Qatar and colleagues, wrote: “BNT162b2-induced protection against infection builds rapidly after the first dose, peaks in the first month after the second dose, and then gradually wanes in subsequent months. The waning appears to accelerate after the fourth month, to reach a low level of approximately 20% in subsequent months.” www.nejm.org/doi/full/10.1056/NEJMoa2114114?query=featured_home (October 6, 2021)

Mark as Spam | Posted On 10/12/2021 8:25:16 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

Add as Friend | Send Message

Vaccines in general do not make any sense, but of course biological weapons against Covid-19 and especially in children will be a tragedy. Time will end up recognizing this tragedy and the globalist elite will end up being tried for crimes against humanity. Hopefully these "vaccines" are never approved, it would be a crime against helpless children and deceived parents. CDC Sets Panel Meetings for J&J and Moderna Boosters, Vaccines for Children as Young as 5
ttps://www.theepochtimes.com/mkt_breakingnews/cdc-sets-panel-meetings-for-jj-and-moderna-boosters-vaccines-for-children-as-young-as-5_4040339.html (October 9, 2021)

Los Angeles is following its far-left cousin, New York City, and imposing one of the strictest vaccine mandates in the country for most businesses and places, essentially trampling on medical privacy. It will be one of the strictest vaccine rules in the country when it goes into effect next month. The Los Angeles City Council approved the ordinance Wednesday, which will apply to restaurants, bars, gyms, shopping malls, entertainment venues (such as the Staples Center and movie theaters) and personal-care establishments (including nail salons, spas, and hair salons) as of November 4.
www.msn.com/en-us/news/us/la-passes-one-of-the-strictest-vaccine-manda.. The way to return to “normality” is to demand it: Normality will come from natural immunity, abandoning vaccines and mandates, as well as closures and requirements to deliver private medical and health information.

Mark as Spam | Posted On 10/12/2021 8:25:45 AM

Like Dislike

Chimonger

Joined On 2/6/2008 10:00:29 PM

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There MIGHT be one more lower tech trick to try, to essentially Nebulizer the same normal saline + H2O2. Use a cold-mist vaporizer. Inner parts must be kept meticulously cleaned, at least weekly. But, though it requires more volume of liquid to work, still creates a very fine mist you can stick your nose into to breath it in. Or, just simply use normal saline in a Netti pot, daily. Or, use a fine-mist nasal spray bottle, with the liquid in it. Or, use a salt breathing tube…maybe even put a drop of Lugol’s solution on the salt lump inside…snuff air thru that, into each nostril, about 10 times each…molecules of the iodine & salt, will get rid of congestion, & prevent germs growing in there.

Low. Tech. Wins!

Mark as Spam | Posted On 10/12/2021 9:26:29 AM

Like Dislike

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dejure

Joined On 8/23/2009 3:38:11 PM

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Chimonger, years back, when I knew nothing of bronchitis, my daughter had a cough that just didn't seem to want to go away. I had some 35% food grade hydrogen peroxide, so I put about 1/8 cup in a 1-1/2 gallon ultrasonic humidifier and set it near her bed. The next morning, her cough was gone. Go figure.

Mark as Spam | Posted On 10/12/2021 11:04:22 AM

Like Dislike

versatile

Joined On 10/16/2007 4:23:09 PM

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Media mantra: "if it cures, kill it." Cure is not defined for most diseases - and most cures are simply ignored. COVID, however, is sacred. Over 200 millions m patients are RECOVERED, without a hint of cure. Conventional medicine, government medical bureaucracies, and the media have no medical nor scientific theory of cure - so all cures (not medicine, government, nor media) are viewed as fake. It's not hard to define and study cure for any disease - COVID is no exception. Health is whole. An illness is a hole in health. A cure fills the hole. Most cures come from health, not from medicines. But even when they come from medicines, like hydroxychloroquine, ivermectin, supplements, or hydrogen peroxide - no cure can be documented. To your health, tracy

Reply | Mark as Spam | Posted On 10/12/2021 12:21:16 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

Add as Friend | Send Message

Hi, Tracy, no nos curamos hasta que restablecemos totalmente la salud. stay healthy and heal with holistic medicine. The multiple causes that are causing illness and death due to medical treatment are caused by not attending to patients according to the principles of holistic medicine. The universe is a unit that functions as an interrelated whole and man is part of this unit: mind, body and spirit where the alteration in any of its components has an impact on global health. Holistic Medicine recovers the concept of connection between the part and the whole, unlike Western Medicine that operates through medical specialties.

Each one needs an individualized diagnosis and treatment with a focus on the vital forces of the patient, the human being has great potential for self-healing, the patient becomes the main agent, who is directly involved in the healing process, being the therapist a facilitator and ally. The disease as help: the disease is an adaptation process that must be tried to obtain a new order. It is an alarm that tells us that something is not in harmony. Power: acting in an integral way is the power to heal, initiating a process of change, which allows you to improve aspects of your life so as not to get sick again.

Medicine is now controlled by insurance, because as soon as someone has insurance, he loses control over the type of medicine he accesses. Insurance even determines the price of each treatment, and the therapies to be practiced. The protocols are established and the doctor is part of the system, of the diseases created by the pharmaceutical mafia.

Mark as Spam | Posted On 10/12/2021 2:31:43 AM

Like Dislike

smoolichen70

Joined On 9/14/2006 8:24:19 AM

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Or “if it is cured, it is a patient lost.” I forget where I got this quote but it is so true. My doctors only wants to stick stuff down my throat, up my “you know what”, X-ray, swallow or inject. I have Hashimoto’s thyroiditis and they didn’t helped me cure it, they only treated the symptoms. It was through books from a doctor and a pharmacist and other science journals that I learned to tame my immune system and wiped out my condition. Once I showed my doctor how my thyroid antibodies dramatically decreased did he say I must be on the right tract.

Mark as Spam | Posted On 10/12/2021 4:49:55 PM

Like Dislike

versatile

Joined On 10/16/2007 4:23:09 PM

Add as Friend | Send Message

Smoolichen70: yes, you can cure. You just can't say "cured". Neither can your doctor. Cured is not defined, and the medical bureaucracies refuse (passively) to define it for most diseases. This protects their "licence to practice". If cure is defined unambiguously, without reference to approved treatments or approved physicians, the doctors are at risk of losing status. Imagine if an unlicensed mechanic dared to "fix" a flat tire? Imagine if an unlicensed grandmother dared to cure a child? The medical facade could collapse entirely. So.. there are no cures and no cured - and no theory of cure to discuss. Open discussion is a dangerous action.

Mark as Spam | Posted On 10/12/2021 8:19:50 PM

Like Dislike

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forbiddenhealing

Joined On 2/21/2011 9:51:43 AM

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So typical of disinformation and the injection of doubt...I started huffing 3% peroxide over 15 yrs ago as needed for any chest congestion, recommended and had many positive replies..It's an oxidative therapy that destroys pathogens, cancers and cell debris just like a healthy natural immune response. Concentration vs period of use is arbitrary... .1% @ 30min or 1.5% @ 5min? H2O2 is a powerful oxidizer like O3 and MMS chlorite and can be used orally or in IV; see Dr. William Campbell Douglas for wide ranging benefits of hydrogen peroxide.

Saline and iodine are antiseptic, sodium bicarbonate alkalizing and are a few of other substances that can be nebulized for any pulmonary issues. The pharma mafia in control of govt./media is quick to warn of any cheap DIY cures to confuse believers...It took years for WMD lies to be recognized by the public, and this covid scam will likely take longer..also too late. On the other end of the redox scale is antioxidant forming NAC...which restores function to immune cells via glutathione stimulation and is also mucolytic and proven in study. To be used separately from H2O2. NAC again; www.ncbi.nlm.nih.gov/.../PMC7649937

Reply | Mark as Spam | Posted On 10/12/2021 8:28:51 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

Add as Friend | Send Message

Yes, Randall, you have a lot of knowledge about hydrogen peroxide and NAC. A 12-page citizen petition puts further pressure on FDA in response to its assertions in 2020 warning letters that NAC cannot be lawfully marketed in dietary supplements. The Natural Products Association (NPA) has a request for FDA's top official: Determine NAC (N-acetyl-L-cysteine) is not excluded from the definition of a dietary supplement. Alternatively, the Washington, D.C.-based trade association requested the secretary of the U.S. Department of Health and Human Services (HHS), Xavier Becerra, issue a regulation finding NAC is lawful in supplements, following notice and comment. www.naturalproductsinsider.com/regulatory/us-senator-npa-press-fda-nac.. (Aug 18, 2021)

NAC is a precursor to glutathione, the deficiency of which can worsen the severity of COVID-19 disease. A high dose of NAC intravenously could help control the chain of events that cause hemolysis of red blood cells in these patients, allowing them to recover from severe COVID-19 illness. NAC also inhibits the expression of pro-inflammatory cytokines, improves T-cell response, improves various lung problems, and inhibits hypercoagulation. Some studies on glutathione and NAC. www.tandfonline.com/.../23744235.2021.1945675 (16 Jun 2021) ~ link.springer.com/.../s00408-021-00465-3 (27 August 2021)

Mark as Spam | Posted On 10/12/2021 8:56:02 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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This study aimed to evaluate the potential impact of CAP in hospitalized patients with COVID-19 pneumonia, in terms of progression to severe respiratory failure (SRF) and mortality. Patients who received standard care were compared with patients who additionally received 600 mg of NAC twice daily orally for 14 days. A total of 82 patients were included, 42 in the NAC group and 40 in the control group. Treatment with oral NAC led to significantly lower rates of progression to SRF compared to the control group. Patients in the NAC group had significantly lower mortality at 14 and 28 days compared to controls. Treatment with NAC significantly reduced mortality at 14 and 28 days in patients with severe disease. NAC improved the PO2 / FiO2 ratio over time and decreased the levels of white blood cells, CRP, D-dimers, and LDH. www.tandfonline.com/.../23744235.2021.1945675 (16 Jun 2021)

Mark as Spam | Posted On 10/12/2021 8:56:18 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Oxidative stress, a state characterized by an altered balance between the production of free radicals or reactive oxygen species (ROS) and antioxidant defenses, in coronavirus disease 2019 (COVID-19), which is responsible for alveolar damage, thrombosis and the dysregulation of red blood cells seen in COVID-19. Glutathione (GSH) deficiency, which has the potential to keep the cytokine storm in check, is a plausible explanation for severe manifestations and death in COVID. -19 patients .. Oral and intravenous GSH, as well as GSH precursors such as N-acetylcysteine (NAC), or drugs containing the thiol residue may represent a novel therapeutic approach to block NF-kB and address the syndrome of Cytokine Storm and Respiratory Distress Observed in COVID-19 Pneumonia Patients.

An empirical therapeutic approach with thiols such as NAC and erdostein. Shi and Puyo [75] have suggested that the use of oral NAC (600 mg, twice daily) could be an effective and inexpensive measure to modulate the immune system against possible infection in those who have not contracted SARS-Cov- 2, while when symptoms such as fever or dryness occur, coughing occurs, oral NAC (1200 mg, twice daily) can be taken to relieve symptoms and speed recovery from viral infection link.springer.com/.../s00408-021-00465-3 (27 August 2021)

Mark as Spam | Posted On 10/12/2021 8:56:37 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

Add as Friend | Send Message

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has a spiky protein on its surface that helps the virus adhere to and enter human cells. Several monoclonal antibodies have been developed to bind to the SARS-CoV-2 spike protein and block the virus from invading human cells. COVID-19 patients may receive an intravenous (IV) infusion of a monoclonal antibody, usually in an emergency department, infusion center, or other outpatient setting (such as the patient's home or nursing home). New variants of the SARS-CoV-2 virus have recently been detected. These variants arise due to mutations in the virus genome. Monoclonal antibodies remain effective against the new variant of SARS-CoV-2 called B.1.1.7.

Currently, 2 monoclonal antibody products are being used to treat COVID-19 through an FDA Clearance. Although researchers are still learning which COVID-19 patients are most likely to benefit from monoclonal antibody therapy, early data suggest a greater benefit in high-risk patients, including those over 65, and those who are not. sick enough to be in the hospital, but have some risk factors for serious infection. It is important to administer the infusion as soon as possible. jamanetwork.com/.../2776307 (2021) ~ www.nature.com/articles/s41577-021-00542-x?elqTrackId=ca556f4d37e24f6b.. (2021) ~ www.nejm.org/.../nejme2034495 (2021)

Mark as Spam | Posted On 10/12/2021 8:58:17 AM

Like Dislike

jamNjim

Joined On 2/20/2008 11:15:54 PM

Add as Friend | Send Message

Thanks for that link!

Mark as Spam | Posted On 10/12/2021 9:53:41 AM

Like Dislike

Raythe4th

Joined On 7/16/2012 8:10:52 AM

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I've been using sodium chloride aka MMS For years, and every time I've felt sickness coming on, I would dose myself. Every single time my symptoms went away within minutes. I even lost my sense of taste and smell for a few days, and because of the MMS, didn't suffer from any other issues. I don't believe in the PCR tests as they were the main tool used by Fauci to convince everyone that they had aids. So I never went and got tested for anything. Surprisingly enough, everyone I talk too about MMS doesn't seem to interested in it.

Go figure...

Mark as Spam | Posted On 10/12/2021 8:31:04 PM

Like Dislike

chesca

Joined On 11/9/2020 8:44:39 PM

Add as Friend | Send Message

Very informative article!!!

Reply | Mark as Spam | Posted On 10/12/2021 11:33:20 PM

Like Dislike

chesca

Joined On 11/9/2020 8:44:39 PM

Add as Friend | Send Message

I agree with you!

Mark as Spam | Posted On 10/13/2021 12:56:35 AM

Like Dislike

jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend | Send Message

If there's any doubt in anyone's mind that you can or can not use H2O2 to treat Covid-19 then here is a PubMed/NIH article that covers a study that was done in Mexico City. They not only nebulized H2O2, they used it as a mouth wash, and they DRANK IT! pubmed.ncbi.nlm.nih.gov/34335827 No one died and all but 1 participant made full recovery. Some reported nausea and dizziness after drinking the H2O2 (I don't recommend drinking it). Almost everything Big Pharma perpetuates is a flat out lie these days. Don't believe anything a doctor tells you. They are indoctrinated! You have to do your own research and in many cases be your own Guinea Pig. You may even have to buy your own testing equipment. I'm looking at a test machine right now that will do the D-Dimmer test for $1,100.00. It will do 50+ different test, but I mainly want it for D-Dimmer and Vit-D. Take the bull by the horns and tell Big Pharma to go F*** themselves! You should be in charge of your health, not the medical system.

Reply | Mark as Spam | Posted On 10/12/2021 6:18:49 AM

Like Dislike

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rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend | Send Message

Yes, added in H2O2 mouthwash and between the sinus, throat and tonsils. stopped whatever "they said" I had cold. Here's the odd/strange thing, nebulizing saline alone is helpful for asthma and post nasal drip. WHO are these front groups, anyway? Who funds them?

Mark as Spam | Posted On 10/12/2021 6:56:19 AM

Like Dislike

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jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend | Send Message

Real, prior to 1996/97 I was addicted to "nose drops". My nose stayed stopped up. It got to the point where nothing worked and the nose drops actually made the swelling WORSE! Again, my new doctor (he was new in 1995) advised ending the use of all nose drops/sprays and switch to saline mist. It took several months (maybe a year), but the saline therapy eventually did the trick. To your point, I not only could breath easier through my nose but I virtually stopped getting colds. If I did feel like I was catching a cold (start sneezing) I would do the Zicam nasal gel and massage it up into my sinuses. The Zinc in the gel would wipe out anything that was causing the infection and I wouldn't get sick.

Mark as Spam | Posted On 10/12/2021 7:07:42 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

A study of the therapeutic benefits of hydrogen peroxide and its mechanisms of action. The effects of hydrogen peroxide on the response of the immune system have been described and could explain the therapeutic mechanism of the molecule. Among these are: the stimulation of monocytes and T-Helper cells; the production of gamma interferon; the role in immunoregulation; inhibition of B cell activity; and its role in the positive regulation of the inflammatory response. All are plausible biological mechanisms that could be at play to improve clinical outcomes in COVID-19 patients. Furthermore, recent in vitro studies have found that 3% H 2 O 2 effectively inactivated many types of viruses, where "coronaviruses and influenza viruses were the most sensitive."

Possible analogies between hydrogen peroxide and chlorine dioxide are described, since both are strong oxidizing agents commonly used for antiseptic purposes in the medical field, these substances are completely different. Only hydrogen peroxide is known to be safe for oral, vaporized, or intravenous administration. Chlorine dioxide has side effects and efficacy not proven in humans. The Cl 2 product can react with organic matter to form trihalomethane (a carcinogen), methemoglobinemia and other effects. www.ejmoams.com/ejmoams-articles/hydrogen-peroxide-as-an-adjuvant-ther.. (Aug 05, 2021)

Mark as Spam | Posted On 10/12/2021 8:19:52 AM

Like Dislike

Chimonger
Joined On 2/6/2008 10:00:29 PM
Add as Friend | Send Message

I told the docs “no”, etc. when I entered hospital room in March, supposedly for surgery for “chronic appendicitis” (had before, healed, twice). Them: “we’re gonna spray you with disinfectant, wipe you down as you change into your gown”. 3 of them, in full disposable garb. Ambushing. ME: “If you do that, it will unfit me for having surgery”. Had to repeat 3 times, adding “I have MCS; those chemicals could trigger instant pneumonia”. THEN, their shocked faces recomposed, in unison, turned on their heals, in unison, & left, never trying that again. Docs, a dozen? Each asked cheerily, “you want part 1 of the vac while you’re here, & get the 2nd one, elsewhere, later?” ME: “From my knowledge, experience profession, researches, & my conditions, I understand, I am Unfit to get any vac, much less a novel one”. Their cheery false facades 1st looked shocked, then suddenly recomposed their faces, &

left.

Previous event, ER nurse & doc, both got told "no" to assumptions & proposed tests. I knew ER CT cost several times ones in Urgent Care cost…so, I said, "no, not my heart..it's the gut; cholesterol as No problem, & Statins do worse that fish oils at controlling it", &, "I will talk tomorrow to my doc, to see if she orders a CT- for drastically less pricetag". When I told NS., I disbelieved her story of bad cholesterol, she just looked shocked, speechless. The doc?…didn't do a physical abdominal exam for an acute abdomen..he talked from feet away. The doc looked shocked to silence, by my (politely but firmly said) words, refusing CT. Confused, them. The hospital was nearly EMPTY the whole time. Many staff were "furloughed" due to Zero floods of Covid patients needing all the rooms emptied in preparation for the patients that never came. All.Last.Year, to now. Hospitals..BOTH of them in Olympia, from checking in on them randomly, lacked Covid patients, were operating on skeleton crews, mostly empty rooms.

Mark as Spam | Posted On 10/12/2021 8:46:32 AM

Like Dislike

FewThereBe

Joined On 10/12/2021 11:44:30 AM

Add as Friend | Send Message

jamNjim, would you mind providing a brand/link to the blood test machine? Asking for a friend. :) Thank you.

Mark as Spam | Posted On 10/12/2021 11:59:46 AM

Like Dislike

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jamNjim

Joined On 2/20/2008 11:15:54 PM

Add as Friend | Send Message

Few, here's the first one I found: www.ebay.com/.../373546911080 There are several others available. I'm having trouble finding any reviews. Not too many private citizens buy medical test equipment and testing supplies. The professionals using these machines never write any reviews. Ebay isn't my choice to buy anything from but the seller there does a good job on the product description. So I use them for reference. The price goes as high as $2,000 for the exact same machine!

Mark as Spam | Posted On 10/12/2021 1:10:56 PM

Like Dislike

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jamNjim

Joined On 2/20/2008 11:15:54 PM

Add as Friend | Send Message

Fewtherebe, here's another one for about $700. Again, not much to go off of for accuracy and reliability. Like everything else, they are all made in China! Been looking for a quality/reliable machine made somewhere outside of China and I'm not having any luck. www.globalsources.com/Histology-pathology/POCT-1186385474p.htm#1186385..

Mark as Spam | Posted On 10/12/2021 1:22:56 PM

Like Dislike

Maritt

Joined On 12/14/2010 8:19:52 AM

Add as Friend | Send Message

"I have read a number of employee "religious exemption" vaccination opt-out letters online. Any religious exemption letter must take into account the fact that 50 percent of an urban jury in America today might be atheist, agnostic, or anti-Christian. Because I don't find anything that I have read very persuasive, I am posting this. I believe what I have posted below is both persuasive and an effective Christian apologetic." No Thank You Letter www.williambernardbutler.com/no-thank-you-letter

Reply | Mark as Spam | Posted On 10/12/2021 6:14:44 AM

Like Dislike

Chimonger

Joined On 2/6/2008 10:00:29 PM

Add as Friend | Send Message

Not exactly. Long ago, religious brands that avoided docs & medicines, used that to exempt themselves from being forced to get treatments. Around the 1980's, a few hosp.'s took legal actions, setting legal precedents, for them to take custody of deathly ill children, forcing them away from their parents, forcing them to get unwanted cancer treatments. Hospitals thot they were good doing it. Righteous, right? Bad wrong.

I think that was Christian Science. But, they really got raked for the beliefs. A few kids died for lack of fairly simple treatments. To be fair though, parishioners were never instructed in spiritual learning, the ways say, Tibetan Buddhists are….of How to do healings that might actually heal sick people…but E for effort…bad & good ideas on both sides, but…NONE negotiating nor discussing, to find common ground solutions…hosp forced cancer treatments; parents wanted alternatives that had been helping, measurably. Hosp.refused to hear, so, patient lost.

Quakers are pacifists, as numerous others are. As are Amish. They avoid the troubles of the world, tend their families & farms. They do good works. And, avoid the Draft, based on religious pacifism, that has…. Long been established….get that? ….Been member for years, the rules established for over 100 years….. that kind of thing. …So, those can prove it. BUT…those who come in droves, to these same, suddenly wanting religious protections, may be in for big surprise..,like during the Draft for Viet Nam..many guys got drafted, anyway, because, they clearly did it to avoid draft.

Same for Christian Science…industries bullied them into modifying their beliefs about no earthly docs. The noises I've been hearing about that, now, are of agencies, industries & gov't pushing back, forcing them, anyhow. The days of hiding someone in the church, is nearly gone, in the face of 2000 yrs of religious corruptions crumbling to totalitarian technocracy. We gotta beat that.

Mark as Spam | Posted On 10/12/2021 8:59:51 AM

Like Dislike

Durango

Joined On 12/22/2010 9:42:27 PM

Add as Friend | Send Message

The last few times that I have gone to the hospital for check up and lab work, I have been handed about 4 pages of things that I have to agree to and sign at the bottom. Most are O.K. such as I promise to pay the hospital bill, etc. but the last page will ask you to give the doctor/hospital the right to give you treatment that they think you need. You should not sign this page. Cross out the paragraph or put a note saying that you reserve the right to refuse treatment. I am afraid that if I sign this page I will have signed away my right to say say "no" to any shots, (jabs) , surgery, cancer or other treatments that I don't want.

Mark as Spam | Posted On 10/12/2021 5:22:17 PM

Like Dislike

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exmouth123

Joined On 11/14/2020 2:52:25 AM

Add as Friend | Send Message

Dr Mercola, you are great. I live in England. The doctors here are weak and a major disappointment. I do not trust them. They are also backwards considering the mounting Covid scientific data. The great thing about your info is that now we know how to treat so many other Respiratory viruses.

Reply | Mark as Spam | Posted On 10/12/2021 3:21:37 AM

Like Dislike

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medrakemdgmail.com

Joined On 3/10/2021 10:35:16 AM

Add as Friend | Send Message

There is no treatment that the illegitimate regime, the Obammunist left and the globalists will accept. This is because the ineffective and harmful jab, like the ineffective masks, is a loyalty ritual and a sign of conformity and controllability. They have no desire for the plandemic to end, because it is likely that the people will turn on them as they inevitably do on tyrants. These "vaccines" are intended in part to keep the public distracted while the Great Reset is implemented and the Great Replacement is carried out, but also to cull the population and implant graphene oxide and nanosensors into the surviving humans for purposes of surveillance and control.

Reply | Mark as Spam | Posted On 10/12/2021 6:10:40 AM

Like Dislike

BrianSmith1

Joined On 10/12/2021 10:03:35 AM

Add as Friend | Send Message

Agree 100%

Mark as Spam | Posted On 10/12/2021 10:05:14 AM

Like Dislike

TheOrage

Joined On 5/9/2009 9:12:50 AM

Add as Friend | Send Message

Thanks Dr Mercola for your wonderful interview with Dr Thomas Levy a couple of weeks ago. I have read his book twice now, have bought bought 2 nebulizers, one mesh and the other a jet. I now feel completely free of fear from catching any Covid virus. I am using the nebulizer once a week with 3% H2O2 to help cure final issues with auto-immune problems with the hope of curing any leaky gut syndrome implicated in same. I was diagnosed with severe osteoarthritis of the hip 6 years ago at which time I could hardly walk but my pain has gone from 1 out of 10 to zero now I am using the H2O2. I also feel safer around people who are vaccinated. I went to the dentist today who is vaccinated. I came home and had a huge dose of liposomal vitamin C and then used the nebulizer. I am in Australia but managed to buy one nebulizer through Chemist Warehouse on the internet and the other through my local chemist (although one chemist did refuse to sell one to me). I am so very grateful for your information. With thanks. The Orage

Reply | Mark as Spam | Posted On 10/12/2021 4:48:42 AM

Like Dislike

RichardNoakes

Joined On 5/22/2021 3:40:27 AM

Add as Friend | Send Message

Nebulizer? Potti? Netti? I really don't see the point - do this simple cure instead - 1 heaped teaspoon of iodine table or sea salt in a mug of warm water, cup a hand, sniff or snort the mugful in stages, up into your nose/nasal passages and if you get a sore reaction in your head, then you have a virus, so leave the salt water in your head until the soreness stops (2-3 minutes) then blow out your head with toilet paper and flush away, washing your hands afterwards - so do morning, noon and night, or more often, spitting out anything which comes down into your mouth, until you do the flush and you get no sore reaction - when you have cleared the Flu or Coronavirus and Covid won't occur, ever.

If you think you have a virus, do the above treatment and you will know instantly if you have, not just for the Flu or Coronavirus, but for all other virus based diseases, for which there is no medical solution. Me: 27 years never ill from viruses, bearing in mind that there are only 2 ways we can get ill from external sources, 1) breath it in, or 2) get a bite, like a Mosquito or a vaccine. Don't use saline solution a waste of time if no iodine salt in it. Gargling is a waste of time too, as you will quickly discover, when you do my salt water sniffle AND bonus, you won't get Long Covid either, because the flush includes the brain bulb, brain stem and inner ears via the escutcheon tubes, which is really interesting to experience, feeling them get cleaned out. Even if you have had the vaccines, do this when you get your initial head infection (before, or when you self isolate), which everyone will get anyway and murder the infection in your head, before it becomes Covid in your head and body - hence Long Covid and Pneumonia in your lungs = Covid. -Richard

Reply | Mark as Spam | Posted On 10/12/2021 3:38:21 AM

Like Dislike

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klo4517

Joined On 5/25/2017 1:43:04 AM

Add as Friend | Send Message

Such a drama. Years ago my dentist advised I mouth wash with the 3 or 6% hydrogen peroxide diluted with water for some low level gingivitis. So it works well sometimes I don't even dilute it although I do rinse well after due to the taste. Amazingly I'm still alive with no bad effects! These people should get a life instead of bothering the good people like Dr. Mercola!

Reply | Mark as Spam | Posted On 10/12/2021 12:02:13 AM

Like Dislike

Freedomofchoice1

Joined On 10/2/2012 12:39:07 AM

Add as Friend | Send Message

It would be great IF people could actually buy the proper adult Nebulizer with face masks plus the correct Hydrogen Peroxide via the Dr Mercola Market that way people do not have to go to the trillion dollar profiteering owner of a particular business.... And profits would go to Dr Mercola... which is always better in my opinion! I have looked and found a couple of brands Dr. Brownstein and Dr Mercola mentioned a long time ago. BUT do not seem to find the right on online...(for Australia) and always masks missing from the same business that sell the nebulizer Common sense would tell me that these 2 items come as a pair??? And for the desired treatment that is being discussed.... The Hydrogen Peroxide should also be added??? And the correct chart on how to mix... ????

Reply | Mark as Spam | Posted On 10/11/2021 11:20:10 PM

Like Dislike

ToeCutterAUS

Joined On 5/30/2021 9:06:33 PM

Add as Friend | Send Message

Hi @Freedomofchoice1: I'm in Australia and have purchased **locally** (after very careful research and comparisons): 1. Nebuliser#1: Portable, Mesh, battery-powered Unit: Caremax Mesh Nebulizer (from Catch.com.au, but available widely) 2. Nebuliser#2: 240V Powered, tabletop compressor Unit: Flaem NebulAir+ Nebuliser Compressor System (from BOC) Both come with the Adult/Child Masks. 3. The 3% Food Grade H2O2: I happened to get the Gaiaganic products here: bentleighhealthfoods.com.au/product/gaiaganic-hydrogen-peroxide-food-g..

4. Also, PVP-I can be obtained (rather expensively) as "Betadine Sore Throat Gargle Concentrated 40ml". This is not the topical stuff that contains surfactants and other things that while not harmful topically, and are useful topically to make the product better, you may not necessarily want nebulised, rinsed or gargled etc. The Betadine Gargle stuff I mention is a much "cleaner" product intended to be used *internally*. It's fairly readily available. 5. Regular 0.9% Saline can be purchased just about anywhere locally. Make sure it used DISTILLED water, not the "demineralised" stuff. Do your googling! Hope this helps.

Mark as Spam | Posted On 10/12/2021 2:45:38 AM

Like Dislike

DanoS1

Joined On 3/28/2021 5:11:07 AM

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I've used H2O2 inhalation over a year ago when I had trouble breathing for a couple of days. It may have been COVID, it may have been some other virus. I felt much better immediately after doing it, but kept it up for the next few days to be sure it was gone. I haven't been troubled by anything since then.

Reply | Mark as Spam | Posted On 10/12/2021 1:29:49 AM

Like Dislike

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andreia1

Joined On 7/10/2012 6:36:21 PM

Add as Friend | Send Message

Thank you so much for this article!!! This saved my 7 yr old from going to emergency last year. He wasn't able to breath, was white, lips were purplish already. Asthma induced by the flu. I used this hydrogen peroxide formulation with great success. He was 50% better after the first application. A couple of hours later he was almost back to his old active self. I then lost the formula and needed it again this year. I used colloidal silver instead for the nebulizer. But I like to alternate... worried about overdosing for such a small child! So grateful to Dr. Mercola 's dedication and perseverance throughout all these years and specially now amidst this censorship ad plandemic!!! Namaste!

Reply | Mark as Spam | Posted On 10/12/2021 9:39:21 AM

Like Dislike

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chocosinger

Joined On 11/8/2009 7:08:35 PM

Add as Friend | Send Message

Did you happen to save the "How to" video??

Mark as Spam | Posted On 10/12/2021 9:56:13 AM

Like Dislike

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grandmax4ever

Joined On 6/1/2017 12:34:10 PM

Add as Friend | Send Message

@ chocosinger ... this video? DR. MERCOLA- NEBULIZED HYDROGEN PEROXIDE VIDEO: www.bitchute.com/.../QoRi6bu3sMEV

Mark as Spam | Posted On 10/12/2021 5:46:48 PM

Like Dislike

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swabiengmail.com

Joined On 6/7/2021 1:42:54 PM

Add as Friend | Send Message

For the love of God what's next, are they going to outlaw lemons if someone says water and fresh lemon juice can help Stave off Covid?

Reply | Mark as Spam | Posted On 10/12/2021 8:42:30 AM

Like Dislike

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lea6935

Joined On 7/16/2017 7:37:13 AM

Add as Friend | Send Message

I so hate that this is happening to you. You have brought back common sense to medicine. Nutrition, fresh air and sunshine. You have shown that excercise and healthy living were key. You showed us the best food to eat, and the best way to prepare it. I thank God that I found your website and you are a blessing. There is one thing. The asleep people will believe the baloney and the rest is just free advertising!

Reply | Mark as Spam | Posted On 10/12/2021 5:52:02 AM

Like Dislike

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bowgirl

Joined On 12/3/2011 6:17:03 AM

Add as Friend | Send Message

Sadly many younger people do not understand how to make a XX% solution. Dr M gives clear step by step instructions. Having used 3% hydrogen peroxide in my hot tub to aid in ridding myself of Lyme and other vector borne disease 15 years ago, I recognized the potential of hydrogen peroxide with respiratory issues. During Lyme I was prone to bronchitis and began using the netti pot daily. I had COVID in 2/2020 without any respiratory involvement, perhaps because of my netti pot use. Not knowing the extent of the modified spike proteins on my body, I took it to a preventative level last winter, finding the correct formula for adding hydrogen peroxide to my daily netti pot use. No colds at all. As the corp medical machine moves provided even less value in preventative medicine I urge everyone to download as much info as possible about holistic health care, nutrition and wellness.

Reply | Mark as Spam | Posted On 10/12/2021 5:09:03 AM

Like Dislike

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ragus

Joined On 12/25/2008 4:07:38 PM

Add as Friend | Send Message

Most here probably know it, but www.earthclinic.com/ailments.html is a great resource for natural remedies. I used to visit it a lot earlier, but since I discovered Dr Mercola, I have simply gone to mercola.com for information on health issues. But since the articles have been removed, I now use earthclinic.com more again. It has a pretty active community. Dr Mercola could consider exporting all his great articles as HTML-pages, package them into a single zip-file and share them with the de-centralized BitTorrent technology, so that we can share them between each other. For more on BitTorrent: www.kaspersky.com/.../bittorrent

From the article: "Is Torrenting Legal? BitTorrent is a legitimate file transfer protocol, and using it — called torrenting — is legal as long as the content can be downloaded or uploaded legally. " The archival zip-file with all articles doesn't need to be torrented, it could simply be offered as a direct download right here on the web site. Sharing it via Torrent, however would de-centralize and safe-keep the articles for the future. As an example of Torrent usage, Ubuntu (a popular Linux version) can be downloaded via BitTorrent: ubuntu.com/.../alternative-downloads Also, all resources on archive.org are offered via Torrent: archive.org/.../mbvloomboot

Reply | Mark as Spam | Posted On 10/12/2021 5:00:53 AM

Like Dislike

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mirandola

Joined On 6/27/2014 7:00:58 AM

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First the FDA approved known carcinogens in our foods (but people continued to trust the FDA). Then in court, they went after doctors' licenses for trying to cure their lyme patients using antiobiotics for the longterm (admittedly a controversial subject, yet chronic lyme patients commonly can't get well without longterm intervention). Now they and the CDC and the media (which is practicing medicine without a license) are joining forces to over-control yet again.

Evidently they cherry pick and twist things out of context, as with "forgetting" to mention the science and the dilution of hydrogen peroxide, based on which they misconstrue and claim "Misinformation". "Misinformation" in the end, is hereby PROVEN to be nothing but an empty ruse, an air-headed invocation lacking in any substance, with the pure purpose of power and control. It has nothing to do with science or fact, as evidenced by the journalism just conveniently managing to leave out that important matter...science!

I think it's high time for the CDC, WHO, FDA and the rubber stamping media to let go of control. Doctors MUST be free to practice medicine per their own best judgment, with patient interest and individualized considerations in mind. The over-reach is not working, neither is the very model of centralized medicine. We pay our tax dollars and we expect the FDA, CDC, WHO, BigPharma, and the media to behave much better.

By the way, we the taxpayers pay an awful lot of money collectively. And did the US Constitution ever say that the highest bidder is the government's King? Or did it say that it is a government of/by/for the people? We, paying for this, expect the FDA, CDC, WHO, BigPharma and the media to obey the laws of our founding fathers. And guess what, doctors have a right to free speech and to equal protection under the law. Leave 'em alone! To harrass doctors is to impede human health. This is a form of violent crime. This absolutely must stop, right away!

Reply | Mark as Spam | Posted On 10/12/2021 4:36:07 AM

Like Dislike

Jez...
Joined On 3/6/2021 9:59:30 AM
Add as Friend | Send Message

If it weren't tragic what they're doing it would be laughable! You can see it coming. Yesterday I heard a doc on Brighteon talking about the amazing cleansing properties of apple pectin. So guess that will be next on the list

Reply | Mark as Spam | Posted On 10/12/2021 3:38:45 AM
Like Dislike

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jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend | Send Message

Was that Dr. Ardis by any chance?

Mark as Spam | Posted On 10/12/2021 8:22:08 AM
Like Dislike

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tdmartinson
Joined On 3/24/2011 7:14:27 PM
Add as Friend | Send Message

Since doctors refuse to give early treatment I am considering buying a nebulizer but am at a loss as to what to buy. In Dr. David Brownstein's book he says the handheld type doesn't provide enough nebulized solution to help and recommends a pneumatic jet. He also says nebulizing shouldn't be done without a doctor's supervision but if doctor's aren't willing then they force us to treat ourselves. Can anyone recommend a simple nebulizer I wish Dr. Mercola offered one on his website.

Reply | Mark as Spam | Posted On 10/12/2021 2:42:04 PM
Like Dislike

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kcbryer
Joined On 10/12/2021 3:21:12 PM
Add as Friend | Send Message

Look on line, I've used a portable nebulizer for my kids when they were very young! They nay not hold a lot at one time but are refillable- just make sure you thoroughly rinse any and all non-motorized parts after using a Celine solution or the salt particles will clog it.

Mark as Spam | Posted On 10/12/2021 3:23:53 PM
Like Dislike

Cheryl0324
Joined On 10/12/2021 12:53:44 PM
Add as Friend | Send Message

I recently recovered from the virus. I was prepared because of Dr Mercola. I had the nebulizer, peroxide, saline, lugols. I also got a Zpac online. I had a chest xray which showed 0 lung damage, did not loose my sense of taste or smell, and no cough. I'm almost 65 and overweight. I'm also a full time dental hygienist, so I knew it was when....not if. I nebulized 4x daily for a week. I ran a 102 fever for a week then I was 100% back to normal in 8 days!

Reply | Mark as Spam | Posted On 10/12/2021 1:01:01 PM
Like Dislike

Deppig
Joined On 10/7/2015 3:57:39 PM
Add as Friend | Send Message

I find it really insulting that the media would say it is dangerous to have alternative solutions because they will distract the people from using their proposed course of action. I'm losing my patience with all this arrogance. I really don't like being considered a sheep.

Reply | Mark as Spam | Posted On 10/12/2021 11:48:36 AM
Like Dislike

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cup

Joined On 3/7/2008 12:37:02 PM

Add as Friend | Send Message

Is it safe for family members to share one nebulizer using the HP protocol preventively, with each person having their own separate mask? I have been wondering about this for quite some time. It seems a shame to have to buy a separate one for each person if it isn't necessary. The nebulizer manufacturers make a big deal out of danger of people sharing nebulizers (including nebulizer cups and even tubing), but in this case, they aren't being used for some kind of pharmaceutical medication; they are being used for hydrogen peroxide. Due to the germ-killing ability of HP, I have wondered if there was really any risk in sharing a nebulizer for this purpose. Dr. Mercola even said in this article that Dr. Levy was traveling with his nebulizer and let his family friend use it and then keep it for her own use when he left to go back home. That seems to point to it being safe to share a nebulizer for using HP.

Reply | Mark as Spam | Posted On 10/12/2021 9:28:23 AM

Like Dislike

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moxa1man

Joined On 6/19/2006 1:57:04 PM

Add as Friend | Send Message

Here's another novel approach to respiratory infection. Use of a salt pipe with the addition of 2 or 3 drops of lugols iodine. Inhale 10 or 15 times thru the nose to line nasal passages and airways with iodine. Kills all virus and bacteria on contact. Dr. Nyhill recommends doing this every two hours if sick. She also recommends at least 5 grams vit.c daily for prevention and up to 10,000 mg per hour to bowel tolerance if sick. Google Dr. Nyhill for salt pipe inhalation therapy. So simple and effective. Good luck.

Reply | Mark as Spam | Posted On 10/12/2021 7:17:44 AM

Like Dislike

Chimonger

Joined On 2/6/2008 10:00:29 PM

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I was using H2O2 in a CPAP, to stop it in its tracks. It was a fairly lite infection, but,v that trademark move of the congestion, to turn from a lite sinus infection, to pneumonia, in only a few hours…real! This trick, stopped that progression, in only a few hours of napping with that getup. Woke up, still felt congested but goopy, blew nose, all clear, breathed deep, all clear. Felt fine after only a few hours before, feeling like death's door. Mistake: only using it once for 2-3 hours..felt great, so didn't repeat. The next weekend, it returned, similarly. I repeated the single use. And…it recurred a 3rd time the following weekend. But THAT time, I used it 3 consecutive nights, no matter how decent I felt. THEN it stayed gone.

But, that didn't prevent serious brainfogs. Random fogs so dense, I could barely figure out how to get to the toilet 15' away. forget getting dressed. So, I used diluted H2O2 in Nebulizer, as Dr.M describes…& felt a bit better. Took herbals good for brain, & antioxidants. Hi Vit. C, but vacillated doses, to keep the germs unstable more. Felt better.. There's something very fishy about everything officials, industries, & gov't are doing. We must keep deluging back at them, with Truths, science, & refusal to be their slaves & Guinea pigs.

Reply | Mark as Spam | Posted On 10/12/2021 7:11:25 AM

Like Dislike

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april.showers

Joined On 10/16/2013 9:05:40 AM

Add as Friend | Send Message

I use a CPAP and would like to know how much H202 to put in the chamber. These %'s are confusing!! Thanks...

Mark as Spam | Posted On 10/12/2021 10:04:55 AM

Like Dislike

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april.showers

Joined On 10/16/2013 9:05:40 AM

Add as Friend | Send Message

I received your email and thank you sooooo very much for the info. I will be using it. I never thought about the metal bottom being a problem! I'm trying to amass all the correct info as I am very scared about getting ill. I'm old and have issues and needed that help!

Mark as Spam | Posted On 10/12/2021 11:52:43 AM

Like Dislike

JKolbus

Joined On 3/17/2012 6:24:03 AM

Add as Friend | Send Message

All I can say is that I followed your nebulized peroxide treatment when I had covid, it worked great! I never had a cough or any residual infections. Thank you!

Reply | Mark as Spam | Posted On 10/12/2021 5:54:45 AM

Like Dislike

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kdarden

Joined On 9/4/2009 10:40:25 AM

Add as Friend | Send Message

Thank you so much for posting this. I just sent you an email a couple of days ago because I had neglected to write down the formulation when I created mine earlier this year - before the massive attacks on Dr Mercola - and I was running out of my refrigerated compound. I had always just assumed I could go back and find it in the website's files, but who could expect the censorship to be so blatant and so vile. I began using nebulized hydrogen peroxide based on Dr. Mercola's information, and have found that when I get my congestion due to the mold and mildews in our coolish high humidity environment, it helps tremendously. I also shared it with a dear friend at the time (who has a more serious asthma problem), and have now saved a copy of the article and video. Grateful for the continued wisdom.

Reply | Mark as Spam | Posted On 10/12/2021 3:54:21 AM

Like Dislike

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steve49car

Joined On 10/5/2020 3:37:55 AM

Add as Friend | Send Message

Vitamin C floods the body with Oxygen ....look into Liposomal Vitamin C ...must be Liposomal! Its a strange thing ...but what happens when cells don't get enough oxygen ... they change to processing sugars...and we all know what that results in.. hence the answer again CLEANSE the body and get that oxygen?

Mark as Spam | Posted On 10/12/2021 4:01:47 AM

Like Dislike

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mho2363

Joined On 1/7/2016 12:02:31 AM

Add as Friend | Send Message

I live in Australia and have book, nebuliser and 3% hydrogen peroxide (purchased at Woolies) ready to go. Listening to the FLCCCA doctors a few weeks ago and near the end, one of the doctors said he would not nebulise (not sure if he said hydrogen peroxide). At the time, I immediately thought that went against Dr Mercola's recommendation. Should he have a chat to the FLCCC doctors?

Reply | Mark as Spam | Posted On 10/12/2021 1:13:52 AM

Like Dislike

Jennycat24

Joined On 11/27/2012 7:23:21 AM

Add as Friend | Send Message

mho2363 - do you really think they would listen? And if some of them did listen, would they dare repeat it? Such sorry times we live in.

Mark as Spam | Posted On 10/12/2021 3:20:25 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

Add as Friend | Send Message

I'm so grateful for ALL of this information! I have wanted an in depth discussion on it, and now it's here! Thank you Dr. Mercola! I'm taking this one to the bank (copying it and saving it for any and all future lung issues!) ... Yayy!

Reply | Mark as Spam | Posted On 10/13/2021 5:04:29 AM

Like Dislike

Dar6416

Joined On 11/28/2016 11:17:22 AM

Add as Friend | Send Message

I attest to the fact that this works. I've had Covid and this kept my lungs clear and working. I kept praising God for my every breath! I give the glory to God for healing me and Dr. Mercola for showing me what to do.

Reply | Mark as Spam | Posted On 10/13/2021 3:07:11 AM

Like Dislike

RichardGrass

Joined On 9/26/2007 8:27:17 AM

Add as Friend | Send Message

My wife and I both had Covid a month ago and immediately used the Nebulizer at .3% H2O2, every 2 hours. We also used Quercetin, Zinc, Liposomal Vitamin C and D (with K2) and L-Glutathione. Three days later it was essentially over. Thank you Dr. Mercola for warning us over a year and a half ago to have everything ready just in case.

Reply | Mark as Spam | Posted On 10/12/2021 5:55:01 PM

Like Dislike

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lordbasil

Joined On 3/11/2007 1:57:54 PM

Add as Friend | Send Message

If it is not all ready done, premix everything and sell that for the nebulizers. I am no chemist. My brother is but he is in England. Advertise it only as a simple treatment to help people with chronic sinus problems. I have used the saline for years. Only because we live in a place nicknamed Sinus Valley. When I visited my folks on the gulf side of Florida, the sinus problems always disappeared while I was there. In all justice, I often swam in the shallow ocean at Clearwater while there. I am sure the salt got in my respiratory system at that time.

Reply | Mark as Spam | Posted On 10/12/2021 3:29:02 PM

Like Dislike

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hot9520

Joined On 12/8/2020 1:24:06 PM

Add as Friend | Send Message

The LA Times this morning reported that according to the CDC, a new study, which they only identified as "being out of Kentucky" shows that those who have had COVID have less immunity than the vaxxed. So that would mean essentially no immunity at all. It is amazing that they can get away with such "whoppers."

Reply | Mark as Spam | Posted On 10/12/2021 11:47:12 AM

Like Dislike

NaplesDan

Joined On 11/14/2018 9:10:23 AM

Add as Friend | Send Message

I believe that is a dated garbage study.

Mark as Spam | Posted On 10/12/2021 5:38:22 PM

Like Dislike

Coldwatersurfer

Joined On 6/22/2021 9:13:38 AM

Add as Friend | Send Message

Once again, another effective and safe remedy that doesn't line the pockets of big pharma is attacked and falsely denigrated by the usual

suspects. Tantamount to a form of homicide, in my opinion. My wife and I, having both avoided "needle-rape" with the clot-shots, recovered fully from SARS-CoV-2 last month, and this therapy - along with ivermectin and several nutraceuticals - made a HUGE difference. Every time we used the nebulizer with 0.1% peroxide solution, our pulse oximeter reading jumped from 95% to 99% during the worst days of the infection. THANK YOU, DR. MERCOLA!

Reply | Mark as Spam | Posted On 10/12/2021 10:38:59 AM

Like Dislike

DrDave99

Joined On 2/11/2012 4:49:44 PM

Add as Friend | Send Message

The medical cartel and BP has been knocking the H202 for quite some time now. Nothing new. It's quite clear now that if something works and is a threat to their medical $$ then they smear it and try to give it a bad stigma. Classic smear campaign. Same game. You're better off doing the opposite of any public gov't funded health agencies state for good health.

Reply | Mark as Spam | Posted On 10/12/2021 10:30:58 AM

Like Dislike

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law03647

Joined On 1/8/2015 8:57:53 AM

Add as Friend | Send Message

If one were only to distrust the media, whatever the media tells you is not good for you, you can pretty much assume it is something you must try. Back up your assumptions with good medical advice, and it's a no-brainer. The media is good for something I suppose.

Reply | Mark as Spam | Posted On 10/12/2021 10:04:22 AM

Like Dislike

Deppig

Joined On 10/7/2015 3:57:39 PM

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Yes they are. Who knew??? 😂😂😂

Mark as Spam | Posted On 10/12/2021 11:51:36 AM

Like Dislike

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ohe0518

Joined On 10/7/2015 12:01:52 PM

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FACT: Nebulizing the peroxide solution worked for my family, neighbors, and friends when they got covid. Nobody was damaged by it and all of us recovered quickly. However, I personally know several people who went to the hospital instead and are now dead... not from covid, but from the hospital protocols (In 2 cases, I personally was in touch with the family daily and watched it happen. It's the hospital stories from hell). By the way, one of my friends was able to stay in the room daily with her family member on the vent. She nebulized daily as a preventative since she was all day on the covid floor and never got sick!

Reply | Mark as Spam | Posted On 10/12/2021 9:34:32 AM

Like Dislike

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mickermo

Joined On 5/4/2009 10:35:21 AM

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It's just the same old crap from the looney left! The truth doesn't fit their narrative! Keep up the great work Dr.

Reply | Mark as Spam | Posted On 10/12/2021 9:27:26 AM

Like Dislike

Billie153

Joined On 1/18/2016 12:07:52 PM

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My husband and I both had Covid, in September. He had it 5 days before me. He started complaining of not being able to breathe well, and said there was a knot in his chest. I got out my nebulizer, already prepared solution, and after the first treatment, he said the knot was gone. We used it for 3 more days. I had it pretty bad and went to the ER when temp was 103.2. They took x-rays. There was Covid pneumonia, but not any bacterial. They sent me home with antibiotics as a preventative and I recovered without hospitalization or further treatment.

I feel the nebulizer helped both of us, and have recommended it to friends and family. I went to the eye doctor yesterday, she and her husband had Covid in April. She had a nebulizer ready. They both had it pretty bad. They went to the ER and got antibiotics also as a preventative, and were sent home. No sign of bacterial pneumonia. She said she felt the nebulizer saved their lives. We were both thankful that we now have natural immunity without the vaccine! Thank you Dr. Mercola for continuing your recommendations in spite of the harrasment, etc. of the media, and all the other sources who have much to gain from the evil that is being promoted.

Reply | Mark as Spam | Posted On 10/12/2021 8:47:38 AM

Like Dislike

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sassygray

Joined On 6/19/2006 4:32:03 AM

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Having just gone through 3wks with Covid, 2nd week being the worst, I nebulized 3-4x daily with 3% food grade hydrogen peroxide, saline and Gauls iodine. I also did nasal irrigation with saline 2x daily. It save me from a hospital visit as well as my husband. I don't know what we would have done without this treatment! Thank you Dr Mercola and Dr Brownstein, because thanks to you no hospitals were involved!

Reply | Mark as Spam | Posted On 10/12/2021 8:22:28 AM

Like Dislike

Chimonger

Joined On 2/6/2008 10:00:29 PM

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Many years ago, working in VA hosp., Nurses noted sudden drop in use of H2O2 wound cleaning/soaking orders. Asked, supervisors said, "It's harsh, harms tissues, so, not ordered now". That was about 1986-7. In came costly drug treatments for chronic wounds. But nothing said about agent Orange exposure triggering slow/non healing wounds, or what it really meant. One guy disappeared, for being an inconvenient patient. Records, everything, gone. Nowhere in the place.

Here comes Covid, & good, fast, cheap DIY treatments were desperately needed… (media would have us believe)…..,just like all the other years the industries have grossly over-hyped every flu to come down the pike, worse each year than the last….THAT's "The Little Boy Who Cried "Wolf!", too often when there wasn't. But public backed-off, started seeing how fake & routine the hype was, how ineffective the shots….for over 30 years. It was about profiteering at everyone's expense.

Right after reading tiny articles on docs back East using Nebulizer or CPAP trick, THAT was when shortage of H2O2 hit, & it was rationed; blocking folks accessing that. Any wonder that public distrusts industries, officials, & media? Any wonder why there's a growing, heavy, & possibly solid-based evidence, that there isn't really even a bad virus, that all the respiratory infections are really from bad pollutions, which are worst in cities, where infections are most?

I know there are germs. But, the old, flawed Germ Theory, upon which most huge corporations are founded…and upon which they base their products…was flawed then, & never got overturned or replaced with better. We are ruining & killing ourselves, & the planet, by allowing end-stage capitalism (toxic capitalism) to keep poisoning everything. Those who know better, do better…but it's real hard to do, when being pushed, en masse, like lemmings over a cliff. This game has been well planned, & executed. It's almost done.

Reply | Mark as Spam | Posted On 10/12/2021 7:59:08 AM

Like Dislike

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pam7647

Joined On 9/6/2014 5:30:49 AM

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Thank you, Dr. Mercola for presenting this important information. I've been following Dr. Brownstein for years, and I know his work on iodine. When I read his nebulizing protocol on his website over a year ago, I immediately purchased everything I needed to nebulize the peroxide and put it on the shelf. I got a 101 degree fever in the evening last year, - body aches, headache and extreme lethargy, but when I tried to take a deep breath, I realized that I might well be on my way to the hospital and a ventilator which I expected would be my death sentence. (I was 78 at the time, overweight, and diabetic.)

Since I had everything necessary, I got the nebulizer, food-grade peroxide and sterile saline, followed the directions for dilution, and began the nebulizing treatment. I repeated the treatment 3x that evening, went to bed, and when I woke up I had no fever, my headache was gone and I could take deep breaths without constriction. I still had the body aches and tiredness, so I nebulized with the peroxide 2 more times (at that time Dr. Brownstein had not added the Lugol's iodine to his protocol.) I took it easy that day, and by the following day I was outside pulling weeds! I don't know if I had Covid, but I have had the flu enough times in my life to know that I had a virus of some kind.

I now assume that I have durable immunity to C-19 now since it was the virus du jour, and I'm not worried. Thank you so much for making this video available. I told many people about Dr. Brownstein's treatment, and I could tell they viewed my story with skepticism, so this adds a huge element of authority. Thank you, Dr. Brownstein, and to both of you, please continue your work. There are lots of us out here who intend to keep on living, and I believe my life may have been saved.

Reply | Mark as Spam | Posted On 10/12/2021 7:28:54 AM

Like Dislike

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kerlau

Joined On 5/25/2016 7:30:08 AM

Add as Friend | Send Message

I've used nebulized hydrogen peroxide at first sign of respiratory illness twice over the last two years. Not only ZERO bad effects, but the illness never developed. I have recommended this treatment to multiple others, none of whom have had any bad effects and ALL of whom have seen resolution without the illness taking hold. Couldn't recommend it more!! Another benefit? My adult daughter gets exercise-induced asthma, and had a bought after a run last week. She decided to try the nebulizer HP, and to our surprise, she had a COMPLETE resolution of any symptoms inside of the first five breaths/inhalations! Thank you, Dr. Mercola, for the information that has proven so valuable for my family. We so appreciate the knowledge you have shared and your willingness to stand against the tide.

Reply | Mark as Spam | Posted On 10/12/2021 7:14:44 AM

Like Dislike

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bfr27915

Joined On 9/26/2021 5:38:22 PM

Add as Friend | Send Message

Thank you Dr. Mercola for you tireless fight for the health of the individual and the truth. I follow the FLCCC Alliance's Prevention protocol, the four D's (Dimensions, Draft, Density, & Duration), and your H2O2 recommendations (not exactly - 16 oz distilled water, 1 TSP Celtic salt, 1 oz 3% H2O2. 1/17 ratio of 3% = 0.17% solution of H202). Back from a recent week trip - followed this every day. Been doing this for over a year. No issues and no COVID. "How many times can you be lied to if you don't know the truth?"

Due Biden's EO-14042, if not fully vaccinated by 12.08.2021, I will be out of my position with a Federal Contractor. Natural immunity (which I don't have) is not acceptable. So - in the land of the free and home of the brave - I need to take part in an experimental gene therapy - which is undergoing the long-term safety trials (well, since the control groups were informed they did not get the vaccine, there are no more control groups) - to have a job. And subunit vaccines for RNA viruses (unstable and mutates) don't work anyway. And I don't want billions of enhanced "Spike" proteins circulating in my body. No early treatment protocols (1,000's of deaths). Reference 1 John 5:19. This is a battle of good vs. evil. What is TPTB's end-game?

Reply | Mark as Spam | Posted On 10/12/2021 7:09:20 AM

Like Dislike

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mdbrown7111

Joined On 3/7/2013 1:31:33 PM

Add as Friend | Send Message

Right. Follow directions moron. With their logic we should not be allowed to treat ourselves because we are all to stupid. If that's the case why are they not warning people against their dangerous asthma inhalers?

Reply | Mark as Spam | Posted On 10/12/2021 6:47:48 AM

Like Dislike

Chimonger

Joined On 2/6/2008 10:00:29 PM

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The same imbecile paranoids, were raised without most playground equipment, because, it all got removed, starting in the late '50s, into the '60s...it all got removed, to prevent kids getting hurt on it. From then, on, more bored kids. More de-conditioned kids. More spending on other toys to take the place of active fun that got taken, because a vanishingly few kids (per population, in a given time frame) got hurt. Now, they are removing more playground equipment, so to speak. We must counter that, and fast.

Mark as Spam | Posted On 10/12/2021 7:30:32 AM

Like Dislike

ILoveMercolatoo

Joined On 8/4/2021 6:59:17 AM

Add as Friend | Send Message

I am 61 years old with sadly lots of lung damage. On average `i have needed at least 5 -12 courses yearly of antibiotics during my life starting from the age of 6 months. I have also been prescribed antibiotics as a daily medicine which I used for years until I got resistent and had to stop as it did nothing anymore. Last year I was also infected with pseudomonos A and two types of asparigillis. The normal treatment would be antibiotics for a month orally and then nebulized for six months. After 15 days I had a bad allergic reaction and as I have aquired many allergies through the years, there was nothing else. I was sent home with good luck saline solutions and a nebulizer to use 2x a day.

Last year after reading Dr Mercolas post I figured I have nothing to loose. Since then 0 antibiotics ! Almost a year later. Ofcourse my lung specialist is very sceptical and armed me with warnings. THIS IS THE FIRST TREATMENT THAT HAS EVER HELPED ME FOR SUCH A LONG PERIOD OF TIME. NO, I will not stop using it ! As I have more breathing capacity for years manybe ever! Thank you, thank you, thank you !

Reply | Mark as Spam | Posted On 10/12/2021 4:08:49 AM

Like Dislike

Jennycat24
Joined On 11/27/2012 7:23:21 AM
Add as Friend | Send Message

I use a nebuliser every day with filtered water and Himalayan salt saline solution, and some drops of hydrogen peroxide - and it has improved my health - and I have been asthmatic since a vaccination years back. I wrote down carefully Dr Mercola's advice and put it into action months ago. The journalists appear to be criticising a method that has never been recommended - rather like the massive overdosing of patients with drugs to then say the drug is unsafe, which we have sadly seen before.

Reply | Mark as Spam | Posted On 10/12/2021 3:39:57 AM

Like Dislike

steve49car
Joined On 10/5/2020 3:37:55 AM
Add as Friend | Send Message

Asthma is usually parasitic ...a common one found in the soil ...Ascaris! This gets into the body and works its way to the lungs ....and its excretions interfere with breathing ! I always suggest the 3 herbs , Cloves ,Wormwood and Green Hull of Black Walnut (all I suggest at least as powerful a ivermectin if not more so) alongside LVC and H2O2 nebulised ! Did you know that many great singers (Tom Jones is one) ALWAYS sleeps with his nebuliser on ....? Do research Ascaris?

Mark as Spam | Posted On 10/12/2021 4:07:02 AM

Like Dislike

bee70578
Joined On 1/24/2014 4:03:10 PM
Add as Friend | Send Message

Jennycat24, Please watch out for quite high levels of mercury in some packets of Himalayan salt. I was ill for a while before I discovered the culprit. My buddy has no problems with the same brand, so far!

Mark as Spam | Posted On 10/12/2021 4:17:36 AM

Like Dislike

Jennycat24
Joined On 11/27/2012 7:23:21 AM
Add as Friend | Send Message

Thanks Steve49car - I'd never heard of that and will look into it. It would be wonderful if I could get rid of it!

Thanks bee70578 - I'd never heard of that either! Help! I'll look into it though, thank you.

Mark as Spam | Posted On 10/12/2021 4:36:32 AM

Like Dislike

Astonished
Joined On 6/2/2013 6:24:49 AM
Add as Friend | Send Message

steve49car: Can you provide sources, please? "Asthma is usually parasitic ...a common one found in the soil ...Ascaris! This gets into the body and works its way to the lungs ....and its excretions interfere with breathing ! I always suggest the 3 herbs , Cloves ,Wormwood and Green Hull of Black Walnut (all I suggest at least as powerful a ivermectin if not more so) alongside LVC and H2O2 nebulised ! Did you know that many great singers (Tom Jones is one) ALWAYS sleeps with his nebuliser on ....? Do research Ascaris?" Of course, asthma is often a direct result of air pollution, chemtrails, and legal vaccines, but this is new info for me and I need to find sources. Of course, I'll also investigate.

Mark as Spam | Posted On 10/12/2021 8:38:00 AM

Like Dislike

BrianSmith1
Joined On 10/12/2021 10:03:35 AM
Add as Friend | Send Message

Massive overdose - as in the case of HCQ?

Mark as Spam | Posted On 10/12/2021 10:07:37 AM

Like Dislike

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wakeupSleep

Joined On 12/23/2020 2:21:37 PM

Add as Friend | Send Message

bee70578, Do you know what brand is a safer version of Himalayan salt? i don't get packets but actual bottled sized but never thought about mercury?

Mark as Spam | Posted On 10/12/2021 11:53:19 AM

Like Dislike

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pnapier

Joined On 1/18/2008 8:42:35 AM

Add as Friend | Send Message

Dr. Mercola:

I am searching for the recommended nebulizer. Does anyone know which one it is?

Reply | Mark as Spam | Posted On 10/13/2021 10:49:39 AM

Like Dislike

Debwalters333

Joined On 5/18/2012 6:03:41 PM

Add as Friend | Send Message

They're panicking that the truth is being found out! Nebulizing hydrogen peroxide while I had covid probably kept me out of the hospital! Along with an essential oil blend I used to specifically support the lungs. My functional medicine doctor also prescribed steroids and blood thinners for some long-term symptoms I had which helped tremendously. I'm completely healed now and I never went to the hospital even though I felt utterly horrible and thought I might end up in the hospital, that virus kicked my butt!!! Thank you Jesus!

Reply | Mark as Spam | Posted On 10/13/2021 10:07:18 AM

Like Dislike

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auggie123

Joined On 11/26/2014 4:12:47 PM

Add as Friend | Send Message

The formula is simple but maybe not without the proper dilution - in 2020 the recipe was easy to find on the internet - today no so much. The majority of the solution is saline and amazon has cool little tubes of saline - kinda like the fake soda bottle made of wax back when we were kids. Once you have the food grade hydrogen peroxide and saline you can also add a drop of iodine in tiny amounts.

Reply | Mark as Spam | Posted On 10/13/2021 8:16:25 AM

Like Dislike

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markyoung12

Joined On 11/22/2020 6:24:34 AM

Add as Friend | Send Message

Educate others: issuesoutline.org ~ Re-recorded songs - listen or download free: Covid Slaves soundcloud.com/.../covid-slaves and markyoungguitar.com/.../covid_slaves.mp3 +Lyrics www.markyoungguitar.com/covid_slaves.htm ~ Not About a Virus: soundcloud.com/.../not-about-a-virus and markyoungguitar.com/.../not_about_a_virus.mp3 +Lyrics www.markyoungguitar.com/not_about_a_virus.htm

Reply | Mark as Spam | Posted On 10/13/2021 7:54:55 AM

Like Dislike

Rexton

Joined On 10/11/2020 8:17:17 AM

Add as Friend | Send Message

It seems like this dude - Imran Ahmed - is on a mission to destroy Dr. Mercola. First it was vaccine misinformation and now it's hydrogen peroxide. I bet if Dr. Mercola was recommending unpolluted oxygen as the best for your lungs, Ahmed would condemn this too.

Reply | Mark as Spam | Posted On 10/13/2021 1:29:37 AM

Like Dislike

jca652041

Joined On 8/25/2014 12:54:54 PM

Add as Friend | Send Message

I have advanced lung disease and recently used the food grade hydrogen peroxide therapy when I was coming down with a regular old cold (yes they still exist). It definitely stopped the cold in its tracks and stopped it from entering my lungs. I've never been over anything so quick in my life. I'm so done with mainstream medicine. Nutrition, exercise, sunlight, homeopathy, naturopathy.....so many options that support our amazing immune systems that I don't need mainstream medicine unless I'm in a car wreck. Mainstream killed my father. I refuse to let it kill me.

Reply | Mark as Spam | Posted On 10/12/2021 10:05:24 PM

Like Dislike

lhm1893

Joined On 9/12/2021 1:35:13 AM

Add as Friend | Send Message

If the Smith-Mundt Act had been reinstated during the Trump admin we wouldn't be in this mess with the media lies, lies, lies 24/7. The vax is dangerous, kills and maims yet they are forcing it on us for WHAT? A virus with a 99.8+% survival rate. And now they are going after our children!!!! The hospitals are killing with remdesivir, vancomycin, steroids and ventilators. All causing multi system organ failure starting with renal failure, then the dominoes fall from there. If you have a loved one in the hospital don't allow the doctors to give this lethal cocktail. Take the advice of Dr. Mercola on diet, exercise, supplements. And use simple, inexpensive, and non-damaging treatments at home for a speedy recovery. Big pharma and most doctors don't want to cure you. They just want to treat your symptoms forever because you are nothing but a cash cow to them.

Reply | Mark as Spam | Posted On 10/12/2021 8:52:28 PM

Like Dislike

lhm1893

Joined On 9/12/2021 1:35:13 AM

Add as Friend | Send Message

Thank you so much for your info on nebulizing hydrogen peroxide. After I read your first article I purchased a nebulizer, already have the hydrogen peroxide. I believe in your information and so appreciate every article and video. Thank you for your dedication to true medical care. And for exposing the hypocrisy of our medical system. Much respect to you sir. From a (now former and you know why) nurse of 38 years who knows.

Reply | Mark as Spam | Posted On 10/12/2021 8:03:53 PM

Like Dislike

pra3771

Joined On 6/18/2017 12:52:50 PM

Add as Friend | Send Message

Nebulizer protocol and ivermectin saved my life in September. MSM can suck it

Reply | Mark as Spam | Posted On 10/12/2021 7:50:13 PM

Like Dislike

Hoopster

Joined On 10/12/2021 7:30:01 PM

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Add as Friend | Send Message

Will this strategy work for a sinus infection?

Reply | Mark as Spam | Posted On 10/12/2021 7:32:07 PM

Like Dislike

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hwbrown

Joined On 11/2/2018 10:28:18 AM

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I'm 72 yrs old. During a bad cold (55 to 60 yrs ago), I remember my parents sitting us down in front a hot bowl of water with Vicks Vaporub floating on top. They'd get us to bend our heads over the bowl and they'd drape a towel over ours heads and bowl and deep breath. It worked. (damn, had to go to school the next day) Wow, think how much safer it would have been with a nebulizer!

Reply | Mark as Spam | Posted On 10/12/2021 6:41:13 PM

Like Dislike

Marminkia

Joined On 8/5/2017 4:18:34 PM

Add as Friend | Send Message

Great remedy, I am using it for years. Learned about in 1997 during three months of resistant MIRS pneumonia in Italy. A side of codeine to cope with 24hr dry cough and nebulizer eurh NaCl, H2O2 and lygol solution, nothing else I did worked. I cannot take steroids...Wish I knew about Vit C, Melatonin and Zinc with Quercitine at that time...

Reply | Mark as Spam | Posted On 10/12/2021 5:58:51 PM

Like Dislike

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bul51293

Joined On 8/26/2013 10:32:46 PM

Add as Friend | Send Message

DR. MERCOLA - I LOVED this video you did with Dr. Brownstein - and find the information so fascinating - BUT honestly, without the assistance of a holistic doctor I am a bit confused on the actual creation of making this concotion with the Iodine/Hydrogen Peroxide, the saline solution, etc. IN THE CORRECT QUANTITIES. I know you mentioned the amounts quickly, but is there a way you can actually make a video and SLOWLY go over the amounts so we can watch you on camera making this. I don't know how much a CC is equivalent to (I don't have beacon's or some specialized measuring devices - maybe you could tell us in teaspoons or cups or something that makes sense to most of us) what the exact process is - Because I would like to have this protocol in my bag but quite honestly, between all the percentages/cc's/dilutions, etc. mentioned you lost a lot of us.... Hope you can show an actual demonstration. Thanks!

Reply | Mark as Spam | Posted On 10/12/2021 5:47:44 PM

Like Dislike

WL4816

Joined On 12/31/2019 6:54:06 PM

Add as Friend | Send Message

The Asthma and Allergy Foundation of America's existence depends on there being no recognized cure for asthma nor allergies. Consequently, they don't recognize any "cures" nor non-pharma remedies for ailments; instead, they accept donations which help fund pharma to develop marketable treatments. They're a tax-exempt pharma front group similar to other foundations, such as the Arthritis Foundation, the American Cancer Society and the National Breast Cancer Foundation. They've been collecting donations and funneling money to pharma for decades, but there are still no pharma cures for any of these ailments. All of these foundations employ "experts" who produce public relations designed to perpetuate the "need" for their existence and to discredit non-pharma alternative treatments or remedies. These foundations all share an ultra-conservative mindset that resists any new, non-pharma discoveries or products, such as supplements, that they perceive to be a threat to their reason for existence.

Reply | Mark as Spam | Posted On 10/12/2021 5:32:50 PM

Like Dislike

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zolorazor

Joined On 6/19/2006 4:00:28 PM

Add as Friend | Send Message

I have all my equipment for this. It has been my go to since you put this out. I will use this for every cold I get from now on. Thank you Dr. Mercola!!!

Reply | Mark as Spam | Posted On 10/12/2021 4:40:30 PM

Like Dislike

TRKendall

Joined On 2/19/2013 9:50:08 PM

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Great interview! Thanks Dr. Brownstein and Dr. Mercola!! Excellent info!

Reply | Mark as Spam | Posted On 10/12/2021 4:20:15 PM

Like Dislike

ConventCassie

Joined On 4/25/2021 4:35:39 PM

Add as Friend | Send Message

Spoiler Alert: Drinking hot lattes can also irritate your throat.

Reply | Mark as Spam | Posted On 10/12/2021 3:46:37 PM

Like Dislike

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englishml

Joined On 4/20/2008 12:32:00 PM

Add as Friend | Send Message

Thank you so much for updating and sharing this. Would love to also see access again to your info on using nebulized peroxide for oral health. It was part of the discussion with either Dr Brownstein in March or Dr Levy in April. Sadly, I neglected to download it, thinking I could come back to it later. Many thanks.

Reply | Mark as Spam | Posted On 10/12/2021 3:12:06 PM

Like Dislike

Lukas

Joined On 6/19/2006 11:52:19 PM

Add as Friend | Send Message

What's the recipe again for making a base saline?

Reply | Mark as Spam | Posted On 10/12/2021 3:08:17 PM

Like Dislike

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mbrookh

Joined On 5/18/2021 8:59:47 AM

Add as Friend | Send Message

Dragged to the er by a concerned relative – O2 sats mid 80s, elevated pulse, b/p, marginal ecg only to be badgered because I would not cov test nor put on a mask – not an O2 mask which was never offered! Prescribed an antibiotic that has caused problems in the past [hives] for the diffuse pulmonary infiltrates; told to get some benadryl. Could not get the iver script that a friend ordered filled at a pharmacy that I've dealt with for decades. Without the info and preparation re nebulized peroxide, lugols and 'horse' paste the outcome for this old lady would have been far different. Thank you Dr. Mercola!

Reply | Mark as Spam | Posted On 10/12/2021 2:51:27 PM

Like Dislike

Josassy

Joined On 2/24/2013 7:26:21 PM

Add as Friend | Send Message

this treatment helped me eliminate my allergies that I had for 40 years!

Reply | Mark as Spam | Posted On 10/12/2021 2:30:38 PM

Like Dislike

Natenal
Joined On 3/27/2021 6:17:26 AM
Add as Friend | Send Message

The government refer to alternative "...legitimate treatments or vaccines." BUT- there are no "treatments" apart from "come back when you're really sick" and there is no vaccine at all.

Reply | Mark as Spam | Posted On 10/12/2021 2:26:09 PM
Like Dislike

SeaGoddess
Joined On 11/15/2007 10:02:20 PM
Add as Friend | Send Message

Nebulizing food grade hydrogen peroxide according to the measurements in the article really helped my husband when he had Covid last in August. I am grateful to Dr. Mercola for not hiding the truth. And for the powers to be trying to squash him and his knowledge, just shows how evil Big Pharma is.

Reply | Mark as Spam | Posted On 10/12/2021 1:47:41 PM
Like Dislike

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nep7624
Joined On 2/22/2018 6:34:28 AM
Add as Friend | Send Message

This story came out today in the Epoch times. Oregon Senators Call for Investigation Into Alleged COVID-19 Statistical Manipulation, BY TAMMY HUNG October 12, 2021 Updated: October 12, 2021 www.theepochtimes.com/mkt_breakingnews/oregon-senators-call-for-invest..

Reply | Mark as Spam | Posted On 10/12/2021 1:35:09 PM
Like Dislike

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jdistefano
Joined On 7/21/2021 11:41:57 AM
Add as Friend | Send Message

Imposible to trust anymore this big media and many of this supposely non profit organizations

Reply | Mark as Spam | Posted On 10/12/2021 1:27:33 PM
Like Dislike

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billstri
Joined On 6/8/2008 9:16:45 PM
Add as Friend | Send Message

From things I read, seems like a good way to get lots of h2o2 in the body is taking vitamin-C. Not sure if you can take much vitamin-C without irritating the digest system. So vitamin-C is done in massive doses by IV. When the body's cells metabolize it, it becomes h2o2. Some doctors do vitamin-C IV's in attempt to kill cancer as h2o2 is toxic and damaging to cancer cells. I do think human immune systems are designed to work with vitamin-D and don't require a lot of vitamin-C, but animal immune systems are designed to work with vitamin-C which converts to h2o2 and don't need vitamin-D. Animals make their own vitamin-C where humans require daily sunlight to make enough vitamin-D.

I think the liver was designed as one of its main purposes to covert fructose into glucose. I tend to disagree with Dr Mercola on restricting the amount of fruit you eat, as long as it is whole fruit. Whole fruit keeps most of its fructose within the fibers and so is digested slowly so the liver can do its part as designed. But fruit juice and processed sugar injects lots of fructose which can overwhelm and stress out the liver like swimming in warm water is nice, but swimming in hot water can overwhelm the body, and so the liver can be overwhelmed, overworked, and damaged.

Adam and Eve started out only eating fruit (and vegetables?) when they were in the garden of Eden, before sin and corruption entered the creation. They were designed to get vitamin-D from daily sun and vitamin-C from fruit. But sin required sinless animal skin covering to hid their sin and depending on how much they had to be covered, it restricted vitamin-D. The Bible claims both humans and land animals were supposed to be vegetarian (not vegan) until the rules changed just after the world wide flood which the Bible claims happened around 4500 years ago. If you base your diet on evolutionary theory, you should also consider the possibility of the Bible being accurate when determining diet.

Reply | Mark as Spam | Posted On 10/12/2021 12:57:41 PM
Like Dislike

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heart44
Joined On 12/22/2009 12:36:51 PM
Add as Friend | Send Message

I first learned of HP nebulization from Dr David Brownstein who's been using this method in his practice for Covid and previously for any viral infections. Then a bit later, detailed info from Dr Mercola, equipment, supplies & instructions. Also discussing the same topic is Dr Thomas E Levy in his ebook "Rapid Virus Recovery". I've used HP neb personally as I feel I contracted Covid Nov 2019 & still had some chest congestion I wanted to treat. No diagnosis or doctor's visit or hosp, just rest, fluids, beefed up a few supplements.

Reply | Mark as Spam | Posted On 10/12/2021 12:40:46 PM

Like Dislike

Someone2n

Joined On 6/1/2008 7:00:16 PM

Add as Friend | Send Message

@johman0. I am not a troll. Just sharing info. Treatment does not produce the same results for everyone. BTW I neglected to say in my original post that the HP used was food grade. Good day.

Reply | Mark as Spam | Posted On 10/12/2021 12:26:46 PM

Like Dislike

Astonished

Joined On 6/2/2013 6:24:49 AM

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The compliance should have been stopped with the muzzle. When I first heard that killer "virus" might be on the loose, I knew enough that it should fade away within three months. When the mass murderers stared imposing further crazy edicts, I only asked myself the question: Even this kills 90% of all people, would I want to live in a world that lives in fear, distrust, and eradication of freedom? I knew the answer in five minutes. Just how many people asked, or asking, themselves the same question and come up with the answer I coined. Living in fear is worse than death. All talk, waiting for a miracle that something or someone will save you? Doctors, lawsuits, and demonstrations will not save you. Grow up and do your part: complete non-compliance. No muzzle, no "tests," and definitely no lethal injections.

Reply | Mark as Spam | Posted On 10/12/2021 12:16:44 PM

Like Dislike

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lordbasil

Joined On 3/11/2007 1:57:54 PM

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The key factor as usual is what money changes hands. The publication cited may or may not have a conflict of interest in that it has advertisers that may actually influence what is said one way or another. Thus a very one-sided article ignoring facts. We saw this in the newspaper business years ago when a writer was exposing various models of cars as having defects deliberately engineered into their vehicles. The local car dealers objected. They sold those defective models. So they told the newspaper to quit exposing that. Otherwise millions of dollars worth of advertising would not be made. The next week only positive reports were in the car section. No one reported anything wrong. So it does happen that way. Money talks. I am not surprised the publication mentioned takes a similar view.

Reply | Mark as Spam | Posted On 10/12/2021 12:07:14 PM

Like Dislike

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mikies

Joined On 7/18/2009 11:08:05 AM

Add as Friend | Send Message

They are going after Dr. Mercola because he is the equivalent of a Medical Moses, trying to lead people out of bondage of the medical industrial complex-- and that is against all the rules of slavery.

Reply | Mark as Spam | Posted On 10/12/2021 10:57:27 AM

Like Dislike

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visiwig

Joined On 3/8/2016 8:44:15 AM

Add as Friend | Send Message

Thanks for re-publishing this information - I can now download and keep it!

Reply | Mark as Spam | Posted On 10/12/2021 10:41:21 AM

Like Dislike

Jquinlan
Joined On 12/16/2020 5:19:34 AM
Add as Friend | Send Message

Within hours, this treatment began to decrease the supplemental oxygen requirements of a friend of mine who was hospitalized with covid. They thought he was moving towards Bipap and intubation and by day 2 of this treatment, he was almost off oxygen. His wife was a physician at the hospital and she asked me for any remedies I would suggest to help him, so they allowed her to give it to him.

Reply | Mark as Spam | Posted On 10/12/2021 10:38:30 AM
Like Dislike

Brett_R
Joined On 2/14/2021 1:43:22 PM
Add as Friend | Send Message

What is wrong with these people??? Dr Mercola made his instructions very clear!!!!

Reply | Mark as Spam | Posted On 10/12/2021 9:54:41 AM
Like Dislike

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wink0069
Joined On 4/1/2018 7:01:53 AM
Add as Friend | Send Message

Dr. mercola the media have been paid off. This the biggest hoax perpetrated on mankind it's all because the same people that own the pharmaceutical industry own the media own the banks and just about everything else. They are working with Satan. Donald Trump was so correct when he said "they're not after me they are after you I just happen to be in their way."

Reply | Mark as Spam | Posted On 10/12/2021 9:52:26 AM
Like Dislike

Astonished
Joined On 6/2/2013 6:24:49 AM
Add as Friend | Send Message

Nebulized peroxide, properly diluted, seems completely "safe and effective." :) However, it looks like the same is not the case with Ivermectin; no matter how miniscule the dangers are, they are still there and, occasionally, extremely severe.

Reply | Mark as Spam | Posted On 10/12/2021 9:37:35 AM
Like Dislike

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drl1071
Joined On 3/17/2015 5:02:02 AM
Add as Friend | Send Message

Unbelievable interview. Thank you so much for your vigilance in treating illness. You both are very humble and caring, true healthcare warriors.

Reply | Mark as Spam | Posted On 10/12/2021 9:07:24 AM
Like Dislike

Catty14
Joined On 10/8/2021 10:45:28 AM
Add as Friend | Send Message

Employee of CDC passed on this recommendation given to her: Get a mister(room size vaporizer)and use one quart of hydrogen peroxide, several ounces of colloidal silver, a drop or two of oregano oil and mist this in the room of the patient. If there are other family members then get a mister for each room and replicate this in every room. Patient from CDC and visiting friend, both with Covid, were immediately feeling better and recovered nicely.

Reply | Mark as Spam | Posted On 10/12/2021 9:06:43 AM
Like Dislike

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fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
Add as Friend | Send Message

I don't believe this is about any well-intentioned attempt to 'protect the public against themselves'....and even if it were: what unmitigated arrogance & self-serving self-righteousness even that would evidence. I don't believe those responsible for these things think the public is that stupid without their manipulative guidance & propaganda, dumbing down, drugging, shot-debilitated & weakened.... etc 'intervention'.....but rather that they realize precisely the dangers of an alert, educated, informed, and intelligent populace to their tyrannical schemes.

Reply | Mark as Spam | Posted On 10/12/2021 8:50:20 AM

Like Dislike

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ray1847

Joined On 3/24/2018 9:39:18 AM

Add as Friend | Send Message

With Dr. Mercola's recommendation my wife and I have been using a Hydrogen Peroxide nebulizer for years every time we feel that telltale burn in the throat. Haven't been sick for years! It works and is not dangerous if done properly. The mainstream media has been proved to be out of touch with reality again and again.

Reply | Mark as Spam | Posted On 10/12/2021 8:39:14 AM

Like Dislike

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chocosinger

Joined On 11/8/2009 7:08:35 PM

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I'm trying to find the "How to" video where Dr. M actually demonstrates with his own nebulizer, makes a solution and shows how much to put in and how to use the device. Do you have that video information by chance?? Thank you

Mark as Spam | Posted On 10/12/2021 10:03:02 AM

Like Dislike

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briankt43

Joined On 10/12/2021 1:18:12 AM

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www.bitchute.com/.../QoRi6bu3sMEV

Mark as Spam | Posted On 10/12/2021 11:01:59 AM

Like Dislike

OnederWoman

Joined On 8/27/2021 1:30:12 AM

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Yeah well. Contrary to what "science" may say, I have always used 3% peroxide in my ears to treat ear infection so that I have never needed to use antibiotics for ear infections. Even Dr. Mercola possibly would not or could not recommend that. But it's always worked for me. I would of course follow the instructions to dilute something breathed. It is obvious that Dr. Mercola is being smeared. Yet, all of this press he is getting will ultimately drive sales of his book like free advertising. These press seems unconcerned that Remdesivir is proven to cause kidney failure.

Alright, the command of the Lord is to love one another as He has loved us. He lives in all God's born again children as His disciples equally. He created male and female equally in His image. He ordained male and female to equal dominion in marriage and in life living in each equally. The ground at the cross in the Garden of Eden is level. Any "scripture" that is not fully equal between male and female in understanding "how to love one another" does not come from God. It may be misinterpretation. If it is not misinterpretation and if it is patriarchal or hierarchal: it's not "scripture". It's gnostic. God is Fully Egalitarian. His Phileo Love is fully egalitarian. The devil is the hierarchal and patriarchal spirit who despises the love of women.

Tipping the scales of power by placing anyone in a "tiered order" that is "above" another rather than standing on equally level ground as equal brothers and sisters and friends is not Kingdom Holy ground. It is cursed ground impregnated with the spirit of Lucifer. I stand on the

ground to level the ground receiving no doctrines of patriarchy or hierarchy - knowing Egalitarian Phileo Love perfectly seeing the face of the Lord in full revelatory power in full immersive glory knowing Him as He is. Lucifer desires to exalt his throne above the throne of God and to rule over all. Lucifer is the hierarchal dragon spirit of patriarchy and human government.

Reply | Mark as Spam | Posted On 10/12/2021 8:14:57 AM

Like Dislike

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chocosinger

Joined On 11/8/2009 7:08:35 PM

Add as Friend | Send Message

I have never needed antibiotics and I also use a Q-tip soaked in 3% HP for 1 minute in my ear if I feel a cold coming on or an ear infection coming on. Works like a dream!! And to INHALE, absolutely it needs to be DILUTED. I like the 0.1% concentration Dr M recommends.

Mark as Spam | Posted On 10/12/2021 10:07:14 AM

Like Dislike

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jktrailhiker

Joined On 3/14/2007 2:07:14 PM

Add as Friend | Send Message

The hydrogen peroxide nebulizer kept me from having to go to hospital. I first used food grade 3% for 3 days 2 times a day. later I mixed it with saline. It cleared my lungs each time and I never got so bad I couldn't breathe. If I hadn't used this miracle cure I believe I would have died. Thank you Dr Mercola! This was my only remedy other than zinc, vitamin C and D, and some Cats Claw & Lemon Balm drops. The hydrogen peroxide nebulizer kept my lungs from filling up!

Reply | Mark as Spam | Posted On 10/12/2021 8:12:45 AM

Like Dislike

ColdTurkey

Joined On 12/16/2019 8:14:58 AM

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According to Dr. Thomas Levy, a pioneer of HP nebulization, who is board certified in internal medicine and cardiology and who is also an attorney admitted to the bar in Colorado, "It is now cleat that 3% HP nebulization for 30 minutes in a total of 15 sessions over a 5 day period can effectively treat nearly all cases of Covid, regardless of how advanced the infection is when the patient is first seen." He also notes that most people who can't tolerate the 3% can tolerate a 50/50 mixture of hydrogen peroxide and saline solution. Just do an Internet search on Dr. Levy to get his protocol.

I ordered the 3% HP and a compressor type nebulizer a year and a half ago at Dr. Mercola's recommendation. I have used it several times at the full 3% and also several times at a 50/50 mixture. No problems after the initial coughing and sneezing. Much less so when diluted. I always notice I feel better after using it. I usually limit my sessions to 5 minutes, two or three times a day, not using it daily but only when feeling not quite right.

Reply | Mark as Spam | Posted On 10/12/2021 8:09:35 AM

Like Dislike

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chocosinger

Joined On 11/8/2009 7:08:35 PM

Add as Friend | Send Message

I can't access the Dr. M's "How to" video on the subject. Do you have it by chance? Thank you

Mark as Spam | Posted On 10/12/2021 10:09:16 AM

Like Dislike

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grandmax4ever

Joined On 6/1/2017 12:34:10 PM

Add as Friend | Send Message

@ chocosinger … try this link: www.bitchute.com/.../QoRi6bu3sMEV

Mark as Spam | Posted On 10/12/2021 11:50:53 AM

Like Dislike

ColdTurkey
Joined On 12/16/2019 8:14:58 AM
Add as Friend | Send Message

Chocosinger, here is a link to both Dr. Mercola and Dr. Levy on the protocol;
brandnewtube.com/watch/dr-mercola-nebulized-hydrogen-peroxide-dr-thoma..

Mark as Spam | Posted On 10/12/2021 2:20:04 PM
Like Dislike

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bsgivens
Joined On 6/15/2013 7:28:58 AM
Add as Friend | Send Message

JamJim - what is the formula for your ear remedy? I have been sick with Covid for a week, nebulizing the Hydrogen Peroxide and Saline but my ear is really starting to bother me from all the coughing. I would appreciate your help. Thanks!

Reply | Mark as Spam | Posted On 10/12/2021 8:01:36 AM
Like Dislike

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jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend | Send Message

I use straight 3% H2O2 for at least 15 minutes in each ear. I use a syringe (needle removed) to fill the ear canal. It will immediately begin to bubble up. After about 5 minutes the bubbling/fizzing will drop off dramatically. At that time, take a Q-tip and gently swirl around the inside of the ear canal. I try to get as close to the ear drum as possible because that's where the pain is. The H2O2 will really fizz up when you do this. In about 5 minutes do the same thing again. Then in another 5+ minutes drain it all out. I'm usually 1 and done. The next day or 2 will see remarkable improvements (relief) from the pain, itching, and tinnitus. Sometimes I have to do it 2 or 3 days in a row especially if I put it off.

Mark as Spam | Posted On 10/12/2021 8:32:42 AM
Like Dislike

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chocosinger
Joined On 11/8/2009 7:08:35 PM
Add as Friend | Send Message

For 30 years I have soaked a Q-tip with 3% HP and put it into my ear for a minute - a few times per days until the issue goes away. There's also a protocol of warming organic extra virgin olive oil with 2 somewhat crushed cloves of garlic cloves for 25 minutes - gently as EVOO has a very low smoke point. Then, and adding a drop or two of oregano oil or tea tree oil. Cool the mixture to wrist test tolerance. Using a dropper, drop 5 drops in the ear and place warm cloth over the ear until it cools. Rewarm the cloth as necessary for symptomatic relief.. Repeat 4-5x over 48-72 hrs. Garlic, and oregano/tea tree oil are anti bacterial, into viral and anti fungal. Good luck.

Mark as Spam | Posted On 10/12/2021 10:16:02 AM
Like Dislike

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scraps
Joined On 12/21/2010 3:45:44 PM
Add as Friend | Send Message

Well done gentlemen, keep up the good work! Big Drug and their puppet systems have a comeuppance of huge proportions coming.

Reply | Mark as Spam | Posted On 10/12/2021 7:59:42 AM
Like Dislike

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clones
Joined On 6/20/2012 10:06:13 PM
Add as Friend | Send Message

'This is not just about the primary effect of telling people that hydrogen peroxide can affect covid. It means people will reject other therapies when they are in trouble,' Ahmed said. 'It means people get sick and, rather than getting the treatment they need..." What treatments? How absolutely hypocritical, as most here know there are no treatments allowed by the establishment until hospitalization.

Reply | Mark as Spam | Posted On 10/12/2021 7:56:08 AM
Like Dislike

jor1355
Joined On 7/6/2018 1:21:04 PM
Add as Friend | Send Message

The only treat of peroxyde hydrogen is that it could cure respiratory problems.So if covid no more exist,what will they have to put people in fear,and more importent,how can they make money anymore?

Reply | Mark as Spam | Posted On 10/12/2021 7:53:51 AM
Like Dislike

stolzy
Joined On 3/24/2011 1:26:26 PM
Add as Friend | Send Message

I add 10 drops of HP in a glass of water when I do not feel good been doing that for years no problems

Reply | Mark as Spam | Posted On 10/12/2021 7:53:05 AM
Like Dislike

cha3839
Joined On 8/19/2021 1:48:26 PM
Add as Friend | Send Message

Obviously, Dr. Mercola is a "marked man" in the electronic surveillance police state. It seems logical that a fine mist of food grade hydrogen peroxide would be healthy if inhaled.

Reply | Mark as Spam | Posted On 10/12/2021 7:52:56 AM
Like Dislike

JanicePetrucciCoons
Joined On 10/8/2010 12:37:27 PM
Add as Friend | Send Message

Important advice from my pharmacist....I was going to buy a large bottle of nasal saline to prepare the nebulizer mixture. He said I had to find medical grade saline. Do not use either saline eye drops or saline nasal spray because they both contain other ingredients not to be introduced into your lungs. I found no pharmacy or medical supply source for medical grade saline, so I made my own by boiling water, poured it through a coffee filter and added a touch of salt, then prepared the solution to nebulize. I believe an earlier article also contained this info about salt.

Reply | Mark as Spam | Posted On 10/12/2021 7:45:30 AM
Like Dislike

FewThereBe
Joined On 10/12/2021 11:44:30 AM
Add as Friend | Send Message

JanicePetrucciCoons, you can buy sterile, USP grade saline from Amazon (a 6-pack of 1000ml bottles for about $22): "Sterile Wound Care and Irrigation Saline 0.9% Sodium Chloride 1000ml 6 Pack" www.amazon.com/.../B078Z57XC9

Mark as Spam | Posted On 10/12/2021 2:36:19 PM
Like Dislike

chrisphillips
Joined On 9/27/2010 9:26:38 AM
Add as Friend | Send Message

i have tried this, with a little stronger h2o5 (as one of the original docs recommended, i think), with no ill effects at all. thank you so much.

Reply | Mark as Spam | Posted On 10/12/2021 7:35:27 AM
Like Dislike

jan9873
Joined On 11/16/2015 8:16:40 AM
Add as Friend | Send Message

Oh for goodness sake if you told people breathing clean air was good for you then they would outlaw air, just keep on keeping on Dr. Mercola. Just laugh at these cancel idiots and do what you do best folks will still benefit. Defeat them by not stopping in your quest to get out valuable information. Rock On!!

Reply | Mark as Spam | Posted On 10/12/2021 7:32:11 AM

Like Dislike

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swdhj1

Joined On 6/9/2009 8:10:29 AM

Add as Friend | Send Message

I agree that nebulized peroxide is safe and effective, but you have to understand that not everyone is good at maths, and some will miscalculate the concentration of peroxide. So it is prudent to recommend the peroxide with caution and be sure everyone understands the concentration. The hypertonic saline solution is more failsafe because too much salt will simply not dissolve and you can use any commonly available salt, including iodzed salt, sea salt, etc. (Although I would not recommend diet salts such as Morton Lite salt, which is ~49% potassium chloride).

Also if one does not want to irrigate, one can use a nasal spray bottle. And if one does not want to do the nebulizer, one can gargle, and one can use the nasal spray bottle as an inhaler. Finally, we should also mention the bee propolis nasal sprays (can also be used as inhaler), which contains flavonoids similar to quercetin, so it is a way of getting flavonoids into the lungs quickly and directly, where they can protect the ACE2 receptors in the epithelial cells.

Reply | Mark as Spam | Posted On 10/12/2021 7:25:58 AM

Like Dislike

ElMinetero

Joined On 10/8/2010 7:29:51 AM

Add as Friend | Send Message

I recently had a lingering chest congestion, and used the nebulized hydrogen peroxide I had read about on Dr Mercola's site. It helped a lot.

Reply | Mark as Spam | Posted On 10/12/2021 7:25:32 AM

Like Dislike

Chimonger

Joined On 2/6/2008 10:00:29 PM

Add as Friend | Send Message

Last year, H2O2 got scarce, was rationed, for weeks or more….Right after a few docs had dared to report smashing success stopping Covid using NS+ Dilute H2O2 in nebulizer, or, in converted CPAPs. Last year July when I was sick with it, there were no directions I could find, much less when sick. So, I simply poured the 3% into the clamshell used for water in the machine. Instead of water, & no NS. It worked. It was NOT caustic to mucosa. BUT…warning! ….The H2O2 dehydrated in the cup. It stank of chlorine, somehow…toxic. So, I found, cut down to half-height, a black plastic mushroom box from grocery. It tightly fitted into the cup, to prevent peroxide reacting with the aluminum. …it worked! But, the liquid in the Nebulizer cup, MUST be diluted, otherwise, the H2O2 is too caustic on the mucosa…the H2O2 only travels a few inches to be breathed…but in a CPAP, there's a few feet of hose that causes the H2O2 to lose strength from traveling that distance…still works!

Reply | Mark as Spam | Posted On 10/12/2021 7:23:45 AM

Like Dislike

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cat6071

Joined On 5/28/2014 8:15:43 AM

Add as Friend | Send Message

Why oh why oh why do you keep stating positive for Covid? A fake test! Really???

Reply | Mark as Spam | Posted On 10/12/2021 7:18:49 AM

Like Dislike

Chimonger

Joined On 2/6/2008 10:00:29 PM

Add as Friend | Send Message

And that is another point of doublespeak. Info is all over the map. Conflicting data points. All data, delivered out of context. The better to deceive you with, my dears!

Mark as Spam | Posted On 10/12/2021 7:25:29 AM

Like Dislike

Sophie26

Joined On 3/3/2021 9:26:29 AM

Add as Friend | Send Message

My Naturopath got covid a couple of months ago and he included peroxide nebulizer in his protocol and was better in 2 days.

Reply | Mark as Spam | Posted On 10/12/2021 7:04:55 AM

Like Dislike

N_caywoman

Joined On 6/12/2009 1:08:55 PM

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Ivan Neumyvakin (1928-1918) was a Russian physician, Doctor of Medical Sciences, Professor and Fellow of the Russian Academy of Natural Sciences. Laureate of the 1982 Latvian SSR State Prize and of the 2005 "Profession - Life" International Prize. He is known in Russia as one of the founders of space medicine. He was promoting drinking Hydrogen Peroxide for years. It was he who developed an amazing technique, thanks to which it is possible to avoid heart attacks, strokes, eliminate vascular diseases, atherosclerosis. Moreover, the well-known professor tested his developments on himself.

So, the rules of use are quite simple: Only high quality purified hydrogen peroxide solutions are allowed to be ingested. You need to start the treatment process with a small dose. It is recommended to dilute 1-2 drops of 3% solution in 1-2 tablespoons of water. During the day, this procedure should be repeated 2-3 times. Each subsequent day, you must increase the dose by one drop. This occurs until a single dose is 10 drops. It is extremely important to remember that the daily dose of accepted hydrogen peroxide should not exceed the allowable rate of 30 drops.

To obtain a beneficial effect of treatment should remember how to drink hydrogen peroxide according to Neumyvakin. Exclusively on an empty stomach. The presence of food in the digestive system seriously increases the negative impact of this drug. Thus, after a meal should pass at least 2-3 hours. After consuming hydrogen peroxide, you should also refrain from eating. In this case, 40 minutes is enough.

The curative effect will significantly improve ifmeans to take cyclically. The following scheme is recommended. The drug is used 10 days. After which a short break should follow - 3-5 days. The new course is permissible to begin immediately with 10 drops. However, increasing the dose is strictly prohibited. Remember that a high concentration of peroxide causes severe burns. There are books interviews and videos on internet

Reply | Mark as Spam | Posted On 10/12/2021 6:58:48 AM

Like Dislike

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mir8793

Joined On 8/6/2016 1:29:51 PM

Add as Friend | Send Message

I am 79 have nebulizer HP at the proper solution with the saline, completely cleared me of a beginning head cold. The problem is people not doing the proper mixing no different then those using animal ivermectin rather than the ivermectin for humans. Why are they not doing studies on these two helpful remedies? People are still getting sick and dying after 2 vaccines and a booster. Of course people are hesitant to take the jab. Ivermectin for minimal amount of money or the new Merck pill for 700.00 our choice. Thank you Dr. and the FLCCC.

Reply | Mark as Spam | Posted On 10/12/2021 6:47:41 AM

Like Dislike

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jamNjim

Joined On 2/20/2008 11:15:54 PM

Add as Friend | Send Message

mir8793, They have been trying to do trial studies on Ivermectin. There is a government website that list all of the ongoing/future/past trials. Most of the studies I read were never completed or even started because they couldn't find any Covid-19 infected people to participate. The #1 prerequisite to participate in these trial studies is you have to have Covid-19. A positive PCR test does not mean you have Covid-19. The FDA allots you a certain amount of time to conduct these studies. If you can't find anyone to volunteer then the study is null. When I say you have to have Covid-19, you must have a positive test and you must be sick. Then they confirm you are actually sick with Covid-19. When they try to confirm these people are actually sick from Covid-19 it turns out to be the flu or cold most of the time. It's a total joke/farce!!

Mark as Spam | Posted On 10/12/2021 8:49:53 AM

Like Dislike

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grandmax4ever

Joined On 6/1/2017 12:34:10 PM

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Fauci knew about ivermectin's effectiveness for years: An article published in the journal Future Virology explains that ivermectin contains binding efficacy against key proteins in the pathogenesis of SARS-CoV-2. Ivermectin could be the remedy that ends the plandemic, if only people were allowed access to it. Conclusions: - The present in silico study presents the therapeutic efficacy of ivermectin against SARS-CoV-2 in comparison to two recently used anti SARS-CoV-2 drugs, namely remdesivir and hydroxychloroquine. - The pharmacokinetic attributes of ivermectin were compared with other two anti-SARS-CoV-2 drugs and ivermectin was found to be a safe drug. - Ivermectin was found to be an efficient inhibitor of Mpro, replicase and hTMPRSS2 and the study manifests a superior ground for the candidature of ivermectin to be an efficient anti-SARS-CoV-2 therapeutic option. www.ncbi.nlm.nih.gov/.../PMC7996102

Mark as Spam | Posted On 10/12/2021 6:00:26 PM

Like Dislike

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dav9773

Joined On 3/16/2015 9:17:52 PM

Add as Friend | Send Message

"What's Behind the Recent Nebulized Peroxide Warnings?" It seems that many medical "groups" want to prevent people from believing they can self treat the symptoms of a viral infection. Creating a sense of helplessness is entirely intended to get people lined up. We've heard them talk about having to make the symptoms scarier if necessary in order to get people lined up. Disrupt the line up.

Reply | Mark as Spam | Posted On 10/12/2021 6:46:42 AM

Like Dislike

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smoolichen70

Joined On 9/14/2006 8:24:19 AM

Add as Friend | Send Message

I have used Dr. Mercola's hydrogen peroxide formula. I nebulize or put it in a nasal spray bottle to use when I fly. I have nebulized it, on several occasions, when I got a respiratory cold and it was shut down within 24 hrs. But I have a question. I do refrigerate my food grade 12% hydrogen peroxide as well as my H202/saline/ PVI solution. How long does the diluted solution stay stable, particularly the H2O2.

Reply | Mark as Spam | Posted On 10/12/2021 6:41:31 AM

Like Dislike

Beentheredonethat2

Joined On 7/10/2017 12:47:57 PM

Add as Friend | Send Message

smoolichen70, I watched the video with Dr's Mercola and Brownstein and I'm pretty sure Dr B said it could be stored in the fridge for several months, the mixture, and the H2O2 if sealed well would remain stable for a year, maybe 2, can't remember exactly on that issue, but quite an extended time. When Dr B and his staff mixed their solution it was in an IV bag so they could draw up what they needed with a syringe. As long as you keep your made up solution in an air tight container, like a pint mason jar, you should be good to go. I get my food grade HP at the 3% strength, therefore, no additional diluting is needed and also, I will go thru it long before it expires. I get mine in either the 16 or 32 ounce bottles. This is just how I roll, lol! Hope this helped.

Mark as Spam | Posted On 10/12/2021 9:50:59 AM

Like Dislike

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mythbusta

Joined On 10/12/2021 4:34:05 AM

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part 2... I had a severe 10 day C19 infection in march 2020. I used a BUBBLER apparatus which I made from a plastic pint water bottle and a piece of aquarium air tubing. I used it to inhale ONE BREATH of Potassium Iodide Vapors every 2 hours as needed. It only took 6 breaths total over a 3 day period to knockout the severe infection. Most of the benefits were realized within the first 20 minutes of the first inhalation. The KI solution in the BUBBLER was only 100 micrograms in 6 ounces of pure distilled water. Yes, I said MICROGRAMS! This was achieved by first making a concentrated KI solution of 1 gram KI in a gallon of pure distilled water and then adding 8 drops of the concentrate to 6 ounces of pure distilled water in the BUBBLER. ONE INHALED BREATH is all that is needed because the Iodine will be released onsite in the lungs when it encounters the H2O2, ROS and free radicals in the lungs (and not from te 0.1% H2O2 solution in Dr. Mercola's protocol).

If I was stuck on a mountain top with a Respiratory Virus infection in Colorado and I had a BUBBLER and Potassium Iodide, ethyl alcohol and H2O2; the KI is my first choice, the ethyl alcohol (vodka) is my second choice and the H2O2 is my third choice because of the Oxidative Stress. CAUTION: NEVER USE ALCOHOL IN A NEBULIZER. the Nebulizer will produce flammable vapors which could easily IGNITE!!! This illustrates the advantage of the BUBBLER and the technique of only using ONE BREATH to accurately deliver the desired dosage safely.

Reply | Mark as Spam | Posted On 10/12/2021 5:51:06 AM

Like Dislike

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mythbusta

Joined On 10/12/2021 4:34:05 AM

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part1... In the interest of Natural Science, I post this comment. First, any Respiratory Virus infection will have H2O2 and ROS onsite in the lungs. This is OXIDATIVE STRESS! By adding more H2O2 from nebulization, one increases the problem of Oxidative Stress. This may have beneficial results if the RV infection is in the early stages, but runs the risk increasing Oxidative Stress and triggering Cytokine Storm if the infection is more advanced.

A second problem is the addition of one drop of lugol's. The H2O2 releases the Iodine which is 6.25 mg of iodine. This is more than enough to knock out any RV infection if utilized properly. Problem is that by mixing H2O2 AND Lugol's, it is not clear where and when the Iodine is released during nebulization. Since there is already H2O2 in the lungs during RV infection, I suggest that using H2O2 is unnecessary and can infact be potentially harmful with respect to Oxidative Stress. In addition, the nebulizer apparatus is inaccurate in terms of vapor concentration and total dosage delivered. Thirdly, 6.25 mg of Iodine is way too much Iodine needed to get the job done if used properly.

Reply | Mark as Spam | Posted On 10/12/2021 5:49:48 AM

Like Dislike

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shaydeegrove

Joined On 5/27/2021 1:33:25 AM

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Thank you for introducing me to the work of Thomas Levy. Curiosity is your greatest attribute. With nebulized H202, I'm detoxing as we speak. No trust, no fear, no expectations regarding the Powers that Be = No COVID

Reply | Mark as Spam | Posted On 10/12/2021 5:32:14 AM

Like Dislike

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gary_ha

Joined On 8/27/2021 3:47:10 AM

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Things that may work? Anything they hate is defined as hate speech. They can't possibly be that low IQ so it indicates an ulterior motive and I think it's that elites see the 237,328 new consumers per day on earth as certain doom so they are saving the planet via the vax, it's real purpose ... fertility reduction. Time will tell, but in explaining the low birth rates, should it be happening and be revealed later, being clever, they would come up with a new deception. Why don't they just level with us that we're breeding like rabbits, that it's unsustainable and offer cash for any vasectomy volunteers?

Reply | Mark as Spam | Posted On 10/12/2021 5:25:08 AM

Like Dislike

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jamNjim

Joined On 2/20/2008 11:15:54 PM

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Yeah, the ulterior motive is GREED! There is no money to be made with H2O2 nebulization, HCQ, Ivermectin, and Zinc. Chances are very high that these meds and therapies work across the board for whooping cough, RSV, Flu, Cold, SARS, MERS, and Covid-19. Anthony Fauci even said that Hydroxychloriquine (actually chloriquine) is a miracle cure for SARS (Sars-Cov-1) in Aug of 2005. It even got published on his PubMed/NIH: pubmed.ncbi.nlm.nih.gov/16115318

Fast forward to 2020, and he claims it is ineffective against Sars-Cov-2 (Covid-19). Both viruses use the same pathway to infect you, enter your cells, and replicate. So if it works for Sars-Cov-1 it will work for Sars-Cov-2. Think about it. Most doctors prescribe Tamiflu for any and all flu infections. If it works for one flu virus, it works for 99% of them. Coronaviruses are no different. So why did he say it worked in 2005 and then tell the world it doesn't work in 2020? Because in 2005 the USA wasn't in the middle of a SARS pandemic and in 2020 the USA WAS in a Covid-19 pandemic.

The SARS outbreak was mostly confined to 3rd world countries. HCQ was so cheap and readily available in most of these countries there was no reason to lie about it. Now that they succeeded in weaponizing Sars-Cov-1 into this highly infectious Sars-Cov-2 virus they can make more profits by convincing you that none of these cheap therapies and drugs work. You must get vaccinated. That's your only choice. Totally profit driven! These people have no shame. Fauci should be in prison already, but he will never even face charges because 95% of the US government is on the same page he is on.

Mark as Spam | Posted On 10/12/2021 6:36:46 AM

Like Dislike

BrianFraser

Joined On 6/17/2020 3:32:33 AM

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I was skeptical about nebulized hydrogen peroxide until I read about a nasal spray that used povidone iodine in the peer reviewed literature. So I bought a 1.5 fl. oz. bottle of "Premium Saline Nasal Spray" from Walmart. I added several drops of povidone iodine and a couple of drops of saturated zinc acetate solution. I gave both nostrils a blast of the stuff. My runny nose and sneezing stopped dead in a few hours. My vitamin C requirement suddenly went back to normal. I was VERY impressed with the results! But I have not tried hydrogen peroxide. . . .

Reply | Mark as Spam | Posted On 10/12/2021 5:15:42 AM

Like Dislike

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jamNjim

Joined On 2/20/2008 11:15:54 PM

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My doctor is a lot like Dr. Mercola. He is too far away now (I moved) to see anymore, but he was the first doctor to recommend an ALTERNATIVE to drugs to treat a cold. Back in the 90's Zicam came out. It was advertised to shorten the duration of a cold or prevent the onset of symptoms if caught early. It was considered a supplement since it had no medicine in it, but it did contain Zinc. It was a gel you squirted up your nostrils and you massaged the gel up and back into your sinus cavities.

I was skeptical, but the man was always right about everything (had 2PhD's and an MD). First time I tried it on the onset of symptoms it knocked them out and I never got another cold until around 2005 when the FDA BANNED IT! I'm like OMG!!! Anything that works that Big Pharma can't make a profit on gets banned. Zicam is still around, but not in its original formula. The Zinc that was in the gell would alter your sense of smell. It was a temporary side effect, but the FDA deemed that side effect as VERY DANGEROUS and banned it!! What a total FRAUD the FDA is!! FDA stands for Fauci Death Academy.

Mark as Spam | Posted On 10/12/2021 6:58:27 AM

Like Dislike

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john.collis

Joined On 9/25/2021 3:27:59 AM

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Surely hydrogen peroxide will dissociate into water and nascent oxygen during the nebulising process. Hydrogen peroxide dissociates in daylight, which is why it is stored in brown bottles. The air driving the nebuliser will be at room temperature. The nascent oxygen will combine to form oxygen.

Reply | Mark as Spam | Posted On 10/12/2021 4:43:01 AM

Like Dislike

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kathrynvaliquette

Joined On 9/14/2016 3:50:37 AM

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Dr M., you said to take 3/4 tsp 12% Hydrogen Peroxide in 16 oz of saline solution in your video. Now you're saying only 1/4 tsp?

Reply | Mark as Spam | Posted On 10/12/2021 4:27:07 AM

Like Dislike

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briankt43

Joined On 10/12/2021 1:18:12 AM

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That chart says 1/4 tsp for 5 oz.....so that is consistent (close enough) with 3/4 tsp for 16 oz.

Mark as Spam | Posted On 10/12/2021 10:46:10 AM

Like Dislike

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allunoisrong
Joined On 6/19/2006 10:22:31 AM
Add as Friend | Send Message

Ok, I started using a nebulizer after the article, not realizing I was in the early stages of heart failure, i.e. fluid in the lungs from heart over work. After that, edema set in to feet, legs and abdomen more than in an earlier attack years ago. I stopped the nebulizing, so far no change after ER visit and lasix meds helped a bit. Any thoughts on the nebulized fluid contributing to the edema?

Reply | Mark as Spam | Posted On 10/12/2021 4:18:12 AM
Like Dislike

Jennycat24
Joined On 11/27/2012 7:23:21 AM
Add as Friend | Send Message

I am bewildered - could it be a coincidence? My swollen leg has decreased while nebulising - but I don't know if that too is coincidence. I do have a device which measures the oxygen in the blood and mine goes up several percent when I have been nebulising, which has to be good, and my general health is improving slowly.

BTW when I first started nebulizing I didn't realise that it is a good idea to think unstressed and happy thoughts whilst doing it. At first this was just another chore, but then I realised that if one is under stress or illness or both for a long time, then the cells of the body are stressed too, and close up not taking in nutrients or getting rid of toxins, for them to do this properly the body needs to be unstressed - so the mind has to think happy relaxed thoughts! For the first month that I nebulized daily but didn't know this about relaxed thoughts, it didn't work at all and I had no benefits. After I discovered this info, it does work! Just a thought - it might help someone!

Mark as Spam | Posted On 10/12/2021 4:32:30 AM
Like Dislike

Freedomofchoice1
Joined On 10/2/2012 12:39:07 AM
Add as Friend | Send Message

ToeCutterAUS Thank you for your info.. will chase up. freedomofchoice.

Reply | Mark as Spam | Posted On 10/12/2021 4:00:58 AM
Like Dislike

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steve49car
Joined On 10/5/2020 3:37:55 AM
Add as Friend | Send Message

There is only ONE aim of big Pharma ...to make vast amounts of money without any interest in any harm done by its products! The more it makes, the more it demands to make and does so by whatever means available from concealment to outright lying ...not for much longer ... the arrests and executions are coming ...even Gates couldn't avoid that end! As for health , every healthy cell in the body process oxygen ...much illness happens when there is an oxygen deficiency to even part of the body so its stands to reason .... oxygen HEALS! Ignore the Big Pharma and its products ... soon they will be taken down as Facebook etc are already being culled ! If the druggies can't understand ...you WILL face arrest and the sentence will be the death penalty ...as one General put it we cannot leave any of the poison in the world as it will simply infect us again!

Reply | Mark as Spam | Posted On 10/12/2021 3:56:33 AM
Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

I think at this interval, trust in BigPharma is going to take a major fall.

Mark as Spam | Posted On 10/12/2021 4:28:23 AM
Like Dislike

Jennycat24
Joined On 11/27/2012 7:23:21 AM
Add as Friend | Send Message

Oh I do hope so Mirandola!

Mark as Spam | Posted On 10/12/2021 4:37:25 AM

Like Dislike

holbr148
Joined On 6/19/2006 3:31:15 PM
Add as Friend | Send Message

I don't guess some of these crack reporters could interview people who have actually used ivermectin or nebulised hydrogen peroxide & see what results they had. I suspect it's because they & their handlers may not like what they find

Reply | Mark as Spam | Posted On 10/12/2021 3:54:12 AM
Like Dislike

Pandoras_shot
Joined On 10/12/2021 3:18:16 AM
Add as Friend | Send Message

Big Pharma's business model before 2020: A cured patient is a lost customer. Now it seems to be something a bit more sinister than that.

Reply | Mark as Spam | Posted On 10/12/2021 3:21:48 AM
Like Dislike

derek91362
Joined On 5/22/2013 7:46:11 PM
Add as Friend | Send Message

Dr. Mercola, Please review the use and effectiveness of Nasal Nitric Oxide as a treatment.

Reply | Mark as Spam | Posted On 10/12/2021 2:45:49 AM
Like Dislike

Jennycat24
Joined On 11/27/2012 7:23:21 AM
Add as Friend | Send Message

I tried looking into nitric oxide a while ago - it is supposed to be so good for us and I often get emails on the subject, but appears to be hard if not impossible to get where I live. I've just looked it up again and found this - to my joy - pubmed.ncbi.nlm.nih.gov/12119224 "Humming greatly increases nasal nitric oxide" - have been humming since I read it!

Mark as Spam | Posted On 10/12/2021 3:29:58 AM
Like Dislike

Drew458
Joined On 10/3/2020 11:39:47 AM
Add as Friend | Send Message

Read about the NO spray from Sanotize, called Enovid. Kills the Covid 95% in a day, 99% in 3 days. Kills most other viruses in seconds www.clinicaltrialsarena.com/news/sanotize-nasal-spray-reduces-covid-19.. Bottom line: it works really well with no side effects, as an early treatment. Does it work as a prophylactic? I don't know. It is being distributed as a Covid treatment in Israel, Bahrain, and eastern Asia. It is now for sale, $53 - $69, depending on how many you buy. https://buyenov.com/ There is another NO product, called Spray For Life, sold at Amazon etc. Like most of the "NO" pills, it contains the NO precursors L-arginine and L-Citrulline, and no actual NO at all.

Mark as Spam | Posted On 10/12/2021 9:27:34 AM
Like Dislike

mrrobb
Joined On 6/15/2011 2:41:18 PM
Add as Friend | Send Message

Holly Molly..according to this AAFA and CDC.....I should have been dead well over 70 years ago.....N2O2 should have killed me dead dead dead...cuz I been gargling with if for 7 decades ....in my eyes it kills off tooth decay ...and I have most my original teeth.....and they work fine....and H2O2 works great toe infections and cuts n scrapes...ear infections..removes ear wax buildup.....good for bug bites and I mix it wit peppermint oil and spray it abound my cave...which does a good jobs of keeping the rats outside where they belong....

Reply | Mark as Spam | Posted On 10/12/2021 1:38:07 AM

Like Dislike

mrrobb
Joined On 6/15/2011 2:41:18 PM
Add as Friend | Send Message

Peppermint oil sprayed around my place helps breathing....now I have uses Drd Mercola Peppermint and a few others...and settled on buying it by a great suppler www.newdirectionsaromatics.com I use this for easier and freely breathing.....mental opens up breathing for me...so its great.. www.newdirectionsaromatics.com/products/essential-oils/peppermint-esse.. and one the good side effects rats don't like peppermint oil so they leave ....

Mark as Spam | Posted On 10/12/2021 1:55:08 AM
Like Dislike

jamNjim
Joined On 2/20/2008 11:15:54 PM
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I've been using it for 4 decades as an ear soak. It not only cleans your ears, but it helps reduce tinnitus. My grandmother was the one that introduced this to me. She would have been about 55 and I would have been about 11. I had an ear infection (got them often). They (the doctors) were considering operating on my ears (drain tubes). After trying H2O2 I had immediate relief. So I self medicated after that. Neither of my parents believed it, but were OK with it. 45 years later my wife sees me doing my self-treatment (irritated/itchy left ear) and asked what I was doing. I told her I was treating my left ear with H2O2 for a possible ear infection. She went OFF! She's a doctor. Go figure!

Mark as Spam | Posted On 10/12/2021 7:34:34 AM
Like Dislike

amberwise
Joined On 12/2/2010 1:47:42 PM
Add as Friend | Send Message

I bought a tabletop nebuliser years ago from a pharmacy for my son, but I think I had a prescription for it (he had been in the ER for an asthma attack after a vaccine (eye roll, hard lesson learned). IN any case, there appear to be a lot of less fancy ones on Amazon. But I found this one off that website: meshnebulizerstore.com . It works well, but I recommend using distilled water to prevent clogging up of the mechanism.

Reply | Mark as Spam | Posted On 10/12/2021 1:26:22 AM
Like Dislike

briankt43
Joined On 10/12/2021 1:18:12 AM
Add as Friend | Send Message

I've been nebulizing hydrogen peroxide per your instructions in the previous How to video (You need to do more of those!) So I created the pint of 0.1 percent hydrogen peroxide diluted in normal saline. Above it says "I recommend diluting peroxide with normal saline for a 0.1% concentration, and adding one drop of Lugol's iodine" Is that one drop of Lugol's iodine in the pint of prepared solution, or one drop in the 1/2 teaspoon you put in the nebulizer?

Reply | Mark as Spam | Posted On 10/12/2021 1:25:40 AM
Like Dislike

avrenj
Joined On 11/16/2011 4:22:49 PM
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In the video Dr. Brownstein mentions that he does not store the iodine in any mixture made ahead. Just drop it in the present solution that you have just made. I put the iodine in the nebulizer chamber along with the other solution at the time of treatment.

Mark as Spam | Posted On 10/12/2021 10:10:37 AM
Like Dislike

Kevin131
Joined On 6/4/2020 8:25:00 AM
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As per usual, the propaganda, is what it is, propaganda. If the regulation board wants it's gov pay check, it's pharma corp hand out, it's going to lie through its teeth to get it, greed, it's why university is a shill hole for Marxist stupidity, pharmaceutical lies and indoctrination into the belief systems of satanic freemasonry. It's crab bucket politics, they Mkultra select the ones they can easily control, all the rest are just student-loan horseshoe crabs getting the financial shaft, ground up into PCR test, er, into bankruptcy fodder for a failed fiat fraudulent economic system run by murderous thieves, desperate to mislead and distract the masses from what ought to be an obvious 200 year old scam by Zionist banksters.

Reply | Mark as Spam | Posted On 10/12/2021 3:07:51 AM

Like Dislike

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steve49car

Joined On 10/5/2020 3:37:55 AM

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ALL of our money ...and that stolen by drug companies etc is now subject to Quantum Financial System .... which replaces the old Fiat system of money printing and corruption ...you may have realised the reason governments (including USA) are going bankrupt is that money printing is stopped ! The end result of this is that ALL accounts must be bought into the system ,BUT if the money you hold has no verifiable track or trace ...you will LOSE it ...it will be taken from you ...and THAT includes the obscene big pharma stolen profits!

Hence billionaires become bankrupt over night ,cannot pay the politicians bribes etc .... big pharma suddenly loses power and control ...arrests follow ! The world is massively changing and soon you will see ... there are huge gaps in American society now ...all gone from democrats to Hollywood ...arrested and dealt with . the Gates foundation ,Clinton Foundation etc ... the essence of killing and corruption taken down (Chelsea Clinton is in Gitmo awaiting court hearing on VERY serious charges as were her both dead 'parents'...as she said, Bill is NOT my father)!

Forget Washington or the White House (it will be demolished as will other iconic buildings throughout the world) ... its no longer the seat of Republic of America governance ...its all boarded up! Watch the China situation ...western companies moved out ,half the country under floods ,dams broken ...even the 3 Gorges dam gone ...guess where the worlds huge troop numbers are set ... in the Pacific etc ...waiting ...maybe a free democratic China to come? Now you know why the Afghanistan pull out ....? But wave good bye to big pharma and those who supported them in any way ....and those drugs they told you you must take for life ....they lied! The world is going to need holistic like never before ... to put right the damage where we can ...Trumps team are working on an antidote to that injection ...hoping to save lives ...not take them!

Mark as Spam | Posted On 10/12/2021 4:39:56 AM

Like Dislike

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sandrawattsrogers.com

Joined On 10/12/2021 12:12:49 PM

Add as Friend | Send Message

How much iodine should be added to the saline and hydrogen peroxide? Is there a particular name of the liquid iodine that I should purchase?

Reply | Mark as Spam | Posted On 10/12/2021 12:56:53 PM

Like Dislike

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billstri

Joined On 6/8/2008 9:16:45 PM

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My opinion on iodine and many of these nebulized ideas on your own is to be conservative. Dr Mercola has once said mix 1 teaspoon salt in 16 ounces of clean distilled water and then add 3/4 teaspoon 12% food grade (no chemicals added) h2o2. I personally use 0.5 tsp salt in 8 ounces distilled water and add 1/4 plus 1/8 teaspoon 12% h2o2. I keep this stored in refrigerator for use starting during the first day of what looks like a cold. I plan to replace this probably twice per year (label with date mixed!). I am guessing that very low levels of h2o2 will not so easily convert to h2o as fast as the original bottle of h2o2.

As for the higher doses h2o2 and iodine, I am still on the fence because there are many formulations and opinions and either I want more clear guidance or get something written from a doctor (holistic doctor?) who wants me to try it. Other ideas are netti-pots, but they only flush the nasal cavities and can't use for anything below the neck.

I do wonder if my distilled water is okay as it is more than 3 years old stored in a gallon "plastic" jug. How much plastic dissolves in the water versus time? I do boil the water in the microwave and let it cool before adding h2o2. Dr Mercola and many others are against microwave ovens for various reasons. The convince is too great for me, so I only use a microwave warming only and not use it to cook food and I stay at least several feet away when it is running.

I might be getting more h2o2 than Dr Mercola says because when I pour it into a teaspoon, it will always overtop the teaspoon as you can't get level teaspoons of liquids. So it may be a little over 0.1% h2o2, but still way under 0.2%, while some of Dr Mercola's colleges want to go much higher. I am still doing far better than vaccine companies that use the same dose for very small people as they do for very large people, something that really bothers me greatly, with no clear science in getting the right minimum dose.

Mark as Spam | Posted On 10/12/2021 1:37:54 PM

Like Dislike

Marminkia

Joined On 8/5/2017 4:18:34 PM

Add as Friend | Send Message

Lygol dolution 1% , 4 drops/nabulizer cup

Mark as Spam | Posted On 10/12/2021 6:01:30 PM

Like Dislike

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chocosinger

Joined On 11/8/2009 7:08:35 PM

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TEAM DR. MERCOLA: Please help me access this video where Dr. M talks about and demonstrates his nebulizer, how to make the solution and how to use the device. The visual is SO HELPFUL. The following link just takes me to the latest article and it's not what I had saved last year. articles.mercola.com/sites/articles/archive/2020/04/09/hydrogen-peroxi.. Nebulized hydrogen peroxide therapy is an inexpensive and simple way to treat most viral respiratory illnesses, including coronavirus. Includes a "How To" video. Thank you:)

Reply | Mark as Spam | Posted On 10/12/2021 9:54:40 AM

Like Dislike

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grandmax4ever

Joined On 6/1/2017 12:34:10 PM

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Try this link: www.bitchute.com/.../QoRi6bu3sMEV

Mark as Spam | Posted On 10/12/2021 11:48:07 AM

Like Dislike

MarkPitt

Joined On 4/1/2009 6:17:42 AM

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I like to download and save these videos and have the previous interview with Dr. Brownstein, but I can't figure out the link to this one? Does anyone else know where to look?

Reply | Mark as Spam | Posted On 10/12/2021 9:06:16 AM

Like Dislike

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grandmax4ever

Joined On 6/1/2017 12:34:10 PM

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Try this link: NEBULIZED HYDROGEN PEROXIDE - INTERVIEW WITH DR. THOMAS LEVY
brandnewtube.com/watch/nebulized-hydrogen-peroxide-interview-with-dr-t..

Mark as Spam | Posted On 10/12/2021 12:10:14 PM

Like Dislike

MarkPitt

Joined On 4/1/2009 6:17:42 AM

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Thank you grandmax4ever, but that one is with Dr Levy and I already have it copied into my video library. The one in this article is with Dr Brownstein and I have an earlier one with him and Dr Joe, but wanted this new one too...

Mark as Spam | Posted On 10/12/2021 12:23:13 PM

Like Dislike

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grandmax4ever

Joined On 6/1/2017 12:34:10 PM

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Oh sorry … I sent you the wrong one … I think this is what you are seeking: David Brownstein - Nebulized Peroxide - A Simple Remedy for COVID-19 brandnewtube.com/watch/david-brownstein-nebulized-peroxide-a-simple-re..

Mark as Spam | Posted On 10/12/2021 3:02:10 PM

Like Dislike

BJC777

Joined On 11/9/2007 9:31:31 AM

Add as Friend | Send Message

grandmax4ever: Link took me the the site, but video would not load 😢

Mark as Spam | Posted On 10/12/2021 7:25:34 PM

Like Dislike

MarkPitt

Joined On 4/1/2009 6:17:42 AM

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Thanks much grandmax4ever! But, as BJC777 said, the link is currently dead. It actually worked, but before I got a few minutes in it tanked as being corrupted. I've left the tab open and will see if it gets repaired and if so, I'll use this thread to re-post it.

Mark as Spam | Posted On 10/12/2021 7:57:49 PM

Like Dislike

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grandmax4ever

Joined On 6/1/2017 12:34:10 PM

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I just clicked on to it, skipped around, and not sure why, but it worked for me. Maybe it can't be forwarded. Perhaps try going to the "brandnewtube.com" website and do a search for David Brownstein?

Mark as Spam | Posted On 10/13/2021 9:04:56 AM

Like Dislike

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grandmax4ever

Joined On 6/1/2017 12:34:10 PM

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I found a bitchute version in my files too …

www.bitchute.com/.../Rd7cm8JeOYnG

Mark as Spam | Posted On 10/13/2021 9:11:55 AM

Like Dislike

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synergy1295

Joined On 11/12/2010 5:39:16 AM

Add as Friend | Send Message

Hello! Is there an expiration date to this solution pre-made and bagged in the drip bags that hospitals use (not sure of proper name for the bags) of just saline and hydrogen peroxide?

Reply | Mark as Spam | Posted On 10/12/2021 8:26:18 AM

Like Dislike

tomlyn.14gmail.com
Joined On 10/12/2021 5:52:20 AM
Add as Friend | Send Message

I have purchased 3% food grade hydrogen peroxide but cannot purchase any saline without a prescription. Any suggestions where I can acquire the saline I need?

Reply | Mark as Spam | Posted On 10/12/2021 6:40:08 AM

Like Dislike

briankt43
Joined On 10/12/2021 1:18:12 AM
Add as Friend | Send Message

You can make it yourself. (Google "How to make normal saline") 16 ounces of distilled water, 1 teaspoon of sea salt. Or watch this from Dr. Mercola. www.bitchute.com/.../QoRi6bu3sMEV

Mark as Spam | Posted On 10/12/2021 10:53:07 AM

Like Dislike

FewThereBe
Joined On 10/12/2021 11:44:30 AM
Add as Friend | Send Message

Amazon has sterile, USP grade saline. A 6-pack of 1000ml bottles (plastic) for about $22: "Sterile Wound Care and Irrigation Saline 0.9% Sodium Chloride 1000ml 6 Pack" www.amazon.com/.../B078Z57XC9

Mark as Spam | Posted On 10/12/2021 3:07:06 PM

Like Dislike

AustraliaHouses.com.au
Joined On 3/29/2014 9:30:31 PM
Add as Friend | Send Message

Are you able to recommend a cheap reliable Nebulizer?

Reply | Mark as Spam | Posted On 10/12/2021 12:27:34 AM

Like Dislike

amberwise
Joined On 12/2/2010 1:47:42 PM
Add as Friend | Send Message

I got mine here: meshnebulizerstore.com

Mark as Spam | Posted On 10/12/2021 1:22:36 AM

Like Dislike

navisos34
Joined On 10/9/2017 12:07:57 AM
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In "backward" South Africa, nebulizers are readily available for a very reasonable cost. Of course, they are difficult to get in "advanced" countries married to compulsory vaccination.

Mark as Spam | Posted On 10/12/2021 2:33:52 AM

Like Dislike

mky32022
Joined On 6/25/2015 10:27:20 AM
Add as Friend | Send Message healthyproductsforyou.com or thecpapshop.com sell nebulizers. Don't forget to buy a mask for it.

Mark as Spam | Posted On 10/12/2021 2:44:37 AM

Like Dislike

ToeCutterAUS

Joined On 5/30/2021 9:06:33 PM

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Hi @AustraliaHouses.com.au: I'm in Australia and have purchased **locally** (after very careful research and comparisons): 1. Nebuliser#1: Portable, Mesh, battery-powered Unit: Caremax Mesh Nebulizer (from Catch.com.au, but available widely) 2. Nebuliser#2: 240V Powered, tabletop compressor Unit: Flaem NebulAir+ Nebuliser Compressor System (from BOC) Both come with the Adult/Child Masks.

Mark as Spam | Posted On 10/12/2021 3:00:20 AM

Like Dislike

BlueQuasilica

Joined On 1/9/2016 9:34:17 AM

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Hi and good day to all. The nebulizer recommended by amberwise looks good. Thank you and I'll look into that one.

Mark as Spam | Posted On 10/12/2021 5:17:34 AM

Like Dislike

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grandmax4ever

Joined On 6/1/2017 12:34:10 PM

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I bought the one Dr Mercola used in his video: DR. MERCOLA- NEBULIZED HYDROGEN PEROXIDE VIDEO: www.bitchute.com/.../QoRi6bu3sMEV

Mark as Spam | Posted On 10/12/2021 12:15:41 PM

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