

## USES FOR 35% FOOD GRADE HYDROGEN PEROXIDE

*Also known as H2O2= Simply put, water with extra oxygen. The difference between 'Food Grade' and the stuff you buy in the store is, it's 11 times stronger and doesn't have all those harsh chemicals, metals, and preservatives in it.*

**NOTE:** 35% Hydrogen Peroxide is highly concentrated and extremely strong. **KEEP OUT OF THE REACH OF CHILDREN.** If it is spilled on the skin, wash immediately in cold water. Do not allow it touch the eye, if this happens, wash and rinse thoroughly with cold water. Store 35% H2O2 in the refrigerator or freezer. It will add to the longevity and will not freeze.

**HEALTH NOTE:** Food-borne illnesses from fruits, vegetables, meats, fish and poultry due to bacteria, fungus or parasites are a little publicized problem. Soaking in a solution of 3% hydrogen peroxide can help kill these bad guys and also help to remove pesticide residue that lingers on produce.

**To make 3% H2O2, mix one ounce (2 Tablespoons) of 35% food grade to 11 ounces of distilled water (preferably) or filtered water.**

### Personal Uses for H2O2

**Athlete's Foot:** Soak feet 10-20 minutes each night in 3% h2o2 until condition is in remission.

**Bath:** One cup of 35% hydrogen peroxide to a full bathtub for a detoxifying bath. Note: try not to use this after 6-7pm as the increased absorbed oxygen may keep you awake.

**Douche:** Add five to six tablespoons 3% H2O2 to one quart of distilled or filtered water.

**Enema:** Mix up to six tablespoons (maximum) 3% H2O2 to one quart of distilled water.

**Foot relaxer:** Add one cup of 3% H2O2 to one gallon of hot water and soak one half hour.

**Shower:** Spray after showering, with 3% H2O2 to restore the natural acid mantle of the skin. (Soap used in the shower removes the protective acid mantle of the skin.)

**Facial:** For rejuvenation and freshening after washing, saturate a cotton wad with 3% H2O2 and gently rub on face and neck.

**Mouthwash:** On arising rinse mouth with water then gargle and wash mouth with 3% H2O2, swishing for one half to one minute. (Note: a dash of chlorophyll adds flavor and effectiveness.) Helps prevent colds.

**Nasal Spray:** One tablespoon of 3% H2O2 added to one cup of pure water. Spray into nasal passages to relieve congestion.

**Toothpaste:** Make a paste of baking soda and H2O2 and store in tightly sealed container. Or dip brush in 3% H2O2 and brush teeth.

**Denture Soak:** Use 3% in denture container and soak 30 to 60 minutes or overnight.

**Deodorant: (Body)** Saturate cotton wad with 3% H2O2 and rub on under arms.

## Additional Uses For Hydrogen Peroxide

**Pets:** Add one ounce 3% to one quart drinking water.

**Deodorizer when pet is sprayed by a skunk:** Mix ¼ cup baking soda, 1 quart 3% hydrogen peroxide and 1 teaspoon of Ivory soap. Use this solution to wash your pet, being careful to keep it out of your pet's eyes. Rinse with clean water.

**Vaporizer:** One ounce of 35% H2O2 per gallon of water in a vaporizer improves nighttime breathing and helps clear sinus and bronchial congestion.

**Vegetable Soak:** (in place of Clorox.) Add ¼ cup of 3% H2O2 to a gallon of cold water. Soak light leafy vegetables 15-20 minutes. Soak thick skinned fruits and vegetables for 30 minutes (apples, cucumbers, tomatoes & etc.) If time is a problem, you can spray the vegetables with straight 3% let stand a couple of minutes, rinse and dry.

**Leftover Tossed Salad:** Put 1 Tbsp. 3% in ½ cup of water and spray the top of the salad with the solution before covering and refrigerating.

**Marinade:** In glass, stainless steel or ceramic casserole (never aluminum), place meat, poultry or fish and cover with 3% H2O2. Cover loosely and store in refrigerator one half to one hour. Rinse well then cook.

**Kitchen Cleaner, Freshener, Disinfectant:** Keep a spray bottle of 3% (straight) in the kitchen; use it to wipe off counter tops and appliances. It disinfects and gives the kitchen a fresh smell. Works great inside the refrigerator and on Formica tops.

**Dishwasher:** Add two to three ounces of 3% H2O2 to regular wash for dishes. Add the same for washing dishes in sink.

**Laundry:** Instead of bleach, add six ounces of 3% of H2O2 to small load of laundry: eight ounces to large load.

**Mold:** Spray or wash well with 3% H2O2, floors, walls and furniture as allowed. Wipe dry with cloth if to damp. If problem is real bad in a room, use humidifier with ½ cup of 35% to 2 gallon

of water. (Note: Molds and mildews are a major cause of allergies, colds, bronchial and flu sensitivities: general malaise, breathing problems and low energy.)

**Insect Spray:** In one gallon water stir 8 ounces (one cup) refined white sugar and 5 to 8 ounces of 3% H2O2.

**House & Garden plants (for growth):** To one quart add one ounce 3% H2O2 **or** 16 drops of 35% H2O2. Mist and or water plants frequently.

**Crop Spray:** Many farmers are increasing crop yields by spraying with a dilute H2O2 water mixture. For each acre add 5 – 16 ounces of 35% Hydrogen Peroxide to 20 gallons of water.

**Fungus/Mildew control for roses & vegetables:** Mix 5 tablespoons baking soda, 5 tablespoons 3% hydrogen peroxide in one gallon of water. Apply

**Seed Sprouting:** Please seed in container and add 2 cups of water and 12 tablespoons 3% hydrogen peroxide. Allow to soak overnight. Drain and repeat daily until seeds sprout.

**Hot Tubs:** Start up with using 8 ounces (one cup) 35% per 500 gallons of water. Should be maintained with 2-4 ounces of 35% weekly, depending on use and direct sunshine on water. Use in place of chlorine.

Accidents can occur with hydrogen peroxide concentrate when safety precautions are not taken and directions are not followed. For this reason, we want to stress some safety and storage tips. Read them carefully and review the way you handle the concentrate to determine whether changes must be made with your handling procedure.

1. Keep hydrogen peroxide concentrate out of the reach of children.
2. Never transfer the concentrate into unlabeled or improperly labeled containers.
3. If hydrogen peroxide concentrate is accidentally spilled on the skin, flush the area immediately with running water.
4. If hydrogen peroxide concentrate is accidentally ingested, drink large amounts of water to dilute. Stay upright and contact your doctor. It could be toxic or fatal if swallowed at full strength.
5. For spillage of hydrogen peroxide concentrate, dispose of according to Federal, State and local regulations.

Flush the spill area with water. Do not return the spilled material to the original container. Prevent undiluted hydrogen peroxide from entering into the sewage system. Report spills in compliance with Federal, State or local regulations.

Large quantities, such as drums, should be stored in a cool, dry area. When concentrations of hydrogen peroxide come in contact with organic materials, this may form explosive mixtures (spontaneous combustion).

Once a sterile spigot has been inserted into the drug, it should remain in place. Repeated insertions may cause lint or dust to enter, which could cause contamination of the product. After filling properly labeled containers, put a child-proof cap on and cover the spigot with a plastic dust protector.

Small quantities of 35% food grade hydrogen peroxide should be stored in the freezer over-wrapped with black plastic and labeled as to contents. Thirty-five percent food grade hydrogen peroxide will not freeze unless the temperature is 33 degrees below zero.

Low concentrations, such as 3% or 6% would freeze, so freezer storage is not recommended. Store properly labeled containers in a cool, dry place out of the reach of children.