

35% Food Grade Hydrogen Peroxide

This is a graduated program of use and can be usually followed very comfortably by those who prefer the concentrated 35% hydrogen peroxide (H₂O₂).

Dilute the hydrogen peroxide in 3-5 ounces of water on arising and at bedtime.

1st	week	3 drops twice daily
2nd	week	5 drops twice daily
3rd	week	10 drops twice daily
4th	week	15 drops twice daily
5th thru 10th	week	20 drops twice daily
11th thru 16th	week	15 drops twice daily
17th	week on	10 drops twice daily

Cleansing effects: You may experience some reactions from the use of the powerful cleansing and detoxifying agent.

skin eruptions	fatigue	nausea
diarrhea	headaches	boils
excess mucous	earaches	

These are not to be considered negative. You have three options:
Reduce dosage until comfortable
Maintain dosage until reactions are over
Discontinue usage

Some prefer to use juice or milk instead of water, which is acceptable. Do not use carbonated beverages.

Most find a good maintenance level to be 5-15 drops per week.

The drop referred to is undiluted 35% hydrogen peroxide.

Candidiasis sufferers start at a much reduced level, usually 1-2 drops a day until they get used to it.



Hop in for Health

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