

Food Grade Hydrogen Peroxide Uses

Hydrogen Peroxide is the only germicidal agent composed of **only** water and oxygen. Like ozone, it kills anaerobic organisms by oxidation! Hydrogen Peroxide is considered the safest, all-natural, effective disinfectant and sanitizer.

~ HOW TO DILUTE ~

Food Grade Hydrogen Peroxide

1 PART 35% H₂O₂ added to 11 Parts Water = 3% H₂O₂ Solution

1 PART 12% H₂O₂ added to 3 Parts Water = 3% H₂O₂ Solution

In The Kitchen

- **Cleaning:** Keep a spray bottle of 3% H₂O₂ in the kitchen. Use it to wipe off counter tops and appliances. It disinfects and gives the kitchen a fresh smell.
- **In the Dishwasher:** Add 2oz. of 3% H₂O₂ to your regular washing formula. It will not only clean your dishwasher but your glasses will really sparkle.
- **Fruit & Vegetable Soak:** Add ¼ cup 3% H₂O₂ to a sink full of cold water. Soak light vegetables (lettuce, etc.) 15 minutes. Thicker skinned fruits & vegetable (cucumbers, apple, etc.) for 20 minutes. Drain and dry. (They will keep longer too.). Alternatively, you can spray the fruits and vegetables with straight 3% H₂O₂, let stand or 5-10 minutes, rinse and dry.
- **Leftover Tossed Salad:** Put 1 Tbsp 3% H₂O₂ in 1/2 cup water, and spray the top of the salad with the solution before covering and refrigerating. If you aren't in the mood for salad, the next day, try this: Put the salad (everything.. tomatoes, radishes and all) in the blender with 1/2 cup juice (tomato, carrot, etc.). Blend and fold in an additional 1/2 cup of juice. Add seasoning to taste and drink your salad. Voila: a Green Smoothie!
- **Meat Tenderizer & Disinfect Bacteria:** Place meat (chicken, fish, beef etc...) in a bowl and cover with water. Add 1-2 cups of 3% H₂O₂. (depending on how much meat you are preparing) Let soak for 30 minutes or put it in the refrigerator (loosely covered) overnight. Rinse and cook.
- **Soaking/Sprouting Seeds:** Add 2oz. 3% H₂O₂ per pint of water and soak for 1 hour. Rinse and drain using water with 1oz. 3% H₂O₂ - twice a day.
- **Soaking/Sprouting Nuts & Beans:** Add 1 cup 3% H₂O₂ to a large bowl of water with 3lbs. of nuts or beans. (eg. almonds, pecans, walnuts, kidney beans, black beans etc...) Let soak for 2-4 hours until a light foamy scum forms on the surface of the water. This will clean nuts and beans of bacteria/fungus etc... Rinse well, then refill with fresh water, add 2 Tbsp. Apple Cider Vinegar and let soak overnight. For Nuts: rinse and dehydrate. This makes "crispy nuts", which makes them easier to digest. For Beans: rinse and cook

Personal Use

- **Natural Highlights:** Dilute 3% H₂O₂ down to a 50/50 solution with water. (use up to 3% H₂O₂ maximum, depending on preference) Spray the solution on wet hair to create subtle, natural highlights.
- **Ear Infections/Colds/Sinus:** Put enough 3% H₂O₂ drops to fill ear canal while laying on side. Let this bubble for 5 minutes, drain and then turn over and do the other side. Helps to break up ear wax also!
- **Nasal Spray:** Add 1 Tbsp. 3% H₂O₂ to 8oz. distilled water. Spray into nasal passages to relieve congestion.
- **Foot Soaks and Fungal Conditions:** Add 1.5 oz. 35% H₂O₂ to 1 gallon of water and soak feet for 30 minutes. For Fungal conditions such as Athletes Foot, increase to 3 oz. 35% H₂O₂. Soak nightly.
- **Douche:** 1 part 3% H₂O₂ to 2 parts distilled water. Can work up to equal parts for maximum use.
- **Enema:** 3 Tbsp 3% H₂O₂ to 1 quart of distilled water. You can work up to 6 Tbsp 3% H₂O₂ for maximum use.
- **Colonics:** ½ pint 3% H₂O₂ to 5 gallons of distilled water. Work up to 1 pint 3% H₂O₂ to 5 gallons of water for maximum use.
- **Cleansing Bath:** Add 2-4oz. 35% H₂O₂ to bath water and soak for 30 minutes.
- **Detoxifying Bath:** Add 6-8oz. (up to 16oz.) 35% H₂O₂ to a full bathtub and soak for 30 minutes.
(Note: if you do this after 7:00pm, the increased absorbed oxygen may keep you awake!)

In The Bathroom

- **Cleaner:** Keep a spray bottle of 3% H₂O₂ in the bathroom for disinfecting countertops, toilet and shower.
- **Body Spray:** Keep a spray bottle of 3% H₂O₂ in the shower. Spray your body before towel drying.
- **Facial Cleanser/Freshener:** Use 3% H₂O₂ on a cotton ball after washing. This may be helpful for acne conditions also.
- **Mouthwash:** Use 3% H₂O₂. Add a dash of liquid chlorophyll for flavoring, if desired.
- **Toothpaste:** Use baking soda and add enough 3% H₂O₂ to make a paste. Or, just dip your brush in 3% H₂O₂ and brush. Helps with gingivitis as it kills bacteria and acts as a teeth whitener also!
- **Deodorant:** Use a cotton ball soaked in 3% H₂O₂ and clean under armpits or use 3% spray after shower or as needed.

In The Home

- **Humidifiers/Vaporizers:** Use 1 pint 3% H₂O₂ in 1 gallon of water. Acts as an air purifier against bacteria & viruses in the home. (Helps keep them clean, too.)
- **Laundry:** Add 8oz. 3% H₂O₂ to your wash in place of bleaches.
- **Blood Stain Remover:** Spray 3% H₂O₂ on blood stains and watch it foam up! Wash right away.
- **Houseplants:** Put 1oz. 3% H₂O₂ in 1 quart of water. Water or mist plants with this solution. For use as an insecticide spray, mix one cup white sugar with 4-8oz. 3% H₂O₂ in 1 gallon of water.
- **Hot Tub:** Start up with 8oz. 35% H₂O₂ to 250 gallons of water. Maintain with 6-8oz. of 35% H₂O₂ weekly, depending on use and direct sunshine on water. Use in place of chlorine.

In The Garden

- **Plants/Garden/Fruit Trees Spray:** Add 1oz. 35% H₂O₂ to 1 gallon of water. Spray on plants early in the morning when dew is still present and humidity is higher than 70%. This promotes protein growth, stimulates carbon dioxide fixation and helps to grow strong roots.
- **Fungus/Mold control for roses and vegetables:** Mix 5 Tbsp. baking soda, 1oz. 35% H₂O₂ in 1 gallon of water. Spray this solution onto the plants and leaves.
- **Insecticide Spray:** Mix one cup white sugar with 4-8oz. 3% H₂O₂ in 1 gallon of water. Spray on garden plants.

On The Farm

- **Drinking Water:** Add 1-2oz. 35% H₂O₂ to 50 gallons of drinking water for farm animals. This reduces bacteria/viruses and parasite loads.
~ Farmers have reported increased milk yields, marked reduction of scours, parasites, sickness and disease, increased conception rates, healthier babies and increased weight gain.
- **Udder Wash for Milking:** Add 1oz. 35% H₂O₂ to 1 gallon of warm water for cows and goats. Reduces bacterial counts and softens teats.
- **To Prevent Spoilage:** Add 2-4 drops of 35% H₂O₂ per gallon of milk.
- **Drenching:** Add 1-2oz. 35% H₂O₂ to 1 gallon of water. This solution can be given orally to cows/goats with any udder infections and for those that are off feed.

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Check your retail center for convenient, Ready to Use 3% Spray and Pint Bottles

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.