

35% Food Grade Hydrogen Peroxide

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

This is simply a general guideline of use.

Each person needs to adjust according to their own response and/or desired results.

Dilute the hydrogen peroxide in 3-5 ounces of water upon rising and at bedtime
(The drop referred to is undiluted 35% Hydrogen Peroxide)

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 and on 10 drops twice daily
Maintenance..... 5-15 drops *per week*

You may experience some cleansing symptoms from the increased oxygen into the body

Possible Cleansing Effects may include:

fatigue, nausea, pimples, runny nose, loose stool, headaches

These are good signs that the body is healing and releasing toxins!

Here are some things that may help:

Drink more pure water (1/2 body weight in ounces), exercise, fresh air, rest and H₂O₂ baths
You can also reduce the amount for a few days until symptoms go away and then work up again.

Helpful Tips:

Some prefer to use juice or milk instead of water, this is fine.

Just don't use carbonated beverages.

People with Candida issues should start slow – maybe 1-2 drops per day. There will be a die-off and you may experience some of the cleansing effects listed above.

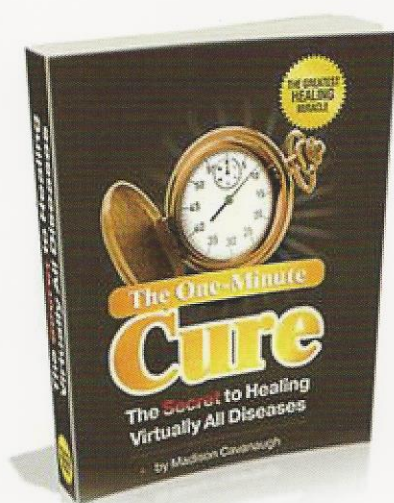
For ANY questions or comments, please do not hesitate to call: 800-888-1374

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

AIDS	Cholesterol (High)	Gingivitis	Open sores and wounds
Acne	Chronic Pain	Gum Disease	Parasitic infections
Allergies	Cirrhosis of the liver	Headaches	Parkinson's Disease
Altitude Sickness	Cluster headaches	Hepatitis	Periodontal Disease
Alzheimer's Disease	Colitis	Herpes	Proctitis
Anemia	COPD	Herpes Simplex	Prostatitis
Angina	Cystitis	Herpes Zoster	Rheumatoid Arthritis
Arrhythmia	Diabetes Type II	HIV Infection	Shingles
Arteriosclerosis	Diabetic Gangrene	Influenza	Sinusitis
Arthritis	Diabetic Retinopathy	Insect bites	Sore Throat
Asthma	Digestion Problems	Leg ulcers	Temporal Arteritis
Bacterial Infections	Eczema	Leukemia	Trichomoniasis
Bronchitis	Emphysema	Lupus Erythematosus	Ulcers
Burns	Epstein-Barr infection	Lymphoma	Vascular Diseases
Cancer	Food allergies	Metastatic Carcinoma	Vascular headaches
Candidiasis	Fungal infections	Migraine headaches	Viral infections
Cardiovascular Disease	Fungus	Mononucleosis	Warts
Cerebral Vasc. Disease	Gangrene	Multiple Sclerosis	Yeast infection

Bacteria and Fungi

Actinobacillus actinomycetemcomitans	Candida albicans	Legionella pneumophila	Salmonella typhi
Aspergillus fumigates	Coccidioides	Mucroraceae	Salmonella typhimurium
Bacillus cereus	Coccidioides immitis	Mycobacterium leprae	Sporothrix
Bacteroides	Escherichia coli	Neisseria gonorrhoeae	Staphylococcus aureus
Blastomyces	Group B streptococci	Paraoccidioides	Treponema pallidum
Campylobacter jejuni	Histoplasma capsulatum	Pseudomonas aeruginosa	



As Published in
The One-Minute Cure
 By Madison Cavanaugh

Now available at your
 local Health Food Store!