

# CORONAVIRUS AND BEYOND

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## BASICS

Bacteria and viruses thrive in their natural habitat - poorly oxygenated cells. Disease-causing viruses, bacteria, fungi, and other pathogens can't survive in an oxygen-rich environment. If you find a way to oxygenate yourself properly, you'll acquire immunity, and your existing disease may "disappear."

There are two simple options to flood our system with oxygen: ozone (O<sub>3</sub>) and hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>). Both substances behave similarly: in the body, they release an oxygen atom, effectively producing an oxygen-rich environment.

Both ozone therapy and hydrogen peroxide therapy are easily accomplished at home. However, ozone requires you to purchase and master specialized equipment. Though not too expensive or complicated, the ozone approach takes more time, effort, and money. Considering that hydrogen peroxide therapy works similarly to ozone therapy, it may be the first option to consider.

Hydrogen peroxide has been extensively and successfully used in medicine for over a century, for various conditions and diseases.

Not only it's used in medicine, but the body itself also uses it! Cells in the body that fight infection produce hydrogen peroxide as the first line of defense against any invasion (60% of white blood cells consist of neutrophils, a granulocyte that provides H<sub>2</sub>O<sub>2</sub> as one of the primary responses to fight off

harmful substances). Hence, hydrogen peroxide already plays a critical role in defense against viruses, bacteria, and other pathogens.

However, the immune system can use our help. One of the reasons is that when it finds a harmful organism, it requires what's called an oxidative burst - a sharply increased amount of oxygen. That's why oxygenation is always a powerful weapon when dealing with many types of diseases.

**Oxygenating the body, killing pathogens, and activating your body's defense system is a glimpse of how hydrogen peroxide therapy works.**

There are many reasons why such an effective therapy (among many others) is considered unproven by conventional medicine, despite thousands of convincing articles in reputable scientific journals. Fortunately, you still can learn about it and apply it safely, if it makes sense to you.

## WHAT YOU NEED

- Food grade hydrogen peroxide.
  - Comes in different concentrations: 3%, 12%, 35%.
- Distilled water.
  - Reverse osmosis filtered water is also good.
  - Never use tap water.

## PROTOCOL

It's easy to recalculate between 3%, 12%, and 35%, as 12% is four times stronger than 3%, and 35% is approximately three times stronger than 12%. Also, 1ml equals 20 drops, one teaspoon contains 5ml, 1oz has about 30ml. For example, one teaspoon of 3% is approximately seven drops of 35%.

**Dilute each given quantity of hydrogen peroxide in 240ml of water.** The following sample protocol is formulated for **35% solution**.

Day 1: 7 drops, 3 times daily  
Day 2: 8 drops, 3 times daily  
Day 3: 9 drops, 3 times daily  
Day 4: 10 drops, 3 times daily  
Day 5: 10 drops, 3 times daily  
Day 6: 10 drops, 3 times daily  
Days 7-28: 10 drops, once daily

We've heard of more extreme regimens. Here are two examples:

- For chronic infections, seven drops once an hour until the body temperature returns to normal.
- For some severe problems gradually increasing and staying on 25 drops three times a day for one to three weeks, then tapering down to 25 drops twice daily until the problem is resolved (from 1 to 6 months), then reducing to 25 drops once daily for a week, then 25 drops every other

day for a week, then 25 drops every third day for a week, and then 25 drops every fourth day for a week. A maintenance routine would be 5 to 20 drops a week.

However, we've never observed this kind of case. The typical usage we've seen and experienced, with great benefits, was the sample 28-day regimen above: from 7 to 10 drops three times a day, then staying at 10 drops for three days, then for 22 days 10 drops once daily. Here is the very same protocol recalculated for **12% solution**:

Day 1: 21 drops, 3 times daily  
Day 2: 24 drops, 3 times daily  
Day 3: 27 drops, 3 times daily  
Day 4: 30 drops, 3 times daily  
Day 5: 30 drops, 3 times daily  
Day 6: 30 drops, 3 times daily  
Days 7-28: 30 drops, once daily

## SAFETY CONSIDERATIONS

- Hydrogen peroxide is DANGEROUS, even LIFE-THREATENING, if not adequately diluted or taken in large quantities. Care must be taken to label and safeguard it, as well as keep out of reach of children or anybody else who may accidentally drink it. Store hydrogen peroxide in the back of the refrigerator or the freezer in a marked container (DANGER! or CAUTION!)
  - If hydrogen peroxide 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.
  - If hydrogen peroxide is accidentally spilled on the skin, flush the area immediately with running water.
- Drinking hydrogen peroxide may cause an upset stomach. Hydrogen peroxide should be taken on an empty stomach, one hour before meals or two-three hours after meals. Food in the stomach may cause excess foaming, indigestion, or vomiting.
- Taking hydrogen peroxide immediately before bedtime may cause difficulty getting to sleep because of the increased oxygen levels at the cellular level.
- Hydrogen peroxide boosts the immune system, among other effects. This boost is generally very beneficial for all kinds of conditions, but sometimes it may present a problem. The most common problem of this kind is when somebody has an organ transplant - if this is the case, we do NOT want the immune system to get activated because it may reject the transplant as a result.
- Hydrogen peroxide loses its potency with every passing year, so don't assume it's strong enough if you have it in storage for too long.
- Hydrogen peroxide is an unstable substance. Any attempt to use it a way other than diluting in distilled water before use may deactivate it (for example, trying to make hydrogen peroxide cream, or changing it to any other form of your choosing).

## APPENDIX A

Additional ways to administer hydrogen peroxide at home.

- **Vaporizer** (Cool Mist). Up to 4 oz. of 35% food grade hydrogen peroxide to one gallon of water. Keep this treatment in mind. It effectively works for virtually all viral infections, in addition to other benefits. You will never have to worry about getting cold or flu or any other pandemic again.
- **Nebulizer**. You need to use 1% hydrogen peroxide solution (same concentration as for vaporizer). Whichever you have, 3%, 12%, or 35%, dilute accordingly.
- **Bathing**. Use about 64 oz. (2 quarts) of the of 3% hydrogen peroxide solution in a tub full of warm water. Soak in the bath for at least half an hour. Keep adding hot water to maintain bath temperature, facilitating absorption of oxygen through your skin.

## APPENDIX B

If you want to prepare one gallon, or 3,790ml of 1%, and you have 12% H<sub>2</sub>O<sub>2</sub>, then take one gallon of distilled water, and replace 300ml from the gallon with your hydrogen peroxide. You'll get approximately 1% concentration.

You may want to customize the calculation depending on what you have. Here is a simple equation we used to calculate 300ml:  $X * 12 / 100 / 3790 = 0.01$  Explanation: if you replace X ml of water with H<sub>2</sub>O<sub>2</sub>, and this X is 12%, then there is  $X * 12 / 100$  of actual H<sub>2</sub>O<sub>2</sub> in 3,790ml. If you want this to be 1%, then  $X * 12 / 100 / 3790 = 0.01$  and  $X = 315\text{ml}$ .

If you use 1oz 3 times a day, for 10 days, you need 30oz, or 900ml. Here is the equation:  $X * 12 / 100 / 900 = 0.01$  and from here  $X = 75\text{ml}$ . This means that your 900ml should contain 75ml of 12% H<sub>2</sub>O<sub>2</sub> and the rest distilled water, so that altogether you would have 900ml.

## DISCLAIMER

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