

**MY SELF-  
ADMINISTERED  
OXYGEN  
THERAPY PROGRAM  
FOR LESS THAN 25 CENTS A DAY**



Updated and illustrated by

**Lynne Gordon**



## **My Self-Administered Oxygen Therapy Program**

### **Revised 9-1-2011**

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## **CHANGES IN THIS EDITION:**

- 1. \*\*\*\*If you have been using anything other than purified water, drinking water or distilled water to take your H<sub>2</sub>O<sub>2</sub>, please discontinue this practice as I have been informed that dosing with fruit juices containing Vitamin C and some other regular fruit juices may cause free radicals to form in the body.\*\*\*\***
- 2. Because several well-known publications have recently confirmed that the dissolved metals in distilled water are too small to interfere with the H<sub>2</sub>O<sub>2</sub> solution, I suggest using it in your therapy if you choose.**

## Chapter One

### Disease is BIG Business



As we look around in the world from our vantage point in North America, we see intransigent civil wars and bloody tribal conflicts, economic instability, increasing exploitation of natural resources, mounting population and mounting pollution.

There is an epidemic of AIDS and an epidemic of cancer. Tuberculosis is rising again, and new viral infections seem to pop up weekly, as in the native population in the southwest recently and the flesh eating staphylococcus.

The situation seems to grow worse daily and the modern doctor has tools of little power to combat these rising health concerns. Antibiotics are losing their effectiveness, prescription drugs kill at least 150,000 people a year in the US, and the chemical/drug companies lobby harder than ever to eliminate the competition--vitamins and natural herbs and the naturopaths that prescribe them.

Health care in America costs an estimated two billion dollars each and every day, yet the population grows sicker yet.

Into this gloomy scenario has come a breath of fresh air--an old and proven treatment that American doctors mostly abandoned, but European doctors nurtured and developed. That treatment is Oxygenation Therapy. It was first used over one hundred years ago and found to be of great value.

The information presented to you today is both shocking and sad. It is shocking because we have all been programmed to believe that disease is such a complicated subject that only doctors can properly diagnose and treat them. But the truth today is that doctors no longer treat diseases, they treat symptoms.

This information will seem sad because it should have routinely been available over 100 years ago, but it wasn't because it has been suppressed.

Today it is even being ridiculed as the big pharmaceutical companies can find no way to make money from such a simple formula.

What you are about to learn is a simple, inexpensive therapy that will cost you less than 25 cents a day and can be administered in privacy in your own home.

Recently, there has been a last-ditch effort by the drug companies to slur oxygen as harmful to humans, by promulgating a huge propaganda effort about so-called anti-oxidants. A flood of vitriol has been poured out to make people believe that oxygen is harmful to the system, that it causes cell damage and ageing due to being a free radical.

Let us examine these claims.

The human body is composed of nearly 60% oxygen, about the same as the composition of the earth's crust. The human body is about 70% water, also about the same as the surface of the earth.

We can survive for about a week without water, and for about a month without food, but we can only live for a few minutes if we are deprived of oxygen. It is our body's most critical need.

Oxygen is involved in all the major processes in the body, from respiration to digestion to assimilation to elimination to reproduction.

If we have insufficient oxygen in our system, these critical functions will operate poorly, and our health will suffer. If there is insufficient oxygen for the cell to burn sugar for energy, the carbon in the sugar will be changed into carbon monoxide, instead of carbon dioxide.

Carbon monoxide is very difficult for the body to eliminate and so it builds up in the body, irritating the organs, and lowering body temperature. The body fights diseases by raising the temperature briefly, which we call fever, in order to "burn out the bug."

Poorly oxygenated cells are good news to an oxygen-shunning anaerobic bacteria or a virus. With less oxygen available than they need, cells are unable to make their defensive enzyme shields strong enough, and viruses can invade and force the cell to replicate viruses. The defensive enzyme shields produced by healthy cells are composed of four major enzymes: super oxide dismutase, reductase, glutathione peroxidase and catalase.

As long as the cell maintains this enzyme shield, viruses cannot penetrate them and oxygen cannot harm them.

Damaging microbes have no enzyme shields. When oxygen is introduced into the area, it attacks microbes without a coating and diseased cells with deficient cell wall enzymes. It oxidizes them, allowing them to be cleared from the body and replaced with new healthy cells.

Free radicals are atoms with unpaired electrons, a natural occurrence in biochemical reactions. There could be no life without free radicals. The properties of free radicals vary widely: some are toxic to all living cells, others only to the most vulnerable cells.

Singlet oxygen,  $O_1$ , is a highly reactive free radical that acts as a scavenger of other free radicals. The oxygen combines with them to render them harmless, thereby protecting cells from damage.

The so-called anti-oxidant enzymes are gaining in popularity as nutritional supplements. They are not antioxidant at all, but rather are either free radical scavengers, or enzyme enhancers.

They have been shown to help protect marginally healthy cells from general free radical damage.

Super oxide dismutase in particular has helped reduce a variety of disorders: normally it is among the body's most plentiful enzymes. However, prolonged use of supplements could tend to atrophy the internal biochemical processes that would normally be making these enzymes. (*See Appendix I for a list of the essential vitamins that are depleted by certain prescription drugs*).

In any case, it does not address the cause of the problem: oxygen starvation at the cellular level, which makes the cells too weak to make the enzymes that protect them from disease.

The growing use of oxygen therapy is based on the simple principle that diseased cells cannot exist in the presence of oxygen, and that cells cannot become diseased if they are supplied with sufficient oxygen.

In the end, if there were any truth at all to ozone or oxygen therapy being harmful to humans, the evidence should have become clear over forty years ago. Yet, there is no such evidence.

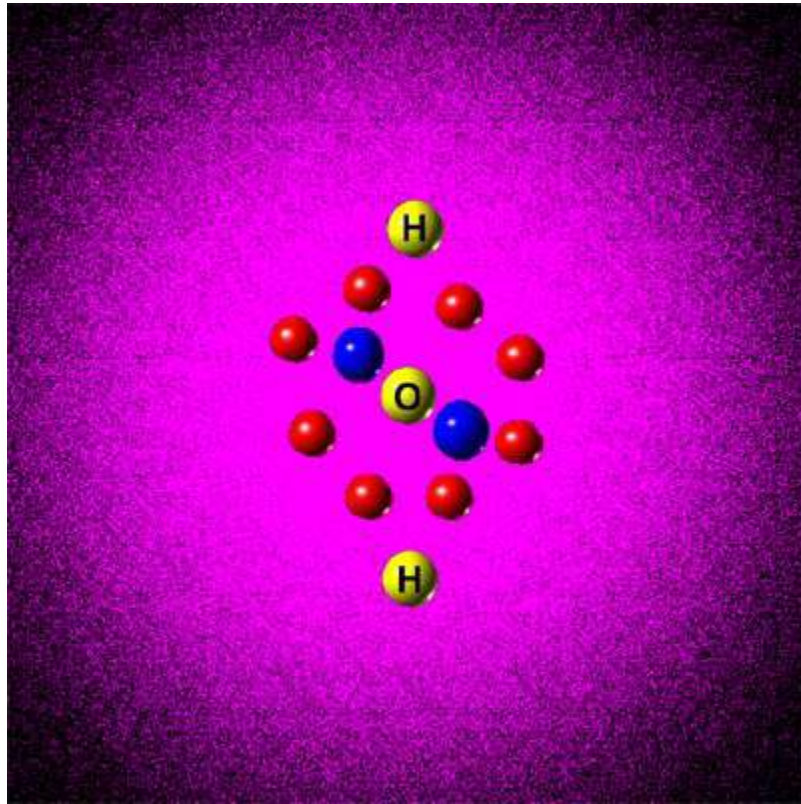
Later generations will look back in amazement at the unbelievable opposition mounted against such a safe and efficacious personal therapy.

The information presented in this article has been suppressed by the for decades due to the repercussions it would have on the pharmaceutical industry. Fortunately for some who have discovered and are using this therapy, the suppression is over.

The two types of oxygen therapy are ozone blood infusion and H<sub>2</sub>O<sub>2</sub> and water.

## Chapter Two

### The Basis of Bio-Oxidative Therapies



For many years man has been seeking to identify the primary physical cause of all diseases, and the cure-all that this basic principal would yield. This is what makes oxygen therapy so hard for so many to accept; since it seems like if it's that easy, we should have been using it all along.

Our bodies are composed mostly of water, which is eight ninths oxygen. Most nutritional studies tend to get caught up in the small details of biochemistry and overlook our most abundant and essential element, and the fundamental role of its depletion in causing illness.

## **A QUICK LESSON IN CHEMISTRY**

H<sub>2</sub>O<sub>2</sub> releases its extra oxygen atom and becomes just water + oxygen when it reacts. The extra oxygen atom that is released reverts to its gaseous state the water is released through normal channels.

Of all the elements the body needs, only oxygen is in such constant demand that its absence brings death in minutes. The main difference, between benign microorganisms (including our own cells), and those which cause disease, is that the later require much lower oxygen levels.

This is due to their more primitive evolutionary origins, during the ages when free oxygen was far less abundant. Now their descendants can only survive in low oxygen environments such as accompany stagnation and decay. To become a growth medium for such parasites, one has to have allowed the oxygen saturation of the bodies fluids to drop well below the optimum level for healthy cell growth and function.

The simplest substances available for restoring one's oxygen balance to a healthy range are ozone (O<sub>3</sub>), and oxygen, which is much easier to obtain and use.

They are both highly toxic when concentrated, which has tended to obscure their germicidal value except as a skin antiseptic. But when diluted to therapeutic levels, they are not only non-toxic but uniquely beneficial.

All this can be done with virtually no publicity. The official reason is that the accepted procedure for publishing medical breakthroughs is to complete all the tests first, even though victims may die waiting for the cautious, methodical testing procedure to run its course. No one in the industry wants to raise false hopes, let alone repeat the medical disasters that have resulted in the past, from rushing approval on new treatments.

On the other hand, the enormously expensive and dubiously effective drug AZT was widely publicized and many months before it was approved in the US, as is ongoing research into possible AIDS vaccines.

In fact, FDA Commissioner Frank Young has even announced a proposal to make experimental drugs available to AIDS victims as swiftly as possible, without waiting for full FDA approval procedure to be completed.

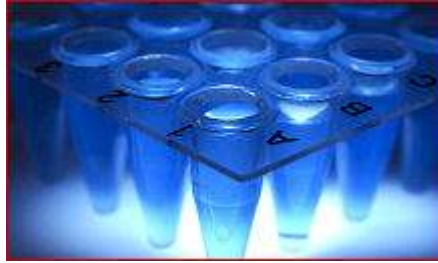
So there appears to be a severe double standard involved here. It seems that highly profitable "treatments" with serious side effects can be promoted through massive news coverage, while more beneficial therapies, repeatedly demonstrated in Europe, with minimal cost and no apparent harmful effects, must be delayed and kept quiet while panic and deaths mount.

Surely at this stage the benefits of unauthorized publicity will outweigh the risks.

Some of the medical uses of oxygenation therapy have been appreciated for years in Europe, Brazil, and elsewhere, as well as its advantages over chlorine for water treatment (no toxic residues, 5000 times more rapid disinfection) but its still relatively unknown in the US.

## Chapter Three

### Oxygenation Therapy



A much simpler type of Oxygen Therapy uses hydrogen peroxide ( $H_2O_2$ ) which is what ozone (O) forms on contact with water.

One can choose to take it orally if diluted properly with water, absorbed through the skin by bathing in it or in severe cases it can be injected. Injections obviously require a physician.

But self treatment is possible with oral and skin applications. All hostile microorganisms prefer lower oxygen levels than the bodies cells require to remain healthy. Boosting the oxygen level revitalizes normal cells.

The domestic sales of hydrogen peroxide are rising at 15% per year, as the news of this option spreads at the grass roots level. The rapid expansion of the peroxide movement is especially remarkable considering there has been almost no media coverage, and in fact the FDA, American Cancer Society and other enforcers of established medicine have tried hard to discourage the practice.

Hydrogen peroxide is the only germicidal agent composed only of water and oxygen. Like ozone, it kills disease organisms by oxidation as it spreads through the body's tissues.

Nobel prize winner Dr. Otto Warburg demonstrated over 50 years ago the basic difference between normal cells and cancer cells.

Both derive energy from glucose, but the normal cell requires oxygen to combine with the glucose, while cancer cells break down glucose without oxygen, yielding only 1/15 the energy per glucose molecule that a normal cell produces.

This is why cancer cells have such a huge appetite for sugar, and also why people who consume excessive quantities of sugar tend to get cancer more often.

The anaerobic breakdown of glucose by cancer cells forms large amounts of lactic acid as a waste product, the same substance formed by fermentation of lactose, as in spoiled milk. The liver converts some of this back into glucose, in an attempt to salvage a food source from a toxic waste.

In doing this the liver uses  $1/5$  the energy per glucose molecule than a normal cell can derive from it, but that's three times the energy a cancer cell will get from it.

The more the weak, deranged cancer cell multiply, the more energy is lost to the normal cells. Thus we find that low levels of both oxygen and energy tend to occur where cancer is present, and vice versa.

This wasteful metabolism becomes self-sustaining and dominant unless the oxygen and/or energy levels are sharply increased, or the cancer's food source is eliminated.

## Chapter Four

### Dr. Christian Bernard Recommends Oxygen Therapy



Dr. Christian Bernard, who performed the first human-to-human heart transplant, said in March 1986 that he was taking peroxide and water himself, several times daily to reduce arthritis and aging, and he recommended it highly at the time. Since then he has come under heavy attack by the medical establishment for this position, and now states that he "is not involved" with the peroxide movement. But he does not retract his original endorsement, nor deny that he still uses it personally.

Over a hundreds physicians are already using this natural anti-microbial agent. This includes some forty or more in the US.

A principal liaison to these free-thinking physicians is DR. Charles H. Farr, who wrote "The Therapeutic Use of Intravenous Hydrogen Peroxide". He directs the International Bio-Oxidative Medicine Foundation, and publishes the "IBOM Newsletter" which contains procedural updates and technical refinements for physicians using intravenous Hydrogen Peroxide (Oxygenation Therapy) on their patients.

By classifying the treatments as experimental they can get around the FDA's archaic restrictions for now, until massive public demand and/or media exposure force official approval.

Dr. Farr summarizes the beneficial effects of Oxygen Therapy in "IBOM", these include, "... killing bacteria, protozoa, yeast, and virus, oxidizing lipids from arterial walls, increasing oxygen tension intracellularly, stimulating oxidative enzymes, returning elasticity to arterial walls, dilating coronary vessels, and regulating membrane transport..."

## Chapter Five

### H<sub>2</sub>O<sub>2</sub> Can Be Self-Administered



For specific medical problems, always consult your primary care physician. I am neither a doctor nor a health professional.

The oral and skin applications offer the option of home treatment, as no blood needs to be drawn, and hydrogen peroxide is cheap and plentiful.

**Keep it diluted** though; in high concentrations it can irritate sensitive skin and induce vomiting or cause even more **serious medical complications if used undiluted!** (Veterinarians routinely give common 3% hydrogen peroxide to animals to make them throw it up.)

You are advised that this is only information. Please use your best judgment. This therapy has worked for a great number of people but I am not offering any guarantees that your experience will be the same. For specific medical problems, please consult your primary care physician.

The starting dosage is three drops of **35% Food Grade Hydrogen Peroxide** per 8 ounce glass of water three times a day. The solution should be taken on an empty stomach ONLY!

The dosage is increased by an 1 drop per 8 ounce glass per day, up to 25 drops per glass. Then the dosage is tapered back down to a level where the taste is comfortable. This is called your MAINTENANCE DOSE.

You will decide your own maintenance dosage. You should use your best judgment and consult your primary care physician when making this decision.

I use 35% Food Grade H<sub>2</sub>O<sub>2</sub>, because the common 3% hydrogen peroxide that you can purchase at your corner grocer, contains chemical stabilizers and other impurities. It can still be used in the bath or splashed on after a shower but I would never use this internally.

Some find the taste rather bleachy and unpleasant. There is no way around this for oral therapy except to chew on a piece of sugar-free, cinnamon gum after dosing.

**\*\*\*NEW\*\*\* IF YOU HAVE BEEN TAKING YOUR DOSAGES WITH FRUIT JUICES OF ANY KIND, PLEASE STOP IMMEDIATELY! USE ONLY PURIFIED WATER, DRINKING WATER, OR DISTILLED WATER!**

## **Use of 35% Food Grade H<sub>2</sub>O<sub>2</sub>**

The dosages listed in the chart below are provided as a guide only. They are in no way meant to be a guarantee of any specific results.

**CAUTION - If you spill 35% hydrogen peroxide on your skin, immediately rinse under tap water. Avoid spillage.**

I have composed The 5 Basic Protocols that I use to guide my own self-administered treatments and they are:

### **The FIVE PROTOCOLS OF H2O2 THERAPY:**

1. **ALWAYS** dose on a completely empty stomach.

2. **ALWAYS** keep doses at least 3 hours or more apart.

3. **ALWAYS** try not to dose too close to bedtime. The oxygen has been known to keep some people awake.

4. **ALWAYS** wait 15 minutes after dosing before eating, drinking anything or taking any medications.-This includes even an aspirin.

5. **ALWAYS** wait 3 hours after eating or taking any medications before dosing.-This includes drinking juices with Vitamin C and/or pulpy juices.

## **Dosage Schedule for undiluted 35% H2O2**

1st day, use 9 drops ( 3 drops, 3 times/day)  
2nd day, use 12 drops ( 4 drops, 3 t/day)  
3rd day, use 15 drops ( 5 drops, 3 t/day)  
4th day, use 18 drops ( 6 drops, 3 t/day)  
5th day, use 21 drops ( 7 drops, 3 t/day)  
6th day, use 24 drops ( 8 drops, 3 t/day)  
7th day, use 27 drops ( 9 drops, 3 t/day)  
8th day, use 30 drops (10 drops, 3 t/day)  
9th day, use 36 drops (12 drops, 3 t/day)  
10th day, use 42 drops (14 drops, 3 t/day)  
11th day, use 48 drops (16 drops, 3 t/day)  
12th day, use 54 drops (18 drops, 3 t/day)  
13th day, use 60 drops (20 drops, 3 t/day)  
14th day, use 66 drops (22 drops, 3 t/day)  
15th day, use 72 drops (24 drops, 3 t/day)  
16th day, use 75 drops (25 drops, 3 t/day)

Many people find that they are not able to comfortably schedule 3 doses per day. If this is the case you can decide to begin with 2 doses per day. I strongly suggest that you follow the schedule even with 2 doses per day.

Many people also find that they are unable to tolerate the taste. This is unfortunate and you may want to reconsider beginning this therapy or chewing a piece of sugar-free gum after dosing.

You always have the alternative of using this therapy in your bath, as a spray-on after a shower or as a gargle/rinse only. Instructions on how to use these methods are included.

Many people ask if they can use fruit juices or even milk to dose and cover the taste. **THIS IS NOT RECOMMENDED.**

**NEVER USE ANYTHING OTHER THAN PURIFIED WATER/ DRINKING WATER/ DISTILLED WATER WHEN DOSING!**

For your maintenance drop back down the scale daily until you find a level where the taste is acceptable. This therapy is most beneficial at a constant level of 10-20 total drops a day. This can be administered as 5 drops in an 8 ounce glass of distilled or purified water 1, 2, or 3 times a day or 10 drops twice a day or any other combination thereof.

**This is a self-paced therapy. Follow your body and your own best judgment about which dose you will take and when.**

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The EasyMix Batch information is ONLY  
a mixture guide for when you begin your  
MAINTENANCE DOSE. It is not to be  
used before that time.

If you do not have the small blue cobalt  
bottle that we advertise with this product,  
please endeavor to find one of similar size  
or do not use these instructions as drop  
sizes can vary with differently sized  
droppers!

EASYMIX for maintenance dosage:

### **First Batch**

Two dropperfuls of your small blue bottle  
represent about 30 drops. Start with 3  
dropperfuls into a gallon of purified water  
and take 2 glasses a day until gone.

### **2<sup>nd</sup> BATCH**

Graduate to 3 ½ dropperfuls into a gallon  
of purified water. Refrigerate or not to suit  
your particular tastes. Drink 2 glasses a day  
on an empty stomach.

### **3rd Batch**

Graduate again to 4 dropperfuls per gallon  
of purified water. Drink 2 glasses a day on  
an empty stomach.

If you continue this progression until you reach 8 dropperfuls per gallon. This will represent approx 15 drops per eight ounce glass of water. Take this 1, 2 or 3 times daily after you determine what your maintenance dose will be.

If this is too strong, reduce the dropperfuls back to where you are at a comfortable level. Make this level your maintenance dosage if you decide it is comfortable for you.

**MEDICATIONS: If you are currently on any medications, please consult your doctor for instructions. The H<sub>2</sub>O<sub>2</sub> changes into water + oxygen (H<sub>2</sub>O + O) in your stomach, so your body will expel the water through the normal channels. It is suggested, however, that you take your H<sub>2</sub>O<sub>2</sub> dosages a minimum of 3 hours after any and all medications. This is a suggestion from a layperson, please consult your doctor for professional advice.**

## **Possible Reactions to Hydrogen Peroxide**

Skin eruptions, nausea, sleepiness, unusual fatigue, diarrhea, colds (in head or chest), ear infections, boils, or any other method that the body uses to emit toxins from the body (the toxins have been rooted out by the use of hydrogen peroxide).

This is the natural way for the body to cleanse. And even if you decide to decrease your dosage, consult your doctor.

If you get a cleansing reaction, you may want to increase the dosage to hasten the cleansing. A cleansing is the effect on the body of bacteria dying off, or various forms of poisons being released through the eliminative organs of the body, i.e. skin, lungs, kidneys and bowels.

**Remember: When hydrogen peroxide comes in contact with viruses, it will liberate free oxygen. Stomach upsets happen most often as a result of this process.**

**KEEP OUT OF REACH OF CHILDREN  
AT ALL TIMES!**

## Chapter Six

### Additional Uses For Hydrogen Peroxide



Some of the directions below require specifically 35% Food Grade Hydrogen Peroxide and for others the regular 3% solution you buy in the grocery store or pharmacy can be used.

You can make up a gallon of each but make sure they are clearly marked so that only 35% Food Grade Hydrogen Peroxide comes into contact with foods or for any internal use. (Internally includes douches and enemas).

#### **For Use With Foods:**

To make 3% Solution, mix 1 ounce of 35% Hydrogen Peroxide with 11 ounces of purified or distilled water.

#### **For Cleaning Needs:**

Simply purchase a regular 3% solution from your corner grocery store and use it full-strength

### **In the Kitchen:**

Vegetable Soak: (In place of Clorox). Add 1/4 cup 3% hydrogen peroxide to a gallon of cold water. Soak light vegetables (lettuce, etc.) 20 minutes, thicker skinned vegetables (like cucumbers) for 30 minutes. Drain and dry, (they keep longer too). If time is a problem, you can spray the vegetables with straight 3% hydrogen peroxide, let stand for a couple of minutes, rinse and dry.

### **Leftover Tossed Salad:**

Put 1 Tbsp. 3% hydrogen peroxide in 1/2 cup of water and spray the top of the salad with the solution before covering and refrigerating.

### **To Freshen Kitchen:**

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 table tops.

### **Washing/Laundry:**

Add 8 ounces of 3% to your wash in place of bleaches with fumes.

### **Marinade:**

Place chicken or beef in a casserole (avoid use of aluminum pans), and cover with 3% hydrogen peroxide. It may take several pints depending on amount of meat/chicken. Place, loosely covered, in refrigerator overnight. The next day, rinse and cook

### **In the Dishwasher:**

Add 2 oz. of 3% hydrogen peroxide to your regular washing formula. Your glasses will really sparkle!

### **Sprouting Seeds:**

Add 1 ounce 3% hydrogen peroxide to 1 pint of water and soak the seeds overnight. Add the same amount of hydrogen peroxide each time you rinse the seeds. Some people have reported 3/4 inch sprouts in 24 hours.

### **Plants & Flowers:**

Put 1 oz 3% hydrogen peroxide in 1 quart of water. Water or mist plants with this solution.

### **Insecticide Spray:**

Put 8 ounces white sugar, and 4- 8 ounces 3% hydrogen peroxide in 1 gallon of water.

### **Humidifiers/Steamers:**

Use 1 pint 3% hydrogen peroxide to 1 gallon of water. (Helps keep them clean too). For this application you can use either the 3% solution made from the 35% solution or the regular 3% purchased from the store.

### **In the Bathroom:**

Keep a spray bottle of 3% hydrogen peroxide in the shower. Spray your body after washing to replace the acid mantle on your skin that soap removes.

Spray toilet paper with 3% hydrogen peroxide before using.

Use 3% on a cotton ball as a facial freshener after washing.

Add 1/2 to 1 pint 35% hydrogen peroxide to a full bathtub for a detoxifying bath. Note: try not to use this after 6-7 p.m. as the increased absorbed oxygen may keep you awake.

### **Athlete's Foot:**

Soak feet nightly in 3% hydrogen peroxide.

### **Mouthwash:**

Use 3% hydrogen peroxide. Add a dash of liquid chlorophyll for flavoring if desired.

For internal use, the 3% solution made from your 35% Food Grade Hydrogen Peroxide is preferable.

### **Toothpaste:**

Use baking soda and add enough 3% hydrogen peroxide to make a paste. Or, just dip your brush in 3% hydrogen peroxide and brush.

For internal use, the 3% solution made from your 35% Food Grade Hydrogen Peroxide is preferable.

### **Douche:**

Equal parts of 3% hydrogen peroxide and water is the MAXIMUM Dosage which means that you are using a 1.5% solution only. Start with 3 tablespoons For internal use, the 3% solution made from your 35% Food Grade Hydrogen Peroxide is preferable.

### **Colonic:**

1 pint 3% hydrogen peroxide to five gallons of water is the MAXIMUM dosage. Start with 1/2 pint and gradually increase the dosage. For internal use, the 3% solution made from your 35% Food Grade Hydrogen Peroxide is preferable.

## Chapter Seven

### HYDROGEN PEROXIDE IN NATURE



Hydrogen peroxide occurs naturally in rain and snow, from atmospheric ozone, and in mountain streams where rushing water is continuously aerated. Most of us learned at an early age to drink only from a stream only where the water is running white, because that is where it gets cleansed of germs. The reason is that hydrogen peroxide is forming there due to its rapid agitation, and that's what kills any harmful microbes present.

By just shaking a bottle of water vigorously for a while you can tuck enough extra oxygen into it to form detectable amounts of hydrogen peroxide improving its purity, flavor and vitality.

It turns out that the spring waters at Lourdes, France, long recognized for their remarkable healing properties, are very high in natural hydrogen peroxide.

The spring is fed by high altitude snow melt, so the snow apparently absorbs unusually large quantities of ozone on its way from the upper atmosphere. Other less-known high altitude springs are said to be likewise effective.

Similar benefits can be obtained in a swimming pool or hot tub, by discarding the chlorination system and simply pouring in hydrogen peroxide or by bubbling ozone through the water. One simple method of making pool-grade ozone is to pump air past an enclosed ultraviolet lamp.

Raw, uncooked vegetables and fruits can contain natural hydrogen peroxide. Cooking drives off the extra oxygen. Fresh fruit juices are well known for their blood cleansing and revitalizing capabilities, particularly when they are not combined with other foods; this is largely due to the hydrogen peroxide they contain.

Reconstituted frozen juices have much less and are no longer "alive", thus they are not nearly as effective.

## **Hydrogen Peroxide is the Life Blood of the Immune System**

Mother's milk contains a high amount of hydrogen peroxide, especially colostrum, the first milk secreted after birth, which activates the newborns immune systems, and key to many other metabolic processes.

Under conditions of optimum health, hydrogen peroxide is produced by the body's immune system in whatever amounts are needed to quickly destroy any invading hostile organisms. It is made by combining water in the body with the free oxygen that is supposed to be available.

When the body is oxygen-starved, it can't produce enough hydrogen peroxide to wipe out invading pathogens, which can then get the upper hand.

## **Oxygen Boost Is Key To Other Healing Methods**

When penicillin is effective against infection, it is largely due to the formation of bacterial amounts of hydrogen peroxide, when glucose is oxidized by oxygen in the presence of penicillin notatin. (General Biochemistry, Fruton & Simmonds 577.1 F944 p. 339)

Much has been made about the healing properties of interferon, but it is truly expensive. However, much of its effectiveness is apparently due to the fact that it stimulates the production of hydrogen peroxide and other oxygen intermediates, which are a key factor in reactivating the immune system. (Journal of Interferon Research Vol 3, #2, 1983 p. 143-151.)

Thus Interferon may turn out to be simply a very elaborate way to accomplish essentially the same thing as an Oxygenation Therapy Program.

### **Vitamin C**

(ascorbic acid) has long been recognized as essential to the proper use of oxygen by the cells. Dr. Linus Pauling has demonstrated that large doses of vitamin C are effective against cancer.

The mainstream medical community still has not acknowledged this discovery, let alone put it to use, despite Dr. Pauling's previous credentials. As it turns out, vitamin C actually creates hydrogen peroxide in the body.

## **Organic Germanium**

(bis-carboxyethyl germanium sesquioxide) is gaining increasing recognition as a potent healing substance, primarily through the work of Dr. Kasuhiko Asai. This compound directly increases the body's oxygen supply, as it contains a great deal of oxygen in a form that can be easily assimilated. (See "Miracle Cure: Organic Germanium" by Dr. Paul Asai, Japan Publications, Inc., Tokyo and New York.)

## **Taheebo**

(aka Pau D'Arco or Lapacho Colorado) is a tree that grows in the Andes and fixes high concentrations of oxygen in crystalline form in its inner bark.

The bark has been used for centuries by the native peoples of the area to prevent and reverse illness, and it is one reason, why they do not get cancer. In recent years it has become popular in the US, and it gets by the FDA as an "herbal tea" whose distributors wisely make no medical claims for it. Again, much of its effectiveness is apparently due to its high oxygen content, released in solution when brewed as a tea.

## **Causes of Oxygen Depletion**

There are several common practices that drop a person's oxygen level far below what it should really be. At sea level, 20% of the atmosphere is supposed to be oxygen, but city air gets down as low as 10%, due to smog and removal of trees.

Air that tastes bad induces a tendency to breathe shallowly, getting even less oxygen to the blood. So does lack of exercise.

The carbon monoxide (CO) in smog does not normally occur in nature in much quantity since it's formed by incomplete combustion of carbon compounds. It is electrically unbalanced, so it seeks to bond with any available oxygen to form the more stable carbon dioxide.

Those who breathe too much carbon monoxide tend to die, fast or slow depending on the concentration. It strips oxygen molecules from the blood to form carbon dioxide, which the body can't use and must exhale, at least until its oxygen runs out.

The fact that the body considers carbon dioxide a waste product, by the way, doesn't say much for carbonated beverages.

Tap water is very low in oxygen, having no opportunity to be aerated during its journey through the pipes, and being loaded down with chlorine and various contaminants. Since cooking drives the extra oxygen out of vegetables, if one's diet is mostly cooked or processed foods, there's yet another oxygen source lost.

### **Eating, Fasting and Oxygen Balance**

Overeating is so common in the US it's considered "normal". One cause is the widespread use of oral antibiotics. While destroying the target germs, these drugs also kill off one's intestinal flora, which are needed for healthy digestion.

With these friendly bacteria gone, digestive efficiency plummets. As a result, the sensation of hunger comes more often and lasts longer, as the body tries to compensate for ineffective digestion by increasing the amounts consumed.

Even just eating daily, without ever giving the gastro-intestinal tract a rest, loads down the blood with toxins and impurities, especially uric acid crystals. Under a microscope these resemble tiny coffin lids, interestingly enough, another clue to our Creator's whimsical sense of humor.

When the waste products exceed the cleansing capacity of the kidney's, the blood ends up just having to haul it around the body and stash it wherever possible. These toxins literally take up so much room in the blood cells that the cells can't take on enough oxygen when they pass through the lungs.

The blood's primary function of picking up and distributing oxygen gets blocked by overuse of its garbage-hauling function.

Fasting restores health by giving the overloaded blood cells a chance to dump the toxins and inert matter through normal organs of elimination at a rate they can handle, instead of through the skin, as in acne, or other inappropriate places.

If the fast is long enough, accumulated residues in the body are also scoured out and expelled, giving a considerable spiritual resurgence once all the backlog is cleared away.

While the debris is flushed out, various toxic reactions may come and go. Once the blood is cleansed the red corpuscles have a lot more room for oxygen molecules, the oxygen saturation of the molecules is high, and health and energy are much boosted.

Each breath now gives more life than it was able to in the bloods earlier state. Most long-lived native peoples, who are not affected by our more common diseases, either include fasting as a regular part of their yearly food cycles, or eat much less overall, than industrialized peoples.

Today many Americans are existing at such high levels of toxicity, that their toxic reactions when attempting to fast can seem intense enough to make them start eating again before any serious cleansing can be accomplished.

Fortunately one can partially bypass the lungs and get the blood level back up, by taking oxygenated water internally and through the skin.

Several weeks of detoxification of this regimen will also make it much easier to fast without discomfort, if one chooses.

It reduces appetite, logically enough, to a level more in line with the body's actual needs. The bacteria that aid digestion are not killed by oral use of hydrogen peroxide, as long as it's diluted properly.

## Oxygen Therapy May Even Cure Bad Judgment



Perhaps the greatest potential benefit is the reversal of the slight brain damage caused by long-term oxygen depletion, which can be observed in the "average" human, and is not always all that slight.

It's well known that after about nine minutes of no oxygen, from drowning or whatever, you can kiss your brain good-bye.

But the implications of constant gradual oxygen starvation in our cities somehow escape notice, despite the tiredness, depression, irritability, poor judgment and health problems affecting so many citizens. Increasing the oxygen supply to the brain and nervous system is thought to reverse these conditions.

Alcoholics who have been studied taking hydrogen peroxide therapy have been known to lose interest in alcohol, and the thirst does not come back. Look up what alcohol does to your blood oxygen and your ability to use it, and you'll see why.

One possible spin-off of a coming major increase in the blood oxygen supply to human brains is that various short-sighted and oxygen-depleting activities such as deforestation, and other unintelligent practices, should fade from the scene.

Americans especially, will have a chance to outgrow many stupid things.

It's strange that the common drug aspirin "stops pain" by interfering with the nervous systems ability to use oxygen, in the electrochemical reactions needed to transmit impulses. Though maybe it's not that strange, considering that the Bayer Company which originated as a subsidiary of IG Farben, the German chemical conglomerate that is famous for, among other things, developing and mass-producing the lethal gas Zyklon-B specifically for the exterminations at Nazi death camps.

### **Economic Inertia**

DR Terry McGrath, the CEO at Medizone, confirmed that, "...hydrogen peroxide would 'in principle' act much like ozone in destroying AIDS virus,..." but also pointed out that it's never likely to be tested and proven in the laboratory.

There's simply no economic incentive, since it's an unpatentable process and offers no commercial returns than most other natural remedies.

So it's completely up to individual patients and concerned citizens to push these options out into the open, immediately, before various companies get too financially committed to other assumptions that are not in the public's best interest.

## **Veterinary And Agricultural Applications**

Humans aren't the only life form to benefit from compensation for their oxygen deficient air, water and/or lifestyle. Hydrogen peroxide in animal's drinking water is beneficial as well. A growing number of farmers are applying it to their livestock to cut losses from infected wounds.

Plants grow better with an ounce of 3% hydrogen peroxide per quart of water they're given.

Spray the solution on their leaves as well.

Seeds germinate faster, with bigger sprouts, when they are first soaked in 1 ounce of 3% hydrogen peroxide to a pint of water.

Instead of cutting trees that are diseased or otherwise struggling, spray them with hydrogen peroxide (1 part 3% to 32 parts water).

## Chapter Eight

### Why Isn't It Already In Use?



#### Doctor Advertising Major Pharmaceutical Cartels

The obvious question is, if hyper-oxygenation is so simple and effective, why has it taken so long to discover it?

Ozone is hardly new and hydrogen peroxide has been on the market for over a century.

Why aren't all doctors already using it ?

How come this story isn't all over the major news outlets?

Turning the question around helps clarify the problem.

Just exactly what would happen if a cure was discovered that was completely effective against the vast majority of ailments, ridiculously cheap and plentiful, and in most cases could be self-administered without a physician?

Would the current medical establishment welcome a breakthrough that could render 98% of all drugs, testing and disease related surgery obsolete?

What would the response be of the pharmaceutical industrialists, hospital chain owners, health insurance moguls, AMA, and FDA?

Would you expect to read or hear such an announcement from any medical journal or media outlet owned by people financially committed to the medical status quo, which is practically all of them? How many want to make their own occupation unnecessary?

And if a possible cure had already been suppressed once, wouldn't the possible blame for allowing people to die without it provide even more incentive to continue keeping the whole is thing quiet?

All right then. This precisely the situation that exists, and the cure has indeed been around for ages.

It has been independently reported effective against virtually every disease at one time or another, in thousands of public-domain medical articles, which had never been collected or correlated until recently.

And it is so simple and basic that concealing it from physicians and the general public has required a tremendous smoke screen of artificial complications, narrow specializations, symptomatic classifications and user hostile treatments.

If this is so, it follows that the more profit-fixed elements of the medical establishment will not be too thrilled about the recent surge in interest in oxygen therapies.

The drug industry has expanded enormously since WWII, while America's level of health has dropped from the world's highest to the world's lowest among the industrialized nations.

It does look as if the bottom line has been money and not health, for a long time. The battle for the future of medicine, between nature's truth and lucrative lies, is about to really heat up. We can expect to see disinformation articles and newscasts with persuasive medical experts, some of whom will even believe what they're saying, warning of the dangers of hydrogen peroxide, ozone and even regular oxygen.

These reports will attempt to blur the distinction between using therapeutic dosages at safe dilutions, and the harmful effects of excessive concentrations.

Plenty of grizzly examples are available, of what happens when various tissues are overoxidized.

Anti oxygenation propaganda pieces will probably not mention that over the years the FDA has approved H<sub>2</sub>O<sub>2</sub> as a skin antiseptic at full 3% strength, as a hair bleaching agent at 6%, and for internal use as an additive for milk and in antiseptic long-shelf-life packaging.

Nor are they likely to acknowledge that many European countries use ozone and H<sub>2</sub>O<sub>2</sub> in their cities' water supply, and that they enjoy much better health than in the US. And they will be unable to truthfully cite any examples of people who were

If not enough of the public move quickly to help spread the news of this alternative, those who fear it could reduce their economic power may go so far as to try to knock off someone who promotes it, while trying to make it look like "too much oxygen" is the cause.

Also, product tampering has thus far mostly targeted Bayer Aspirin's competitors, rather than Bayer themselves, but drugstore hydrogen peroxide would not be immune to such tactics.

One approach might be to plant a contaminated batch in a town where oral use is catching on and the medical establishment is losing ground, so someone gets hurt and the story gets nationwide coverage.

It is vital for us as humans to realize that current economic dynamics don't allow the businessmen in charge of health and industry any incentive at all, to make people permanently healthy and lose them as customers.

It's the same reason why the energy conglomerates do not encourage citizens to be energy self-sufficient, the Pentagon has no incentive to stop wars, and the American Psychiatric Association sees no advantage to ending mental illness.

Fortunately the majority of physicians really do want to see their patients get well. They also wouldn't mind gaining the respect and admiration with which physicians were once widely regarded.

When it comes down to choice between saving lives and protecting profits, most will be brave enough to overhaul their medical belief systems, discard obsolete methodologies, and basically tell the pharmaceutical conglomerates to go shove it.

The rest will simply get left behind.

## Chapter Nine

### GET THE WORD OUT



Tell your doctor about your oxygen therapy. Ask him/her for advice and suggestions.

Once you are convinced that this therapy is indeed helping you, please tell everyone you know.

**DO NOT GIVE THIS BOOK TO  
YOUR FRIENDS !**

Most people do not know the difference between the different types of hydrogen peroxide ( **there are actually 15 different types**).

If you give this book to someone and they use the instructions in here to mix and internally ingest regular hydrogen peroxide from Walmart, they could cause themselves serious bodily harm.

Please do not discuss mixing methods with others. A little bit of information can be a dangerous thing if they do not fully understand what you have told them.

There is a training process that you ( and they) must go through and reading this book is just the beginning.

Please do not depend completely on The Oxygen Therapy Consultation Program to keep you abreast of any changes in the world of oxygen therapy. I offer the consultation program with this therapy because I had a lot of questions when I first started and there was no one I could turn to.

My only intention for starting The Oxygen Therapy Consultation Program is to give you the benefit of my experience over the years using this therapy.

I make no claims as to being an authority of any kind on any subject regarding using oxygen therapy.

Please confirm all advice and tips that I share with you with your primary care physician as I assume no liability for any information you may read here or receive in an email from me.

I must make these statements because I do not wish to be misconstrued or even sued because of anyone's proper or improper use of this therapy.

Please give your friends my email address:  
Support@oxygentherapyprogram.com

Or refer them to my webpage:

[Http://www.Oxygentherapyprogram.com](http://www.Oxygentherapyprogram.com)

"Information given here is for research and educational purposes only and is not intended to prescribe treatment."

## Appendix I

Many side effects of prescription drugs may not be direct effects of the drug per se, but due instead to nutrient depletion caused by taking the drug over time. Some common classes of drugs are listed below.

These references are taken from the Drug-Induced Nutrient Depletion Handbook, by Pelton, et al.

Please address the above mentioned book and it's author for more information and/or for clarification on any medicine listed. I am neither a doctor nor a health professional of any kind. I can not advise you on either drugs or supplements.

### **Antacids**

: calcium, magnesium, copper, iron, phosphate, zinc, potassium

### **Antibiotics, in general**

: all B vitamins, vitamin C, vitamin K, probiotics

### **Aspirin**

: folic acid, vitamin C, iron, amino acids/protein

### **Beta blockers**

: Coenzyme Q10

**Birth control pills**

: vitamin B2, vitamin B6, vitamin B12,  
folic acid,  
vitamin C, magnesium, zinc

**Cardiac glycosides (Lanoxin and Digoxin)**

: Calcium and magnesium

**Cholesterol Lowering Drugs**

: Coenzyme Q10

**Corticosteroids (Prednisone)**

: vitamin D, calcium, selenium, zinc,  
Potassium

**Gout medications**

: vitamin B12, vitaminA, potassium,  
sodium

**H2 receptor agonists (Tagamet and Zantac)**

: folic acid, vitamin B12,  
vitamin D, calcium, iron, zinc

**NSAIDs (Advil, Motrin, ibuprofen, etc.)**

: folic acid

**Loop diuretics: (Lasix and Bumex)**

: vitamin B1, vitamin B6, magnesium,  
zinc, potassium

**Potassium supplements**

: Vitamin B12

**Proton pump inhibitors (Losec and Nexium)**

: vitamin B12

**Sulfa drugs**

: folic acid

**Sulfonylureas (including the diabetic medications: Orinase, Glucotrol, Diabinase, Micronase, Glynase)**

: vitamin B1, coenzyme Q10

**Tetracyclines**

: vitamin B6, vitamin B12, probiotics,  
calcium, magnesium,  
Zinc

# **35% FOOD GRADE HYDROGEN PEROXIDE**

## **ACCORDANCE WITH FDA REGULATIONS:**

- 1. 35% Food Grade H<sub>2</sub>O<sub>2</sub> is not recommended for internal use. The Oxygen Therapy Program does not recommend it either.**
- 2. In accordance with FDA Regulations, I can not tell you that anything other than a pharmaceutical can cure or mitigate human diseases and I do not.**
- 3. According to the FDA anything that I say about 35% Food Grade H<sub>2</sub>O<sub>2</sub> and disease, from that point forward, makes 35% H<sub>2</sub>O<sub>2</sub> a NEW drug and I must have all the approved patents and licenses to distribute a new drug, which I don't.**
- 4. According to a letter I received from the FDA, who is supposed to work for us, I can not even link my website to other information concerning any natural cures what-so-ever!**
- 5. According to the FDA, 35% Food Grade H<sub>2</sub>O<sub>2</sub> should not be available to you because I do not have any peer-reviewed studies which back up the claims that I made about what it did for me personally.**
- 6. According to the FDA, I should not sell you 35% Food Grade H<sub>2</sub>O<sub>2</sub> because you may not have the mental faculties necessary to use it properly, unlike pharmaceuticals which are prescribed by doctors with complete instructions on how to take a pill.**
- 7. According to the FDA, 35% Food Grade H<sub>2</sub>O<sub>2</sub> should not be dispensed to the public at all. And I can pretty much promise you that very soon it will not be available at all. This is the level of control they would subject us all to and soon it will be too late to change anything back to the way it was.**

**May God have mercy on us all.**