Hydrogen Peroxide And Its Many Uses

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Hydrogen peroxide is the world's most natural effective sanitizer.

Why?

Because it is the **only anti-germicidal agent composed entirely of Water and Oxygen.**

The chemical formula for hydrogen peroxide is **H202**, and the body produces it naturally when in a state of optimal health. When the body becomes weak or diseased, it is unable to produce the high amounts of **H202** needed to kill off infection and when the body is unable to fight off infection, disease.



H202 works by creating an environment of intensive oxidation, which can be described as a type of chemical reaction which causes the breakdown of organic substances. **H202 is vital for maintaining the body's natural health** fact, the effectiveness of penicillin is related to its capacity to rejuvenate the level of **H202** in the body.

In essence, penicillin works by helping the body build up enough **H202** to fight off bacteria and viruses. Most harmful bacteria are anaerobic, which means they can not survive in a highly oxygenated environment.Use a 3% solution in a spray bottle (*50% water, 50% Peroxide*) to refresh counters, sanitize lunch boxes, and kill salmonella on your cutting boards, while leaving a fresh smell.

Newer research suggests that we need certain levels of **Hydrogen Peroxide** in order to facilitate

normal chemical

reactions and to maintain the proper balance of good bacteria in our system. Good bacteria are generally aerobic, which means they will function well in oxygen rich environments. Along with the health benefits of **Hydrogen Peroxide**, there are many other uses for this "*wonder* " compound.

Hydrogen Peroxide, a weak and nearly colorless acid was discovered by Louis Jacques Thénard in 1818. Manufacturers have used this acid to bleach, paper products, produce rocket fuel and propel submarines through the water. Hydrogen Peroxide is so versatile that it can also be used for many tasks in your home. (The strength you'll use at home is the 3% grade.)

Here are 10 awesome uses for Hydrogen Peroxide:

1. Whiten Your White Laundry --An Alternative to Beach

Pour in a cup of hydrogen peroxide into a washer load of white laundry instead of chlorine bleach and it will whiten your clothes. Don't pour it directly on your clothes. It can fade out the color just like bleach does!

2. Sanitize Your Kitchen Surfaces

Mix up a 50/50 solution of hydrogen peroxide and tap water and pour it into a spray bottle. Use it to sanitize your kitchen counter tops, clean appliances and help keep your kitchen germ-free.

Note: Mix up only as much as you'll use at one time. If you don't store hydrogen peroxide in its brown bottle, light will break down its chemical makeup.

3. Sanitize Public Drinking Fountains

Did you know you can get contagious diseases like Trenchmouth from using public drinking fountains? Carry a small container of hydrogen peroxide with you so you can sanitize fountains before you drink from them. Just splash some peroxide on the spout and let it set for several seconds. Then turn the water on and let it run to the count of five before you drink from it.

4. Kill Fingernail and Toenail Fungus

Soak your fingernails or toenails in a 50/50 solution of hydrogen peroxide every day and it will kill harmful fungus.

5. Make a Homemade Tooth Whitener

Swish a teaspoon full of 3% strength hydrogen peroxide in your mouth for five to ten minutes every day. It will kill harmful germs and bacteria. It will also act as a homemade tooth whitener!

6. Help Houseplants Grow Healthier

Mix up an ounce of hydrogen peroxide into a cup of water and spray your houseplants with this solution. It will help your houseplants grow greener and more lush.

7.Sanitize kitchen items

8.Fruit Wash

Use a spray bottle with a 50% mixture of water, and 50% Peroxide as a disinfectant to kill harmful bacteria. This is especially important is you have a septic system, which bleach can be harmful to, and cause expensive repairs.

Add 1/4 cup to a sink of cold water. Add vegetables and fruits wash thoroughly and rinse with cool water. This will prolong the freshness and taste.

9. Wounds heal faster

Bathing or misting a wound with hydrogen peroxide will help clean it while it speeds healing. Soak infections or cuts in 3% peroxide for five to ten minutes several times a day.

10. Clean your tootbrush and dentures

Soaking your toothbrush in hydrogen peroxide between uses will keep it clean and prevent

transfer of germs. This would be particularly helpful when your or someone in your family has a cold or the flu.

11. For Acne

Dabbing hydrogen peroxide on pimples or acne will have you on your way to clearer skin.

12. Body Cleansing

Note Some people swear that ingestion of small amounts of food grade, diluted hydrogen peroxide provides complete body cleansing. (**But only do this under a doctor's supervision**

13. Help plants grow

People also use it to help household plants grow, and to sprout seeds for new plantings.

14. Mouthwash and gargle

Use Peroxide as a less expensive mouthwash. Hold in your mouth for about 10 minutes and spit it out. You will not have canker sores, and your teeth will be whiter.

15. Toothache - If you have a tooth ache, and cannot get to the dentist right away, put a capful of 3% Peroxide (*Do not dilute*) in your mouth, hold it for ten minutes, then spit out. Do this several times a day to relieve the pain.

16. For feet

Use a mixture of 50% water, 50% Peroxide on your feet every night, and let dry.

17. Kill salmonella and other bacteria

After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.

18. Clear sinuses

Tilt your head back, and spray a 50% mixture of water, and 50% mixture of Peroxide and Water into your nostrils. Hold for a few minutes, then blow your nose.

19. Rid fungus and other skin infections

Put a half bottle of peroxide in your bath to get rid of boils, fungus, or other skin infections.

20.Lighten Blonde Hair Naturally

Spray 50/50 solution on wet hair after a shower and comb through. You will not have the peroxide burnt blonde hair resulting from many of the hair dye packages, but instead you will get natural highlights if your hair is a light brown or dirty blonde color. It will lighten your hair gradually.

Invented during World War I, and its primary use was to clean the soldiers wounds, and keep the hospitals free from dangerous infections.

- In relaxing baths and foot baths
- As a produce wash, to keep fruits and veggies fresh longer
- To disinfect compost pails, cutting boards, and scrub brushes
- For washing carpets, floors, and windows
- Stripping wood furniture, and cleaning wooden decks
- Removing mold
- To brighten laundry & remove stains
- To clean out aquariums
- To keep the water clean in fish farming
- In gardening: As a plant fertilizer and plant spray
- To clean swimming pools and spas, as an alternative to chlorine
- Taxidermists use it to clean and whiten bones…..
- It's used in making cheese
- Aseptic packaging (those weird little boxes that food comes in) are sprayed with it

- It is used in products for whitening teeth, treating acne, and cleaning contact lenses
- Oh, and it's also great for cleaning cuts and skin infections! You know, like the brown bottles at the drug store....
- Sterilize earrings

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