

# *The Miracle Cure*

Nature's Simple Solution  
For All Diseases

*Kevin Richardson*



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# Introduction - Oxygen Therapy

## What The Medical Establishment Doesn't Want You to Know

Clearly there are a few things that we all know are basic to our survival – food, water, and oxygen. If we do not get enough food we starve to death, not enough water we die of thirst, and not enough oxygen, then we simply die.



However, just as there are degrees of malnutrition and dehydration that can leave us alive, yet cause us to be weak and unhealthy – so too can oxygen deprivation.

Think of it this way. Picture a crystal-clear fast moving mountain stream. It is pure and clean, flowing strong, and it is vitally oxygen rich. Now imagine a still, putrid, pond in a swamp or forest. It just sits there in its own stagnation, filled with algae, bugs and other festering microorganisms - it is oxygen deficient.

Your body is the same. If it is infused with life-giving oxygen circulating well throughout the body, the cells bathed in this richness thrive and your body functions at peak performance.

And just as in the pond loaded with scum, the opposite is also true. If your body lacks proper amounts of oxygen, it begins to stagnate, and fall into disease and degeneration, allowing foreign invaders to flourish, just as in that pond.

In fact, many of us are running around with our bodies “oxygen starved” and do not even know it!



But we know its effects. It is given names by modern medical science such as Chronic Fatigue Syndrome, Fibromyalgia, Syndrome X, and a whole host of other “unexplainable” conditions, but more on that later.

For now, here are some basic facts. You might think that food is what fuels your body. But, did you know that in reality, 90% of our energy comes from oxygen, and only 10% from food and water?

Think about it. You can survive for days or weeks without food or water, but only minutes without oxygen.


It is oxygen that provides cells with their ability to convert the food we eat into usable biological energy. That is why oxygen is vital to life. Fish use gills to draw oxygen from water; we use our lungs to do so from the air that we breathe.

The human body must have oxygen to convert the carbohydrates, fats, and proteins you eat into heat, energy, and all the processes that define living.

For centuries, yoga practitioners and even modern exercise pros have recognized the health benefits and healing properties of deep breathing to infuse your lungs and body with more precious, life-giving oxygen.

It's not just the fitness gurus that say so. Nobel Prize Winner, Dr. Otto Warburg, President of the Institute of Cell Physiology, has had this to say, "Deep Breathing techniques which increase oxygen to the cells are the most important factors in living a disease-free and energetic life."






If we need oxygen to live, and to be healthy, it just stands to reason that increasing the oxygenation of your cells improves health. There is a ton of scientific evidence to support this, and there is very little dispute over the health benefits of deep breathing, or oxygen supplementation.

Conventional medicine has long recognized and used oxygen for everything from treating emphysema and Chronic Obstructive Pulmonary Disease (COPD), to improving wound healing and preventing gangrene. There is not a hospital room in America that is not equipped with the ability to provide oxygen via nasal canula to patients to help stabilize them, and increase their comfort.

But that same conventional medical establishment is going to great lengths to suppress this **Truth**: not only can oxygen improve overall health, but it can be used to treat, and actually **cure** many of the diseases that plague modern man - even AIDS and Cancer, but more on that later.

The various methods of oxygen therapy that will be discussed in this book including using ozone and hydrogen peroxide are commonly used to treat a wide variety of diseases and conditions throughout the rest of the world. However, in the United States, these highly effective and inexpensive therapies have been practically ignored.





## WHY? Two Reasons: Big Pharma And Their Errand Boys The FDA.

As Dr. Terry McGrath, one of the pioneers in modern Ozone therapy, has said,  
***"...there's simply no economic incentive, since the process cannot be patented  
and it provides for no real financial gain..."***

The good doctor is absolutely right. This is exactly the environment that exists in the US regarding therapeutic use of oxygen, ozone, and hydrogen peroxide – collectively known as “Oxygen Therapy,” “Oxidative Therapy,” or “Bio-oxidative Therapy.”

It is a treatment and a cure that has been around for ages. You know how your mom always poured Hydrogen Peroxide on every scrape and scratch, and those little foaming bubbles healed it almost miraculously? She knew what she was doing. Since its introduction in the 1920's, long before the discovery of antibiotics, hydrogen peroxide therapy was used to effectively treat all sorts of infections.

But the use of therapeutic oxygen goes back much further. Ozone therapy was first used as far back as the 1800's.

In the time since their introductions, both Hydrogen Peroxide and Ozone Therapy have been indicated in thousands of independently documented reports to be effective against just about any disease you can think of!

But it is because of its simplicity, it's accessibly, and its awesome effectiveness, that there has been an orchestrated and intentional cover-up to hide these facts from the American public – and even much of the medical community!

## Again why?



Because, if these treatments were readily exposed to the public, 98% of all the drugs, diagnostic tests, and disease related surgical procedures would be rendered obsolete along with the medical industrial complex - large for-profit hospitals, pharmaceutical companies and health insurance providers -- that rely on them!

In a nutshell, there is little or no money to be made from the widespread acceptance and use of Bio-oxidative therapies.

In western society we have been indoctrinated to rely on doctors and the large retail drug stores to treat what ails us. And the massive industry that benefits from this paradigm wants to do everything in their power to keep it that way.

Breakthrough, so-called “alternative” treatments are generally scoffed at by this medical industrial complex, especially when they are inexpensive, and easy to obtain. It is only after often bitter battles to get the Truth out there, such as you will find in this book that the medical establishment must eventually yield to public demand, and make these treatments available.

We are still a long way off from that point regarding Bio-oxidative therapies, and in the meantime the medical establishment, who have a vested interest in the financial gains to be made on a weak and sickly population, will do everything they can to stop us from getting there.





This book is just the tip of the iceberg by those of us who want to get the Truth about Oxygen Therapy known. In the years ahead you will undoubtedly hear more and more about this remarkable healing technique.

You will also hear a ton of negative information about Ozone and Hydrogen Peroxide coming from the press machines of the FDA and conventional medicine, who want to continue to get rich, while people are denied these inexpensive and life saving treatments.

They will do everything they can to convince you that Oxygen Therapy is not only “a bunch of quackery,” but that it can be downright harmful to you. This, despite almost two centuries of evidence to the contrary!

Sound far-fetched? It isn't. There are hundreds of well-documented cases of the FDA taking hostile action against those who advocate, accept, or perform oxidative therapies.

For example, in January 2010, the FDA sent U.S. Marshals into the California Headquarters of Applied Ozone Systems, a manufacturer of ozone generators. The FDA effectively shut them down, and seized their generators asserting in a press release that the agency's action was in response to reports of “poor manufacturing procedures” and the “generators known potential for spreading infectious disease...”

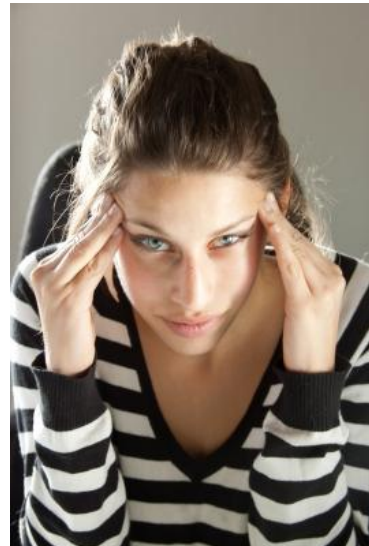
The FDA managed to ban ozone therapy in the US in the 1940s, (right around the time that the first patents for antibiotics were being given out) basically turning a blind-eye to the fact that it had been used safely and effectively for more than six decades prior.

The FDA not only has slapped a tight lid on the history of the effective use of oxidative therapy in implementing its ban on Ozone Therapy, it has labeled Hydrogen Peroxide Therapy “experimental” so insurance companies do not have to pay for it!

To this day, the agency ignores the fact that ozone therapy is currently used safely, effectively, and openly in Europe, Russia, Cuba, and many other places across the globe.

**Here is the bottom line** -- we are all swimming in a toxic soup of poor air and water quality, not to mention the levels of chemicals and toxins that have found their way into our food supply.

We are overweight, over-stressed, and over-exposed to a lifestyle and environment that drastically reduces the amount of available oxygen that we are able to take in to keep our bodies, healthy strong, and flowing like that crystal mountain stream.



Add to that, over-consumption of alcohol and processed foods devoid of almost all real nutrition, and it is a recipe that keeps most of us in a constant state of oxygen deficiency.

Did you know that scientists say that for normal human activities the air you breathe is supposed to contain at least 21% oxygen?

According to recent EPA studies, the air in many large industrial cities can contain as little as 10%!



It is normal to age, and over time, the body degenerates, and experiences some loss of vitality. But the overwhelmingly vast numbers of people experiencing real disease states and declining health these days, is mostly due to this one simple fact: **There is just not enough oxygen in your body to function normally, stay healthy, and fight off dangerous toxins and microorganisms that thrive in an oxygen-depleted environment!**

While we are convinced otherwise by so-called “modern medicine” and the pharmaceutical industry, there really is very little mystery to what causes most illnesses, how to prevent them, and naturally cure them.

But the “problem” is there just isn’t any money in preventing disease, or curing a patient. Big Pharma and the for-profit medical establishment prefer repeat business!

Over the last three decades there have been more than 7000 articles on Hydrogen Peroxide published in respected, peer-reviewed medical journals. That is an overwhelming amount of data on the effectiveness of anything – let alone something that has been painstakingly attacked and suppressed.

Hundreds of thousands, maybe even millions of people outside the US have received Oxygen Treatments by licensed physicians and legitimate medical practitioners, and have beaten diseases, even AIDS and Cancer!

The cure is right out in the open. Yet we don’t hear it or see it because the special interests of the medical establishment have used disinformation just like slight-of-hand in a magic show, to turn our heads in another direction, so that we cannot see **The Truth** that is right in front of us!

Section I

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# The Therapies

## Chapter 1: History of Oxidative Therapies

Oxidative Therapies are not a new idea; in fact they have been around for generations. Again to “clear the air” the term oxygen or oxidative therapies combines a few different techniques and treatments, with the common goal of increasing the level of oxygenated blood coursing through your body.



Collectively these therapies, which include the use of hydrogen peroxide and ozone, have been around for well over a century with Ozone Therapy for example, stretching back to the 1890's.

No matter how they are employed, the idea behind any oxygen therapy is to introduce increased levels of oxygen in order to combat disease causing microorganisms, improve overall cellular health and longevity, and to encourage the healing of damaged tissues.

The documented way in which this appears to work is that along with a diet rich in antioxidants, oxidative therapy stimulates the movement of more oxygen atoms from the bloodstream and into your cells.

Most disease causing germs are what are known as anaerobic, meaning they cannot survive in an oxygen rich environment. When you have high levels of

oxygen in your body most harmful bacteria and viruses are killed along with dead and decaying cells.

The healthy cells survive and multiply more rapidly, resulting in a major boost to your immune system.

Ozone is actually a form of oxygen. It is “O<sub>3</sub>”, rather than the more familiar “O<sub>2</sub>” of oxygen. Ozone is produced when ultraviolet light or an electric spark passes through air or oxygen.

You may get a bit confused here, because you may have heard about things like ozone being a major component of smog, and that it is a toxic gas that causes oxidation – creating free radicals – the exact opposite of what natural antioxidants and vitamins do.

However, oxidation is actually a good thing when it occurs in harmful foreign organisms, or cancer cells that have invaded the body. Ozone destroys many disease bacteria and viruses. As with anything that could be potentially harmful, from medical lasers to simple X-rays, it’s all in the matter of how you use it.

You know all of those laundry detergents or cleaning products that are called “oxy-this” or “oxy-that” because they “have the cleaning power of oxygen...” That is because the oxygen in these formulas breaks down organic stains on your clothes, etc., through the process of oxidation. Think of bio-oxidative therapies the same way. They clear out the entire gunk in your body through safe oxidation.







Oxygen and bio-oxidative therapies have been shown to:

- ⇒ Stimulate white blood cell production
- ⇒ Destroy viruses and other dangerous microorganisms
- ⇒ Improve the delivery of oxygen to cells and tissues of the body
- ⇒ Improve the breakdown of petrochemicals and other toxins
- ⇒ Destroy cancer cells by increasing the production of interferon
- ⇒ Increase the efficiency of antioxidants
- ⇒ Improve metabolism and the immune system



## When It All Began

Ozone has been used since 1856 to disinfect operating rooms in European hospitals, and since 1860 to purify the municipal water supplies of most of Germany's larger cities.


Ozone was not used directly to treat patients until 1915, when a German doctor named Albert Wolff began to use it to cure skin diseases. During World War I, medics in the German Army used ozone effectively to treat wounds and fight infections in the field.

Since then, although banned for therapeutic use in the United States in the 1940s, medical application of ozone has been used extensively in Germany and throughout Europe for:

- ⇒ Performance enhancement
- ⇒ Increased longevity
- ⇒ Accelerated wound healing
- ⇒ Dentistry applications

And the treatment of:

- ⇒ Heart disease
- ⇒ All types of infections
- ⇒ Gastric diseases
- ⇒ Cancer



In the 1950s, several German physicians used ozone to treat cancer alongside mainstream therapeutic methods. It is estimated that as of the close of the 20<sup>th</sup> century, nearly 10,000 doctors in Germany were including ozone and/or other bio-oxidative therapies in their practices.

Doctors in Russia also document over four decades of successful ozone treatments, especially for victims of tuberculosis. Cuba legalized ozone therapy in 1986 and it is a standard procedure in all of its hospitals. The same is true of hundreds of clinics throughout Mexico and many other parts of the Caribbean.

But the oxygen treatment that you are probably most familiar with, is no doubt sitting in your medicine cabinet right now – Hydrogen Peroxide.

Hydrogen peroxide, or  $H_2O_2$ , in the familiar brown bottle is known to just about everyone as being easily available and a great antiseptic for cleansing minor cuts and scrapes.

Chances are it happened to you as a kid you fell, got scraped up, mom poured the peroxide on it - and you remember the tingling, bubbling and fizzing. But what was it really doing?

The hydrogen peroxide was not just “cleaning out the wound” like mom thought. All that tingling, bubbling and fizzing was oxygen being released as it interacted with the dirt and germs in the wound.

As stated earlier, most harmful bacteria, in addition to many parasites, and viruses, cannot live in the presence of a lot of oxygen. It is that oxygenation



that provides hydrogen peroxide with its great antibacterial qualities, making it a great first aid treatment for minor wounds.

But it has a long history of being used for so much more than that, which most of us are not aware of.

Long before the introduction of antibiotics hydrogen peroxide was used medicinally to treat infectious disease. It was first used intravenously by a British physician in India, T. H. Oliver in 1920 to treat a group of over 25 patients who were deathly ill with pneumonia. Almost half of Oliver's patients lived, as opposed to the standard mortality rate at the time of 80% for those who have contracted the disease.

Also in the 1920s, an American physician named William Koch experimented with hydrogen peroxide as a treatment for cancer. He left the United States after a legal battle with the FDA.

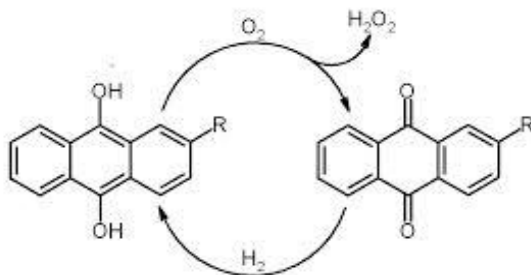
You may not know this, but hydrogen peroxide is not only found on your drug store shelves, it is a natural compound, that is actually made by your body!

Hydrogen peroxide is a byproduct of what is known as intermediary metabolism, and it is a necessary ingredient for quite a few biochemical reactions in the body.

What hydrogen peroxide does is stimulate oxidative reactions.

The chemical formula of hydrogen peroxide is  $H_2O_2$ . Look at that closely and even if you are not a chemistry whiz, you can see that it is basically made up of water,  $H_2O$ , and oxygen,  $O_2$ . Within all of the cells of our body, there are

enzymes that are released in the presence of hydrogen peroxide that break it down to its components – water and oxygen.



Those increased oxygen molecules in the blood stream then cause more oxidative reactions in your body. These oxidative reactions drive tissue repair, cellular respiration, immune functions, energy metabolism, most hormone systems and the production of white blood cells.

In the early 1960s, researchers at Baylor University studied the effects of hydrogen peroxide in removing plaque from the arteries as well as its usefulness in treating cancer. Their findings were published, yet largely ignored by the medical community at large.

In the 1980's Charles Farr, MD, who is generally known as the "Father of Hydrogen Peroxide Therapy" in the US, showed how intravenous hydrogen peroxide could be used effectively to treat patients with flu symptoms.

Today, the FDA has not forbid use of medicinal H<sub>2</sub>O<sub>2</sub> in the U.S., but has labeled such treatments "experimental" which means they are hard to obtain, and impossible to have health insurance pay for.

Practitioners claim that hydrogen peroxide therapy can positively affect conditions as far ranging as asthma, high blood pressure, multiple sclerosis,



arthritis, even aids and cancer – and there is mounting evidence to support such claims.

Finally, the third type of oxygen therapy, and the one most widely accepted by the medical community is the use of hyperbaric oxygen. The term "hyperbaric" means that the oxygen is given under pressure higher than normal air pressure.

"Hyper" means "more" or "increased" and "baric" relates to pressure. Hyperbaric oxygen therapy, also called HBOT, is the administering to the entire body 100-percent pure oxygen at greater than normal atmospheric pressure, usually about twice normal or at 2ATA. This increased pressure, combined with an increase in oxygen to 100 percent, can increase the level of oxygen dissolved in the blood by as much as 10%.

You may know this term from the familiar "hyperbaric oxygen chambers" used as a treatment for scuba divers, suffering from "the bends," or too much nitrogen in the blood.

The use of HBOT is not a new idea, and has intrigued, and in many instances been embraced by the medical community. The earliest recorded use of hyperbaric oxygen to treat a patient was by Dr. J. A. Fontaine in 1879. In the 1950s hyperbaric oxygen treatment was used by cancer researchers.

Today, many mainstream hospitals are using HBOT for the treatment of a wide variety of chronic degenerative health problems where oxygen depletion is or could be a factor. Including, but not limited to arteriosclerosis, stroke, peripheral vascular disease, diabetic ulcers, wound healing, brain injury, multiple sclerosis, macular degeneration, and many other disorders.





In any condition where circulation and the delivery of life giving oxygenated blood to vital organs is reduced, function could be improved, and healing promoted by HBOT. Dr. Edgar End, clinical professor of environmental medicine at the Medical College of Wisconsin, who is generally recognized as one of the world's foremost authorities on hyperbaric oxygen therapy has said, "I've seen partially paralyzed people half carried into the HBOT chamber, and they walk out after the first treatment. If we got to these people quickly, we could prevent a great deal of damage."

As you can see oxygen therapy has had a long, respected, and successful history, even in the United States. It is only due to pressure from the FDA and Big Pharma that these life-giving treatments fell from favor.

But, in today's world of lightening fast global communications, the realities of this highly beneficial and very effective treatment are finally coming into back into the light.

Is there still controversy? Yes. Are all oxygen therapies the same, and all as effective? No. As with any kind of medical treatment, you will find degrees of skill among practitioners, and degrees of success among patients who are treated. That is to be expected with any treatment, let alone one as broad as oxygen therapy.

The point is, history cannot be denied, and what history tells us about Oxygen Therapy is that it is an extremely effective method of treatment for various health conditions because in the presence of life giving oxygen the cells of the human body thrive, and the enemies of the body – toxins, germs, and pathogens – are destroyed.

## Final Thoughts

There remains much controversy about the use of oxygen therapies, but in the near future the truth will no longer be able to be denied

Once medical science, especially in the United States, is forced to accept the healing properties of oxygen, the various methods of oxygen therapy will be more closely studied and perfected to the point where all will have access to their proven benefits.

Whether oxygen therapy turns out to be a universal treatment for all that ails us, as many claim, and a ton of evidence supports, remains to be seen. However it is clear that it will most likely make very significant contributions to the medical community and the health of millions in the years ahead.



## Chapter 2: Modern Research and Evidence

***"There is so much medical evidence to support oxygen therapies that no media dared cover it."—Duncan Rhoads, Editor, Nexus Magazine***

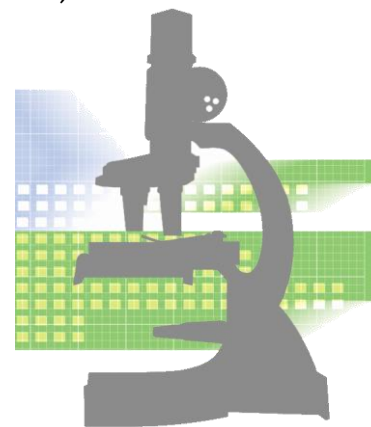
There has been a long history of the effective use of oxygen therapies. Despite what the FDA and the U.S. pharmaceutical industry would have you believe, there is a wealth of scientific evidence proving the claims made by advocates of therapeutic oxygen, stretching back to its earliest uses.

Conventional medicine does completely recognize “Oxygen Therapy” in terms of providing supplemental oxygen for patients suffering from Chronic Obstructive Pulmonary Disease (COPD) and many other respiratory and circulatory disorders.

The website of the National Heart, Lung and Blood Institute describes “oxygen therapy” as “a treatment that provides you with extra oxygen, a gas that your body needs to work well.”

The site goes on to say that, “oxygen is considered a medicine, so your doctor must prescribe it. Oxygen therapy helps many people function better and be more active. It also may help: Decrease shortness of breath and tiredness, improve sleep in some people who have sleep-related breathing disorders, and increase the lifespan of some people who have COPD.”

The website, which is part of the National Institutes of Health continues, “your doctor may recommend oxygen therapy if you have a low blood oxygen level. Normally, your lungs absorb oxygen from the air and transfer it into your bloodstream.





Some short-term and ongoing diseases and conditions can prevent you from getting enough oxygen.”

The site then goes on to list the various conditions that supplemental oxygen supplied in this way has been shown to effectively treat, such as:

- ⇒ Severe pneumonia
- ⇒ Severe asthma
- ⇒ Respiratory distress syndrome
- ⇒ Chronic obstructive pulmonary disease
- ⇒ Late-stage heart failure
- ⇒ Cystic fibrosis
- ⇒ Sleep apnea

However, while often suppressed, there is just as much validation for the use of the other “Oxygen Therapies” described in this book.

In the 1960's, Dr. Robert Atkins, of Atkins Diet fame, temporarily lost his license after he publicly reported that he had cured, completely cured --a woman's breast cancer by injecting the tumor with ozone. The resultant public outcry forced the New York State Medical Board to reinstate his license, but only on condition Atkins' agreed to stop using, or publicly encourage the use of ozone therapy.

However, Dr. Atkins was hardly the first medical professional or research scientist to publish reports on the successful use of oxidative therapies. Here is just a brief sampling from the comprehensive list as compiled by Ed McCabe, “Mr. Oxygen,” author of *Flood Your Body With Oxygen*.

**1885 –**

Florida Medical Association published "Ozone" by Charles J. Kenworthy, MD from Jacksonville Florida. This journal article documents medical usage of ozone in the U.S before the 1906 Pure Food and Drug Act, its subsequent revisions, and the FDA as well. Therefore, according to McCabe, ozone's medical usage is “grand-fathered” in the United States, and as such is perfectly legal for any M.D. to use without censure.

**1898 –**

The Institute for Oxygen Therapy-Healing is started in Berlin and they begin to report on the first successful injection of ozone into animals.

**1898 –**

Dr. Benedict Lust from Germany opens a practice in NY. He was the originator and founder of “Naturopathy,” and wrote many books and published articles on positive benefits of ozone.

**1900 –**

Medical ozone was used in the U.S. by Nikola Tesla who formed the "Tesla Ozone Company" which was the first company to use high voltage, high frequency, low amperage AC systems and was granted many ozone patents. Medical ozone and ozone products were used widely in the beginning of the 20<sup>th</sup> century and their use actually predates the FDA's inception in 1906.



**1902 –**

London Author, J.H. Clarke's "A dictionary of Practical Materia Medica," describes the successful medical use of "Oxygenium" in treating Anemia, Cough, Cancer, Diabetes, Influenza, Morphine poisoning, Canker Sores, Strychnine poisoning, Whooping-cough. Oxygenium is ozone charged water.

**1904 –**

As reported in nineteenth edition of "The Medical Uses of Hydrozone and Glycozone" by Chas. Marchand, Ozone charged olive oil was being sold in pharmacies for years all over the U.S. and used by thousands of physicians under the trade name "Glycozone".



**1911 –**

Noble M. Eberhart MD, PhD, published "A Working Manual Of High Frequency Currents." The book contained an entire chapter on Ozone Therapy. Dr. Eberhart used ozone to treat Tuberculosis, Anemia, chronic middle ear deafness and Tinnitus, Whooping Cough, Asthma, Bronchitis and Hay Fever, Insomnia, Pneumonia, Nervous Disability, Diabetes, Gout, and stated in the book "Its beneficial action in syphilis has been attested to by many physicians."

**1920 –**

Dr. Charles S. Neiswanger, MD, publishes "Electro Therapeutical Practice --A Ready Reference Guide for Physicians in the Use of Electricity and the X-Rays." In Chapter 32, Ozone as a Therapeutic Agent, Dr. Neiswanger says, "Ozone acts as a powerful antiseptic in contact with diseased mucous surfaces, consequently its beneficial action is quickly apparent in the



treatment of bronchial and laryngeal affections, hay-fever and all diseases of the respiratory organs."

**1929 –**

The book, "Ozone and Its Therapeutic Action," is published. It names 114 diseases and applications of ozone and reprints the research from more than 15 centers and doctors around the world using ozone, including: American College of Physical Therapy, Brooklyn Polytechnic Institute, Chicago College Of Medicine and Surgery, and Harvard University.

**1930 –**

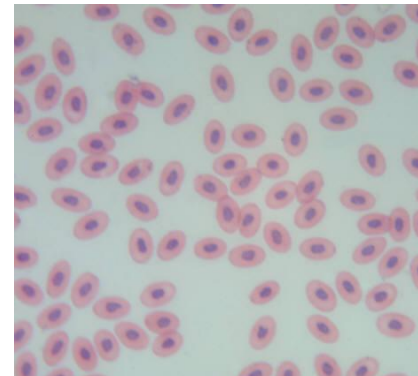
Journal of The American Medical Association article: "The Therapeutic Use of Oxygen in Coronary Thrombosis" by Robert L. Levy, MD, and Alvan L. Barach, MD describes how oxygen tents help oxygen starved heart attack victims.

**1930 –**

German dental physician E.A. Fisch was regularly using ozone in his dental practice in Zurich Switzerland and writes a large number of ozone papers in Italian, French, and German.

**1931 –**

Dr. Otto Warburg wins first Nobel Prize for work proving cancer is caused by a lack of oxygen in the cells. He states in "The Prime Cause and Prevention of Cancer" that the cause of cancer is no longer a mystery; we know it occurs whenever any cell is denied 60% of its oxygen requirements.





This occurs through a buildup of pollution or toxicity within and around the cell which blocks and then damages the cellular oxygen respiration mechanism.”

**1938 –**

A published report in the Parisian Medical Bulletin states that in 8000 applications of ozone, there were no accidents or harmful side-effects.

**1940 –**

German Doctor Hans Wolfe publishes the book "Medical Ozone."

**1943 –**

During the Second World War, Dr. Robert Mayer treated the POWs held in on Ellis Island. Dr. Mayer subsequently learned of medical ozone from one of the German prisoners and has since been applying ozone to patients in the United States for over 45 years.

Dr. Mayer is now a practicing pediatrician, and has safely and effectively given ozone therapy to over 12 thousand people, most of them children. He pioneered the technique of ozone being injected directly into the spinal fluid to end meningitis. Dr. Mayer has authored many medical papers including: *"Using Ozone As A Chemotherapeutic Agent For the Treatment Of Diseases"*

Jumping ahead some four decades, the medical evidence for oxidative therapy continues to mount, and become even more compelling in the battle against the scourge of the 1980's – AIDS. In fact, out of compassion, Dr. Robert Mayer, recently came out of retirement and began treating hundreds of AIDS patients with medical ozone.



**1989 –**

"The Treatment of Virus Infections with Ozone-Oxygen Mixtures;" is published by Alexander Preuss MD. He cites 8 of his AIDS case studies wherein ozone therapy had dramatically improved their health. "Therefore I may conclude that AIDS in the state of an opportunistic infection is treatable for at least 17 months - nobody has to die from it any longer."

**1989 –**

German Physician Dr. Harald Vetter ND, publishes "AIDS, Can Ozone Help?"

**1988 –**

In an article published by the Associated Press, "Ozone may limit AIDS Symptoms?" Dr. Kenneth Wagner with the renowned Bethesda Naval Hospital reports "ozone stopped the HIV virus from multiplying, and left cells undamaged."

Throughtout the late 80's and well into the 90's there continued to be 100's of published reports of the effectiveness of ozone and oxidative therapies against the HIV virus.

In 1991, a brave humanitarian in the southern United States came forward with the results of his secret clinical ozone/hyperbaric therapy trials. All his testing was performed at a major hospital and within independent labs. Out of 248 HIV POSITIVE patients he reported bringing 113 to HIV NEGATIVE, each within 60 Days, using ozone autohemotherapy immediately followed by hyperbaric oxygen therapy.

# The Evidence for Hyperbaric Oxygen Therapy

There has been far less controversy from the medical community regarding Hyperbaric Oxygen Therapy. It is used regularly for the treatment of traumatic brain injuries, most recently in those injuries suffered by so many US military veterans from roadside bombs in Operations Iraqi Freedom and Enduring Freedom. In addition hyperbaric Oxygen Therapy has been used to treat strokes of all kinds, newborns with apnea, near hanging victims, near drowning victims, and to help bring people out of acute comas.

Besides the types of injuries and traumas just mentioned, HBOT is also regularly used to promote wound healing in those who's healing is compromised such as cancer patients undergoing radiation treatment, or in the case of diabetic ulcerations.



Photos © WikiCommons

Since the 1960's there have been no less than **30,000 papers** published in respected medical journals on the benefits of Hyperbaric Oxygen Therapy.

About 20 medical schools in the US are now equipped with HBOT chambers, and about another 20 train students in HBOT at affiliated hospitals with chambers. However, most of the 400 Hyperbaric Oxygen Chambers in U.S. hospitals are still restricted only for use to treat victims of diving accidents.

While becoming more “main stream” even HBOT therapy has a long way to go to gain widespread acceptance by the conventional medical establishment for the variety of conditions it has been shown to improve.

## The Evidence for Hydrogen Peroxide Therapy

The clinical evidence for the safe and effective use of hydrogen peroxide therapy is almost as extensive as that for ozone therapy, and it has been equally suppressed.

There have literally been thousands of articles published in respected and peer reviewed medical journals on H<sub>2</sub>O<sub>2</sub> Therapy over the last 100 years. But perhaps none so compelling as the body of work of Dr. Charles H. Farr M.D., PhD, that started with his breakthrough report in 1986 "The Therapeutic Use of Intravenous Hydrogen Peroxide."

Dr Farr discovered "a positive metabolic effect to intravenous infusions of hydrogen peroxide," and created his landmark report and subsequently a workbook on the subject. In this book, Dr. Farr makes the case for intravenous H<sub>2</sub>O<sub>2</sub> therapy as follows: "[Hydrogen peroxide's] ability to oxidize almost any physiologic or pathologic substance, in addition to producing increased tissue and cellular oxygen tensions, has proven it to have therapeutic value."



He goes on to note that hydrogen peroxide "is produced by all cells of the body for many different physiological reasons." He cited its role in the destruction of infectious pathogens, and mentions that it is "involved in many metabolic pathways which utilize [oxidative enzymes], and hydrogen peroxide is involved in protein, carbohydrate, fat metabolism, immunity, vitamin and mineral metabolism, and just about any other system you might wish to explore or discuss."



He concludes: "Because of its importance in regulating multiple metabolic functions, hydrogen peroxide could best be described as the 'Master Regulating Molecule' of the body."

One of the clearest studies Dr. Farr performed was a simple, controlled study in which he gave intravenous H<sub>2</sub>O<sub>2</sub> to patients with "Type A/Shanghai influenza" during the winter of 1989–1990. He reports that 20 treated patients lost an average of only 0.25 days of work, as compared to an average of 2 lost days for those in his control group.

Spurred on by his successes with flu patients, and his deep set belief that infusion of H<sub>2</sub>O<sub>2</sub> could be equally effective for any number of other ailments, Dr. Farr continued to experiment with direct injections of hydrogen peroxide.

Farr became the founder and director of the International Bio-Oxidative Medical Foundation (IBOMF) and its close affiliate, the International Oxidative Medicine Association (IOMA), which have shared information through conferences, advertisements, and research. The First International Conference of Bio-oxidative Medicine was held February 17-19, 1989 in Dallas/Ft. Worth, Texas. Farr and many other physicians presented scientific papers on the efficacy and safety of hydrogen peroxide therapies.

The non-profit IBOMF grew rapidly, attracting many respected physicians who also presented scholarly reports and papers based on their work with patients.

The group has now merged with the American College for Advancement in Medicine (ACAM), and continues to present evidence of the benefits of "Oxidative Medicine."





Based on his published results, Dr. Farr recommended H<sub>2</sub>O<sub>2</sub> therapy for myriad problems, including arthritis, asthmatic reactions, bronchitis, COPD, Epstein-Barr virus, herpes zoster, HIV, influenza, type II diabetes, vascular disease, chronic pain, Alzheimer's disease, Parkinson's disease, and migraine headaches.

In his workbook he also described how H<sub>2</sub>O<sub>2</sub> could be used effectively to treat hypothyroidism, remove arterial plaque, thereby helping to prevent stroke or heart attack – and destroy tumor cells. He declared intravenous infusion of H<sub>2</sub>O<sub>2</sub> to be "an important therapeutic tool for every physician."

Dr. Farr found that not only was his H<sub>2</sub>O<sub>2</sub> regimen effective, it was completely safe: "No significant acute toxicity has ever been observed in several hundred patients, some receiving up to 40 to 50 infusions with concentrations up to 0.3%. Also, no chronic or long term toxicity has been observed up to two years post-multiple infusions."

Farr went on to report, "We have given intravenous infusions of hydrogen peroxide in a variety of pathological conditions. Infection, allergy reactions, flu syndromes and other toxic phenomena, and had rapid improvement from their morbid state with infusion of hydrogen peroxide without further treatment."

Dr. Farr passed away in 1998. His widow Skoshi Farr, still runs the company dedicated to food grade hydrogen peroxide and other alternative medicine products they founded together in 1978.

While many consider Farr's work the "gold standard" of evidence for the effectiveness of Hydrogen Peroxide Therapy, it is hardly all that there is.



Between 1888 to 1904, there were more than 150 articles, many of which appeared in the **Journal of the American Medical Association (JAMA)** – that detailed the effectiveness of the use of hydrogen peroxide. Among the diseases that were reported in JAMA and other peer reviewed medical journals were...

- |              |                       |
|--------------|-----------------------|
| ⇒ Acne       | ⇒ Periodontal disease |
| ⇒ Anthrax    | ⇒ Pneumonia           |
| ⇒ Bee stings | ⇒ Scarlet fever       |
| ⇒ Cancer     | ⇒ Sore throat         |
| ⇒ Cholera    | ⇒ Tonsillitis         |
| ⇒ Diphtheria | ⇒ Tuberculosis        |
| ⇒ Gangrene   | ⇒ Typhoid fever       |
| ⇒ Gastritis  | ⇒ Vaginitis           |
| ⇒ Gonorrhea  | ⇒ Whooping cough      |
| ⇒ Measles    |                       |

## Final Thoughts

For centuries, scientists, doctors, and others have delved deep into the inner workings of the body trying to find the ultimate biochemical cause for all disease, and the “cure-all” that discovering this fundamental process would yield.

The extensive amount of research that has only been touched upon in this Chapter seems to indicate that the cause and the cure have been found – Oxygen Depletion and Oxygen Therapy.

Researching the collected and studied medical texts from the later part of the 19<sup>th</sup> and early part of the 20<sup>th</sup> centuries, it was easy to see that many treatments and some actual cures for diseases existed that were commonly used to effectively treat, and even eradicate diseases and conditions which we are now told are “mysteries” and incurable.

The politics of “modern medicine” has seen to it that our healthcare system has become corrupt, and as a result, many effective means such as ozone and hydrogen peroxide therapies, for dealing with the ravages of chronic disease were intentionally buried.

This is no myth or conspiracy theory. Medical textbooks were systematically re-written, actually expunging many of these reports and cures -- due mainly to greed on the part of medical politicians and the powerful pharmaceutical industry.





## Chapter 3: Ozone Therapy

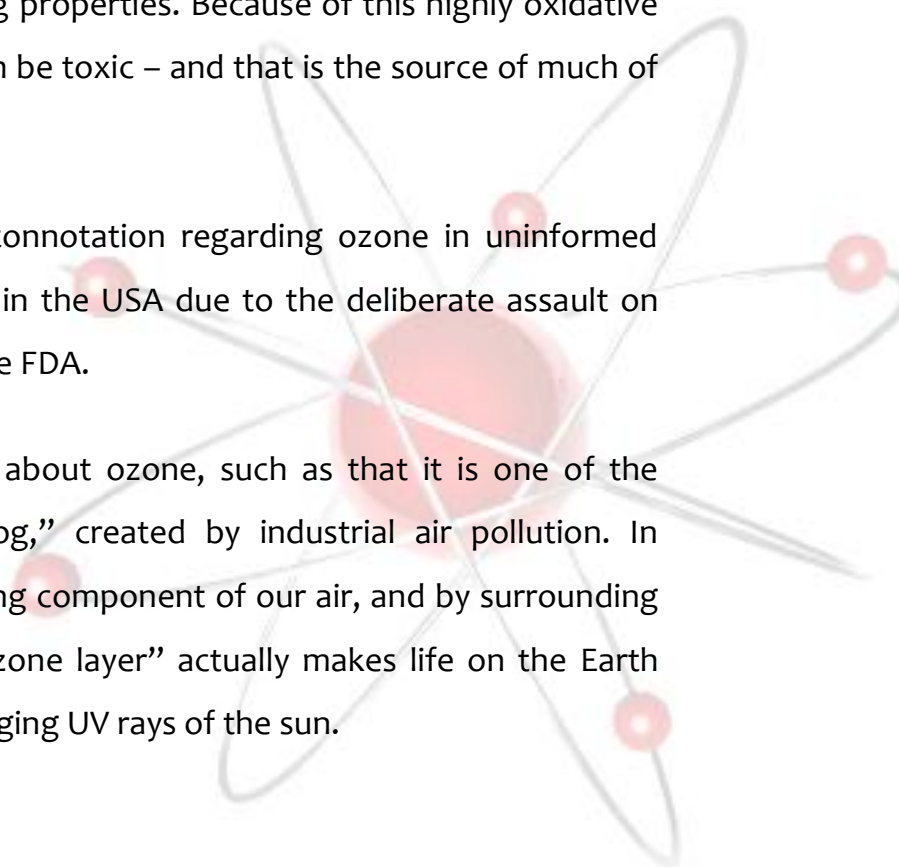
You have already heard us talking quite a bit about “ozone” and “Ozone Therapy.” Let’s take a minute once again to describe exactly what ozone is, and what it is not.

Ozone -O<sub>3</sub> - is produced by the reaction of oxygen atoms with oxygen - O<sub>2</sub>. Basically all that means is that the oxygen you breathe O<sub>2</sub>, is made up of two atoms of oxygen, and ozone, O<sub>3</sub> is made up of three. The attachment of the third atom is usually as the result of electricity, as in lightening, or the application of UV rays.

While seeming similar, they are very different. The third atom is what gives ozone its “oxidative” or cleansing properties. Because of this highly oxidative property, high levels of ozone can be toxic – and that is the source of much of ozone’s “bad press.”

There is a somewhat negative connotation regarding ozone in uninformed sections of the public, particular in the USA due to the deliberate assault on ozone therapy practitioners by the FDA.

There are many misconceptions about ozone, such as that it is one of the “poisonous components of smog,” created by industrial air pollution. In reality, ozone is a natural occurring component of our air, and by surrounding the planet with the so-called “ozone layer” actually makes life on the Earth possible by filtering out the damaging UV rays of the sun.



Smog is created by chemical pollutants reacting with the naturally occurring ozone in the air! In fact it is those very molecules of ozone that are trying to “oxidize” or clean those toxic pollutants from the air – much as it cleanses them from your body during Ozone Therapy!

Ozone much like its sister in oxidative therapy, hydrogen peroxide actually seeks out and destroys diseased cells in your body – as well as enhances the health of normal cells. The byproducts of infused ozone are free radical hydroxyperoxides, which chemically are very similar to hydrogen peroxide. Like H<sub>2</sub>O<sub>2</sub> they are “attracted” to diseased cells, which are their bio-chemical opposites and attack them.

Wait, aren’t “free radicals” bad? Yes, but again here is how Ozone therapy makes a bad thing good. In a way it’s the same idea of the old adage of “fighting fire with fire.”



Picture a “negative” free-radical floating around the blood stream – it is basically an unstable molecule – it wants to become “whole and well.” The diseased cell with its weakened enzymes and cell walls is also unstable and weak. The two are attracted to one another to try to become “whole,” but instead when they come into contact, POOF! They actually wind up destroying one another, which makes your body healthier.

Despite what the medical establishment wants you to believe in very low-levels of less than 0.05 parts per million by volume, such as those generated by an ionizing air purifier, ozone is commonly and safely inhaled during normal activities by hundreds of thousands of people.



When used in oxidative therapy, this alternative form of oxygen can be very beneficial. Ozone is the most powerful and rapid acting oxidizer you can find, and it will oxidize all bacteria, mold and yeast spores, organic material, and viruses.

Ozone is not only a very powerful oxidizing agent, but it is also one of the most powerful chemical-free disinfectants you can find. Unlike harsh industrial cleaners and sanitizing agents, it has the unique feature of decomposing to harmless, environmentally safe oxygen.

In Europe ozone has been used for many decades as a sanitizing agent and other related purposes. Ozone has been used for stain and color removal, taste and odor removal, organic waste removal, and most commonly, as a bacterial disinfectant and anti-viral cleanser in hospitals, food preparation areas, and municipal water treatment.

Most of these applications are based on ozone's high oxidizing power. Many of Europe's largest cities use ozonation in their water treatment practices. Ozonation has been shown to be a more effective method for disinfecting water and removing viruses, bacteria, and other microorganisms than adding chlorine, as is more common in the U.S.

Water or airborne bacteria and viruses cause Nine out of ten diseases, including the common cold and the flu. Like chlorine, ozone kills microorganisms. The sterilization action of ozone is by "direct kill attack" and oxidation of the biological material. The rate of bacteria killed by Ozone is 3500 times faster than with chlorine.





Virus destruction with ozone is instantaneous, safe, and much “greener” than the use of Chlorine. Chlorine kills bacteria by creating hypochloric acid when it is added to water. It kills the germs, yes, but it also has long-term negative impact of adding that acid to the water table. Ozone, on the other hand, has no side-effects as far as the treatment of water is concerned. It adds nothing, and produces only oxygen.

In Canada, there are more than 100 ozone plants being used to treat municipal water, as well as dozens of others that are finding remarkable uses for the cleansing power of industrial ozone.

These include:

- ⇒ Water and Air treatments with ozone in fish canneries and fish hatcheries
- ⇒ Ozonized Pools and Spas in health clubs and Medi-Spas
- ⇒ Bottled ozonized water
- ⇒ Treatment of public and private swimming pools
- ⇒ Treatment of industrial water-cooling towers and industrial wastewater
- ⇒ Odor and bacterial control on fishing boats

...and the list grows longer every day!



Most European, a growing number of Canadian, and even many American cities and businesses, including Sea World, purify their water by bubbling ozone through it to kill all the bacteria, viruses, and harmful microorganisms. In Western Europe, over 40 full-scale municipal ozone facilities are installed each year. France alone has over 700 water treatment plants equipped with ozone.

Think about it. The human body is over 65% water, wouldn't you think a process that can purify drinking water, can do the same for your body?





## Medical Ozone

Ozone possesses unique properties that, while they have yet to be completely defined and understood, have been used successfully in clinical practices in Europe for many years.

Ozone Therapy is a broad term applied to various methods of introducing “medical ozone” into the body.

Since the 1800s, the list of different diseases and conditions that have been indicated to respond to ozone therapy are too numerous to name.

Here are just a “few” you may have heard of:

- |                   |                                      |
|-------------------|--------------------------------------|
| ⇒ AIDS            | ⇒ Lyme Disease                       |
| ⇒ Cancer          | ⇒ Lupus                              |
| ⇒ Chronic Fatigue | ⇒ Non-healing or hard-to-heal wounds |
| ⇒ Diabetes        | ⇒ Stroke                             |
| ⇒ Fibromyalgia    |                                      |

In addition Ozone Therapy has proven to have many over all beneficial health effects such as:

- ⇒ Increasing oxygen delivery to cells, tissues, and organs
- ⇒ Increasing blood circulation throughout the body
- ⇒ Detoxification
- ⇒ Boosting of the immune system



As early as World War I, ozone's antibacterial properties were recognized, and it was used in the field to treat infected wounds, mustard gas burns, and other ravages of war.

Today, ozone therapy uses a mixture of ozone and pure oxygen, and practitioners have developed technologies and methods to deliver ozone-oxygen mixtures in very precise dosages. Medical Doctors in Europe have recognized the beneficial effects of ozone for more than 80 years.

German doctors have developed many different methods of administering ozone, and are probably at the leading edge of modern ozone medicine with upwards of 10,000 doctors using ozone therapy on a daily basis.

While not used as extensively as in Germany and France, medical ozone therapy is catching on in Britain and Canada. Only in the United States, owing to pressure by the FDA, is ozone therapy so hard to find.

The Europe-based Medical Society for Ozone and the National Center for Scientific Research in Cuba currently use the treatment for a wide variety of conditions, including wound problems, gastrointestinal disorders, cancer, and AIDS.

Doctors report particular success with the different types of hepatitis, as well as candida, allergies and bladder infections. Other disorders treated with ozone therapy include: herpes, arthritis, respiratory conditions, multiple sclerosis, sexually transmitted diseases, and parasitic conditions.

## Who can Benefit from Ozone Therapy?

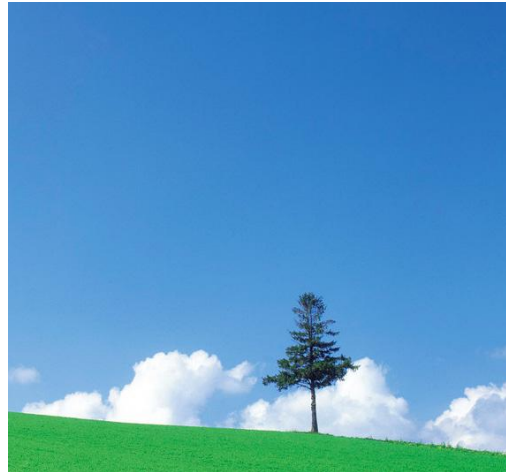
Simply put – anyone! Why? Because scientific studies have proven that Ozone, properly and safely introduced into the body can destroy viruses, kill bacteria, fungi, protozoa and even attack carcinomas and diseased cells!

## How Does Ozone Therapy Work?

Ozone therapy has been in use for many years by thousands of West German doctors who claim, in hundreds of scientific and clinical studies, that they are able to destroy viruses, even AIDS and cancer with therapeutic ozone therapy.

Lets look a little closer at the mechanism of action. Those that have extensively studied the use of medical ozone believe that the way it works has to do with the lowered enzyme count in the membranes of the cell walls of diseased cells and harmful microorganisms.

A coating of proteins and enzymes surrounds all of your cells. If you take a look at a diseased cell from a biochemical standpoint, what differentiates it from a healthy cell is that the protein coating is abnormal. Whatever disease it is that is affecting the cell makes the cell wall fold in on itself, so it is now rough and



contoured. The disease that has invaded the cell is like a parasite, sucking the energy of the host cell, which causes its cell wall to become defective almost to the point of collapse. Eventually it can collapse resulting in cellular death.



When medical ozone is introduced into the bloodstream in proper percentages and concentrations, it gets converted immediately into free-radical hydroxyperoxides and other beneficial free radical scavengers. These free-radicals “recognize” the defective “signals” of those damaged cell wall, and become like a little army that goes on the attack seeking out and destroying them.

It’s great that researchers have been able to describe a mechanism of action on the molecular and cellular level that explains how and why ozone and similar oxygen therapies such as hydrogen peroxide work their seeming healing magic.

But in lay terms it really is so simple, yet it seems to befuddle great minds of medicine. Unlike healthy human cells that just love oxygen, the disease causing buggers: viruses, bacteria, fungi, parasites and the like– including cancer cells, deadly microbes, colds and flu, West Nile virus, Lyme Disease and others carried by insects are almost all anaerobic – they HATE oxygen.

That means these microbes and infected or tumorous cells cannot live in highly oxygen concentrated environments. Therefore, when these anaerobic viruses and bacteria are completely surrounded with a very energetic form of pure oxygen for a long time--which is all that ozone is-- they cannot live.

The goal of ozone/oxygen therapy is to gradually and harmlessly introduce to the body over the course of a few months increased oxygen that bathes every cell, every organ of the body, from the brain to the spine and bone marrow, with a solution that basically cleanses them of dead and dying cells, and encourages the production of strong and healthy ones. It is just that simple.

## Ozone Is Safe and Non-Toxic

Medical ozone is completely safe and non-toxic to humans when administered responsibly with the precise delivery methods and approaches as used by thousands of licensed medical practitioners in Europe and other parts of the world.



Medical ozone is not meant to be breathed directly, although small amounts in the air can have a purifying and rejuvenating effect. Rather, medical ozone is added into the blood stream directly via rectal/vaginal insufflations or autohemotherapy – which is the reinjection of your own blood that has been withdrawn and ozonized.

Even in amounts that would be deemed toxic if breathed in, these methods of administering medical ozone have been shown to be 100% safe.

## Ozone and Viruses

You are probably familiar with DNA, the genetic material that makes up your cells and allows them to reproduce. Viruses are not exactly “alive” they do not contain complete DNA of their own, they are an incomplete strand of genetic material, and a protein coat, and therefore cannot reproduce.

Viruses can only multiply by getting into your living cells, and basically hijacking the DNA within, and forcing it to make duplicates of itself. As the virus sits within the cells “factory” churning out duplicates of itself, the cell is damaged and dying, surrounded with that inferior cell wall mentioned before.





This is where the amazing property of ozone to identify and invade diseased cells and destroy the disease or virus, is so effective.

Ozone “recognizes” the protein signals of the diseased cells targets and destroys them, leaving healthy cells intact.

Normal healthy cells “glow” with vitality. It is a kind of force-field that does not attract nor react with the free radical agents created when introducing medical ozone into the bloodstream. The obvious beauty of this is that the by-products of the ozone therapy process target only the diseased cells.

## Ozone Therapy and Candida and Epstein-Barr

These two conditions are discussed together because they are both similarly chronic, widespread, and apparently “incurable” or very difficult to cure.

Both conditions have been implicated as the cause of the recent rise in complaints, especially in the U.S. of “unexplained chronic ailments” presenting with fatigue, general malaise, depression, joint pain, headaches, and any number of other unpleasanties.

Systemic candida infection has been widely reported to be a global epidemic.

Candida is a yeast infection, or fungus. Ozone's fungicidal properties make it the ideal treatment for candida, both local and systemic. The Epstein-Barr virus has long been blamed for so-called “Chronic Fatigue Syndrome” affecting thousands of Americans. Conventional medicine states that Epstein-Barr is “incurable but treatable.” Yet, there are already scientific studies and

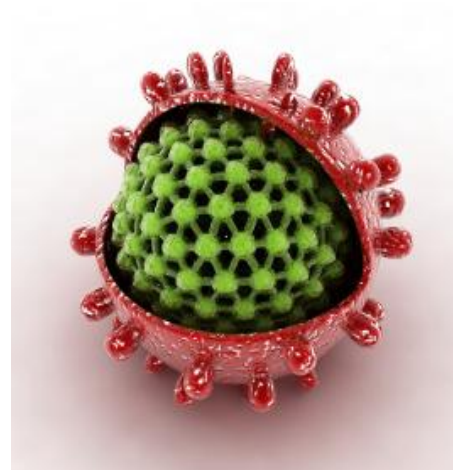
anecdotal reports that it can be successfully treated, and CURED by a lengthy course of ozone therapy.

One such study concluded “In chronic viral infections – Cytomegalic, Epstein-Barr and Retroviridae (AIDS) among others – blood ozonation performed in viremic cycles or in periods of clinical exacerbation may, through direct action, through the production of co-factors inhibitory to viral replication, or through modification of immune function, be a tool in inducing viral quiescence.”

Another published short-term Study entitled “Variation under ozone treatment of 16 patients presenting a T4/T8 lower than 1.2”, three of the patients had Epstein-Barr, and after ozone treatment showed an average 33.3% improvement during the brief experimental period.

## Ozone Therapy and Hepatitis

The treatment of hepatitis is one of the most important aspects of using ozone therapy. In the case of hepatitis, and as you will learn later with AIDS and Cancer, ozone is extremely effective through its direct action on the virus and indirectly through its ability to improve the immune system. Ozone therapy has been proven effective in treating all types of viral hepatitis.



As in all of its anti-viral effects, medical ozone recognizes and destroys the ability of hepatitis-infected cells to reproduce.



The main way your body naturally fights infection is with something called cytokines. Cytokines are a kind of hormone that is secreted by certain organs in response to trauma or infection. One in particular, interferon is instrumental in your body's defense against viral attacks.

Basically interferons are kind of like your base command's communication system that rally the troops of your immune system – your white blood cells – and lets them know you are under attack, and where to find and kill the invaders. In addition to attacking the hepatitis virus directly, ozone therapy seems to stimulate an increase in the creation of cytokines, and in particular interferon.

### Ozone Therapy in Alzheimer's Disease, Parkinson's Disease, Multiple Sclerosis and related disorders

Ozone provides an immediate oxygen boost to heart tissue, which can noticeably reduce the incidence of angina. It also improves brain function, because the brain uses over 15% of all the oxygen in the body.

Recent studies by Russian and French doctors have shown extremely dramatic results in the treatment of Alzheimer's disease with ozone therapy.

It is not only the extra oxygen profusion, but many believe that it is because of the link between Alzheimer' and aluminum toxicity in the brain, and ozonating of the blood, especially when combined with chelation therapy, has been shown to remove aluminum and other toxic metals from the blood and brain.

Also, of course, ozone's proven abilities as a circulatory enhancer and cell rejuvenator come into play. Along the same lines German doctors have also had success with Parkinson's, MS and other nervous system disorders.

## O3 in Wound Healing and Burns

One of the earliest and least controversial uses of oxygen therapy is in the healing of wounds. Ozone is no exception.



Since ozone creates an environment that is deadly to viruses, bacteria, and other germs and microorganisms, it is the ideal treatment for improving wound healing. Excellent results are obtained, for example, with gangrene:

In one trial involving ozone and the treatment of gangrene it was reported that only 1 out of a total of 33 patients that prior to treatment had been scheduled for surgical amputation, actually had to have an amputation after the ozone application. In this case to treat the gangrenous limbs, ozone was infused into the blood, and the limb was placed in a bag of pure ozone for one hour each day.

The use of O<sub>3</sub> tents in the Burn Units of both civilian and military German hospitals is widespread. It has proven to be so effective in immediately halting infection and promoting healing that it is difficult to understand why this practice has not yet been applied in the U.S. and other places.



## The Holy Grail – Ozone Therapy in AIDS and Cancer

As you have already learned, ozone is a major virus killer. AIDS is a virus, albeit one that up until ozone therapy, has proven very hard to destroy and stop the spread of.

There has been a mind-boggling amount of evidence to support that ozone can totally eradicate HIV, both in the lab and in people!

A study was conducted “over the border” involving AIDS patients and medical ozone by researchers with the University of Arizona. They used the strictest standards of human clinical trial protocols, and achieved phenomenal results.


One researcher in the study said the five patients in the trial were in such an advanced state of AIDS they “barely had a T-cell between them.”

The researchers themselves funded the study. It lasted 10 days, after which the patients were again tested at the University of Arizona and then went home to their doctors, who were given the equipment to continue the ozone infusion treatments.

The results were nothing less than astounding! All of the patients are still alive, disease free, and with normal T-cell counts. Except for one who died of non-AIDS related tuberculosis.

Ozone is possibly one of the best therapies ever discovered for AIDS, other infectious diseases, and most degenerative or chronic illnesses.

Very, very gradually, mainstream American medicine is being forced to take a serious look at ozone and HIV/AIDS.

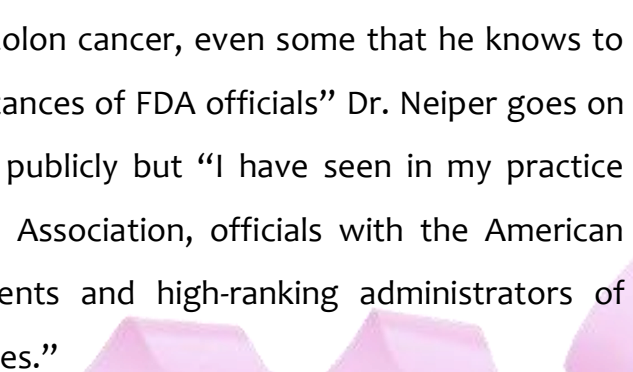


In 1991 the journal of the American Society of Hematology published an article demonstrating that ozone treatment inactivated human retroviruses, including HIV in human body fluids and blood product preparations. The researchers concluded

"Ozone has potent anti-HIV-1 activity in cell culture media and factor VIII preparations. Although the exact mechanism by which ozone mediates its effect remains unclear at this time, it is readily apparent that ozone may be of use in rendering factor VIII and possibly other blood products, proteinaceous and cellular, free of HIV-1 and other infectious agents."

## Cancer

Believe it or not Dr. Hans Nieper, an ozone-using doctor in Hanover, Germany, says he sees quite an assemblage of American VIP's coming to his medical practice for ozone treatments for colon cancer, even some that he knows to be "officials or relatives or acquaintances of FDA officials" Dr. Neiper goes on to say, they would never admit it publicly but "I have seen in my practice directors of the American Medical Association, officials with the American Cancer Society, and many presidents and high-ranking administrators of 'orthodox' American cancer institutes."



As far back as 1925 Nobel Prize winner Dr. Otto Warburg discovered that cancer cells function best in the absence of oxygen, in effect, living on fermentation rather than respiration. Some authors report that tumor cells don't have enough of the proper enzymes to resist ozone's actions.



Since then, there have been many scientific and anecdotal reports of successful treatment of cancer with ozone therapy. These will be detailed along with the astounding use of hydrogen peroxide as a treatment for cancer as well, later on in Chapter 9.

All oxygen therapies, including medical ozone, which breaks down into oxygen, work because they flood the body with Nature's life giving single oxygen atoms. Single oxygen, simple "O" as opposed to O<sub>2</sub> or O<sub>3</sub>, and its by-products are very energetic oxidizers - they oxidize or "burn up" and destroy waste, toxins, microbes and weak and dying cells like cancer cells.

Ed McCabe, Author of *Flood Your Body With Oxygen* has said, "I have personally witnessed hundreds of cancer and other patients receiving ozone infusion therapy. What I teach is very plainly evident right before your very eyes once you know what to look for. When they start out, the body fluids and blood of most patients are filthy, diseased and so empty of oxygen that the blood is almost black in color from the filth. Toxins and lack of oxygen cause disease!

But keep putting the ozone back into them for a few weeks, and the blood turns back to a bright cherry red, full of color, full of life-giving oxygen, and cleans again. Keep the blood this clean with medical oxygen/ozone, and the organs and cells quickly follow. Without all the garbage inside us, we usually return to the natural health we had as children, before the dirt piled up inside us with age and gave the bugs and cancer cells a place, and a reason, to grow."





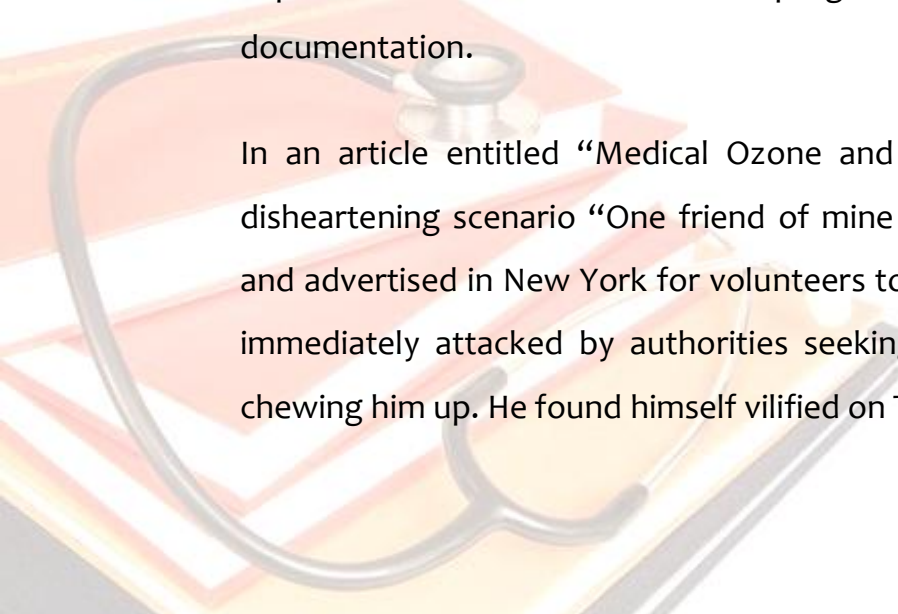
## How to use Medical Ozone

Ed McCabe has been investigating, teaching and publishing about oxygen therapies for nearly two decades. He wrote the revealing "Ozone vs. AIDS and Cancer," which details the history and suppression of ozone therapies in the U.S.

His first work, the self-published bestseller *Oxygen Therapies: A New Way of Approaching Disease* has sold over 200,000 copies by word of mouth. His latest book *Flood Your Body With Oxygen* is considered to be the seminal work on ozone and related oxygen therapies.

When it comes to where and how to obtain safe ozone therapy according to McCabe, "Despite this dramatic and easy to reproduce proof, top-level human egos protecting power and greed ideologies are presently preventing us from fully exploring medical ozone's use in US medicine without great difficulty."

McCabe is absolutely right. For example, in New York City it is illegal to say any therapy helps AIDS. This law has been used as an excuse to shut down experimental ozone clinical trials in progress before they could produce their documentation.



In an article entitled "Medical Ozone and Cancer" McCabe describes this disheartening scenario "One friend of mine funded an ozone trial in Mexico and advertised in New York for volunteers to get the free treatments. He was immediately attacked by authorities seeking to make a name for them by chewing him up. He found himself vilified on TV, and narrowly escaped jail.



Thanks to the efforts of McCabe, Dr. Farr and other ozone therapy advocates nationwide, today, doctors in New York and several other states can now quietly practice some forms of ozone therapy under new “health freedom laws.”

As of 1998, the following states have such protections: Alaska, Colorado, Georgia, Nevada, New Mexico, New York, North Carolina, Oklahoma, Texas, Washington and Minnesota. Naturopathic physicians in Canada and America have always used ozone. You can see how to find a Naturopath, or other practitioner providing ozone or other oxidative therapies in your area in the Resource Guide at the end of this book.

## Clinical Ozone Therapy

According to McCabe when it comes to obtaining proper ozone therapy “The first thing to keep in mind is that not all ozone treatment is the same, and the effectiveness of any ozone treatment increases with the number of times it is given per day or week, the strength of the concentrations used, the quantities applied, and the delivery methods used.

For example, 50 ccs of ozonized blood re-injected into you in a clinic every other week is nowhere near as effective as drinking ozonized water at home every day. Quantity, concentration and frequency are the keys. The aim is to safely and comfortably flood the body with oxygen by slowly building it up as you detoxify.”

In his book, McCabe provides these General Guidelines: For best results during the treatment phase, ozone is applied once or twice daily, or perhaps every



other day, in concentrations varying from 1 to 80 micrograms per cubic milliliter (mcg/ml<sup>3</sup>), in as great a quantity as can be safely and comfortably absorbed by the body. This is continued for as long as it takes, until the problems go away. Mild diseases may take a few treatments; chronic ones, several months.

Lower concentrations and quantities of ozone will aid healing and stimulate the immune system. But according to McCabe these pale in comparison to the real power of medical ozone, which is found to be centered generally on daily applications of 27 mcg or ml for internal use. Higher concentrations are used for external bodywork. The upper range tops out at around 70 mcg or ml<sup>3</sup>, and beyond that is controversial.

Remember these concentrations are applied external and directly to skin or wounds, and never allowed to enter the lungs, which are too sensitive for anything other than concentrations around normal air levels of ozone or slightly higher.


There are basically three ways of administering medical ozone in a clinical setting

As described by McCabe they are:

### **1. Recirculatory autohemo perfusion:**

It is also known as polyatomic aphaeresis or recirculatory autohemo perfusion. This is the “crème de la crème” of ozone delivery. Dirty, dark, diseased blood is taken out of one arm and ozonized with ozone, and filtered outside the body.

Then the remaining clean, bright red, freshly sterilized and oxygenated blood is put back in the other arm. It's a complete body blood wash, highly effective



in all ailments because the ozone-oxidized leftover garbage of dead microbes, diseased cells and detoxified by-products drops out of the blood into the external filters.

The waste products are not sent back through the liver, kidney and lymph systems to irritate and perhaps weaken the body further, as occurs in all other ozone methods. This method is so good that the medical industrial complex immediately shuts down any attempts to test it, in any country.

In his book McCabe says “I knew of one dying patient who, during the first treatment, got up off the stretcher and walked out after just a few hours of this treatment.”

## **2. Intravenous injections of O<sub>3</sub> gas:**

Pure, medical grade oxygen is turned into medical grade ozone, which is then injected through at a rate of 1 cc per minute into the blood, once or twice daily.

Ten-cc syringes filled with 27 mcg/ml<sub>3</sub> ozone are used, one at a time, and refilled as needed, until you begin to get a chest or throat tickle, or cough. When the body thus indicates it is full to overflowing, you stop the injection immediately.

For safety, direct IV's are only given to patients who are lying completely flat before, during and after treatment, so the ozone/oxygen is slowly and evenly distributed throughout the body. Direct IV ozone is very effective, but not as effective as autohemo perfusion.



### 3. Autohemotherapy:

This involves withdrawing approximately 600 ml of blood and re-infusing it into the body after gently putting 27 mcg/ml<sub>3</sub> ozone into it. This method has been used for over Fifty years on millions of patients! The difference between this and autohemo perfusion, is in perfusion, it is a “closed-system” where you are actuality ozonating, filtering, and recirculating the patients own blood – in this method, blood is withdrawn, ozonized, then re-injected.

### Home Use

Through the development of modern equipment, home usage of ozone therapy has become practical. Rectal and vaginal insufflations, combined with use of a body suit or bag, drinking of ozonized water and breathing ozone bubbled through olive oil, are established protocols for home usage.



The naso-pharyngeal area is often the site of chronic minor infections, which become acute in cycles. Chronic sinusitis is probably one of the most common maladies of today. The introduction of ozone into the ear canals can be of great benefit in reducing such chronic infections. At first, just do it for a few minutes.

Another method of getting ozone into the body is with use of a closed, one-person sauna. Since the pores will be open in the moist heat, ozone can be absorbed slowly and safely in large amounts through the skin. This method



prevents the great fatigue of toxic shock sometimes encountered with other methods, because the oxidized toxins are sweated out through the skin rather than being dumped to the liver. This technique is particularly effective for bedsores, ulcers, non-healing wounds and burns.

## Final Thoughts

Ozone has been used successfully for almost a century on dozens and dozens of diseases in Europe, especially Germany. Some 7,000 articles on the safe and effective medical usage of ozone can be found in the world literature.

There is hardly a condition or disease state in the modern medical lexicon that does not respond favorably to increased oxygenation as occurs with ozone therapy. And the protocol, when administered properly has an unparalleled safety profile.

While ozone is without any doubt a wide-spectrum healing therapy, it's also one that's widely ignored, and even suppressed outside of Europe. As with the rest of the oxygen therapies discussed in this book, there is just not a profit motive to introduce and use ozone therapy by more doctors in the US. So there is little or no funding for research to explore and promote this proven therapy.



The unfortunate result is that ozone, technically an unseen gas, remains an invisible healer. The general public is simply kept unaware of it as an option. In fact, most states still prohibit, or make it very difficult for practitioners to use ozone therapy at all thanks to pressure from the FDA and Big Pharma. That medical ozone has been used safely in Europe for decades doesn't seem to matter much.

The fact of the matter is medical ozone is an extremely effective treatment for various health conditions because of its power as an oxidizer and creator of oxygen, and the benefits both of those have on the human body.

The good news is that despite pressure from the FDA and the American medical establishment the use of ozone for medical therapy is well-documented and is being vigorously pursued by many clinicians. As word gets out and technology develops, new techniques will emerge that will undoubtedly see this proven therapy emerge more into the light where it belongs

The American public and the world-over is growing disenchanted with the toxic and problematic "there's a pill for that" approach of conventional medicine. There is a growing interest in more natural and holistic approaches to health care. So it's only a matter of time before ozone comes into its own.





## Chapter 4: Hydrogen Peroxide Therapy

***“Hydrogen peroxide is involved in all of life’s vital processes. It must be present for the immune system to function properly. It is truly a wonder molecule.”***

***- William Campbell Douglass, M.D. Author of  
“Hydrogen Peroxide Medical Miracle”***

Of all the nutrients needed by the body, only one, oxygen is so profoundly necessary that without it, you can die in minutes. You don’t normally think of oxygen as a nutrient, but that is exactly what it is, and like any vital nutrient, its deficiency leads to weakness, sickness, and disease.



Because of its vital importance, Mother Nature has seen that oxygen is abundant. Oxygen is not only present in the air that we breathe, but also in our food, our water, all around us in our environment. Oxygen is not only vital to life, it is nature’s way of keeping earth’s plants animals and the entire ecosystem clean, healthy and vibrant.

Nature uses oxygen, in the way of ozone and hydrogen peroxide as her universal cleansers, to scrub the environment clean of toxins and dangerous organisms through the natural process of oxidation.

But mankind has upset nature’s way. We have polluted the air, the rivers the oceans, depriving them of precious oxygen. We have cut down the rainforests, and this rampant deforestation, has gutted nature’s way of replenishing the oxygen and repairing the damage. It is trees that through photosynthesis



return oxygen to the air. Scientists have theorized that the air breathed by our most distant ancestors had as much as twice the oxygen content as ours does now.

Every one of us is oxygen deficient since we are living on less than half the oxygen our bodies were intended to run on. It is no wonder we are sick, weak, and unhealthy. Our bodies can no longer oxidize the trash we take in, so it piles up for years and illness is the result.

But, the good news is you can very easily add the oxygen that you are lacking directly to the water you drink. You see Mother Nature figured out how to do that too. Did you know that hydrogen peroxide really is nothing more than oxygenated water? Look at the formula -  $H_2O_2$  -hydrogen peroxide is water that has one extra little oxygen in it. Oh, but that extra oxygen makes a very big difference!

In our last chapter you learned quite a bit about ozone, you know about the ozone layer that surrounds the earth, and that the chemical formula for ozone is  $O_3$ , because it is made up of three oxygen atoms.

Hydrogen peroxide is often called an intimate relative of ozone. Like its close cousin, ozone, hydrogen peroxide is a naturally occurring and extremely powerful oxidizer.

Also like ozone it is particularly adept at giving off oxygen, as peroxide is very willing to break down into its basic parts – water and oxygen. Very much like we learned about ozone in the last chapter, hydrogen peroxide is also “attracted” to free radicals and otherwise damaged, or foreign materials and

reacts easily with bacteria, viruses, fungi, parasites, even tumor cells, and destroys them in a powerful oxidizing chemical reaction.

But there is an even more intimate relationship between ozone and hydrogen peroxide in nature. The ozone that forms in the upper atmosphere via lightning or the sun's radiation isn't very stable. In fact, it "wants" to give up that extra atom of oxygen ASAP. It often will as rainwater passes through the atmosphere.

Do you know what you get when rainwater reacts with ozone in the atmosphere? Oxygenated rainwater – or in other words - hydrogen peroxide! This hydrogen peroxide then falls to earth as rain or snow infusing our rivers lakes, streams, and oceans with  $H_2O_2$ , nature's disinfectant!

If it was not for the hydrogen peroxide formed from ozone and falling to the earth in rainwater, every surface of the planet would soon look like a putrid swamp covered in bacterial overgrowth.

Clean, fresh spring water, glacial melt and fast flowing streams all have relatively high amounts of hydrogen peroxide. Maybe that is what spurred legends of the "Fountain of Youth?"



Did you know that many of the so-called natural "healing springs" around the world all contain high concentrations of Hydrogen peroxide? This is true of Fatima in Portugal, the Shrine of St. Anne in Canada, and the legendary Lourdes in France.



Farmers and gardeners know that it is the hydrogen peroxide in rainwater that makes it so much healthier for plants and crops than ordinary tap water.

However, they also know that thanks to increased sulfur dioxide and other volatile hydrocarbons in the polluted atmosphere that the  $H_2O_2$  reacts with on the way down, less and less hydrogen peroxide is reaching the ground. To compensate for this, many farmers have been increasing crop yields by spraying them with diluted hydrogen peroxide!

You know what? You can achieve the same beneficial effect with your house plants by adding 1 ounce of 3% hydrogen peroxide (or 16 drops of 35% solution) to every quart of water you give your plants. But this book isn't about gardening. It's about your health, and what's good for crops and your houseplants is good for you to!

Besides plants, hydrogen peroxide is present in the animal kingdom too, and it is part of many of the major biological processes of your body!

Hydrogen peroxide is an “oxygenator” supplying your blood and different parts of your body with oxygen. In addition to severing as a source of oxygen, or oxegenator –  $H_2O_2$  is also an “oxidizer,” cleansing and improving your cells' natural oxidative properties. This, in turn, makes it easier for your body to use more of the oxygen available to it.

Merely providing oxygen is not the only reason that hydrogen peroxide is beneficial to your body. Newer research indicates we need hydrogen peroxide for a multitude of other chemical reactions that take place throughout the body.

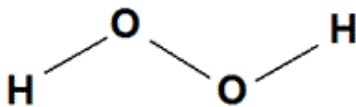
Hydrogen peroxide is vital to so many of your body's processes, especially those involving a healthy immune system. In fact, the chief weapon of your body's primary defense against invading disease – your white blood cells – is Hydrogen Peroxide!

Specialized white blood cells make hydrogen peroxide to stave off attacks from bacteria, viruses, fungi and other parasites that are detrimental to your health.



# Hydrogen Peroxide Therapy

When it comes to the current controversy surrounding hydrogen peroxide therapy, people seem to be as divided as cats and dogs!



## **HYDROGEN PEROXIDE**

Advocates such as Ed McCabe, Dr. Farr, Madison Cavanaugh, author of the best-selling *One Minute Cure*, and many other well-respected professionals consider H<sub>2</sub>O<sub>2</sub> therapy one of the greatest healing miracles of modern times. Those opposed to it like The FDA, Big Pharma, and many uninformed members of the medical establishment, think drinking hydrogen peroxide is at best foolish, and at worst dangerous.

But let's take a look at the facts. The point so vehemently argued by those opposed to hydrogen peroxide therapy is that it is toxic and was never meant to be ingested.

Let's make one thing perfectly clear. Nowhere in this book, not one single advocate of H<sub>2</sub>O<sub>2</sub> Therapy on any website or blog post, no clerk at any health food store, and certainly not one single practitioner of alternative medicine is, or has EVER suggested that anyone consume off-the-shelf concentrated "brown bottle drug store" hydrogen peroxide. There is no question that is dangerous.



Yes, you can probably find reports of a handful of people over the past few decades that heard about the benefits of H<sub>2</sub>O<sub>2</sub> and made the stupid mistake of drinking concentrated hydrogen peroxide, but you know what, people have consumed deadly amounts of aspirin too! No would deny that it is generally safe to take one or two aspirins if you have a headache. You also probably are pretty sure that it is safe to put a teaspoon or two of sugar in your coffee every morning.

But would you take 700 aspirins? Would you put 700 teaspoons of sugar in your morning cup of Joe?

Well, besides being toxic because it is loaded with preservatives and other chemicals, the hydrogen peroxide that is on the drugstore shelf, is **700 times** more concentrated than the amount that is considered safe and is used as diluted from food grade H<sub>2</sub>O<sub>2</sub> in hydrogen peroxide therapies.

With any substance, particularly medicinal substances, including hydrogen peroxide, toxicity is always a matter of degree based on the amount used. Even something as innocuous and essential to life as water can be “fatal” if it gets into your body in too great a quantity – it’s called drowning!

Seriously, though did you know that every year, approximately 25 people die because they actually do drink too much water? It is a real medical condition called hyperhydration, or “water intoxication” where too much water dilutes the electrolytes in your system to the point where the electrical signals to their heart are weakened leading to heart failure.



The point is anything and everything can be dangerous if you use it inappropriately. There are countless dangerous and deadly things lurking in your kitchens and medicine cabinets. Relative to most pharmaceutical products and especially prescription drugs hydrogen peroxide is amazingly safe!

Beyond being a safe, naturally occurring organic compound found in our bodies, another undeniable fact is hydrogen peroxide has awesome antibacterial qualities.

No medical practitioner can deny the antiseptic and astringent proprieties of hydrogen peroxide; it is sold for this purpose right next to the band-aids and other “first aid” products on every supermarket and drug store shelf in America.



All alternative healthcare providers have done is taken this knowledge about hydrogen peroxide's proven properties and applied it to places inside the body, such as the immune system.

Practitioners claim that hydrogen peroxide therapy can positively affect conditions like asthma, high blood pressure, human papilloma virus, degenerative spinal disc disease, multiple sclerosis, arthritis, leukemia, and the list goes on and on...

Over the past century, thousands of medical doctors have successfully used infused dilute hydrogen peroxide with their patients. Dr. Pavel Yutis, MD who published the book *Oxygen to the Rescue*, is one such physician. Here are some of his observations as quoted from his book.



*“I consider the use of hydrogen peroxide one of the most important treatments in my medical kit bag. The hydrogen peroxide compound I use is made in the laboratory, but it is important to know that hydrogen peroxide is also produced naturally in our own bodies.*

*In my practice, I have used hydrogen peroxide to treat a range of conditions – everything from chronic fatigue immune dysfunction syndrome (CFIDS), migraine headaches, multiple sclerosis and rheumatoid arthritis.*

*Many patients with the conditions, diseases or problems as listed below have seen improvement after a course of treatment with hydrogen peroxide. Some have even been cured. But, in my opinion, simply knowing there are viable options for sick people who want to feel better, options they have not yet explored is in itself encouraging.*

- ⇒ People experiencing cardiovascular problems, such as angina or heart attacks (coronary artery disease) could benefit from this therapy. Those who have had strokes (cerebrovascular accidents), peripheral vascular conditions or arrhythmias have seen vast improvement in their conditions.*
- ⇒ Many people who have been troubled by pulmonary disease (bronchial asthma, chronic obstructive pulmonary disease, or emphysema) have, for many years, found their breathing easier and had their energy restored by a course of hydrogen peroxide treatments.*
- ⇒ Inflammatory diseases, such as rheumatoid arthritis respond favorably to hydrogen peroxide therapy, and patients notice less swelling and more movement after treatments.*



- ⇒ People with endocrine problems have responded well to hydrogen peroxide. Type II diabetes and hypothyroidism are just some of the conditions related to hormone regulation that have been improved with this treatment.
- ⇒ People with neuromuscular problems, highly prevalent today and with few, if any, solutions for their various physical manifestations, respond very well to hydrogen peroxide. Such conditions as cluster, migraine or vascular headaches can be cured. Chronic pain syndrome can see great improvement, and even very serious neuromuscular conditions, such as multiple sclerosis or Parkinson's disease; can be improved, although real cures are seldom reported. People treated with hydrogen peroxide therapy do find, however, that the therapy gives them more control over their limbs and bodies and they feel stronger. Alzheimer's disease related dementia, different from vascular dementia, does respond favorably to a course of treatment with hydrogen peroxide.
- ⇒ Infectious diseases are very good candidates for treatment with hydrogen peroxide. Chronic bacterial infection, fungi viruses (herpes virus, CMV, HIV, and others) are all very effectively treated with hydrogen peroxide."

In addition to everything that has been mentioned regarding Hydrogen peroxide as an oxidizer, and a germ killer, your body also needs hydrogen peroxide for basic metabolism. It is an essential part of the process of digesting nutrition from the carbohydrates, proteins, and fats you eat. It is also produces enzymes such as peroxidase that are essential to the production of important "regulatory" hormones such as progesterone, estrogen and



thyroxin produced by your body. And, hydrogen peroxide is also involved in controlling blood sugar levels and providing energy for cellular growth.

There is no dispute among the medical community that internally produced hydrogen peroxide is required for any number of bodily functions. There is also no argument about its effectiveness when it comes to treating wounds and topical infections.

The only controversy deals with ingesting H<sub>2</sub>O<sub>2</sub> orally or introducing it into the body intravenously, or via other methods.

This dispute has been going on almost since Hydrogen Peroxide therapy was first conceived, and considering the attitude of the FDA and most of the medical community in the US, it will likely continue for many more decades to come.

While it is one of its major detractors today, interesting enough one of the first published papers to establish Hydrogen Peroxide for medicinal purposes appeared in the Journal of the American Medical Association in March of 1888. A consulting physician with the St. Louis City Hospital, Dr. I. N. Love, M.D, submitted the article entitled “Peroxide of Hydrogen as a Remedial Agent,” to the Journal.

The article was based on a lecture given the month prior by Dr. Love to the St. Louis Medical Society regarding his successes in taking care of patients with various ailments typical of the inner cities of the late 19<sup>th</sup> century, among them: diphtheria, scarlet fever, whooping cough, hay fever, asthma and tonsillitis.

In all these cases, treatment basically entailed using a syringe to administer a watered down solution of hydrogen peroxide directly into the nostrils of the patient.

In his speech to the Society Dr. Love remarked “the extraordinary nature of hydrogen peroxide suggests that it ought to be a potent antiseptic as well as an eliminator of microbes - anything that completes oxidation as fast, if it may be used with safety and caution, has got to be exceptional for the application to infected surfaces owing to the sanitizing effects.” Dr. Love concluded that H<sub>2</sub>O<sub>2</sub> should be utilized as a “sanitizer, freshener and promoter of the healing process.”

The first documented use of intravenous hydrogen peroxide was by British physician, Dr. TH Oliver in 1920. In the previous year, Dr. Oliver had cured as many as 25 patients in India who were dying from pneumonia due to severe flu. Dr. Oliver injected hydrogen peroxide directly into the patients' veins. At the time the mortality rate for those with influenza pneumonia was 80%, the death rate of Dr. Oliver's patients was less than 50%.

In the 1960's while researching the possible therapeutic effect of hydrogen peroxide as a cancer treatment, researchers at the Baylor University Medical Center in Texas not only concluded that H<sub>2</sub>O<sub>2</sub> could limit tumor growth, but also found that H<sub>2</sub>O<sub>2</sub> has an invigorating action on the muscles of the heart and, therefore, it could be very beneficial for heart attack victims.





## How Does It Work?

Despite years of success and on going research we do not yet fully understand exactly how hydrogen peroxide does all the astounding things that it does. We do know that it is loaded with oxygen. One single pint of food-grade 35% H<sub>2</sub>O<sub>2</sub> for example contains the equivalent of 130 pints of oxygen! A pint of the familiar 3% “brown bottle” hydrogen peroxide found at the local drugstore contains 10 pints of oxygen.

We also know that when therapeutic H<sub>2</sub>O<sub>2</sub> is taken into the body either orally or intravenously, the oxygen content of the blood and body tissues increases dramatically.

Early on, researchers thought these increases were simply due to the extra oxygen molecule being released, but that really does not account for such huge spikes, especially since only much diluted amounts of H<sub>2</sub>O<sub>2</sub> were ever introduced into the body.

The small amount of oxygen that would be generated by such low concentrations of H<sub>2</sub>O<sub>2</sub> couldn't be solely responsible for the dramatic changes that take place during H<sub>2</sub>O<sub>2</sub> infusion therapies.

Dr. Charles Farr, a strong proponent of intravenous use, has proposed another possible answer. Dr. Farr has shown that hydrogen peroxide stimulates enzyme systems throughout the body.

This triggers an increase in the metabolic rate, causing small arteries to dilate and increase blood flow; this enhances the body's distribution and consumption of oxygen, raises body temperature, and overall oxygen perfusion throughout the body.

In other words injecting H<sub>2</sub>O<sub>2</sub>, not only produces some more oxygen in the blood, it stimulates the body to use oxygen more efficiently. We are just beginning to learn exactly how H<sub>2</sub>O<sub>2</sub> works. Here is what we do know about what it does within the body.

### *On The Lungs*

Hydrogen peroxide enhances oxygen perfusion of red blood cells within the lungs. The cleansing action of hydrogen peroxide also helps to clear the lungs of foreign substances, including toxins and dead and damaged tissues. This allows for more efficient oxygen exchange between the blood and lung tissue.



### *On Metabolism*

Hydrogen peroxide is an important factor in the production and action of regulatory hormones that control metabolic functions.

These include but are not limited to regulating the levels of dopamine, serotonin and noradrenalin, and the making of thyroxine and progesterone. In addition, hydrogen peroxide also directly or indirectly stimulates the production and operation of oxidative enzymes involved in digestion, fat absorption and other metabolic processes.



## *On The Heart And Circulatory System*

Hydrogen peroxide possesses the ability to expand or dilate the blood vessels of the heart, the brain, the extremities as well as the lungs. In addition,  $H_2O_2$  can regulate heart rate and output volume of each heartbeat.

## *In Sugar (Glucose) Utilization*

There has been evidence that hydrogen peroxide can mimic the effects of insulin, and therefore could be a valuable treatment for diabetes.



## *Immune Response*

There is no dispute that naturally occurring  $H_2O_2$  in the body is any integral part of the immune response. Whenever the body is augmented with additional hydrogen peroxide, it stands to reason then, that immune function improves. It has also been well-documented that intravenous hydrogen peroxide therapy stimulates the production of various types of white blood cells.

In addition, intravenous  $H_2O_2$  has been shown to increase the production of interferon and other cytokines that aid in the body's defenses against viral assault.

## *What Can It Treat?*

When you have a minor cut or scrape, most of us know to reach for the 3% hydrogen peroxide. What most of us do not know, and hopefully you have

begun to learn if you have read this far, is the extensive assortment of remedies that can be achieved with therapeutic dilutions of 35% or “food grade” hydrogen peroxide.

Let’s take a close look at several conditions that have proven to respond very well to H2O2 therapy. First, keep in mind that there are basically two accepted methods of administering H2O2 Therapy - orally and intravenously.

Most of the conditions we will discuss in this section respond amazingly well to oral ingestion, but we’d like to start off with a chronic and generally debilitating condition for which conventional medicine has little or no effective treatment, but that has sufferers who have used H2O2 therapy calling it nothing short of a miracle.

The condition is emphysema, and if you or someone you love has ever been a smoker, chances are, you’ll probably be intimately familiar with the condition.

Emphysema involves destruction of the alveoli - the small air sacs in the lungs – where oxygen exchange with the blood takes place. As the disease progresses, the patient finds it more and more difficult to breathe.



Photos © WikiCommons

Because the lungs cannot profuse normally, as the disease progresses, victims cannot survive without supplemental oxygen, delivered via a tank and nasal canula. Without proper oxygenation, the heart has to work much harder, leading to high blood pressure, enlargement of the heart itself and eventually heart failure.



Conventional medicine offers little hope for emphysema victims. There is no cure. The best most doctors can do is prescribing supplemental oxygen, which can only ease the symptoms, but does nothing to arrest or reverse the condition.

Not so with H<sub>2</sub>O<sub>2</sub> therapy. Sufferers of emphysema have found that just using 1 ounce of 35% peroxide per 1 gallon of non-chlorinated water in a vaporizer improves nighttime breathing tremendously. But intravenous infusion holds the real key to relief.

It was Dr. Farr himself who discovered that IV Hydrogen Peroxide had the ability to cleanse the inner linings of the lungs and restore the ability to breathe for people with emphysema and other respiratory disorders such as Congestive Obstructive Pulmonary Disease, (COPD) another condition for which conventional medicine prescribes supplemental oxygen.

We continue to hear the same story from Dr. Farr and others who use intravenous infusion for emphysema and congestive lung problems. Within minutes oxygen from hydrogen peroxide begins to bubble up between the membrane lining the lungs sacs and the accumulated mucus.

You know the “scrubbing bubbles” of effervescent bathroom or denture cleaners? H<sub>2</sub>O<sub>2</sub> has this same “scrubbing” effect in the lungs.

As the “bubbling” continues, the patient begins to cough and expel the material that has accumulated in the lungs. The amount of bubbling, coughing, and cleansing can be regulated by simply turning the H<sub>2</sub>O<sub>2</sub> on and off. As the peroxide clears the lung surface and destroys the bacterial infections, the patient regains the ability to breathe more normally.



Many patients who have been treated this way report no longer needing supplemental oxygen!

If emphysema were the only ailment successfully treated with H<sub>2</sub>O<sub>2</sub> therapy, it would still rank as one of the most remarkable health discoveries of all time! But emphysema is barely the beginning!

How well are you? Just how well do you feel on a daily basis? If you are like most people you will answer “not so well.” Or at the very least “not as well as I’d like to be.” It’s not your fault; it’s because your oxygen needs are not being met.

Several of the most common ailments now affecting our population are directly related to oxygen starvation. Asthma, emphysema, and lung disease are on the rise, especially in the polluted metropolitan areas.

Cases of constipation, diarrhea, intestinal parasites and bowel cancer are all on the upswing. Periodontal disease is almost epidemic in the adult population of the United States.

Cancer of all forms continues to increase. Immune system disorders are sweeping the globe. Chronic fatigue, “Yuppie Flu” “Syndrome X,” Fibromyalgia, and hundreds of other strange viral and mysterious diseases have begun to surface.

Ironically, many of the new “miracle” drugs and nutritional supplements used to treat these conditions work by increasing cellular oxygen! For example, the wonder nutrient, Coenzyme Q<sub>10</sub>, helps regulate intercellular oxidation. But instead of looking for something “new” researchers would have been better



off if they just looked to Mother Nature and something we had all along – Hydrogen Peroxide!

The more you get to understand hydrogen peroxide, and the role it plays in the eco-system, and within your body, the less surprising it becomes that it can help such a wide variety of conditions.

The following is only a partial listing of conditions in which H<sub>2</sub>O<sub>2</sub> therapy has been used successfully.

- |                  |                  |                    |
|------------------|------------------|--------------------|
| ⇒ Allergies      | ⇒ Cerebral       | ⇒ Herpes           |
| Headaches        | Vascular         | ⇒ HIV Infection    |
| ⇒ Alzheimer's    | Disease          | ⇒ Influenza        |
| ⇒ Anemia         | ⇒ Chronic Pain   | ⇒ Multiple         |
| ⇒ Arrhythmia     | ⇒ Diabetes       | Sclerosis          |
| ⇒ Asthma Insect  | ⇒ Diabetic       | ⇒ Parkinson's      |
| Bites            | Gangrene         | Disease            |
| ⇒ Bacterial      | ⇒ Digestion      | ⇒ Parasitic        |
| Infections       | Problems         | Infections         |
| Liver Cirrhosis  | ⇒ Epstein-Barr   | ⇒ Rheumatoid       |
| ⇒ Bronchitis     | Infection        | Arthritis          |
| ⇒ Cancer         | ⇒ Emphysema      | ⇒ Shingles         |
| ⇒ Candida        | ⇒ Food Allergies | ⇒ Sinusitis        |
| ⇒ Cardiovascular | Warts            | ⇒ Viral Infections |
| Disease          | ⇒ Fungal         | Ulcers             |
|                  | Infections       | ⇒ Yeast            |
|                  | ⇒ Gingivitis     | Infections         |



## Hydrogen Peroxide Therapy And AIDS

It is well known that the actual complications of AIDS leading to sickness and death consist of a combination of viral, fungal and bacteriological infections. Medical science has long recognized that hydrogen peroxide destroys viruses, bacteria, fungi and parasites. Unlike many individual drugs developed to fight specific pathogenic organisms, hydrogen peroxide simply kills them all. There will be a much more in depth discussion of H<sub>2</sub>O<sub>2</sub> Therapy and HIV/AIDS in Chapter 10.

## Hydrogen Peroxide Therapy for Cancer

The rationale behind the use of hydrogen peroxide to treat cancer is based on a discovery by Dr. Otto Warburg, who was the director of the Max Planck Institute for Cell Physiology in Berlin. Warburg was awarded the Nobel Prize in 1931 for his discovery of oxygen transferring enzymes that are vital to cellular respiration. In 1944, Warburg again won the Nobel for identifying the enzymes that transfer hydrogen in metabolic processes. According to Dr. Warburg, the key precondition for the development of cancer is a dysfunction of the cells' "ability to properly process oxygen at a cellular level."

By now it should be readily apparent to you how hydrogen peroxide can be used to fight cancer. Based on Warburg's initial findings, it has since been clinically demonstrated many times that the spread of cancer is inversely proportional to the amount of oxygen around the cancer cells. The more oxygen, the slower the cancer spreads. The less oxygen, the faster the cancer spreads. If cancer cells get enough oxygen, they will die cancer cells are anaerobic.



You have already seen how H<sub>2</sub>O<sub>2</sub> not only increases the amount of oxygen in the blood, it is also believed that hydrogen peroxide kills cancer cells because cancer cells do not have the mechanism to break down and resist the oxidizing effects of hydrogen peroxide that healthy cells have.

A more detailed discussion of H<sub>2</sub>O<sub>2</sub> therapies and cancer, including what could happen if H<sub>2</sub>O<sub>2</sub> were injected directly into tumors, will be covered in Chapter 9.

## Grades Of Hydrogen Peroxide

Hydrogen peroxide is available in various strengths and grades.

### **3% Pharmaceutical Grade:**

This is the grade sold at your local drugstore or supermarket. This product is not recommended for internal use. It contains an assortment of stabilizers which should **NEVER be** ingested. Various stabilizers include: acetanilide, phenol, sodium stannate and tetrasodium phosphate.

### **6% Beautician Grade:**

This is used in beauty shops to color hair and is not recommended for internal use.

### **30% Reagent Grade:**

This is used for various scientific experiments and also contains stabilizers. It is also not for internal use.

### **30% to 32% Electronic Grade:**

This is used to clean electronic parts and not for internal use.

### **35% Technical Grade:**





This is a more concentrated product than the Reagent Grade and differs slightly in that phosphorus is added to help neutralize any chlorine from the water used to dilute it.

### **35% Food Grade:**

This is used in the production of foods like cheese, eggs, and whey-containing products. It is also sprayed on the foil lining of aseptic packages containing fruit juices and milk products. **THIS IS THE ONLY GRADE RECOMMENDED FOR INTERNAL USE.** It is available in pints, quarts, gallons or even drums. It is diluted food grade H<sub>2</sub>O<sub>2</sub> that is used in all hydrogen peroxide therapies as discussed in this book.

**90%:** This is used as an oxygen source for rocket fuel.

Only 35% Food Grade hydrogen peroxide is recommended for internal use. At this concentration, however, hydrogen peroxide is a very strong oxidizer and if not diluted, it can be extremely dangerous or even fatal. Any concentrations over 10% can cause neurological reactions and damage to the upper gastrointestinal tract.

#### **35% Food Grade H<sub>2</sub>O<sub>2</sub> must be**

- 1) Handled carefully (direct contact will burn the skin--immediate flushing with water is recommended).
- 2) Diluted properly before use.
- 3) Stored safely and properly (after making a dilution the remainder should be stored tightly sealed in the freezer).



## How Is It Used?

There are several ways to receive hydrogen peroxide therapy. The most common method of receiving hydrogen peroxide from a medical professional is through intravenous injection.

IV treatments typically last an hour and a half. They can vary in frequency, as some people might request only one treatment and others might want an infusion five days a week.

Drinking a diluted food grade hydrogen peroxide is the most common “home method,” but some have suggested inserting it rectally, vaginally, or through the nose or the ears.

One of the most convenient methods of dispensing 35% H<sub>2</sub>O<sub>2</sub> is from a small glass eye dropper bottle. These can be purchased at your local drugstore. Fill this with the 35% H<sub>2</sub>O<sub>2</sub> and store the larger container in the freezer compartment of your refrigerator until more is needed. Store the eyedropper bottle in the refrigerator.

The generally recommended dosage is outlined in the chart below. The drops are mixed with either 6 to 8 ounces of distilled water, juice, milk or even aloe vera juice or gel.

**NOTE:** Never use tap water to dilute the peroxide – it is chlorinated, and this will destroy the H<sub>2</sub>O<sub>2</sub>.



The program outlined is only a suggestion, but it is based on experience and reports from thousands of users. Those who choose to go at a slower pace can expect to progress more slowly, but that certainly is an option. The program is not carved in stone and keep in mind that it can be adapted to fit individual needs.

Day Number	Number of Drops	Times Per Day
1	3	3
2	4	3
3	5	3
4	6	3
5	7	3
6	8	3
7	9	3
8	10	3
9	12	3
10	14	3
11	16	3
12	18	3
13	20	3
14	22	3
15	24	3
16	25	3

## Maintenance Dosage

In most situations after the above 16-day program, the amount of H2O2 can be tapered off gradually as follows:

- ⇒ 25 drops once every other day for 1 week
- ⇒ 25 drops once every third day for 2 weeks
- ⇒ 25 drops once every fourth day for 3 weeks



This can then be reduced to between 5 and 15 drops per week based on how you feel.

Those with more serious problems will often benefit from staying on 25 drops three times a day for one to three weeks, then tapering down to 25 drops two times daily until the problem is resolved.

It is important that H<sub>2</sub>O<sub>2</sub> be taken on an empty stomach. This is best accomplished by taking it either one-hour before meals or three hours after meals. If there is food in the stomach, the reaction of H<sub>2</sub>O<sub>2</sub> on any bacteria present may cause excess foaming, indigestion, and possibly even vomiting.

Some individuals taking H<sub>2</sub>O<sub>2</sub> immediately before bedtime have a difficult time getting to sleep. This is probably due to a sense of alertness triggered by an increase of oxygen at the cellular level.

The oral dosage schedule is basically the same for all conditions. There are several points to keep in mind, however.

Some individuals may experience upset stomach. If this occurs it is recommended that you **do not stop the program**, but rather remain at the current dosage level or reduce it to the previous level until the problem stops.

During the program it's not uncommon to experience what is known as a "healing crisis." As dead bacteria and toxins are released from your body it may temporarily exceed your capacity to eliminate them quickly enough.

In some individuals this overload may cause fatigue, diarrhea, headaches, skin eruptions, cold or flu-like symptoms, and/or nausea.



Do not discontinue using the peroxide to stop this cleansing.

By continuing the program, toxins will eventually begin clear the body faster and this healing crisis will pass rather quickly.

If you are not already taking vitamin E and an acidophilus product, it is recommended starting them before going on H<sub>2</sub>O<sub>2</sub>. Vitamin E can make more efficient use of any oxygen available and acidophilus will help re-establish the beneficial bacterial flora in the lower bowel and also help in the internal production of hydrogen peroxide.

#### Other Methods of Making and Using 3% Solutions of H<sub>2</sub>O<sub>2</sub>

A 3% solution can be made quite easily by first pouring 1 ounce of 35% H<sub>2</sub>O<sub>2</sub> into a pint jar. To this add 11 ounces of distilled water. This will make 12 ounces of 3% H<sub>2</sub>O<sub>2</sub>. This pure 3% (unlike drug store 3% H<sub>2</sub>O<sub>2</sub> that is loaded with preservatives and other toxins and should NEVER be ingested) has a variety of medicinal uses.

- ⇒ Three tablespoons mixed with a quart of non-chlorinated water makes a good enema or douche formula.
- ⇒ It can be used full strength as a mouthwash or mixed with baking soda for toothpaste.
- ⇒ It can be used full strength as a footbath for athlete's foot.
- ⇒ A tablespoon added to 1 cup of non-chlorinated water can be used as a nasal spray.



## Final Thoughts

Despite the fact that hydrogen peroxide therapy has been proven in hundreds of legitimate clinical trials from respected universities and in daily clinical practices, very few people outside of Europe are aware of the amazing truths about hydrogen peroxide therapy.

An estimated 15,000 European practitioners use bio-oxidative therapies in their practices everyday, yet the number of doctors in the United States who apply these therapies is probably less than a few hundred.

This is mainly due to the misinformation and disinformation campaign about bio-oxidative therapies in general and hydrogen peroxide specifically, perpetrated by the medical industrial complex of the US.

The medical establishments, especially medical boards often discourage licensed physicians from using hydrogen peroxide in their practices, and will viciously attack them if they do, even with threats of censure and malpractice.

Clinics offering hydrogen peroxide therapy have been closed down, practitioners using hydrogen therapy have had their licenses threatened or revoked, and have even been throw in jail! Businesses selling hydrogen peroxide products have been raided and have had their products seized and destroyed.

This is just insane over a naturally occurring healing product!

Did you know that most of us started on hydrogen peroxide shortly after birth? Not only does mother's milk contain high amounts of H<sub>2</sub>O<sub>2</sub>, the amount contained in the "first milk" – called the colostrums - is even higher.



You have all heard that “mother’s milk” kickstarts a baby’s immune system, now you know why!

There is a very good reason why the “powers that be” are trying so hard to scare you away from using hydrogen peroxide.

Scroll back to that list on page 69. What would happen to doctors, large for-profit hospitals, drug companies and insurance companies, if a simple and inexpensive “cure” was discovered for that list of ailments ranging from the AIDS and the “Big C” to the common cold?

How many doctors, nurses, pharmacists, drug sales reps, hospital and insurance administrators would lose their jobs if millions of people were suddenly cured of most disease?

Do you think for one second that these people really want a “cure” to be found? No. They want new expensive and prolonged “treatments” to be developed.

Cures kill repeat business, and where is the profit in that?

And it is not just the drug companies and health providers that have a vested interest in disease. What about the media outlets that get billions of dollars in ad revenue especially since the deregulation that has allowed direct to consumer advertising of prescription medications – probably one of the greatest disservices to the health of the American public ever!





What about the politicians that passed such deregulations? Do you think that they want to lose their wealthy donors, and Big Pharma lobbyists who put them in office?

Do you really think that the American Heart Association, the American Cancer Society and the American [put name of disease here] Association really wants to put themselves out of business by finding a cure for the disease that enables them to raise the billions of dollars that pays for their salaries?

The conflict between practitioners of alternative medicine and traditional medicine over things like bio-oxidative therapy is more than one of philosophical differences.

It is part of a bigger battle between Mother Nature's truths and corporate greed – and the greatest casualty is **YOUR HEALTH!**

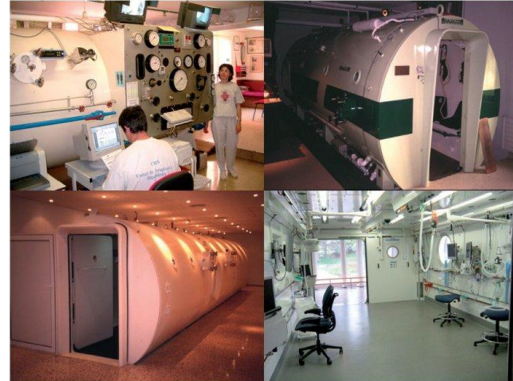
No one in the medical establishment has any financial incentive to “cure” you. The FDA does not even allow the use of the word “cure” in anything they approve! Their only incentive is to keep you ill so that testing, treatment and profits can continue indefinitely.

There are many people the world over who have been helped and yes even “cured” by Hydrogen Peroxide. Unfortunately there are countless millions more who are in horrible pain and suffering needlessly because they either do not know about hydrogen peroxide or they have been misinformed, or totally denied its use.

## Chapter 5: Hyperbaric Oxygen

As stated several times the most readily accepted Oxygen Therapy by conventional medical practitioners is Hyperbaric Oxygen Therapy, or HBOT.

However, even there, the medical establishment refuses to see the potential uses of this amazing healing technology, beyond what it is usually used for. Hyperbaric Oxygen Therapy consists of breathing 100 percent oxygen while in an environment of increased atmospheric



pressure. This increases the amount of oxygen in the blood and getting into your tissues. By now you should already be well familiar with the healing effects increased levels of oxygen in the blood can have.

The Undersea and Hyperbaric Medical Society, the professional organization in this field, recognizes 13 conditions for which it is legitimate to place patients in high-pressure chambers that force pure oxygen into their blood and tissues. Eleven of those conditions have been approved by Medicare for reimbursement, indicating that solid evidence supports these uses of hyperbaric oxygen.

According to the world renowned Mayo Clinic, in a hyperbaric oxygen therapy room, the air pressure is raised up to three times higher than normal air pressure. Under these conditions, your lungs can gather up to three times more oxygen than would be possible breathing pure oxygen at normal air



pressure. Your blood carries this oxygen throughout your body, stimulating the release of substances such as growth factors and stem cells, which promote healing.

The Mayo Clinic operates one of the few “mainstream medicines” Hyperbaric Oxygen Chambers in the United States to treat any of the following conditions:

- |  |   |
|--|---|
| ⇒ Bubbles of air in your blood vessels (arterial gas embolism) | ⇒ Skin or bone infection that causes tissue death   |
| ⇒ Decompression sickness                                       | ⇒ Radiation injuries                                |
| ⇒ Carbon monoxide poisoning                                    | ⇒ Burns   |
| ⇒ Slow healing or non-healing wounds                           | ⇒ Skin grafts or skin flaps at risk of tissue death |
| ⇒ Crush trauma   | ⇒ Severe anemia                                     |
| ⇒ Gangrene   |   |

The very things that HBOT is recognized as effective for in conventional medicine is by extension the same reason it has proven to be effective as an Oxygen Therapy for many diseases beyond the above list in the alternative and anti-aging medicine community. As usual, conventional medicine is just incapable of “thinking outside of the box” – or rather in this case – the chamber!

HBOT is an effective treatment for acute and chronic tissues damage of all types—any cause, any duration, any location. The underlying causes can be



trauma, infection, autoimmunity, ischemia, hypoxia, toxins, or something similar—it makes no difference what caused the injury.

When we think of “injured” tissues, we immediately think of trauma. But any damage to cells is an injury. Viruses, bacteria, any disease causing pathogen, inflicts injury, on the genetic, even the molecular level. HBOT can repair “wounded” DNA, as in a viral attack; just as well as it can repair wounded flesh! While some of the mechanisms of action of HBOT, as they apply to healing and reversal of symptoms are yet to be discovered, it is known that HBOT:

- ⇒ Significantly increases oxygen concentration in all body tissues, even in patients with blocked arteries or other circulatory conditions that inhibit blood flow
- ⇒ Stimulates the growth of new blood vessels to locations with reduced circulation, improving blood flow to areas with arterial blockage
- ⇒ Dilates blood vessels and keeps them open even after therapy is completed, resulting in an increased blood vessel diameter greater than when therapy began, improving blood flow to compromised organs
- ⇒ Stimulates the creation of superoxide dismutase (SOD), one of the body's principal, internally produced antioxidants and free radical scavengers that seeks out and destroys toxins and invaders
- ⇒ Improves immune function by enhancing white blood cell action much as hydrogen peroxide does



When undergoing HBOT the increased pressure combined with the increase in oxygen concentration dissolves oxygen into the blood and all other body tissues and fluid 15 to 20 times the normal concentration. That amount of oxygen in your brain and other tissues is high enough to keep you alive even if your heart stopped beating and your blood stopped flowing!

While not a new idea by any means, HBOT has only in more recent years begun to be used for the treatment of chronic degenerative health problems such as arteriosclerosis, stroke, peripheral vascular disease, diabetic ulcers, wound healing, cerebral palsy, brain injury, multiple sclerosis, macular degeneration, and many other disorders.

The fact of the matter is, as you have already seen with ozone therapy and with H<sub>2</sub>O<sub>2</sub> therapy, wherever and whenever blood flow and oxygen delivery to vital organs is reduced, function and healing can be improved by increased oxygenation. This is especially the case with traumatic brain injury, or any conditions that cause brain cells to die due to lack of oxygen. When the brain is injured by stroke, conditions such as cerebral palsy, Parkinson's or trauma, HBOT may "wake up" stunned parts of the brain and return function.

One of the world's most experienced authorities on hyperbaric medicine was Dr. Edgar End, clinical professor of environmental medicine at the Medical College of Wisconsin, who voiced his opinion on HBOT's value for the treatment of stroke in this way: "I've seen partially paralyzed people half carried into the chamber, and they walk out after the first treatment. If we got to these people quickly, we could prevent a great deal of damage."



As you might imagine the medical profession is becoming just as polarized concerning HBOT as you have seen they are on the either Oxygen Therapies – medical ozone and medical hydrogen peroxide we have discussed so far –and for many of the same reasons.

A vast majority of medical doctors believe that HBOT should be restricted to treatment of those rare conditions with prior FDA approval, such as those listed by the Mayo Clinic on pages 79-80. Physicians who use Hyperbaric Oxygen therapy in many of the proven “off-list” treatments have been disparaged, attacked, and even sanctioned. And yet, there are now more than 30,000 published scientific papers indicating uses for HBOT well beyond the “approved list.”

In a recent interview with the New York Times, Dr. Charles S. Graffeo, a specialist in hyperbaric medicine at the Eastern Virginia Medical School, said “Hyperbaric oxygen can be life-saving for patients with the bends, like divers who have surfaced too quickly.

For those suffering from severe carbon monoxide poisoning, the most rigorous study so far found that three hyperbaric treatments decreased cognitive damage later. Traumas like crush injuries and thermal burns that deprive tissues of adequate oxygen also benefit from high-oxygen therapy, as do life-threatening infections called necrotizing fasciitis, if the condition is treated in its early stages. The therapy may also be useful for sepsis, a potentially life-threatening bacterial infection in the blood and tissues.”



In the interview, Dr. Graffeo also said there was “a good theoretical basis and some promising evidence that hyperbaric oxygen therapy could help treat clots on the retina, acute frostbite, recluse spider bites and thermal burns.”

Do you know any doctors personally? Friends? Maybe a family member or two? Then you know how hard it is for them to admit they are wrong about *anything* – let alone something that relates to what they think they know about a certain treatment for their patients!

Doctors are at their heart explorers and scientists. They eagerly embrace scientific research that supports a treatment they have been using and that is approved for general practice.

The conventional medical establishment also doesn't mind looking into and debating entirely new approaches to things. But what it really hates is reappraising a treatment it has already pooh-pooed. Like most of us, maybe even more than most of us, doctors hate to admit being in error.

Someday, HBOT will get its due, and when it does medical historians will look back and wonder how so much supportive research could have been ignored by the medical establishment of the 20<sup>th</sup> and early 21<sup>st</sup> centuries. By that time, most of the individuals who attempted to keep HBOT “alternative” will probably no longer be in practice, sparing them extensive embarrassment!







## Conditions that benefit from HBOT

Other than the list of recognized, FDA approved, and insurance company reimbursable conditions such as those listed by the Mayo clinic, the following conditions have also been treated successfully with HBOT worldwide.

### EMERGENCIES AND TRAUMA

- |                  |                      |
|------------------|----------------------|
| * Cardiac Arrest | * Near-Electrocution |
| * Frostbite      | * Near-Hanging       |
| * Near-Drowning  | * Stroke             |

### NON-EMERGENCY CONDITIONS

- |  |                                      |
|--|--------------------------------------|
| * Arteriosclerosis                     | * Acute Necrotizing Fasciitis        |
| * Autism                               | (so called "flesh-eating bacteria")* |
| * Cerebral Palsy (CP)                  | * Fibromyalgia                       |
| * Fetal Alcohol Syndrome               | * Lyme disease                       |
| * Stroke (acute and chronic residuals) | * Migraine                           |
| * Coma (acute and prolonged)           | * Rheumatoid Arthritis               |
| * Brain Dysfunction                    | * Chronic Fatigue Syndrome           |
|  | * Parkinson's Syndrome               |

## Why These Conditions all Benefit from HBOT

- ⇒ Breathing oxygen in a hyperbaric chamber provides up to a 400% increase in the amount of oxygen available than in normal air
- ⇒ Hyperbaric oxygen therapy dissolves oxygen directly into the plasma, brain and cerebrospinal fluids
- ⇒ The increased pressure causes the blood plasma and other liquids of the body to absorb MUCH LARGER QUANTITIES of oxygen, greatly increasing oxygen uptake by the cells, tissues, glands, brain, other organs, and fluids of the body.
- ⇒ The resulting increased uptake of oxygen allows for increased circulation to areas that may have swelling or inflammation. At the same time, the increased pressure decreases the swelling and inflammation

## HBOT in Stroke and Traumatic Brain Injury

Dr. Geoffrey H. Saft, D.C. is certified in Hyperbaric Oxygen Therapy. He runs the Hyperbaric Oxygen Healing Center in San Francisco, California. Dr. Saft commenting on his use of HBOT for Stroke and Traumatic Brain Injury has said, “Conditions that harm the brain have a wide reach. Whether from a stroke, or a traumatic brain injury, the results impair the whole family. The loss, or potential loss, of hopes, dreams, and expected joys and accomplishments is a loss suffered by all of those who care. Hyperbaric Oxygen Therapy is not a cure . . . but it can often help.”





Margret H. the wife one of Dr. Saft's patients had this to say, "My husband suffered strokes in August 2006 that resulted in total loss of short-term memory, slurred speech, and difficulty walking. The doctors said he may never recover, and if he did it would take at least two years. Now, after only two months of hyperbaric therapy his memory is back, and his speech and walking are normal. His energy has improved. Dr. Saft is one of the most caring individuals we have ever met. We can't thank him enough for what he has done for us..."

According to Dr. Saft, even though science now knows better, the "old-school" idea still often remains that once an area of the brain has been damaged by a stroke, traumatic brain injury, or near drowning, that nothing or very little can be done to restore the function of that area.

However, recent scientific research has demonstrated that while the core-area of the damaged brain tissue may be irreversibly damaged, there is an area surrounding this tissue that hyperbaric oxygen therapy can restore and these neurons can and do re-establish their function.

The majority of transient ischemia attack (TIA), stroke and brain injuries are caused by blood vessel obstructions, such as a blood clot, that cuts off the flow of oxygen to parts of the brain. This results in the death of nerve cells within a very short time. These dying brain cells begin to swell due to their cell walls breaking down, allowing fluid to move into the cells.

As these cells swell, they begin to expand into the surrounding tissues. This causes constriction of the blood vessels in the surrounding tissues, which then causes a lack of oxygen to these previously normal cells. These surrounding



cells then begin to swell as well. This gradually increasing, damaged, hypoxic tissue surrounding the original injury is called the "ischemic penumbra," and contributes up to 85% of the disability resulting from a stroke. According to Dr. Saft's results, "The cells in this secondary area have the potential of being restored to near-normal, and sometimes normal function through HBOT."

Neuroscientists have indicated that what Dr. Saft suspects is indeed true. Researchers have shown that crippled nerve cells may persist in the margins of wounds of the brain for many years. Studies have suggested that within these damaged margins, "idle" or "dormant" neurons are present. They are metabolically lethargic and are non-functional, because of low oxygen levels and secondary damage. But they remain viable and are subject to being revived with hyperbaric oxygen therapy.

Proof of this dormant life of the brain's cells has been demonstrated with the use of brain image scans done before and after a series of hyperbaric oxygen therapy. In the journal Stroke, Dr. Richard Neubauer, a pioneer in the use of this therapy for treating various neurological diseases, reported outstanding results in a group of 122 stroke patients treated with HBOT. In one case, significant functional improvement was noted when Hyperbaric Oxygen Therapy was used 14 years after the initial stroke.

These studies by Dr. Richard Neubauer conclusively demonstrate the development of new blood vessels to the rim of tissue surrounding the area of the brain that had been damaged.

These newly formed blood vessels resulting from the hyperbaric oxygen therapy can then bring fresh blood and oxygen to the damaged tissue. The



tissue begins to repair itself and returns to normal or near-normal. Once “awakened” these previously dormant neurons gradually reconnect to the rest of the brain. Having retuned to normal or near to normal functioning, these revived neurons help to return the use of lost cerebral and bodily functions.

Do not misunderstand, this does not mean that Hyperbaric therapy can resurrect dead brain tissue; no one is making that claim.

But what the research does prove is that it can facilitate the functioning of those dormant, idling nerve cells that have suffered secondary damage by stroke due to diminished oxygen. Oftentimes, the brain area suffering secondary damage is a larger part of the brain than that which suffered the primary damage. This area of secondary damage to the brain is the area that HBOT can help.

In terms of his own practice, Dr. Saft says, “Improvements have been achieved and gains have been made, even with patients who are more than a decade post-stroke.”

## HBOT in Chronic Fatigue and Fibromyalgia



Fibromyalgia is one of the modern era's so-called "mystery syndromes." It first began to be recognized in the past decade or so and along with Epstein Barr, so-called "yuppie flu," and half dozen or more such similar chronic syndromes, has been rising in occurrence continually.

Despite a dramatic increase in occurrence, today, the scientific community knows little more about Fibromyalgia than it did 15 years ago.

However, guess what a study of brain scans from the University of Alabama found? Surprise! There is a less blood flow to vital areas of the brain in people suffering from Fibromyalgia than in people without Fibromyalgia.

We already have learned that hyperbaric therapy works by greatly increasing your cells ability to uptake and process oxygen, which results in greater flow of oxygenated blood to vital areas.



Fibromyalgia has been successfully treated by oxygen therapies including HBOT in Europe and Asia for many years. Its proven ability to increase oxygenation and blood flow is undoubtedly one explanation as to why hyperbaric oxygen has been found to help these patients who are suffering from the debilitating effects of Fibromyalgia.

Hyperbaric oxygen is not a cure; but it has been shown to help patients with Fibromyalgia to feel “more like themselves.” After treatments they often find themselves pain-free for the first time in months, or even years. Post treatment patients report feeling stronger and with an improved desire to do more.

## HBOT and Autism

Autism is a mysterious behavior and developmental disorder which causes learning difficulties, and problems with language acquisition in children. It is a very complex neurological disorder that typically occurs within the first 3 years of life. Like fibromyalgia, and the other plagues of the 20<sup>th</sup> century, it has seen a dramatic increase in cases over the past 4 decades. Many believe as with the other “mystery” conditions that respond so well to oxidative therapy, the dramatic increase in children with autism has a lot to do with toxins in the environment and oxygen depletion.

Often, children with autism will seem to develop normally until 18 -24 months at which time an alarming regression in their development occurs and they may stop speaking and begin to lose interest in their surroundings and interactions with other people. Autism occurs two to four times more frequently in boys than in girls.





There are many theories as to what causes Autism such as abnormal cerebral blood flow to areas of the brain, high fevers, birth trauma, brain injury, infections, reactions to preservatives in vaccines, or lack of oxygen before, during or after delivery. Other theories suggest mineral deficiencies such as calcium, iron and zinc either in utero or after birth or fat and protein deficiencies.

The use of HBOT has been tried as a treatment for autism in many countries across the globe. The results are varied, but there have been some very encouraging anecdotal reports from practitioners and the families of patients.

It stands to reason as to why HBOT could help some children with autism. HBOT increases the concentration of oxygen in body tissues, which increases cerebral blood flow. Perhaps, the children with autism are experiencing learning and communications difficulties due to “stagnate neurons” such as those in the secondary injury sites of traumatic brain injury patients. As in Dr. Saft’s stroke victims, maybe HBOT “jump-starts” those connections, and these children can then think clearer.

We know that HBOT reduces swelling or excess fluid in the brain that might be pressing on centers of the brain which cause confusion, dysfunction, and inability to communicate in victims of stroke and other cerebral injuries. Perhaps many children with Autism are in a similar state?

In any case as to why it can help, HBOT has been shown to help many children with Autism. Parents are encouraged to educate themselves on this new dynamic use of HBOT so they can make informed decisions for the futures of their children.



A study that followed three autistic children who received HBOT, entitled *Hyperbaric Oxygen Therapy's adjunctive role in the treatment of Autism*, had this to say on the subject.


Presently there are no effective cures for this disease as little is known as to the etiology. Diet, psychotropic medications and other regimens have been tried with mixed and often disappointing results. Recently a therapy that has been in and out of favor has been shown to be of possible benefit in the treatment of this disease.

Initial results were objective improvements in a variety of diverse phenomenon. Each child demonstrated global reduction in aggressive behavior. Parental summaries all stated substantial decrease in tendency to rage or exhibit tantrums. All children were reported to be easier to engage when the parent wished to initiate communication with marked improvement of direct eye contact.

All three children enrolled in a school program displayed higher achievement with better performance and less instruction in classroom assignments. All children were improved with regard to understanding verbal commands. Reasoning abilities were noticeably enhanced in all individuals.

Brain imaging displayed enhanced neurophysiologic function in at least one of the members of this study.

The aim of hyperbaric oxygen therapy as an adjunct therapy was to evaluate the efficacy of the treatment in a series of 40 HBOT initial treatments, one or twice daily at 1.5 ata to 1.75 ata using a chamber on 100% oxygen for a total time of 60 minutes per treatment.



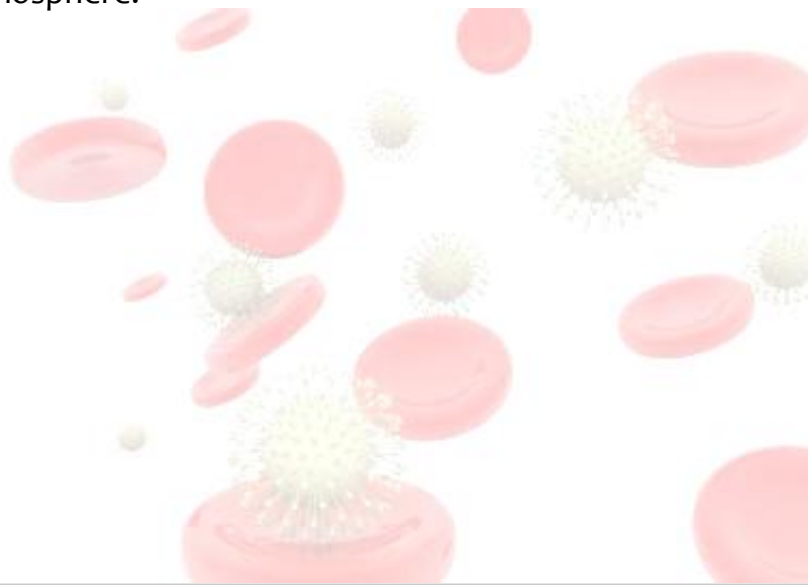
Patients were treated for 5 days consecutively with two days off. HBOT has been demonstrated to exert positive objective changes on a limited cohort of autistic children as evidenced by subjective and objective parameters. HBOT would seem to be useful and safe adjunctive therapy in the treatment of Autism.

## HBOT and Cancer

Increasingly, hyperbaric therapy is being used to treat a number of severe side effects of some conventional cancer treatments such as radiation therapy and chemotherapy.

Well, in addition to improving the immunosuppression caused by those cancer treatments as intended, in many cancer patients, the HBOT treatment had an unexpected “side effect” – remission of their cancer!

But this should not have been such an “unexpected” outcome, if those that were giving the HBOT treatments accepted the idea that has been proven by practitioners of oxygen therapies - cancer cells are anaerobic, meaning they cannot thrive in a highly oxygenated atmosphere.





## General Benefits of HBOT to Cancer Patients:

- ⇒ HBOT facilitates the growth of new blood vessels, enabling the transport of additional blood
- ⇒ HBOT augments the body's natural defense mechanisms to fight infection and kill bacteria
- ⇒ HBOT helps reduce any swelling that may occur around an area subjected to radiotherapy

HBOT therapy is increasingly being used to help patients who have been subjected to conventional radiation treatments.

A major problem with radiation therapy is that it does a lot of “collateral damage” killing cancer cells and nearby healthy cells alike!

With less healthy cells in the area of treatment, oxygen supply to the tissue is lessened. Cut off from life giving oxygen, and essential nutrients to reach the tissues, over a period of time these tissues can become very fragile, break down and sometimes can even completely die, causing sores and ulcerations, a condition known as radiation necrosis. HBOT is FDA approved to treat and prevent radiation necrosis.



Beyond that, studies indicate that HBOT can be effective in treating the following cancers and cancer related conditions:

- ⇒ Chronic lymph edema in breast cancer
- ⇒ Chronic radiation cystitis
- ⇒ Pelvic cancer
- ⇒ Bowel cancer
- ⇒ Prostate cancer
- ⇒ Osteoradionecrosis
- ⇒ Chronic radiation proctitis
- ⇒ Acute blood loss anemia

## HBOT and Life Extension

Hyperbaric oxygen chambers deliver pure oxygen to the bloodstream, vital organs and to the muscles throughout the body. Increased oxygenation can help with many of the ravages of aging.

Oxygen is essential in a variety of enzymatic, biochemical, and physiologic interactions that promote normal cellular respiration and tissue functions. All of this metabolic process slows down as we age, and, fatigue lack of vitality, joint pain, muscle aches, cognitive difficulties, all of the “normal” symptoms of aging are the result. However the emerging science of anti-aging medicine says it does not have to be that way, and hyperbaric oxygen therapy is becoming a very potent arrow in their quivers!



After treatments in the hyperbaric chamber, many people experience an extraordinary jump in oxygenated particles in the blood. Those particles are more receptive to healing and repairing the damaged cells caused by aging. Free radicals cause your organs to age well before their time. Pure oxygen combats the free radicals that destroy cells on a molecular level.

As do all of the oxygen therapies, HBOT has been shown to build up the immune system. Professional and Olympic athletes have used the hyperbaric chambers to repair the damage that is inflicted on their tissues and organs – and now they are proving to return anybody and *any body* to peak performance at any age!

## Final Thoughts

As stated in the opening of this chapter, HBOT is probably the least controversial, and most readily accepted of the Oxygen Therapies discussed in this book. But that is actually as much a curse as a blessing, when it comes to getting its FULL POTENTIAL widely accepted.

In a sense, we're attempting to set the record straight and to tell people—especially physicians—to study the published scientific evidence. Mainstream medical journals engage in unconscionable editorial censorship.

They refuse to publish positive research studies on alternative therapies, and are quick to print editorial criticism and anecdotal letters to the editor that are biased against such treatments. They have also been quick to uncritically print flawed studies that erroneously allege to disprove a controversial therapy. This



has been just as true of “off-list” uses of HBOT as it has been of any uses of Ozone or Hydrogen Peroxide therapies.

But as with its less “conventional” cousins, it’s all about healthy cells, and healthy cells thrive in the presence of oxygen – toxins, germs, and unhealthy cells do not!

Hyperbaric Oxygen Therapy dissolves much greater amounts of oxygen into your cells, your tissues, your organs. Hyperbaric Oxygen dissolves increased oxygen into your blood plasma and cerebrospinal fluid. One of the most important facts to understand is that the health and functioning of your brain, one of your many organs, is most sensitive to oxygen deficiencies. The brain is also the most responsive organ to oxygen super-saturation. This the main reason why stroke victims, as well as other patients who have brain and nervous system-related conditions, and those with cognitive difficulties, respond so well to Hyperbaric Oxygen Therapy.

HBOT originally was only used for diving injuries. The more conventional medicine came to understand how it helped victims of the bends, air embolisms, and decompression sickness – the more they were able to use Hyperbaric Chambers for other conditions. It is only a matter of time before they are forced to admit that it also does help all of the other conditions it has been used for – and by extension, admit the same of all oxidative therapies.

Now that you have a very good understanding of the three main Oxygen Therapies, Ozone, Hydrogen Peroxide, and HBOT, in the next section we will take a much more detailed look at the almost miraculous cures they have been able to achieve!



# Section II

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# The Cures

*"The FDA won't spend a dime on oxygen therapy research, but they spend millions intimidating, harassing, and persecuting those that use it..."*

*- Dr Jonathan Wright*

## Chapter 6:

# Body Cleansing and Food Grade Hydrogen Peroxide

It's been said that an ounce of prevention is worth a pound of cure. Taking a proactive approach to health and wellness instead of being reactive and treating symptoms is what alternative medicine is all about. This is very true of all of the oxidative therapies.

In the following chapters in this section you will see remarkable evidence for using hydrogen peroxide and the other oxidative therapies to achieve unprecedented cures for specific diseases, including AIDS and cancer. That's right not "treatments, but CURES!

However, a section on curing disease with oxygen needs to start NOT WITH CURES – but with a discussion on how to keep your body disease free with hydrogen peroxide and increased oxidation through diet and exercise.

In Section I we learned that oxygen is one of the main requirements for energy to be made and transported throughout the body for optimal health. We discovered how oxygen plays a vital role, not only in breathing but also in every metabolic process of your body.

Basically, what this all means is that oxygen is a vital *nutrient*, and as you know nutrients are something we take into our bodies from food and other external sources.





## An Oxygen Diet

No you can't actually "eat oxygen" but there are many types of foods you can add to your diet to pump up the levels of O<sub>2</sub> in your blood.

One of the keys of increasing nutritional oxygen is to eat a more alkaline diet. Alkaline foods are foods that raise the amount of oxygen that your blood is able to absorb. The most alkalizing foods are raw green leafy vegetables, tart fruits, and wheat grasses. The opposite of alkaline foods are acidic foods. Most of us eat a diet that is way too acidic, which also adds to our chronic state of oxygen depletion.

How much oxygen your blood can absorb is measured on the same pH scale you probably learned about in high school chemistry that ranges from 0 to 14. The bottom-end of the scale towards zero is the "acidic" range, while pH's near 14 are the most alkaline. The ideal pH of your bloodstream for optimal health is when we are in balance, tipping just slightly towards the alkaline with a "normal" pH of 7.365.

As you already have learned, if your blood cannot absorb enough oxygen sicknesses like cancer, heart disease, arthritis, bacterial and fungal infections, diabetes, etc, etc, can be the result.

Just as your body tries to maintain a temperature 98.6F or 37C, for "normal" operations, your body also wants to maintain a "normal" pH of 7.365 for the right amount of oxygen in your blood and optimal health.



But most of us who are walking around in a state of oxygen depletion are also way too acidic, because of stress, multiple toxins in our environment, and for a large part – our diets!

A recent study published in the journal *Cancer Active* said high levels of acidity in the blood can lead to lower oxygen levels and an increased risk of certain cancers. The article recommended increasing your intake of alkaline water, along with fruits and vegetables “rich in potassium and magnesium such as bananas, potatoes, tomatoes and green leafy vegetables, which can all help reduce acidity and treat oxygen depletion.”

As you might imagine, a diet designed to increase oxygen, also pretty closely mirrors what you have been hearing for years about how to eat healthy - increase the amount of fruits and veggies in your diet and decrease the amount of processed foods and animal-based foods, which are all acidic. If you did nothing more than that, you would be well on your way to better health.

The best ways to do this is to increase the amount of dark, leafy green vegetables, such as kale, spinach, Swiss chard, parsley, sprouts, collard greens, and mustard greens. These not only are alkaline, but also are high in iron, and iron is essential for healthy hemoglobin, which transports oxygen throughout the body.

If you are not a “vegetable person” you can also increase your oxygenation by using “super green” supplements that contain chlorella, spirulina, barley grass, and alfalfa grass. These are great to alkalize your body, just make sure the ingredients are organic.

## Fruits

Most fruits are alkaline, with the few exceptions of blueberries, cranberries, plums and prunes. To decrease the acidity of your blood and to increase oxygenation, you must eat raw fruits, cooking them actually creates a chemical change which raises their acidity.

Of course in addition to adding to a more alkaline diet many fruits, such as strawberries and oranges, are great sources of vitamin C and other powerful antioxidants that support your immune system and combat the effects of aging. Specific to oxygenation, Vitamin C helps your body produce more and healthier red blood cells. Red blood cells transport oxygen throughout the body.

## Vegetables

In addition to the leafy vegetable such as spinach and kale, most raw vegetables contain living enzymes that are on the alkaline side of the pH scale. All of the raw greens also contain iron, which aids in the production of red blood cells and the transportation and absorption of oxygen. Asparagus, onions, tomatoes and bell peppers are good ways to reduce acidity in your diet, and also add powerful antioxidants.



## Other Ways to increase Oxygen

You have heard a lot about hydrogen peroxide in this book, and know that it is basically “oxygenated” water. In a way Hydrogen Peroxide is just another kind of water. But just as essential to proper oxygenation and to keep oxygen flowing in your body is also “ordinary” water.

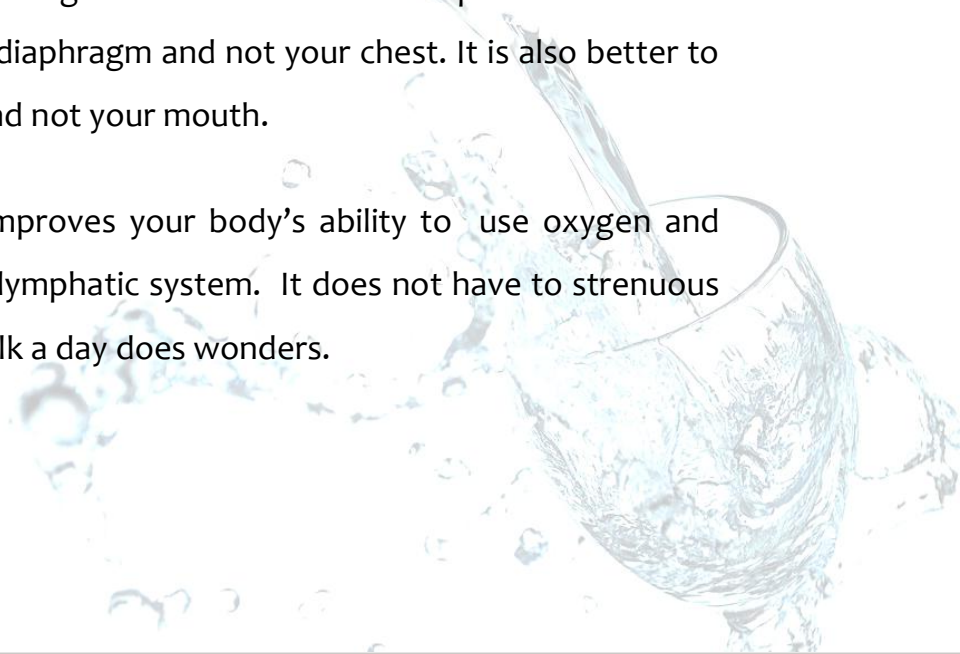
You know that you must drink enough water everyday – 8- 10 glasses – to avoid dehydration. But water is also essential for adequate oxygen utilization and transport.

Without adequate water, all bodily functions are diminished, including cellular absorption of oxygen. Without oxygen, cells cannot removal toxins and waste, and become susceptible to inflammation and cancer.

You can also increase your intake of oxygen with proper breathing. Most of us tend to be “chest breathers.” Chest breathing causes you to take in too much air per inhalation and constricts blood vessels.

Healthy breathing is slow and regulated -about 12 breaths per minute – and comes from deep within the diaphragm and not your chest. It is also better to breathe through your nose and not your mouth.

Daily aerobic exercise also improves your body’s ability to use oxygen and eliminate waste through the lymphatic system. It does not have to strenuous exercise; a brisk 15 minute walk a day does wonders.





## Food Grade Hydrogen Peroxide

French chemist Louis-Jacques Thenard was the first person to discover hydrogen peroxide in 1818. In fact, he also named the compound as eau oxygenee, which translated into English denotes ‘oxygenated water’.

You’ve read a lot about “acids” and “bases” in this Chapter, so it should come as no surprise to you that what gives the fruits and veggies talked about their alkaline properties, is a “base” you should be well familiar with by now – Hydrogen Peroxide!

The roots of plants absorb hydrogen peroxide along with water and it is important for keeping plants healthy, vital and strong. You can find trace amounts of  $H_2O_2$  in just about every fruit or vegetable, but it is especially high in fresh cabbage, asparagus, green peppers, watercress and other green leafy vegetables, oranges, apples, and watermelons. However when you cook or otherwise process or “dehydrate” the fruits or vegetables, the  $H_2O_2$  is removed along with the water.

Do you know why alternative practitioners recommend raw bee honey as an anti-bacterial? Because Honeybees collect fresh, hydrogen peroxide rich nectar from flowers and the honey that they produce has antibacterial properties because of the hydrogen peroxide present before it is “cooked out” in processed honeys.

Remember how in the opening of this chapter oxygen was described as a nutrient? A “nutrient” is anything that is vital to your health.





Hydrogen peroxide, like oxygen, is also a vital nutrient. But unfortunately due to processing, and a generally poor diet, it is removed, and/or lacking in most of the foods you eat.

However, the good news is, you can, and you **SHOULD** use properly diluted food grade hydrogen peroxide as a daily nutritional supplement to compensate for your dietary deficiencies.

While hydrogen peroxide is present in nature, it is also possible to make little amounts of it in the laboratory by means of chemical reactions. Hydrogen peroxide has been commercially produced and used since the 1880s as a bleaching agent, sanitizer and an oxidizing agent.

Commercial or laboratory hydrogen peroxide is produced in various grades.

For years the food and hospitality industries have used 35% “food-grade” hydrogen peroxide to clean and sterilize food preparation areas and to prevent bacterial growth on foodstuffs.

When this 35% Food Grade  $H_2O_2$  is diluted with water, it is used to spray eggs, cheese, fruits, and vegetables to protect them from unwanted and harmful bacteria. 35% Food Grade hydrogen peroxide has also been used to sanitize food containers.

The typical brown bottle “drug store” hydrogen peroxide is 3%, but it is **NOT FOOD GRADE** – meaning it has preservatives and other toxins, and should never be ingested, even in a diluted form.

To achieve the health benefits discussed in the rest of this Chapter, and the remaining sections of this book we will generally be talking about dilutions made from 3% FOOD GRADE hydrogen Peroxide.

3% Food Grade hydrogen peroxide is easy to obtain from any store or online source that sells natural foods and nutritional supplements.

**NOTE:** Do not be confused by the name “food grade.” In its “full-strength” even 3% Food-Grade Hydrogen Peroxide is not safe to drink. It must be diluted to concentration of 0.05% to meet the US Governments requirement as “safe.”

## Understanding Oxidation

In order to really understand how taking supplemental food grade hydrogen peroxide can cleanse you body and improve your health, it is important to get a clear understanding of oxidation.

For years you may have been hearing about the devastating effects of “free radicals”. How they cause “oxidation” and why you need to eat foods or take supplements that are high in “anti-oxidants” to combat this “free-radical damage”

There is a lot of truth to the free-radical theory of aging, but there is also a lot of misinformation and confusion.

You see all this hype about free-radicals and antioxidants would have you believing that all that all biological oxidation is harmful.

But that simply is not true.





The fact of the matter is, without necessary forms of biological oxidation that occur doing ordinary metabolism – you would be dead!

Not to get too overboard with biochemistry that would likely make your head spin, but the reason for all the confusion is that biochemically speaking the term “oxidation” really does not have to do with oxygen. Oxygen is almost always involved in the process, but it does not have to be. You need to get it out of your mind that oxidation has to do with adding or subtracting oxygen to anything.

Oxidation is about giving and taking electrons from one molecule to another. Oxidation is only about moving electrons around. And sometimes we need to make those oxidative processes happen -- or make those electrons move, not inhibit those reactions.

Many chemical processes vital to life involve the transferring of electrons from one molecule to another.

Now hydrogen peroxide is very interesting in that it lies chemically halfway between oxygen and water. This gives hydrogen peroxide something of a split personality. Under different circumstances deepening on the chemicals it is in contact with in the bloodstream it can “go both ways” in its reactions -- either gaining or losing electrons.

Damaging “free radicals” react with hydrogen peroxide in the blood stream to create chemicals that are deadly to viruses, fungi and bacteria.

Healthy cells in human tissues manufacture and maintain an enzyme coating that reacts with oxygen, and protects cells from attack by oxidative free



radicals. Diseased cells, cancerous cells, bacteria, fungi, viruses and parasites cannot create or maintain this protective enzyme coating the way healthy cells can.

Healthy human cells are designed to generate free radicals to go on the attack against invaders, while at the same time, protect themselves from those very same free radicals. Healthy immune function means having the ability to both activate and also neutralize oxidative free radicals.

Basically a healthy immune system works like this. Healthy immune cells will generate huge amounts of free radicals to blanket an area and attack and kill invading organisms and toxins.

At the same time your healthy cells create an enzyme shield to protect themselves from those very same free radicals. This way the troops of your immune system can wage war against pathogens with free radical “chemical weapons” while your healthy cells remain safe.

Can you guess what chemical it is that helps your cells to create that “free-radical force field” and protect themselves from your body’s own “chemical warfare” on germs and disease – HYDROGEN PEROXIDE!

If you can raise the level of hydrogen peroxide in your bodily fluids even slightly, your body will become amazingly inhospitable to any pathogenic microorganisms.

## Using 3% Food Grade H2O2 to Cleanse and Detoxify

It has been well documented by the CDC, the World Health Organization, and many other agencies the world over that the most common cause of human death and pestilence worldwide is waterborne disease.

According to Ed McCabe, author of *Flood Your Body With Oxygen*, the solution to this is simple. “What we need to do is continuously put a harmless, weak solution of food grade hydrogen peroxide into all water before it is used for drinking. Doing this would eventually kill almost all waterborne pathogens inside and outside the body.”




It would be nice if we could convince the entire world to do this, but you can simply do this every day to the water you drink. Not only would you ensure its cleanliness, but also you would improve your health!

You can also add diluted 3% food grade hydrogen peroxide to milk or juice. Here is how:

Add four tablespoons, about two ounces of 3% food grade hydrogen peroxide to one gallon of milk, water or other beverage in order to meet the Federal Government's Generally Recognized As Safe (GRAS) concentration of 0.05% (500 parts per million)

⇒ For maintenance of good health drink eight, 8-ounce glasses per day.



⇒ 12-8 ounce glasses or approximately 3 liters is considered by many practitioners to provide a therapeutic or cleansing amount of hydrogen peroxide.

As you mix your Food Grade H<sub>2</sub>O<sub>2</sub> with certain beverages you may see them froth or foam-up. That is because the beverage you are mixing it with contains the enzyme catalase, which causes a release of oxygen. This could get messy, so always mix your beverages on a waterproof countertop, and let the foaming occur and settle down before you drink it. It is a lot better to let this bubbling occur in your kitchen than in your tummy!

Beverages that contain catalase include carrot juices, wheat grass juices, and most fruit juices.

Do not drink hydrogen peroxide with food or after eating. Always consume any diluted food grade hydrogen peroxide solution on a completely empty stomach at least three hours after or one hour before any meal.

As you begin your daily cleansing consumption of hydrogen peroxide, you will likely notice some dramatic results in a very short amount of time.

If you are at all familiar with “cleansing” or any form of detoxification, you may have heard of the term “healing crisis.”

This is a brief period of time at the very beginning of cleansing, where people actually say they feel worse than they did before they started. When a healing crisis or “healing shock” occurs, people often want to quit the program, thinking it is not working.



But it is very common, and does often occur when starting H<sub>2</sub>O<sub>2</sub> daily therapy. However, rather than indicating that the program is NOT working, it is proof that it is!

No matter what kind of cleanse or detox you do, your body will not only react to the sudden change, but also to the results of the cleanse. Think about it. Even if you simply stop eating junk foods and processed foods, your body will react to the change on your diet, and also as years of obstructions and other accumulated junk becomes dislodged and dissolved.

Why do you think it is called cleansing? To detox and purify you must first get rid of all sorts of sticky, disgusting mucous, pus, drugs, toxins, undigested food and who knows what other bits of nastiness.

Like pouring some Liquid Plummer down a clogged drain, this gunk pours out of your cells and must travel through the lymphatic system back into the blood stream and out through your liver and digestive tract, or through your kidneys and urinary tract or directly out through your skin.

While all of this waste is moving through your body, not surprisingly you may feel like “crap” - and hence the “healing crisis.” But don’t worry it is all temporary.

When you start to cleanse with H<sub>2</sub>O<sub>2</sub>, your immune system kicks into overdrive. All the dead pathogenic organisms and crud that spills out of their decaying carcasses floods your bodily tissues.





Your body then needs to expel that junk and fast! Unfortunately the ways it has to do that are not too pretty. Skin eruptions (acne, boils, hives, sores, ulcers), nausea and vomiting, diarrhea, runny nose, tearing of the eyes, sweating, sneezing, coughing, increased urination, increased menstrual flow, these are just a few ways your body has to get rid of garbage.

Soon after starting a daily regimen of diluted food grade hydrogen peroxide, one woman reported experiencing a sudden nosebleed so severe that she blew two large clots of blood from her nostrils. Gross? Yes, but now she says she can breathe through her nose normally for the first time in years!

Others have reported bleeding from the mouth and rectum, and one man even claimed to have seen green slime oozing from his skin.

As scary as these sound – understand that if this kind of thing happens to you - - they are NOT symptoms of disease. They are signs that the peroxide is WORKING and your body is purging itself of toxins!

These uncomfortable and short-term events are the small price you may have to pay to get rid of the junk that was forming a roadblock on your path to good health!

But, if you find the effect of healing too intense, just slow down, use less until you find a pace that is more comfortable for you – but do not give up.

Another way to experience the cleansing and healing effects of food grade hydrogen peroxide is to bath in it.

Do you know what your body's largest organ is? It is not your heart, or lungs, or liver – it is your skin! Your skin is a living organ that secretes waste, and also absorbs fluids.

Did you know that an average 200 pound man can absorb up to four pounds of water during a twenty minute bath?

You are probably familiar with the numerous medications that are available in “patch” form, which clearly indicates that even the conventional medical profession recognizes that your skin can transfer medications, and/or nutrients



directly into your bloodstream. Why not absorb some food grade hydrogen peroxide while you relax in your hot tub – turning it into a most therapeutic spa!

## Your First H<sub>2</sub>O<sub>2</sub> Bath

Scrub your bathtub well with a cleaner that is non-toxic. Rinse your bathtub to remove absolutely all residue of the cleaner that you just used. Be very thorough.

Do not add any kind of bath salts, oils, or anything other than the Food Grade H<sub>2</sub>O<sub>2</sub> to the bath.



Add about one quart of 3% food grade hydrogen peroxide to the tub after it is filled with water. Then hop in, preferably for 30 minutes or longer for a pleasant soak. That's it!

If you wish, use a skin brush, loofa or other material to help exfoliate your dead skin, open pores and allow better absorption of the hydrogen peroxide.

In subsequent baths you may want to increase the concentration, but that is up to you, and your results. Many people have reported improved energy levels and improved overall wellness after just one soak!

## Final Thoughts

Using very dilute solutions of Food Grade Hydrogen Peroxide as described in this Chapter is extremely safe and non-toxic.

However, understand that you are still dealing with a toxic substance, and you need to handle it with care and precaution. The only reason you should experience any problems is if the full 3% concentrated solution is accidentally consumed or spilled.

But, should that ever happen, diluting with large amounts of water is the basis of all emergency/accident procedures involving  $H_2O_2$ . If concentrated hydrogen peroxide is accidentally spilled on the skin, flush the area immediately with large amounts of water.

If even “food grade” hydrogen peroxide is accidentally ingested in a quantity or concentration that is greater than recommended, immediately drink large amounts of water in order to dilute it.



**DO NOT INDUCE VOMITING.** This can cause the hydrogen peroxide to enter the lungs. If stomach bloating is excessive or if there is severe pain, contact Emergency Services immediately.

If hydrogen peroxide accidentally gets into the eyes, immediately flush with large amounts of water.

The use of H<sub>2</sub>O<sub>2</sub> as suggested in this Chapter should never cause any pain of any kind. If you experience even a slight tingling sensation it means that you are likely using a hydrogen peroxide in a concentration that is too high.



## Chapter 7: Oxidative Therapies and Antiaging

What does it feel like to be old? Your answer is probably things like: “slow,” “sluggish,” “feeble,” “weak,” “forgetful,” “depressed,” “moody,” “apathetic,” etc, etc.

Guess what? Those same words perfectly describe the symptoms of oxygen starvation!

In the last chapter you already saw how oxygen therapy, and especially daily supplementation with food grade H<sub>2</sub>O<sub>2</sub> can help to “jump start” the body’s immune responses, and use antioxidant and free-radicals in a positive way. That all adds up to oxidative therapies also being powerful anti-aging medicine.

One way to look at “aging” is as cellular degradation and slowing of metabolic processes due to oxidative stress, eventually leading to cellular death. Improve the absorption and transportation of oxygen, and your cells will remain healthier and live longer – and so will YOU!

Research has shown that all of the oxygen therapies described in this book can help to improve the efficiency of hemoglobin in transporting oxygen around the body, improve blood flow by helping to keep cell membranes flexible, and detoxify and fight infection by destroying bacteria, viruses, parasites and fungi that thrive in low-oxygen environments.

To understand the key role that oxygen therapies can play in anti-aging, let's review how basic cellular metabolism works. There are microscopic “energy factories” in your cells called mitochondria.

The mitochondria convert the nutrients from the food you eat into energy. But like any factory, they also produce “waste”, and the waste or “by-product” produced by mitochondria is the release of free-radicals. Now, what happens is as the mitochondria are doing their job, they are actually also poisoning themselves. The longer they operate the more free radicals they put out, which tend to weaken the cell in which they are operating. Think of it like an old car engine -- the older it gets, the less efficient it gets, and the more toxic exhaust it pumps into the atmosphere.



Even while the mitochondria are doing their job to keep you alive, they are also responsible for many of the problems you experience as you get older. However, the good news is you can “Clear the Air” around those little factories, and keep them functioning at peak performance by keeping them bathed in oxygen!

A highly oxygenated body is not only immune to disease, but it also seeks out and destroys any disease that already exists within it. Anti-aging medicine sees the debilitating problems of aging not as inevitable signs of growing old that must be accepted, but as a disease that can be treated like any other. And one of the most effective treatments in the anti-aging medical bag is food grade hydrogen peroxide therapy.

## Hydrogen Peroxide and Anti-Aging

Aging is a pre-programmed and natural process. All things decay, fruits rot, flowers wilt – these are all oxidative processes. When it comes to humans, in many ways you have accelerated this oxidative or “aging” process by the things you are exposed to everyday in your diet and the environment.



Just as there isn't any way to take a rotten piece of fruit that was left out on your counter, and miraculously return it to being fresh and edible, no therapy will turn an 80-year-old into a 20-year-old. We cannot “un-age” just as fruit cannot “un-rot.” What “anti-aging” really is about is the difference between “healthy aging” - and being the best that you can be at any age - and “premature aging.”

You cannot stop, or reverse the aging process, but you can slow it down, back to the healthy and normal way nature intended with hydrogen peroxide therapies.

Using H<sub>2</sub>O<sub>2</sub> daily as described in the last chapter can slowdown premature aging by neutralizing the accumulation of free radicals in your system by increasing oxygen in the bloodstream. This will help to keep those tiny mitochondrial factories running at optimal levels.

Taking actions to decrease the accumulation of free-radicals whether that is through proper nutrition, exercise, supplemental H<sub>2</sub>O<sub>2</sub>, or combination of thereof, is a key to healthy and normal aging.





Decreasing the effects of oxygen deprivation is the way to return balance and harmony to your body, and have you age the way nature intended.

However, when it comes to healthy aging, it is not just the VOLUME of oxygen you take in that matter, but also how well your body manages that oxygen.

Consider this. Oxygen is transferred from one cell to another across pressure gradients. In your 30s, when your blood cells are “stronger” they can exert greater pressure to push oxygen to and from the bloodstream into your bodily organs then you can in your 70’s.

This is extremely important to understand. Here is a familiar scenario. As someone gets, they see their conventional doctor for fatigue, or other issue. The doctor tests their blood to see if they are oxygen deficient, and when it comes back normal, the patient thinks they don’t need any kind of supplemental oxygen therapy.

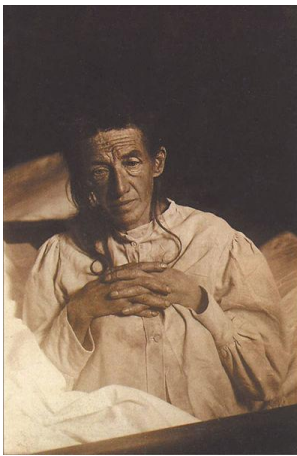
But what the doctor is missing is how well the oxygen is transferred from the bloodstream to other parts of the body. When the oxygen pressure falls as you age, the volume of oxygen may stay the same, but you may be oxygen deficient because there’s not enough pressure to “push” the apparently “normal” volume to a where you need it most.

When your doctor tells you there’s plenty of oxygen in your blood, he’s not lying. The blood is saturated with oxygen. Problem is, there’s not enough oxygen in your cells! You see, the body’s ability to transfer oxygen to the cells becomes damaged as we age.

This transfer of oxygen from the blood to the cells is perhaps the most significant underlying factor in whether you live a healthy life or not! The more damaged the transfer mechanism becomes; the more likely you will become ill. This is why you are more susceptible to illness as you age!

But you can break the cycle of damage and decay with H<sub>2</sub>O<sub>2</sub> therapy that can actually raise the release and *consumption* of oxygen to more youthful levels.

## Memory, Brain Function and Cognition



Probably the greatest fear people have of growing old, and losing the ability to remain independent is memory loss. And with good reason, Alzheimer's and other age related dementia are on the rise.

It would be difficult to find anyone today who is not looking for ways to improve and increase memory and brain function as they get older.

In the US it is estimated that 4 million Americans suffer from Alzheimer's with approximately 360,000 new cases developing each year. Some researches expect the incidence of disease to quadruple over the next 50 years.

By now it should come as no surprise to you that the almost epidemic rise in cases of Alzheimer's and senior dementia, are directly related to our oxygen depleting lifestyle.



In addition to decreased memory and cognitive function, lack of oxygen causes many other “emotional” conditions usually associated with old age, such as:

- ⇒ Depression
- ⇒ Mood swings
- ⇒ Irritability
- ⇒ Malaise
- ⇒ Impaired judgment

Hydrogen peroxide therapy restores sufficient supply of oxygen to the brain that leads to:

- ⇒ Improved alertness
- ⇒ Improved memory
- ⇒ Improved concentration and Cognitive Skills

One of the most exciting prospects is that hydrogen peroxide therapy shows great promise as a way to prevent, treat and cure Alzheimer’s disease and Dementia.

In his book *Oxygen to the Rescue*, Pavel I. Yutsis, M.D, said, “Alzheimer’s disease related dementia, different from vascular dementia, does respond favorably to a course of treatment with hydrogen peroxide.”

The personal, economic and social ramifications of that cannot be overstated. That hydrogen peroxide therapy can and is giving hope to millions of people suffering the horribly debilitating effects of Alzheimer’s is reason enough for it to be embraced by everyone.

## Joint Pain and Arthritis



Joint pain and arthritis are another one of those things that most people think are inevitable and just “come with age.” But with H<sub>2</sub>O<sub>2</sub> around, it does not have to be that way. Inflammatory diseases, such as arthritis have been found to respond very favorably to hydrogen peroxide therapy; many patients will notice markedly less swelling and greater freedom of movement after just a few treatments.

In the best selling *One Minute Cure*, Madison Cavanaugh describes one 60-year-old patient who could not even get out of bed in the morning; he was so racked with aches and pains. He took to laying his mattress on the floor so he could roll out of bed, and lie on the floor for a while before he had the strength to rise to his feet. A friend suggested he try inhaled H<sub>2</sub>O<sub>2</sub> via nasal spray.

After a couple of weeks of using the nasal spray a few times a day, he was able to practically leap out of bed. In addition to no longer being plagued by his usual aches and pains, he found he was hardly ever troubled by colds, flu or other ailments.

One of the most noteworthy “conventional” doctors to advocate H<sub>2</sub>O<sub>2</sub> Therapy is a name you may know, Dr. Christiaan Barnard. He is best known for performing the first successful heart transplant, but in 1986 he began treating himself with H<sub>2</sub>O<sub>2</sub> to alleviate the pain of arthritis, and other signs of “old age.” He was said to be very impressed with its effectiveness.

In fact, almost 100 years ago it was another conventional doctor, Dr. Edward C. Rosenow, with the Mayo Clinic who presented evidence in 1914 that Hydrogen Peroxide could help arthritis patients because of its ability to bathe joints in oxygen, destroying the oxygen hating bacteria that cause pain and inflammation in arthritic joints.

Walter Grotz, President of Educational Concerns for H<sub>2</sub>O<sub>2</sub>, is one of the pioneers and most outspoken advocates of oral hydrogen peroxide therapy. Grotz also began taking oral H<sub>2</sub>O<sub>2</sub> to treat his own arthritis. This is what he had to say about his experience, “I drink hydrogen peroxide everyday and my ingesting of hydrogen peroxide didn’t poison me at all. It cured my arthritis and it did so for a total of \$6. If this is some kind of con artistry, it’s the cheapest rip-off in history.”

## Gums and Teeth

Another problem often associated with seniors is gum problems and tooth loss. H<sub>2</sub>O<sub>2</sub> therapy could also be instrumental in preventing gum disease.

You can use hydrogen peroxide to keep your winning smile well into your senior years. Most of the popular commercial teeth whitening products on the market are effective because they contain hydrogen peroxide.

Hydrogen peroxide therapy not only will whiten your teeth, but brushing with 3% hydrogen peroxide solution can prevent or heal most gum diseases and also fights cavities. You can also use full strength 3% food grade H<sub>2</sub>O<sub>2</sub> as a daily mouthwash to fight gum disease.





Dentists have long recommended mixing H<sub>2</sub>O<sub>2</sub> with baking soda to make effective toothpaste to fight cavities and gingivitis. Hydrogen peroxide has been used in dentistry for over eighty years; in fact, dentists were among the first medical professionals to recognize the healing power of hydrogen peroxide.

Look at the label of even the typical “Brown Bottle” drugstore hydrogen peroxide and you will see this under indications for use:

*As an Oral Debriding Agent: For use as a gargle or rinse. Aids in the removal of phlegm, mucus or other secretions associated with occasional sore mouth. As an oral rinse: Mix with an equal amount of water, swish around in the mouth over the affected area for at least one minute and then spit out. Use up to four times daily after meals and at bedtime, or as directed by a dentist or doctor.*



## Beyond Hydrogen Peroxide

Besides hydrogen peroxide therapy there are several other oxygen therapies and ways to maximize oxygen intake for healthy aging.

One such method that you are likely to hear more about in the near future is Exercise With Oxygen Therapy – or EWOT. While it is considerably more expensive than hydrogen peroxide therapy, EWOT is becoming all the rage in gyms and even in an increasing number of homes throughout the US and Europe.

In nutshell the idea behind EWOT is to power-infuse your blood with oxygen by breathing in O<sub>2</sub> via mask or nasal cannula while doing aerobic exercise.

EWOT is accomplished two ways – either using Medical O<sub>2</sub> delivered via an oxygen canister, as is used for patients with COPD or emphysema. To get medical-grade oxygen, you'll need a prescription, so check out the Resource Guide at the end of this book to find a doctor who is a member of the International Oxidative Medicine Association (IOMA).

These doctors are aware of EWOT and know the value of increasing your body's use of oxygen as you age. They can give you a prescription for the oxygen tanks.

As medical oxygen is only available via prescription, the other way that EWOT is catching on in gyms, spas, and at home is through the use of Oxygen Generators. An Oxygen Generator takes ordinary air and removes the nitrogen. Normal air is only about 22% oxygen; an Oxygen Generator takes in room air and converts it to about 95% pure oxygen. You simply wear a delivery



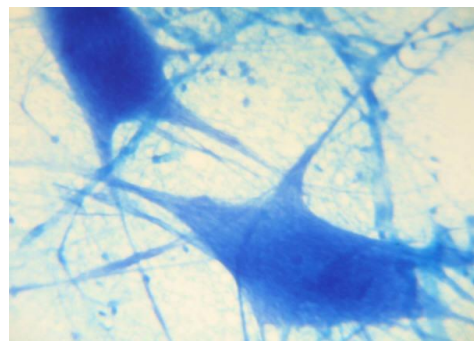
mask from the generator to enrich the air you breathe while working out. You can achieve the benefits of EWOT with just three simple 15-minute aerobic workouts per week.

And finally, there has been a lot of research the past few years targeted at the use of Hyperbaric Oxygen to combat the debilitating effects of aging.

HBOT is one of the most studied of the oxygen therapies, as it has been approved by the FDA for several uses. While researching and administering HBOT for a variety of other medical conditions, doctors began to see evidence that increased oxygen levels reduced the appearance of lines and wrinkles, dramatically improved skin conditions and gave patients increased energy and improved many other conditions associated with aging.

Interestingly enough the observations occurred during approved HBOT treatments for Alzheimer's and stroke, which largely involved elderly patients.

As with H<sub>2</sub>O<sub>2</sub> therapy, there's no special secret as to why hyperbaric oxygen therapy is a powerful anti-aging treatment. From birth our cells begin to age. Hyperbaric oxygen can significantly improve your body's ability to fight cell decay by destroying harmful bacteria, ramping up your body's immune system and increasing blood flow which helps repair and regrow damaged cells.





## Final Thoughts

You age healthy when your body not only takes in enough oxygen, but also manages it well. You age prematurely and turn into weak shadows of your former youth when oxygen metabolism becomes dysfunctional.

Think of you body as a lawn at the beginning of Spring. Now that lawn has the potential of being lush green and beautiful, or become brown and weathered and full of weeds. That is because there at the beginning of the season, there are both grass seeds, and the seeds of weeds and strangling decay buried deep in the soil.

Depending on how you treat your lawn, will determine what you get. Neglect it, and it turns brown and full of weeds, nourish it properly, and it remains lush and vital all season long, and likely will come back even stronger next year!

You body is the same. It is filled with the potential for good health, and also toxins, disease and microorganisms that thrive in an acidic and low-oxygen environment. Nourish your body with oxygen, and you too will bloom for years to come!

## Chapter 8: Oxidative Therapies and Heart Disease



Do you know what a heart attack is? It is the sudden death of heart tissue – due to lack of oxygen.

Do you know what congestive heart failure is? It is slow swelling, and a build up of fluids in the heart - because of low profusion of oxygen to the heart muscle.

Do you know why atherosclerosis or “hardening of the arteries” is dangerous and can lead to stroke or heart attack – because restricted blood flow starves the brain and heart of – **OXYGEN**.

Are you beginning to see a pattern in the above examples? Since lack of oxygen is the common factor in almost all heart disease or heart problems, it stands to reason that Oxygen Therapies are very effective in treating, and *preventing* cardiovascular disease.

Conventional medicine has prescribed supplemental oxygen as a treatment for congestive heart failure for many years. According to the Mayo Clinic, “Oxygen therapy helps reduce the heart's workload. In heart failure, the heart does not pump as effectively as it should and does not meet the body's needs for oxygen. Oxygen therapy helps compensate by increasing the amount of oxygen delivered to the body's tissues.”

WebMD says, “Oxygen therapy can make it easier to breathe. And it can reduce the heart’s workload.”



However both websites describe “Oxygen Therapy” as prescribed by your doctor to be delivered by breathing from an in-home, and or a portable “oxygen delivery system.”

So, conventional medicine recognizes the need to increase oxygen intake to treat heart disease. What they cannot seem to accept is that there are other ways to infuse the blood and tissue with additional oxygen – without the need for a prescription, or expensive, or bulky equipment!

Hydrogen peroxide has been used to treat heart attack, stroke, high blood pressure, cardiac insufficiency, high cholesterol levels, angina, atherosclerosis and a wide variety of other problems relating to poor circulation.

Specific conditions that have been treated by physicians with Hydrogen Peroxide Therapy include:

1. Peripheral Vascular Disease (poor circulation)
2. Cerebral Vascular Disease (stroke and memory)
3. Cardiovascular Disease (heart disease)
4. Coronary Spasm (Angina)
5. Cardioconversion (heart stopped)
6. Heart Arrhythmias (irregular heartbeats)



In earlier chapters you learned of the pioneering work of Dr. Farr with IV Hydrogen Peroxide. In his book *Hydrogen Peroxide Medical Miracle*, Dr. William Campbell Douglass II, a Fourth Generation MD, describes and follows up on much of Dr. Farr's groundbreaking work.

Douglass offers this description of one of Dr. Farr's early patients with advanced heart disease.

J.O. was a 67-year old man with severe blockages of the arteries to his legs and extensive blockage of the vessels to his heart. He had endured bypass operations on both legs and quadruple bypass on his heart. This was a terminally ill man ravaged with arteriosclerosis. All of his tissues were choking to death, literally starving for oxygen.

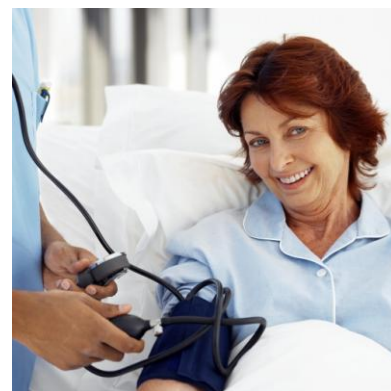
His surgeons offered J.O. little hope. He had gangrene; a rotting of tissue due to lack of oxygen, and the surgeons said an amputation of his left leg below the knee was necessary. If he refused the surgery, they would have to operate later, and take off the entire leg, basically a "fix it now, or pay more later" kind of choice.

Willing to try anything within reason to save his leg, J.O. agreed to let Dr. Farr try daily intravenous H<sub>2</sub>O<sub>2</sub> therapy.

In just 24-hours after the first treatment his pain had decreased, and by the fourth intravenous, it had almost disappeared entirely. With repeated treatments the gangrenous tissue cleared rapidly. He soon put his crutches away. Eventually J.O. did lose a toe, but his leg was saved!

Today, doctors who administer Intravenous H<sub>2</sub>O<sub>2</sub> treatment routinely use it as an effective therapy for arteriosclerosis, caused by high cholesterol and plaque build up. Sarasota, Florida Practitioner Dr. Robert Bateyko, MD, says, “Hydrogen peroxide is quite effective at the oxidation of lipid materials in the vessel walls, these lipid materials cause blockages and heart disease. By clearing these materials, hydrogen peroxide actually reverses artherosclerosis.”

One of the interesting things about the home use of oral hydrogen peroxide is that many people with hypertension (high-blood pressure) have reported that they have noticed that their blood pressure begins to drop to more normal levels almost immediately after they begin to consume it on a regular basis.



Often these people would then find that their prescription medication was unnecessary and needed to be reduced or could be stopped entirely.

In 1946, H.S. Regelsberger, a German medical doctor, performed the first oxygen injection in veins of an unconscious patient suffering a brain tumor, a therapy which came to be known as “oxygenation”. He noticed improvement in consciousness, brain congestion relief and detoxification. He performed more than 50,000 such treatments in his life.

There are many reports and articles in legitimate peer-reviewed medical Journals that speak of the effectiveness of Hydrogen peroxide therapy for treating heart disease and circulatory conditions.



For example a published study by Dr. J. W. Finney and his colleagues at Baylor University, studied the ability of hydrogen peroxide to remove cholesterol and other fats from the arteries both in patients and in the laboratory.

“The individuals received daily infusions of 250ml of hydrogen peroxide with a concentration ranging from 0.36% to 0.48%. Upon gross examination, the segment of the aorta being infused was found to be significantly different from the area not being infused.

This difference was marked by a decrease in the number and severity of plaque and an increase in flexibility and elasticity of the vessel. When weighed samples of the vessels were extracted and total lipids determined, it was found that approximately a 50% reduction in total lipids had occurred in the area being infused with hydrogen peroxide.”

Further, the Baylor investigators found that DMSO, when combined with the peroxide, worked better in protecting the heart from blockages and potential heart attacks than using peroxide alone.

Another published study, this one in the Journal of Clinical Investigation, reported, “Exposure to hydrogen peroxide can alter the structure of blood and the way it flows through the veins and arteries. “The ‘pile of coins’ erythrocyte (mature red blood cell or corpuscle) formation, which is typical of arterial occlusion disease, is reversed through changes in the electrical charge of the erythrocyte membrane, [stimulated by the presence of H<sub>2</sub>O<sub>2</sub>].





At the same time, the flexibility and elasticity of the red blood cell is increased, improving the blood's ability to flow through the blood vessels. This increases the supply of life-giving oxygen to the heart and other vital body tissues.

Walter Grotz relates this story about a man to whom he recommended oral food grade H<sub>2</sub>O<sub>2</sub>.

“Speaking of hardening of the arteries, there is a man north of Minneapolis, Minnesota that had a stroke in July of ‘84. The doctors opened up some arteries that were 100% and 90% plugged. They put him on some medicine and said, ‘Get your house in order.’ He was sleeping 19 hours a day, in fact, his wife said, ‘Why don’t you just die and relieve us of the grief?’ So he said ‘how would do anything without me?’

I referred him to a man not far from him who told him what hydrogen peroxide did for him. He told him to do it properly and he would have him back to work in two months. He actually went back to work in 70 days. Then in October his daughter got married and he redecorated the house. He had already sold his business and a lot of his personal property.

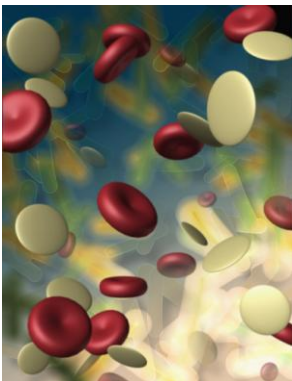
Those who attended the wedding said he never missed a dance or the opportunity to kiss the young girls. Here is what the man did: he took 55 drops of 35% hydrogen peroxide solution three times per day. He made himself a colonic board and gave himself colonics with hydrogen peroxide solution.

He went back to the doctor and told him he thought he now had circulation again. The doctor said, ‘It can’t be. It never happened before. The doctor put his hand on the man’s arteries and said, ‘I can feel a pulse, but that may be false.’ So he took an X-ray and found that the blood had channeled through.

The doctor said, 'Come on and tell me what you are doing.' He said, 'I am drinking hydrogen peroxide.' The doctor told the man that would eat up his liver.

The man asked the doctor if water and oxygen could eat up his liver. 'No, it's that stuff they put in it.' 'What stuff?' 'You know preservatives and stuff.' 'But I drink food grade.'

The doctor went away for a minute and got a tape recorder and another doctor and asked the patient to repeat what he had been doing. Well, the patient saw his doctor again in August 1986 and the doctor gave him a physical like he had never received a physical before and declared him as physically fit as a 22 year old. The man asked his doctor to take him off of disability. The doctor told him he didn't know how..."



That Hydrogen Peroxide can lead to more oxygen released in the bloodstream is a medical fact. Most of the researchers involved in the studies listed here, and practitioners who use intravenous  $H_2O_2$  for heart patients, believe that it is this release of extra  $O_2$  that improves oxygen perfusion to the heart.

However there is another group of physicians and researchers that think there may be another mechanism of action at work.

They believe that heart disease is caused by bacteria that irritate the lining of the arteries. It is hypothesized that the plaque that builds up is actually a protective mechanism that is analogous to the way that mucous membranes in



the sinus and throat manufacture mucous to protect themselves from bacteria.

Researchers at Baylor University studied the effect of intravenous hydrogen on the accumulation of plaque in the arteries. They found that not only could hydrogen peroxide remove plaque buildup efficiently, but also its effects were long term. Repeated intra-arterial infusion has been found to remove athermanous [fatty] plaques and increase elasticity of the blood vessel wall.

They concluded that  $H_2O_2$ 's ability to remove plaque and keep it from reforming had less to do with creating oxygen, as its ability to kill bacteria. Just like gargling with a solution of hydrogen peroxide clears mucous by killing bacteria, by keeping the arteries free from irritating bacteria, there was no stimulation for the formation of plaque.

Although the findings of this research gave some hope to people who were otherwise certain to undergo the costly, risky and usually unsuccessful heart bypass surgeries, it is unfortunate that the medical establishment paid little or no attention at all to the studies undertaken by researchers at Baylor, and millions such surgeries are done annually.

No matter why it hydrogen peroxide works to improve circulation, there is no lack of evidence that it works.

In an article published in the Medical Journal CHEST, The Official Publication of the American Academy of Chest Physicians Harold C. Urschel Jr., M.D stated, "Hydrogen peroxide has been demonstrated to be an adjunctive source of oxygen for the anoxic or ischemic heart and can improve resuscitation in refractive arrhythmias or cardiac arrest.



Intra-arterial infusion of hydrogen peroxide has been noted to reverse the atherosclerotic process and serve as an excellent source of regional oxygen without significant systemic toxicity.”

In English, that means that hydrogen peroxide can return to normal an irregular, or weakly pumping oxygen starved (ischemic) heart.

In another article published by Dr, Urschel, this one in the medical journal *Circulation*, he wrote that ventricular fibrillation - a grave condition concerning exceptionally fast, imperfect tightening of the ventricle region of the heart could be completely eased by administering hydrogen peroxide intravenously.

Ventricular fibrillation is what is usually controlled with a pacemaker. Would you rather have surgery to put an electronic device in your chest, or drink hydrogen peroxide at pennies a day to keep your heart beating normally? Hydrogen peroxide can clear all sorts of circulatory problems, and improve blood flow, just like a plumber can unclog pipes!

Hydrogen peroxide has been proven to have the ability to open clogged blood vessels not only in the heart, but also, the extremities, the brain and the lungs.

In many published studies, and testimonials from actual patients, hydrogen peroxide has also been shown to decrease high—blood pressure as well as increase the cardiac output – the amount of blood pumped with each beat.

If ever there was a “miracle cure” for heart disease, it is Hydrogen Peroxide!

## Final Thoughts

Oxygen and oxidative therapies in general, and hydrogen peroxide therapy specifically, have proven to be effective to treat any condition where there is an absence or lack of oxygen supply to the heart muscle.

As such, anyone with a high risk of heart disease, who has high blood pressure, or a family history of cardiovascular disease, should consider adding daily oral use of food-grade H<sub>2</sub>O<sub>2</sub> to a regimen of regular exercise and a heart healthy diet.





## Chapter 9: Oxidative Therapies and Cancer

As you have learned in Section I, it was more than 50 years ago that Noble Prizewinner Dr. Otto Warburg demonstrated what makes cancer cells different from normal cells. Both derive energy from glucose, but normal cell needs oxygen to metabolize, or obtain its “fuel” from glucose, while mutated cancer cells have the abnormal ability to break down glucose without oxygen. In tumor cells are “anaerobic” meaning they hate oxygen, and thrive and spread more rapidly in an oxygen-depleted environment.

Alternative practitioners the world over have built on Warburg’s work. They believe, and have shown that controlling cancer can be done by controlling oxygen and/or controlling the things that free up oxygen. Hydrogen peroxide, and the other oxygen therapies, are the most widely used cancer therapies worldwide. Why? The answer is simple, because they provide oxygen, which is life-giving to normal cells, but deadly to cancer cells.

While Hydrogen Peroxide Therapy as a Cancer Treatment has faced stiff opposition in the U.S., most notably by the FDA and The American Cancer Society, it has not been entirely overlooked.

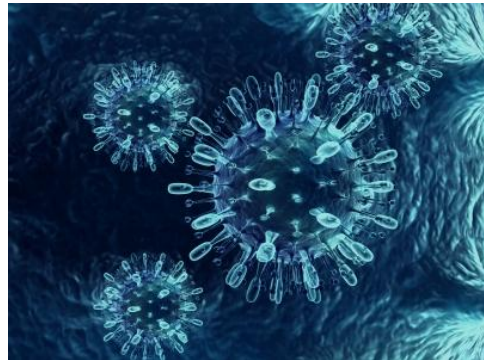
In the United States, renowned chemist and physician Dr. William Fredrick Koch undertook several studies with hydrogen peroxide on cancer patients as far back as the 1920s. In fact, Dr. Koch made use of a substance, which he named glyoxylide that is thought to be the identical oxygen that is present in hydrogen peroxide.



Unlike other researchers at the time and since, who administered hydrogen peroxide intravenously, or into a vein, Dr. Koch believed he would get better results with intramuscular injections.

Although the treatments of Dr. Koch proved to be very successful, the FDA initiated legal action against him, for his “unapproved methods.” While he was not found guilty, Dr. Koch made up his mind to leave the United States and go on with his research in Brazil, where he continued to successfully treat cancer patients with H<sub>2</sub>O<sub>2</sub> until his death in 1967.

As you learned in the last chapter on heart disease, scientists at Baylor University Medical Center in Texas undertook several major research investigations into the therapeutic uses of hydrogen peroxide during the 1960s. In one of the initial studies concerning cancer, scientists discovered that cancerous cells that were exposed to highly elevated amounts of oxygen reacted more positively to radiation therapy than those that were not.



Prior to this study, physicians who wanted to use increased oxygenation as an adjunct to make radiation therapy more effective used Hyperbaric Oxygen Therapy (HBOT). To this day that is still one of the FDA approved uses of HBOT, to both enhance the effectiveness of radiation treatment, and also to stave off some of its more horrendous side effects, such as depressed red blood cell production.





However it was the scientists at Baylor that postulated the same results could be obtained with hydrogen peroxide therapy at a fraction of the cost and inconvenience of HBOT. Turned out they were right!

In one study, the researchers grew different types of cancer cells in the lab. They exposed the cells to H<sub>2</sub>O<sub>2</sub> in varying combinations, and compared them to a control of normal healthy lung cells similarly exposed. Depending on the concentration of H<sub>2</sub>O<sub>2</sub>, used, lung cancer cells, adrenal cancer cells, breast, uterine, and endometrial cancer cells all showed 40-90% growth inhibition in the presence of hydrogen peroxide. The non-cancerous cells were relatively unaffected.

Think about this. Why in the United States the country with supposedly the most advanced healthcare available on the planet, are cancer patients offered only three equally “barbaric” treatments for cancer?

Walk into any oncology clinic in the States and its, we can try to cut it out and hopefully not damage healthy tissue in the process, or in the case of breast cancer, leave you horribly disfigured for life. Or we can try to kill it by bombarding it with toxic chemicals and radiation, but of course that will also kill your immune system, make your hair fall out, and generally kick the crap out of you. So what will it be?

If they said, “or we can spend a few weeks giving your harmless injections of water and oxygen” Which would YOU CHOSE?

But unfortunately, if you want Hydrogen Peroxide intravenous cancer treatments, thanks to the Medical Industrial Complex of America you better hop a flight to Brazil, Cuba or Russia!



One such treatment center in the Hospital Santa Monica, in Mexico is run by the famous, some would say infamous, Dr. Kurt W. Donsbach, a very outspoken advocate of H<sub>2</sub>O<sub>2</sub> Therapy.

According to Dr. Donsbach “We found immediately that many cancer patients were aware of a sensation of heat in the area of the cancer, often during the first infusion. Sometimes this was unpleasant, but more often it was merely a warming sensation. In some ‘close to the surface’ tumors as might be found in breast cancer, we often observe a red patch appearing on the skin.

I have been so impressed with the results of the use of hydrogen peroxide that every cancer patient receives infusions of food grade hydrogen peroxide throughout their entire stay. Many of our patients come specifically for this treatment although I use other medications depending upon the type of cancer and the condition of the patient.

It should be apparent where I rank hydrogen peroxide, since this is the only substance I use in EVERY cancer patient. We have now administered over 30,000 infusions of hydrogen peroxide without a single problem. I am positive in my mind that this methodology is a safe and effective tool in the treatment of a wide variety of illnesses.” Our old friend Walter Grotz published this account of a patient who received treatment at Donsbach’s clinic in the Spring 1990 edition of his ECHO Newsletter.

“In December, 1985, I was diagnosed as having Hodgkin’s disease. I had radiation treatments for the first five months in 1986. Everything was supposedly going good. Then, in February of 1987, the doctors found a new tumor on my left lung.



From March of 1987 to March of 1988, I received chemotherapy treatments. The treatments weren't doing any good so my doctor decided to send me to the Mayo Clinic in Rochester, Minnesota. They told me I needed extensive chemo treatments because the tumor was too aggressive. They also told me I needed a bone marrow transplant to completely wipe out the cancer.

Last year, from March through August I had three surgeries. I also had my bone marrow drawn because the doctors wanted to use my own marrow for the transplant. They stuck a needle into my lower back 175 times to get out the proper amount of marrow they would need for the transplant. It was very, very painful.

The final decision was up to me, so we left home and went back down to the Mayo Clinic for the bone marrow transplant. When we arrived, they gave me x-rays right away to compare with the last ones I had gotten before the extensive chemo treatments. They found out the tumor was the same size. They told me if they would do the transplant now, I would probably die during the process. They also said if I didn't get the transplant soon, I could die. What a prognosis!

What was I supposed to do? They told me they were going to try some experimental chemo treatments on me. They said there was a good chance it would ruin my lungs and it would ruin my blood platelet count so I would have to get transfusions for the rest of my life. I thought I was going to die, so I cried. We came back to Bismarck and went to see my doctor. She had everything set up for my experimental treatments. My husband told her there was no way he was going to let them put that garbage into my body.



He told her I was hardly alive now and he wasn't going to sit back and watch them kill me with their drugs. I had lost the feeling in my right hand because of a chemo injection that was accidentally put under my skin instead of in my vein.

It had damaged the nerves in my thumb and index finger and my doctors told me it would never be normal again. I couldn't write, hold silverware or put my earrings on. I didn't have to worry about holding a comb because I didn't have any hair left. A friend of ours from our church had seen enough of what we had been through.

He told my husband there was an alternative for cancer treatments. He gave us a tape to listen to with a man named Dr. Donsbach telling about what he was doing for cancer patients at his Hospital Santa Monica in Mexico. My husband was very excited about it and listened to it over and over. He started doing some searching and finally got the phone number for the hospital.

When we arrived at Hospital Santa Monica, I was scared. I was doing something I had never done before and I was 2,000 miles away from my kids. After the first day there, I loved it! I could have a treatment and not throw up! The atmosphere at the hospital is so friendly.

It felt more like we were on vacation instead of facing a life or death situation. The food that is served is also excellent. At breakfast we would sit in the dining room and watch the dolphins swim by in the ocean. At suppertime we would watch the beautiful sunset on the ocean. It was very uplifting - nothing at all likes your normal hospital.



By the time I got home, I could use my hand again. It was one of the first things my parents noticed because I could hold a fork and I could write normally again. I thank God my husband didn't listen to my doctors. I feel excellent and my husband told me it's nice to have me back. My doctor gave me a clean bill of health a few months ago. The cancer is gone. I've gone back to work after being off for one and a half years. If it weren't for Dr. Donsbach and his hospital, I don't think I would be here today."

Dr. Donsbach is now operating the Bio-Genesis Institute in Rosarita Beach, Baja Mexico. He has achieved a remission rate exceeding 70% in over 300 patients, at last count, most of who had been previously told they were beyond hope, and had "tried everything else.

" Bio-oxidative therapies are now applied to all cases that arrive at this clinic, and all respond except for some of those who had arrived already very close to death. The Guadalajara Medical School, Mexico's largest, is currently running their own tests, and will add Hydrogen Peroxide and other oxidative therapies to their curriculum upon verification.

The Gerson Institute and La Gloria Clinic in Mexico are also using hydrogen peroxide therapies on their patients, after the staff tested it on themselves and found it to be beneficial. Dr. Donsbach has been much maligned by the American medical establishment, but as he has so often pointed out, no U.S. clinic or institution has ever tested intravenous H<sub>2</sub>O<sub>2</sub> as a treatment for cancer, so any claim that is not effective is not based on clinical trial, and amounts to willful disinformation.

## The Cause and the Cure

What causes cancer? Carcinogens cause cancer. That is like saying matches cause fire. Carcinogen is an empty word. We intuitively know that there are many things that are carcinogenic and “cause cancer”, cigarette smoke, nitrates, toxic chemicals, even certain viruses --- all “cause cancer.” But what is the one thing they all have in common? In one way or another, they deplete or cut off a cell’s supply of oxygen!



Now if a cell is deprived of oxygen, one or two thing can happen. It can die, or it can become cancerous. That’s right, it was Doctor Warburg’s groundbreaking work that initially showed that not only do cancer cells differ from normal ones by their anaerobic metabolism, but also it was lack of oxygen that caused the transformation.

His research showed that when a cell is deprived of oxygen, down to about 40% of normal, its respiration becomes irreversibly damaged. This damage causes the cell to begin to ferment sugar producing carbon monoxide and lactic acid, and only 1/6 of the energy of normal cellular respiration. If the cell does not die, in this toxic soup of low energy, normal metabolism fails, and the cell loses its ability to control its growth and begins to grow abnormally -- what we call cancer.

All carcinogens impair cellular respiration in some manner. Some poison may reach the cell and prevent oxygen uptake, or the excretory duct of a gland may become plugged up, as in breast cancer. But the end result is the same. As

soon as the oxygen level to the cell is reduced, if the cell does not die, cancer will result.

To destroy cancer, what is required is the introduction of massive amounts of oxygen at the cellular level. Medical Ozone and Hydrogen Peroxide Therapy have been shown time and time again to be two of the safest and most effective ways to do just that.

### More Studies, More Proof

In 1957, Reginald A. Holman tested hydrogen peroxide on rats that had been implanted with cancer tumors. The treatment consisted of adding 0.45% hydrogen peroxide to their drinking water. “The rate of cure is on the average 50-60%. The time taken for complete disappearance of the tumor is usually 15-60 days. This, of course, depends on the size of the tumor when treatment is started. So far, 72 rats have been cured.



Their condition is excellent and there is no sign of recurrence of the tumor. This treatment has recently been used in four humans with very advanced inoperable tumors. In two of the cases there has been marked clinical improvement with decrease in size of the liver metastases”

Dr. Carl F. Nathan at Rockefeller University in New York City also studied the anti-tumor effects of hydrogen peroxide. He reported: “Hydrogen peroxide contributes to the lysis [destruction] of tumor cells by macrophages [immune cells that devour pathogens] and granulocytes [white blood cells that act as scavengers to combat infection].”





Apparently, cancer cells are less able to compensate for the oxidative burden placed upon them by hydrogen peroxide than cells in healthy tissue. Dr Nathan's research led him to conclude that hydrogen peroxide could exert a direct anti-tumor effect in vivo and thereby prolong the survival of the patient.

In 1982, Winifred P. Wirth reported upon the results of experiments that he performed on mice that were injected with the Ehrlich carcinoma.

“Control mice were given unlimited tap drinking water. Experimental mice were offered a solution of 0.5% hydrogen peroxide beginning on the day of challenge and thereafter during the course of the experiment. Mortality in the control group averaged 84.8%; in the experimental group 26.9%. Average tumor volume for the controls was 28.5 cubic millimeters and for the experimental was 4.5 cubic millimeters.”

In 2001, a group of researchers from the Department of Life Sciences at Nottingham Trent University in England injected hydrogen peroxide solutions into solid tumors in mice and found that the solutions had the potential to cause tumor cell death without generating dangerous by-products. They were very impressed with the findings and concluded that hydrogen peroxide was a potent cytotoxic [cancer-killing] agent.

“Hydrogen peroxide can act as an anti-cancer drug with two distinct advantages over conventional therapeutic agents: it produces minimal short and long term side effects and is relatively cheap and cost effective.”

Dr. William Campbell Douglass, who you were, introduced to in the last chapter, said, “Maybe cancer is in reality a hydrogen peroxide deficiency”.



OK, so there is a lot of evidence that H<sub>2</sub>O<sub>2</sub> can be used effectively to combat cancer. But with the exception of traveling to some distant foreign county to get treatment, you may be thinking “how can that really help me?”

Read the following “at home remedy” for skin cancer related in 2007 by “John” from Birmingham, Alabama on the website [earthclinic.com](http://earthclinic.com).

“I’m just trying to help in any way I can, because no one should have to go through what I went through - numbing devastation and fear. If this helps you, please spread the word! Thank God!!

Wow! I’m still shocked it worked and it took only a week! How is it possible that people don’t know about this is beyond me. Over the period of two years, two cancerous growths appeared on my nose. One of them was growing very slow, the other one faster. Then in less than a year, another one appeared on my face as well - on the other side of my nose, very close to my eye. That one was growing at an alarming rate.

All those growths hurt with unusual intensity when touched and had tiny veins, but they were not moles. They were kind of the color of my skin except more red and at times really red. I was getting worried and felt helpless. I begged God to help me and I searched a lot. I found this great site and read that there have been reports that hydrogen peroxide cured melanoma.

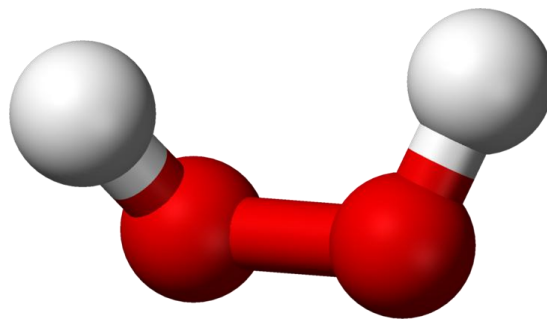
At first it didn’t seem to have any effect at all. I was getting so worried by that point because the spot close to my eye was growing even faster and by then it was about five millimeters in diameter and just a few months ago it was a tiny spot.

### How I used it:

I took a cotton swab and soaked it in hydrogen peroxide and kept rubbing the cancerous growth with the hydrogen peroxide soaked cotton swab until the growth was white. It stung badly, but I didn't care, I just wanted these things gone. I was so desperate, my eyes watered every time I looked at the spots on my face. After soaking and making it white, apply a cotton ball soaked in hydrogen peroxide on the growth, and when the cotton gets dry, wet it with more hydrogen peroxide.

The soaked cancerous growth, after a while, formed a crust much like what happens in a normal sore. The strangest thing is I see no scars. It flattened it out like it was never there, IN A WEEK!!! Even the fastest growing one! I'm still in shock. I tried so many things. Thank God! Thank God!"

Walter Grotz himself continues touring and lecturing extensively on the benefits of self-administered  $H_2O_2$ , literally saving lives wherever he goes, and bringing hope to people who had been told their cases were hopeless.



## Final Thoughts

Cancer is an aberration. The very nature of a cancer cells is that they are abnormal mutations, which do not look nor function as normal cells do. In many ways they can be thought of as “anti-cells” or cells that act not only differently than normal cells but in many way the exact antithesis, or opposite of normal cells.

That is certainly the case where it comes to oxygen. This very element that is critical to the life of normal cells is poison to cancer! It is so simple; it boggles the mind as to why oxygen therapy has not been used more extensively to treat the millions of those suffering and dying from cancer every year.

The simple logic for the use of hydrogen peroxide, and indeed ozone and yes, even the approved uses of HBOT to treat and destroy cancer, capitalizes on the inescapable reality of the disturbed metabolism of cancer cells.

Oxygen is a normal cells best friend – and a tumor cells worst nightmare!





## **Chapter 10: Oxidative Therapies and AIDS and Other Infectious Diseases**

So, you have come to the last chapter of what we hope has been a very enlightening and helpful book to you. As the old saying goes we have saved the best for last.

If there has been one plague, one scourge that has affected more lives in the last 3-to-4 decades worldwide, even more than cancer it is AIDS.

And if there is one disease that Bio-oxidative Therapies have shown to be most effective against – it has also been AIDS. The evidence for the effective use of Ozone and  $H_2O_2$  to cure, that's right cure, people infected with HIV, even those with full-blown AIDS are insurmountable and undeniable.

As you have now learned just about every germ or harmful microorganism, is killed by increased oxygen. It turns out that the AIDS virus is no exception. Like cancer cells HIV cannot tolerate high levels of oxygen in its victims' blood.

Not only that, we know that it is not the HIV virus itself that kills AIDS victims, it is the opportunistic infections that occur due to HIV's suppression of the immune system. The actual diseases occurring due to AIDS consist of a combination of viral, fungal and bacteriological infections. As you have now learned, medical science has long recognized that hydrogen peroxide destroys viruses, bacteria, fungi and parasites.

Unlike many individual drugs developed to fight specific pathogenic organisms, hydrogen peroxide simply kills them all!



Hyper-oxygenating the patient's blood readily destroys AIDS, herpes, hepatitis, Epstein Barr, and other viruses. This was demonstrated by, among others, Dr. Horst Kief of West Germany, primarily with Ozone Therapy.

Dr. Kief has already cured a number of AIDS victims by drawing blood, infusing it with ozone and returning it to the patient, at regular intervals until the entire virus is gone.

Doctors in Germany who follow Dr. Kief's methods report all of the following results of treating AIDS patients with Medical Ozone.

- ⇒ Ozone promptly reverses AIDS-related opportunist infections including pulmonary infections, herpes simplex, pneumonia, tuberculosis, bacterial pneumonia, and lymphoid interstitial pneumonia.
- ⇒ Ozone assists in reversing opportunist malignancies such as non-Hodgkin's lymphoma.
- ⇒ Ozone effectively reverses any allergic factors contributing to immunodepression low T-cell count. There are frequently reports of increases in T-cell count, rapid decreases of HIV antibodies, and normalization of most blood parameters within a few months of treatment.

Similar, and in some cases even more dramatic results were obtained with Hydrogen Peroxide as with Ozone.



William Campbell Douglass, M.D. Author of “Hydrogen Peroxide Medical Miracle” has set up a clinic in Africa specifically to use Hydrogen Peroxide and other oxidative therapies to treat AIDS victims in this part of the world hardest hit by the epidemic.

In Medical Miracle he writes, “With the establishment of our African AIDS clinic, we are embarking on a new era in medicine. Although it is not claimed that [H<sub>2</sub>O<sub>2</sub>] and bio-oxidative medicine is a cure for AIDS, we have seen cases in Africa that were in the last stages of the disease and have, after six weeks of treatment, had them go back to work and become useful, happy citizens once again.”

While Doctor Douglass stops short of saying that daily Hydrogen Peroxide therapy is a cure for AIDS, he says to think of it more like insulin is to diabetics. No one says that insulin is a cure for diabetes, and in fact research into a cure continues. However, injectable insulin allows diabetics to live normal, happy, healthy and productive lives, until such a cure can be found. Daily H<sub>2</sub>O<sub>2</sub> therapy can, and does do the same for AIDS victims.

Another infection very much in the news lately is influenza. Do not kid yourself that Flu should not be mentioned in the same section as AIDS. Even common seasonal Flu can be deadly, and there have been occurrences of pandemic Flu that were far greater plagues than AIDS. The 1918 flu pandemic infected 500 million people across the world, spreading as far as the remote Pacific islands and the Arctic, and killed 20 to 50 million people or 1 to 3 percent of the world's population at that time!



Hydrogen peroxide can be very effective in preventing and treating both seasonal and a potential pandemic flu. In fact, treating influenza if you recall from earlier chapters was the first ever reported therapeutic use of intravenous Hydrogen Peroxide. In 1920 during that same worldwide outbreak, Dr. TH Oliver cured as many as 25 patients in India who were dying from pneumonia due to severe flu.

Today many alternative practitioners recommend hydrogen peroxide therapy for treating colds and flu. Well-known naturopathic physician Dr. Joseph Mercola has this to say on the subject, “Many patients at my Natural Health Center have had remarkable results in curing colds and flu within 12 to 14 hours when administering a few drops of three percent hydrogen peroxide into each ear.



You will hear some bubbling, which is completely normal, and possibly feel a slight stinging sensation. Wait until the bubbling and stinging subside (usually 5 to 10 minutes), then drain onto a tissue and repeat with the other ear. This seems to be effective about 80 percent of the time, especially if done when your symptoms first appear.”



## Stopping the Spread of Infection

Hydrogen peroxide bio-decontamination technology was one of the hot topics at the 49th Annual Meeting of the Infectious Diseases Society of America and the HIV Medicine Association in 2011. No less than three presentations were made on hydrogen peroxide vapor (HPV) and infectious disease control at the meeting held in Boston, Massachusetts.

Commenting on this latest research, James Salkeld, Head of Healthcare at Bioquell said, "Hydrogen peroxide vapor technology continues to have a strong profile among infection control professionals at all levels.

Its efficacy at dealing with key healthcare associated infections is becoming better known, providing a rapid solution to help in bringing outbreaks under control and reducing endemic infection."

Later that same year Dr. Dick Zoutman worked in collaboration with Dr. Michael Shannon of Medizone International at laboratories located in Innovation Park, Queen's University, to develop a hydrogen peroxide disinfecting system.

"This is the future, because many hospital deaths are preventable with better cleaning methods," Dr. Zoutman, said in an interview with *The Science Daily*. "It has been reported that more than 100,000 people in North America die every year due to hospital acquired infections at a cost of \$30 billion. That's 100,000 people every year who are dying from largely preventable infections."

Dr. Zoutman has also used this disinfection technology to kill bed bugs. A major U.S. hotel chain has already expressed interest in the technology



because of its potential to save the company millions of dollars in lost revenue and infected furniture.

Medizone is currently commercializing the technology and has started the first deliveries of the system.

The new technology involves pumping a mix of Medizone-specific ozone and hydrogen peroxide gas into a room to completely sterilize everything -- including floors, walls, drapes, mattresses, chairs and other surfaces. It is far more effective in killing bacteria than wiping down a room.

Interestingly enough, Medizone was one of the first companies to seek FDA approval for Medical Ozone as a treatment for AIDS and HIV.

In 1986 Terrance McGrath formed Medizone with the sole purpose of developing ozone technology for medical use in the treatment of HIV. He assembled a research team of experts in hematology and the biochemistry of oxidative substances, and began to go through the laborious process that the FDA requires for a new drug development.

Mr. McGrath's research team developed a device to deliver ozone through a thin filter membrane, infusing blood that has been drawn from the body. Upon development of this patented device, Medizone was able to sell stock to raise money for the laboratory studies and animal toxicity trials that were necessary before FDA would give approval for human studies with ozone.

Medizone has cooperated with the FDA and has produced very good research data, which has been published in peer reviewed journals. The most recent data was published in the *Blood, The Journal of Hematology* in October of 1991.



It was a report on a study done in Syracuse, New York, which proved that ozone could inactivate HIV in vitro (in the laboratory, outside the body).

Following the publication of this research, it was expected that the FDA would grant Medizone approval to begin Phase 1 of human clinical trials.

However, not surprisingly, the FDA threw up a road block and came back to Medizone with the requirement that they conduct large animal toxicity studies using an animal with blood volume comparable to that of humans in order to determine if there is any toxic effect of the treatment. The study that has been developed will use large pigs, but will cost a considerable amount of money, and will add much more time to win approval for the procedure.

With the FDA's stonewalling tactics, Medizone is now focusing on its successful Hospital Sterilization Initiative, however continues to research and develop Ozone and Hydrogen Peroxide based bio-oxidative treatments for diseases including HIV/AIDS, Hepatitis B & C, and Herpes. Medizone hopes that the success of the decontamination technology, will shed light on the legitimacy of this approach, and finally put some of their treatment technologies on the path to getting to approval.

At the end of 2011 the Journal of Hospital Infection published a review in of 10 separate studies that looked into the use of aerosolized Hydrogen Peroxide as a disinfectant. The article concluded, "There is significant evidence that a mist of hydrogen peroxide can be an effective method for area decontamination and be an important part of an infection prevention program."

## The Answer to Disease Resistant Antibiotics?

For more than 60 years, antibiotics have been conventional medicine's "magic bullet" to combat infectious diseases caused by bacteria and other microbes.

On the one hand, giving credit where credit is due, antibiotic therapy has been a leading cause for the dramatic rise of average life span during the Twentieth Century. However, on the other hand, in more recent years, disease-causing microbes that have become resistant to antibiotic drug therapy are an increasing public health problem.



Wound infections, gonorrhea, tuberculosis, pneumonia, septicemia and childhood ear infections are just a few of the diseases that have become harder and harder to treat with antibiotics. One part of the problem is that bacteria and other microbes that cause infections are remarkably resilient and have developed several ways to resist antibiotics and other antimicrobial drugs.

Another part of the problem is due to increasing use, and misuse, of existing antibiotics in human and veterinary medicine and in agriculture. In other words we not only are using antibiotics more, we also are eating them and drinking them in our food and water supply!

Long before the discovery of antibiotics, the "anti-biotic" of choice was hydrogen peroxide. Maybe it's time to return to the old way?




Again there has never been any dispute that H<sub>2</sub>O<sub>2</sub> is effective in treating infections topically. The latest research admits the effectiveness of H<sub>2</sub>O<sub>2</sub> Vapor for disease control in hospital operating rooms, emergency units and patient room.

Most importantly there have been numerous studies that have shown that intravenous Hydrogen Peroxide Therapy will kill bacteria, viruses, fungi, parasites and even destroy cancer and combat HIV/AIDS.

According to Nevada-based Frank Shallenberger, M.D., who is the most well-known Medical Doctor in the U.S. treating AIDS patients with a holistic protocol including oxidative therapies, H<sub>2</sub>O<sub>2</sub> is as effective or more effective than antibiotics or anti-virals in fighting infectious diseases because:

- ⇒ H<sub>2</sub>O<sub>2</sub> stimulates the production of white blood cells, which are necessary to fight infection.
- ⇒ H<sub>2</sub>O<sub>2</sub> kills many viruses.
- ⇒ H<sub>2</sub>O<sub>2</sub> increases oxygen and hemoglobin disassociation, thus increasing the delivery of oxygen from the blood to the cells.
- ⇒ H<sub>2</sub>O<sub>2</sub> and ozone are anti-neoplastic, which means that they inhibit the growth of abnormal tissues like tumors.
- ⇒ H<sub>2</sub>O<sub>2</sub> therapy increases the production of interferon and Tumor Necrosis Factor, which the body uses to fight infections and cancers.
- ⇒ H<sub>2</sub>O<sub>2</sub> increases the efficiency of the anti-oxidant enzyme system, which scavenges excess free radicals in the body.

- 
- ⇒ H<sub>2</sub>O<sub>2</sub> accelerates the Citric Acid Cycle, which is the main cycle for the liberation of energy from sugars. This then stimulates basic metabolism. It also breaks down proteins, carbohydrates and fats to be used as energy.
  - ⇒ H<sub>2</sub>O<sub>2</sub> and all Bio-oxidative therapies increase tissue oxygenation, thus bringing about patient improvement.

## How Does H<sub>2</sub>O<sub>2</sub> Kill HIV and Other Viruses?

A virus is not completely “alive.” It is simply a strand of genetic material surrounded by a protein. As such, it cannot reproduce, but must replicate itself by attacking, attaching, to and taking over the DNA of healthy cells. The virus has a series of little spikes or bulbs around it that are known as “receptors.” It is with these “receptors” that the virus “hooks on to” and eventually gets inside of, and takes over a healthy cell, forcing it to make copies of itself.

In the presence of hydrogen peroxide however, a number of events rapidly take place. The reaction with H<sub>2</sub>O<sub>2</sub> changes the chemical nature of the receptors, destroying their ability to attach to a healthy cell. At the same time, H<sub>2</sub>O<sub>2</sub> oxidizes the virus' outer protein coat. Without this envelope, it cannot survive.

When a cell is threatened, it naturally defends itself by producing its own hydrogen peroxide. However, in the case of very strong viruses maybe not enough H<sub>2</sub>O<sub>2</sub> is produced to mount an adequate resistance to the infection.

In addition to the effects noted above of introducing external hydrogen peroxide, the added hydrogen peroxide acts synergistically with the hydrogen



peroxide inside of the cell. Now with the additional “reinforcements” so to speak, the cell can destroy any virus that has penetrated it. As a result of these combined effects, the virus is either inhibited or destroyed.

But especially in the case of HIV/AIDS, in addition to being an effective virus killer, hydrogen peroxide can also strengthen a compromised immune system.

As Dr. Douglass found in his clinic in Africa, it can help guard against opportunistic infections and enable persons suffering from the disease to lead longer, more active and productive lives.

Despite the successes stories you have just read, and the overwhelming evidence of published studies, these astounding results - that simply increasing oxygen in the blood supply could render it free of HIV, as well as herpes, hepatitis and other viruses - has received little or no attention in the Media outside of Europe.

## What Can I Do?

So now you have read through 10 chapters of hopefully eye-opening information and besides immediately starting a regimen of oral H<sub>2</sub>O<sub>2</sub> therapy for your own health and well-being, you are probably asking yourself “what can I do now?”



Write your elected officials, send copies of this information, and point out what will happen to a politician whose constituents learn he knew of a cure for cancer and AIDS but didn't tell them about it. Call in on radio talk shows and share the good news, or send copies to their reporters and program directors,



especially at listener-supported stations, such as NPR, as these are more likely to be open to this kind of information.

Do not make the mistake that “oh I am sure they already all know about this?” If they did, you would have heard about it before you got hold of this book!

Above all else, stop buying into the idea that cancer, AIDS, and other "terminal" illnesses are automatic “untreatable” death sentences. Now that you know they are not, do everything you can to get others to realize this too!

If you know teachers, physicians, or health officials who still seem like they are open-minded and can think for themselves, tell them about the evidence for bio-oxidative treatments and cures.

Notify your local police and First Responders that oral hydrogen peroxide ingestion as described in this book can give them a way of making sure they'll be safe from infection due to contact with AIDS carriers.

Share this book with anyone you know that has a health problem, even a minor one; H<sub>2</sub>O<sub>2</sub> apparently works on everything from acne to warts.

Here is a good one.

Next time you hear some celebrity or major sports star is sick or dying of this or that, look up their mailing address in Who's Who or whatever, and mail them this information. If the address is for an agent, who are notorious for blocking attempted communications to their clients, you might include a cover letter, stating that the enclosed vital news is also being sent to their client's family members, and that if he or she learns through them that there was life-



saving information sent but held up by his or her agent that agent will be out of a job.

Every radically new major medical breakthrough goes through three stages; first they are ridiculed, and then violently opposed, and finally they are accepted as having been self-evident all along.

We are already deep into the first two stages as far as H<sub>2</sub>O<sub>2</sub> Therapy is concerned.

Now it's time for you to do your part to shorten the third!

## Closing Thoughts - Our Toxic World

There is an old saying “you are what you eat.” It is more than that. In fact, you are what you eat, what you drink, and what you breathe.

In the 1940’s and 1950’s plastics, other chemicals and petroleum based synthetics exploded into our everyday lives. By some estimates, these materials—plasticizers, dyes, pesticides—have increased by a shocking 8,200 percent in the last quarter century. The “upside” of that, of course, has been improved agriculture, economic wealth, and an abundance of cheap materials from Tupperware to Polyester.

But what’s the downside?

Our world is slowly dying, being choked to death by increasing amounts of poisons, toxic chemicals, and heavy metals, industrial and pharmaceutical wastes. All of these things wind up in the air we breathe, the food we eat, and the water we drink. As goes the world so goes our bodies.



We are all swimming in a toxic soup, so it is no wonder that the world, but especially industrial nations such as the U.S. are facing epidemics of ADHD, cancer, fatigue, headaches, obesity, early puberty, sterility, brain defects, muscle and visual problems, the list goes on and on and on.



According to McKay Jenkins, author of *What's Gotten into Us?: Staying Healthy in a Toxic World*, "We wrapped our food in cellophane. We wrapped our legs in nylon. We gave ourselves over to vinyl. Synthetic chemicals are literally everywhere; in our toiletries, cleaners, carpets, on our walls, in our clothes, and in our bodies. Banned PCBs are mixed in the snows atop Aconcagua, flame retardants have been found in Arctic ice, petrochemicals in beluga whales in Canada."

Before industrialization our world was a pristine world. The water we drank was pure. The food we ate was loaded with nutrients. The air we breathed was high in oxygen and had no chemical pollutants.

But now, did you ever think mercury, an element used in thermometers, light bulbs and tooth fillings, would be found one day in all fish? Could you conceive of a time in which exposure to toxic chemicals would be blamed for chronic childhood diseases in America to the tune of \$55 billion annually? That is just the tip of the toxic iceberg.

Your body has an incredible, almost miraculous ability to repair itself over and over again. Your body has the natural ability to rid itself of toxins through the metabolic processes of breathing, perspiring and expelling waste.

However, your body was just not "designed" to deal with the current toxic overload that you expose yourself to every day. Your body pays a price for all the pathogens and chemicals you ingest. Many of these chemicals are very difficult to remove from your body. These chemicals accumulate in the body's cells, organs and fatty tissues. Eventually these chemicals can cause cancer, heart disease, and any number of other illnesses and life-threatening diseases.

However, as you have learned you can give your body the extra power it needs to fight back against all of this “chemical warfare” with supplemental Hydrogen Peroxide.

The EPA has approved hydrogen peroxide for use as a sanitizing and disinfecting agent in agricultural premises, food distribution and processing operations, medical facilities, home bathrooms, dairy processing plants, breweries, wineries and beverage plants.

This one simple, naturally occurring compound -  $H_2O_2$  is your best defense against the toxic world closing in around you. It not only could be the miracle cure for all that ails you, but it has multiple uses that can replace, and/or counteract many of the chemicals you are exposed to in your everyday life.

⇒ Spray your vegetables and fruits with a 3% solution of  $H_2O_2$  and then rinse, to remove pesticides.

⇒ In the dishwasher, add 2 oz. of 3% to the regular washing formula instead of chemical soaps and detergents.

⇒ In your washing machine, add 8 oz. of 3%  $H_2O_2$  to the wash in place of bleach and other harsh chemicals.

⇒ If you have tropical fish you can use it in your aquarium to maintain proper pH.





- ⇒ In your bathroom use it to spray your shower curtains to kill mold, mildew, and bacteria, instead of bleach or other harsh chemicals.
- ⇒ Soak your toothbrush in 3% Food Grade H<sub>2</sub>O<sub>2</sub> to keep it germ free.
- ⇒ Use H<sub>2</sub>O<sub>2</sub> as a floor cleaner instead of ammonia and other commercial floor cleaning chemicals.
- ⇒ Instead of using plastic containers, you can preserve your food safer and longer, by spraying glass containers with food grade H<sub>2</sub>O<sub>2</sub> prior to sealing leftovers within.
- ⇒ Instead of chemical pesticides or weed killers, spray food grade H<sub>2</sub>O<sub>2</sub> on outdoor or indoor plants.
- ⇒ Clear toxins, mold spores and other residues from your room air by adding one pint of 3% food grade hydrogen peroxide to each gallon of distilled water in a common room vaporizer.
- ⇒ In your kitchen stop using chemical cleaning products and instead, spray countertops, garbage containers, dishwasher, refrigerator, range-top, and sink with Food Grade H<sub>2</sub>O<sub>2</sub>.
- ⇒ After rinsing off your wooden cutting board, pour food grade hydrogen peroxide on it to kill salmonella and other bacteria.
- ⇒ You can use H<sub>2</sub>O<sub>2</sub> to remove lime and mineral deposits on showerheads, sink fixtures, etc. instead of other chemicals.





- ⇒ Forget the chemical glass cleaner – 3% hydrogen peroxide is great for streak-free windows.
- ⇒ Dye your hair without the harsh chemicals. For a more natural look to your hair, spray a 50/50 solution of water and 3% H<sub>2</sub>O<sub>2</sub> on your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages, but more natural highlights if your hair is a light brown or dirty blonde.
- ⇒ Remove pet stains and odors from carpets and upholstered furniture. Spray 3% food grade hydrogen peroxide on the offending stain and let it sit half an hour. Spread a paste of baking soda and H<sub>2</sub>O<sub>2</sub> on the spot and allow it to dry for several hours before vacuuming up the paste.

Look how one bottle of food grade hydrogen peroxide can replace so many harsh chemicals in your home. You will not only reduce the exposure of your family, just think of all the money you will save!

Do you have a swimming pool? Do you have any idea how toxic Chlorine is and what you may be exposing yourself and your family to?

"Chlorine is so dangerous," says PhD biologist/chemist Dr. Herbert Schwartz, "that it should be banned. Putting chlorine in water is like starting a time bomb. Cancer, heart trouble, premature senility, both mental and physical are conditions attributable to chlorine treated water supplies. It is making us grow old before our time by producing symptoms of ageing such as hardening of the arteries."



Did you know that the level of chlorine in swimming pools is over 1,000 times the level deemed minimally safe by the EPA in water? Chlorine in water converts to dioxins - the most dangerous of cancer causing chemicals and which build up permanently within a person's body causing infertility and birth defects.

Children in particular are susceptible to dioxin, and it is children that not only spend more time than adults in swimming pools, they tend to swallow more of the water!

As you might have guessed by now a much safer alternative is 35% Food Grade Hydrogen Peroxide. This may be a bit more difficult to obtain than the 3% Food Grade we have been recommending for therapeutic and disinfecting purposes, but you can get it.

The same is true for a hot tub. Hydrogen peroxide is a healthy, environmentally friendly alternative to chlorine in your hot tub. Switch to hydrogen peroxide and you will transform your ordinary hot tub into a healing spa, as you bathe in clean, oxygen enriched, and odor free water.

If you have your own pool you owe it to yourself and any of your friends and family who use it, to replace the Chlorine with 35% Food Grade  $H_2O_2$ . If you use a pool at a Spa or other municipal or public facility, it is in your and their best interest to let them know about this as well, especially if they call themselves a "health spa!"

Unlike the hundreds of commercial and industrially created chemicals you are exposed to everyday, remember that hydrogen peroxide is completely natural.

### Let's recap:

- ⇒ H<sub>2</sub>O<sub>2</sub> is a natural product, just like water
- ⇒ H<sub>2</sub>O<sub>2</sub> is created in the raindrops that fall from the sky.
- ⇒ H<sub>2</sub>O<sub>2</sub> is in a mother's first milk to strengthen the baby's immune system.
- ⇒ H<sub>2</sub>O<sub>2</sub> is in all fresh fruits and vegetables.
- ⇒ H<sub>2</sub>O<sub>2</sub> has been approved by the FDA for use as a mouthwash.
- ⇒ H<sub>2</sub>O<sub>2</sub> is used in some products to whiten teeth.
- ⇒ H<sub>2</sub>O<sub>2</sub> is used in some laundry powders to safely bleach clothing.
- ⇒ H<sub>2</sub>O<sub>2</sub> is manufactured in the body during the Krebs Cycle.
- ⇒ H<sub>2</sub>O<sub>2</sub> is used by the body to strengthen the immune system.
- ⇒ When you take Vitamin C, the body uses it to make H<sub>2</sub>O<sub>2</sub>; and again the body uses the H<sub>2</sub>O<sub>2</sub> to strengthen the immune system.

### Final Food for Thought

For many reasons from deregulation, corporate greed and lax oversight, to long out-of-date environmental regulations -- unseen and health-harming toxins are frighteningly pervasive in our homes and our world.

If you think you can protect yourself by growing your own food, think again. Statistics show that U.S. factories emit 3 million tons of toxic chemicals into the environment every year. Of that, 2.2 billion pounds are pesticides. Beyond that other chemicals pumped into the air through industrial emissions also find their way into the soil, and into the groundwater. So the soil you plant your food in, and the water you use to help it grow are so laden with toxins, it may

not be that much more healthier for you than the toxic tomatoes and lethal lettuce on you supermarket shelves!

You can help by reducing your own use of plastics and reducing your “carbon footprint,” and by using greener and more sustainable products at home and at work.

You may not be able to save the planet, but you can do a lot to save yourself -- by starting a daily regimen of Hydrogen Peroxide!



## Resource Guide

### Worth Reading

Flood Your Body with Oxygen, Ed McCabe

The One-Minute Cure, Madison Cavanaugh

Hydrogen Peroxide: Medical Miracle, William Campbell Douglass II

The Oxygen Prescription: The Miracle of Oxidative Therapies, N. Altman

Oxygen to the Rescue, Pavel Yutsis M.D.

The Oxygen Revolution, Paul G. Harch M.D and Virginia McCullough

O2 Therapies: A New Way of Approaching Disease, McCabe and Bullard

Oxygen-Ozone Therapy: A Critical Evaluation, V. Bocci

### Finding a Practitioner

Many of the “at-home” uses of Hydrogen Peroxide mentioned in this book are recommended for the prevention of disease and for general health. If you or someone you love is sufferings from a serious illness such as Cancer or Heart Disease, and think you or they may benefit from Intravenous H<sub>2</sub>O<sub>2</sub> therapy, here is a list compiled by the American College for Advancement in Medicine, ([www.acamnet.org](http://www.acamnet.org)) of their members qualified to administer H<sub>2</sub>O<sub>2</sub> therapy in the United States.



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In 2007 The American College for Advancement in Medicine (ACAM), the leading association for Integrative Medicine Practitioners reached an agreement with the International Oxidative Medicine Association (IOMA), the organization founded by Dr. Farr, to unite IOMA members with those of ACAM. The ACAM Oxidative Medicine Division has been created to serve the needs of Oxidative Medicine Practitioners and distinguish their specialties.

If you cannot find a practitioner in your area on the above list, or you do not reside in the US, contact ACAM by visiting, [www.acam.org](http://www.acam.org).

If you are interested in finding a Hyperbaric Oxidation Treatment (HBOT) Center in your area, a searchable database can be found at:  
<http://www.hyperbariclink.com/TreatmentCenters/TreatmentCenters.aspx>





## Additional Information

If you have an in interest in continuing to find out more about using hydrogen peroxide therapy, you should contact ECHO, the organization currently run by Walter Grotz.

You can sign up for their Newsletter and get other information at:

ECH<sub>2</sub>O<sub>2</sub>, Inc.

P.O. Box 126

Delano, Minnesota 55328

763-972-2144 (Summer Season)

623-583-2278 (Winter Season)

If you would like to get active and write your government officials about the Truth About Oxygen Therapies here are some useful addresses.

The White House

The Office of the President

1600 Pennsylvania Avenue, NW

Washington, DC 20500

(202) 456-1111

[www.whitehouse.gov](http://www.whitehouse.gov)

Senators

Find your senator at the website below, but send a letter to as many as you can!

[www.senate.gov/general/contact/\\_information/senators\\_cfm.cfm](http://www.senate.gov/general/contact/_information/senators_cfm.cfm)



## **Representatives**

Find your representative at the website below, but send a letter to as many as you can!

[www.house.gov/house/memberwww.shtml](http://www.house.gov/house/memberwww.shtml)

The Food and Drug Administration (FDA)

The Office of the Commissioner

(Andrew C. von Eschenbach, M.D.)

Room 14-71

5600 Fishers Lane

Parklawn Building/Mail Code: HF-1

Rockville, MD 20857

[www.fda.gov](http://www.fda.gov)

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