

# Food Grade 35% Hydrogen Peroxide

## Harmony & Health

(812)738-LIFE(5433)

Quality Products for Health

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### 35% Hydrogen Peroxide MUST be diluted prior to use!

This is simply a guideline, undiluted/concentrated 35% hydrogen peroxide is caustic, causing necrosis and ulceration of mucosal tissue. Never apply to skin or take internally without diluting significantly.

Dilute the concentrated 35% Hydrogen peroxide drops in 8-10 ounces of water or juice (no carbonated beverages) per ratios below, listening to your body and adjust according to your own response & desired results.

1st week - 3 drops twice daily

2nd week - 5 drops twice daily

3rd week - 10 drops twice daily

4th week - 15 drops twice daily

5th week - 20 drops twice daily

6th to 10th week - 20 drops twice daily

11th to 16th week - 15 drops twice daily

17th week and on - 10 drops twice daily

Twice daily is usually best done upon rising and at bedtime. If stomach issues, cut drops in half and progress slower. A good maintenance is 5-15 drops per week.

### Cleansing Effects:

- You may experience some reactions (ie. Skin eruptions, diarrhea, mucus, fatigue, headaches, earaches, nausea) due to the detoxifying element. Remember to drink plenty of water throughout the day.
- Options if symptoms: 1. Discontinue or Reduce dosage until symptoms go away. 2. Maintain dosage while drinking more water and evaluate if they improve; if they get worse then stop for a few days and start back slower.

**Candida:** If you are aware that you have Candida Albicans overgrowth, begin the program at a much lower level, usually 1 or 2 drops a day until you feel the candida is under control. Dietary recommendations to control Candida—avoid sugary foods, gluten, simple carbohydrates, high glycemic fruits, alcohol and starchy foods. Foods to eat—vegetables, meat, eggs, plain yogurt, nuts, berries. Consider adding Yeast Fungus Detox and a probiotic such as **Probiotic 11** to build up friendly flora and support the immune system.

### Topically

Hydrogen peroxide is the only germicidal agent composed of only water and oxygen. Like ozone, it kills anaerobic organisms by oxidation. Hydrogen peroxide is considered the safest, all-natural, effective disinfectant and sanitizer. 35% must still be diluted for use, since most cleaning products are based on 3% solutions.

To get 3% Hydrogen peroxide, dilute 1 part 35% with 11 parts water; for example 1 cup 35% hydrogen peroxide in 11 cups of water will provide you with 12 cups 3% hydrogen peroxide. Refer to our Hydrogen Peroxide Uses sheet for many different uses & applications.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

*Building Better Health Naturally*

