

Oxygen Remedy

Put 3 drops of FOOD GRADE Hydrogen Peroxide (H₂O₂) into 8-12 oz of reverse-osmosis water. Do not use ANY other form of hydrogen peroxide. It must say "food grade" on the label.

Add 2-3 drops of BIOVITALE

Drink this mixture 3x/daily.

On each succeeding day, increase the Hydrogen Peroxide by 1 drop until you reach the maximum of 25 drops, or until you feel better.

A maintenance dose is 3 drops of food grade hydrogen peroxide with 3 drops of BIOVITALE in 8-12 oz of reverse osmosis water 3x/day.

Also consider IMMUNITY TONIC per label instructions.

BIOVITALE and IMMUNITY TONIC are available from:

<http://www.Longevity-Formulas.com>

3% Solution

Only a 3% solution of food-grade hydrogen peroxide may be ingested. Pour one oz of 35% food-grade hydrogen peroxide into a pint jar. Add 11 oz of distilled or reverse-osmosis water. This will yield 12 oz of 3% food-grade hydrogen peroxide.

Gums & Teeth

Use the 3% solution as a mouthwash, or mix with baking soda for toothpaste.

Enema & Douche

3 tbsp. of a 3% food-grade H₂O₂ solution can be used as an enema or douche.

Footbath

3% straight solution of food-grade H₂O₂ for athlete's foot or diabetes-related ailments.

Bath

1-8 pints of 3% food-grade H₂O₂, or 1 pint of 35% food-grade H₂O₂, to a bathtub of warm water.

Inhalation

Put 3% food-grade H₂O₂ in to a nasal spray and spray 5-10 times while inhaling the mist deeply into lungs, or sinus. If sick, use every 4-6 hours. For virus, every 2 hours

Vaporizer

Add 15 oz. of 3% food-grade H₂O₂ to one gallon of water.