

6 Simple Steps to Healthier Living with Hydrogen Peroxide

By Becky Mundt

Find out how hydrogen peroxide can keep you and your home healthy today!

About the Author:

From her childhood Ms. Mundt has been an active participant in the environmental movement. Growing up on the East coast of the United States and spending a great deal of her time out of doors in the local woods, on the beaches or in the ocean, her love of nature has only further inspired her desire to make a difference in caring for the planet.

As a child she began recycling campaigns in her local community. Finding herself living on the Big Island of Hawaii in the 1980's where little to no recycling was in evidence, she went on to co-found Recycle Hawaii. This grass roots non-profit recycling organization is still flourishing today on the Big Island of Hawaii. Providing island wide recycling and re-use stations; recycling education in schools and for local business and government offices, Recycle Hawaii has been pivotal in the advancement of recycling across the island.

While her life has taken her in many different directions over the years, her love of nature and desire for environmentally sustainable living continues to draw her attention to new solutions and ideas. As a part of that interest she has explored alternative energy sources, environmentally friendly cleaning products and other areas of research into new solutions for a changing world.

Today she lives with her husband and the younger 2 of her four children in the foothills of the Santa Cruz Mountains of California.

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Visit The Food Grade H2O2 Website:

There are Hundreds of Home, Garden, Pool and Spa Uses of Hydrogen Peroxide. How many do You Know?
Cleaning odors or spills out of carpets? Stains off concrete? Maybe its time to wash and rebrighten the back deck... Or perhaps you're setting out new seedlings for Spring. Whatever household chores confront you, it's almost a certainty that hydrogen peroxide can help!

FoodGradeH2O2.com

1. Hydrogen Peroxide – for Healthy Feet

Keep your feet healthy and clean with hydrogen peroxide foot soaks. Simple yet powerfully effective, foot soaks of hydrogen peroxide solution with Epsom salts can:

- Relieve tired aching feet
- Improve circulation in feet, ankles and lower legs
- Heal cracked skin, athlete's foot, fungus and bacteria infections
- Reduce or eliminate foot odor

Foot soaks with hydrogen peroxide are a simple and convenient way to keep feet healthy and disease free without a lot of time, money or effort.

Hydrogen Peroxide Foot Soak

Water 20 parts
H₂O₂ 3% 1 part
Salt One teaspoon
Time 20 minutes

The recommended choices of salt are as follow: (1) Epsom salt; (2) sea salt; and (3) common table salt.

Stronger solutions of hydrogen peroxide, such as one part of H₂O₂ and 10 parts of water or 1 part of H₂O₂ and 15 parts of water may also be tried to test for variations in efficacy for individual persons.

After soaking the feet, use either a pumice stone or a drug store variety skin file to remove the excess dead skin that will become soft and white during the soaking process. Then

scrub feet briskly with a clean foot brush or bathing sponge and Hydrogen Peroxide before drying.

Spraying the feet with straight 3 percent hydrogen peroxide solution after bathing and at the beginning and end of the day after wearing shoes or after a morning shower, will dramatically improve all forms of scaly skin, athletes foot and other foot problems.

2. Stop That Cold

This is one of my longest standing and all time favorite Hydrogen Peroxide applications and it works like a charm, if you do it soon enough. If you wait until you already are really sick it will work, and shorten the time of your illness, but it won't prevent it, and it won't stop it in its tracks exactly... You'll still need a day or two to get better.

- So BEFORE you really are sick, but when you either:
- Notice others around you in your household are sick
- Notice that your throat is starting to feel “scratchy”
- Notice that your nose is getting stuffy
- Notice that your sinuses are feeling enflamed or sensitive
- Notice that your eyes are watering or you're sneezing

At the first sign of any of these “cold precursors” it's time to take ten minutes and stop the cold or flu before it really gets hold of you.

Using either a shallow dish and a few q-tips or a small eyedropper, lie on one side and drop six to eight drops of 3 percent Hydrogen Peroxide solution into your ear. (the raised ear, obviously.)

Lie on your side for 3 to 5 minutes and let the Hydrogen Peroxide trickle down inside your ear canal. This feels really funny at first and for some people the tickling is just too much, but TRY to get used to it, and let that bubbling and gurgling go on for at least a few minutes.

Then apply a soft wad of tissue to the ear as you turn your head and allow the Hydrogen Peroxide drain out. It will all drain out readily, and you can use a clean dry q tip to swab the outer area of the ear to dry off the excess Hydrogen Peroxide on the skin surface of the outer ear.

Turn your head the other way and repeat with the other ear.

It is easiest to do this lying on a bed or couch and turning your entire body than to try to hold your head at an angle for a few minutes. So stretch out and relax, put on some music, and try to keep the hydrogen peroxide in each ear for the length of a popular song...

When it's flu season and the kids are bringing home colds and coughs and flu from school it's a good idea to use this preventive remedy every few days.

When family members are actually in bed and sick and I am caring for them I will repeat this process every other day or so, just to make sure I am not catching what they have.

3. Clean Up Indoor Air

In these days of poor indoor air quality statistics, it's nice to know you can keep indoor air cleaner, and eliminate air borne bacteria and viruses distributed through ventilating and humidifying equipment.

Start by spraying a 3 percent solution on all your household venting systems: the air return vents on whole house heating and air conditioning systems, the vents on air conditioner window units, and any other air circulating equipment. Wipe clean with a clean cloth and repeat until the cloth stays clean when you wipe.

For serious mold, mildew or dirt build up in the vents, remove the front panels and wash with warm soapy water and then spray with hydrogen peroxide and let dry.

Do not spray carbon filters or other filtering materials with hydrogen peroxide. Instead, if the filters are flat carbon filters, they can be soaked in a warm water and hydrogen peroxide solution (equal parts water and 3 percent hydrogen peroxide) and then set in the sun to dry. For paper backed filters, replace with new filters, as washing will destroy the paper or cardboard backing.

Thoroughly wipe the inside walls of whole house circulation vents with a cloth sprayed in 3 percent hydrogen peroxide until the cloth remains clean. Repeat this process several times a year to keep air circulation systems clean, bacteria, mold and mildew free.

4. Keep Your Kitchen Bacteria, virus and Germ Free

Kitchen uses of Hydrogen Peroxide can replace a whole shelf of cleaners in your closet. From general cleaning, produce, egg, cheese and meat washing to scouring and surface cleaning, Hydrogen Peroxide can literally do it all.

In 1997 food scientist Susan Sumner, at the Virginia Polytechnic Institute and State University, developed a chlorine-free home regimen for disinfection that has proved to be very versatile; using simple spray bottles of Hydrogen Peroxide at 3% solution and white vinegar. Her studies showed that this combination not only killed all microbes associated with contaminated red meat; but also all microbes on metal, wood and plastic kitchen surfaces. The same formula kills microbes found on the foods themselves.

Spray vegetables first with a 3% Hydrogen Peroxide solution and then follow with a white vinegar spray. In fact, as Ms. Summer found, the order of which solution is sprayed first does not matter.

The solutions represent an adaptation of a chlorine free disinfection scheme Ms. Summer had been working on for red meat, and which turned out to be effective for decontaminating carcasses. In the course of her studies, Sumner found that vegetables not only tend to come from the garden or farm bearing far more germs than red meat does; but they also hold onto germs more tenaciously.

While most germs that show up on produce come from the soil and are benign, reports of Shigella on cantaloupe and Salmonella on raw vegetables prompted Ms. Summer to

develop a bactericidal treatment for restaurants and other purveyors of salads.

In her tests, she deliberately contaminated clean fruits and vegetables with Salmonella, Shigella, or E. coli O157:H7 -- all capable of inducing gut-wrenching gastroenteritis. On its own, the Hydrogen Peroxide was fairly effective against all three germs, she found. But the best results came from pairing the two. "If the acetic acid (vinegar) got rid of 100 organisms, the Hydrogen Peroxide would get rid of 10,000, and the two together would get rid of 100,000."

In a report by Online Science News Ms. Summer was quoted as saying: "What I really liked about this treatment is that every [microbe] that drips off is killed." That means you are not just transferring disease-causing contamination from your food to the sink, drain, or cutting board. Speaking of which, she notes that the paired sprays work well in sanitizing counters and other food preparation surfaces -- including wood cutting boards.

What about taste? The peroxide left no lingering flavor, and the vinegar, when applied to the skins of such vegetables as tomatoes and peppers was indictable; it was possible to discern the slight taste of vinegar on lettuce leaves. However, a quick fresh water rinse followed by gentle shaking, or run through a salad spinner easily removes any lingering taste. For salads eventually dressed in vinaigrette, the simple rinsing is not even necessary.

5. Stop that Mold and Mildew

Mold and mildew buildup on ceilings and around bathrooms can easily be removed with a spray of 3% Hydrogen Peroxide solution which is repeated or let stand for a few minutes. Safe for use on walls, floors, tile, grout, you may wish to spot test wallpaper if in doubt.

When mildew or mold build up is severe and staining on bathroom walls, shower curtains, tile or other surfaces use a two step approach. Spray down the affected area thoroughly and leave the area for at least 20 minutes. Return and repeat the spray down and then wipe or rinse area clean.

You can use a hand held shower spray to effectively wash away most of the residue of mildews and molds on bathroom tiles, but you may have to scrub grout with an old toothbrush or other brush to get the staining to come completely clean. Some molds (particularly black molds) are extremely toxic. To avoid inhalation or release of the mold spores into the air, saturate the affected area with Hydrogen Peroxide solution first before attempting any removal, cleaning or wiping. Once the area is saturated it is safe to wipe the mold away and dispose of the cloth used for wiping.

Do NOT brush, vacuum or otherwise attempt to remove dry black mold as this will release the spores into the air and spread the mold to new areas of the home. If you are unsure if the mold you are cleaning is black mold, it is safer to follow the saturation method rather than ever risk attempting to clean mildew or mold that is dry. Areas with serious infestation of mold should be sealed with plastic sheeting and duct tape from other areas of the house before attempting removal.

6. Replace Toxic Chemicals in Your Cleaning Cupboard

Many home cleaning products contain chemicals such as Ammonia, chlorine bleach and environmentally persistent surfactants and other ingredients not healthy for humans, pets or the environment.

Window cleaning products, toilet bowl cleaners and other specialty products contain caustic abrasives or harsh chemicals which can impair respiratory function, enflame asthma and cause skin irritation.

You can easily replace these dangerous chemicals with hydrogen peroxide for most if not all of your indoor cleaning needs.

A 3 percent solution of hydrogen peroxide in a spray bottle is perfect for smear free sparkling windows, disinfection of toilets, and general cleaning of walls, counters and floors.

For serious stains, or tough cleaning jobs try using dry hydrogen peroxide for the best cleaning solution. Simply pick up some **Sodium Percarbonate**. It is sold as Oxy Clean; Oxo Brite and under several other brand names. It can also be purchased unbranded, in a 100 percent formula of sodium percarbonate at places such as [The Chemistry Store Dot Com](#) very inexpensively.

Sodium percarbonate is great for washing decks, concrete, and many other surfaces where a stronger hydrogen peroxide solution is desirable.

For More Information About Hydrogen Peroxide and its Modern Uses We Recommend the Following Resources:

[Food Grade Hydrogen Peroxide](#)

**** This site is an online source for pure 35% Food Grade H₂O₂. When you get there, click on the "Order Products Online" Tab in the Left Navigation Bar. 35% Food Grade Hydrogen Peroxide will be the first selection in the Product Listings. Ranging in Sizes from Pints to 5 Gallon Containers.**

[101 Home Uses Of Hydrogen Peroxide](#)

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[Dr. Majid Ali's Aging Healthfully Virtual Library](#)

Dr. Majid Ali- Integrative Medicine, Editor of Integrative Medicine Journal