

# HOME USES OF HYDROGEN PEROXIDE (H<sub>2</sub>O<sub>2</sub>)

Oxygen is the most abundant element on earth, comprising 45.6% of the earth's crust and 20.95% of dry air, and is one of the most vital elements to support life for plants, animals and human beings. Hydrogen peroxide, because of its oxygen content and healing properties, has been hailed to be one of the world's great "miracles" in a bottle.

Usage:-

<p><b>Fish and Meat:</b> Use 3% hydrogen peroxide for washing chicken, fish or other poultry and beef or pork. This kills parasites, bacterial &amp; removes bad odor.</p>	<p><b>In the dishwasher or dishwater:</b> Add 2 ounces of 3% hydrogen peroxide to the regular washing formula. Your glasses will sparkle!</p>
<p><b>Cleansing for vegetables and salad greens:</b> Add 1/4 cup 3% hydrogen peroxide to a sink full of cold water. Wash vegetables thoroughly, rinse with cold water and drain. This process prolongs freshness. If you wish to kill parasites in greens, use 3% hydrogen peroxide without diluting.</p>	<p><b>Mouthwash:</b> Use 3% hydrogen peroxide. Swish it around in your mouth for 1-2 minutes. This mouth freshener lasts longer than any other brands of mouthwash &amp; actually kills pathogenic bacteria, which the others do not. Good for your teeth &amp; gums too.</p>
<p><b>To freshen kitchen &amp; washroom:</b> Keep a spray bottle of 3% solution of hydrogen peroxide in the kitchen &amp; washroom. Use to wipe off counter tops, sinks and appliances. It will disinfect and give the kitchen &amp; washroom a clean, fresh smell. Works great in the refrigerator and lunch boxes. Ideal as a toilet cleaner.</p>	<p><b>Ear:</b> Dilute 3% hydrogen peroxide with equal parts of distilled water. Pour a capful of the solution in each of your ears after swimming to prevent ear infection. To remove earwax, use a few drops of the solution &amp; leave a few minutes.</p>
<p><b>Foot soak:</b> Use 3% hydrogen peroxide in a basin and soak.</p>	<p><b>Minor cuts, wounds &amp; abrasions:</b> Apply 3% hydrogen peroxide onto affected area</p>
<p><b>Sprouting seeds:</b> Add 1 ounce (30ml) 3% hydrogen peroxide to one pint (500ml) of water and soak the seeds overnight. Add the same amount of hydrogen peroxide each time you rinse the seeds.</p>	<p><b>Marinade:</b> Place meat, fish or poultry in a casserole (avoid using aluminium pans). Cover with a diluted solution of 3% hydrogen peroxide. Place in a loosely covered container in refrigerator for 1/2 hour. Rinse and cook.</p>
<p><b>Remove dressings from wounds:</b> Soak the dressings thoroughly with 3% hydrogen peroxide and leave for a few minutes before removal.</p>	<p><b>Leftover tossed salad:</b> Spray with a solution of 1/2 cup water and 1 tablespoon of hydrogen peroxide. Drain, cover and refrigerate. Eliminates use of chemical preservatives.</p>
<p><b>Shower:</b> Keep a spray bottle of 3% hydrogen peroxide in the shower. Spray your body after washing to replace the acid mantle on your skin that soap removes.</p>	<p><b>Toothbrush:</b> Soak your toothbrush in 3% hydrogen peroxide between brushings. The toothbrush is one of your dirtiest things. It is often the cause of yeast infection.</p>
<p><b>Skincare:</b> Use 3% grade as an <b>astringent</b> on your face, neck and full body after bathing. Gets rid of acne FAST.</p>	<p><b>Athlete's Foot:</b> Soak feet nightly in 3% hydrogen peroxide until condition is improved.</p>
<p><b>Humidifiers &amp; steamers:</b> Use 1 pint of 3% hydrogen peroxide to a gallon of water. This helps keep them clean too.</p>	<p><b>House &amp; Gardens Plants:</b> Put 1 ounce 3% hydrogen peroxide in 1 quart water. Water or mist plants with this solution.</p>
<p><b>To sterilize an enema set:</b> Pour one (1) capful of 3% hydrogen peroxide into the enema bag or bucket, rinse &amp; allow the solution to flow through the tube &amp; out of the anal tube.</p>	<p><b>Pets:</b> For small animals (dogs, cats &amp; chickens) use 1 ounce (30ml) 3% hydrogen peroxide to 1 quart (1 liter) water for their drinking water and bath.</p>

#### REFERENCE:

- *Hydrogen Peroxide - Medical Miracle* by William Campbell Douglass, MD
- *The Gerson Therapy - The Amazing Nutritional Program for Cancer and Other Illness* by Charlotte Gerson
- *The Wellness Newsletter*

# 二氧化氢H<sub>2</sub>O<sub>2</sub>的家庭用途

氧气是地球上存在的最丰富元素，地球的外壳有45.6巴仙是氧气，而干燥的空气之中，氧气的成分则占20.95巴仙。此外，氧气也是动、植物和人类生命不可缺乏的物体。二氧化氢因所含的氧成分和医疗效能，已经被喻为是世界上盛在瓶子里的‘奇迹’。

使用方法：-

<p><b>鱼及肉类：</b>用3巴仙二氧化氢清洗鸡肉、鱼、牛肉、猪肉和其他家禽的肉。这可以杀灭寄生虫、细菌及消除难闻的气味。</p>	<p><b>清洗碗碟：</b>在洗碗机或清洁剂里，加入2安士3巴仙二氧化氢于惯常用的洗涤液，杯子就会变得闪亮发光！</p>
<p><b>清洗蔬菜及沙律蔬果：</b>清洗蔬菜和沙律蔬果时，把1/4杯的3巴仙二氧化氢加入盛满冷水的洗涤槽，彻底清洗后再以冷水冲洗，然后把水排掉，这有助于保鲜作用。如果想要杀灭蔬菜上的寄生虫，可使用3巴仙的二氧化氢，不需加水冲淡。</p>	<p><b>漱口：</b>用3巴仙二氧化氢漱口1至2分钟，用此种方法漱口比任何一种清新剂都还持久，它杀除致病细菌的功能是其他漱口液所没有的，此外，也对您的牙齿和牙龈有益。</p>
<p><b>使厨房及浴室感觉清新：</b>在厨房及浴室置放一瓶可喷洒的3巴仙二氧化氢液，用以抹拭台面、洗涤槽和用具。这可以消毒并给予厨房和浴室干净的效果及清新的气味。它对电冰箱和午餐盒有着很大效果，也是厕所的理想清洁剂。</p>	<p><b>耳朵：</b>以相同份量的蒸馏水淡化3巴仙二氧化氢，把冲淡后的液体盛入两个杯子，游泳后分别倒进双耳以避免耳部感染。消除耳垢时，可用数滴如同以上方式冲淡了的二氧化氢，让液体留在耳内数分钟。</p>
<p><b>浸脚：</b>将3巴仙二氧化氢倒入盆中并浸泡。</p>	<p><b>稍微割伤、伤口及磨擦受伤：</b>以3巴仙二氧化氢敷在受伤处。</p>
<p><b>发芽的种子：</b>在1品特（500ml）的水里加入1安士（30ml）3巴仙二氧化氢，将种子放入浸泡一个晚上，每次以相同份量的二氧化氢来冲洗种子。</p>	<p><b>腌制：</b>把肉类或鱼放入蒸锅（避免铝制锅），加入冲淡了的3巴仙二氧化氢，至要腌制的食物被掩盖为止；置入一个上盖不会太紧的盛器中，然后放进电冰箱半小时；冲洗过后便可烹煮。</p>
<p><b>伤口移走裹伤布：</b>将裹伤布完全浸入3巴仙二氧化氢，待数分钟后才移除。</p>	<p><b>剩余的拌过沙律：</b>用1/2杯水加一汤匙的二氧化氢喷洒，弃掉液体后加盖置入电冰箱。此举能消除化学品防腐剂。</p>
<p><b>沐浴：</b>在浴室处置放一瓶可以喷洒的3巴仙二氧化氢，浴后喷洒身体以补充皮肤上遭肥皂清洗掉的酸性物质。</p>	<p><b>牙刷：</b>刷过牙后，把牙刷浸入3巴仙二氧化氢。牙刷是很脏的日用品，附有许多细菌。</p>
<p><b>皮肤保养：</b>洗澡后以3巴仙二氧化氢敷在脸上、颈项和身体作为收缩剂，可收快速消除粉刺之效。</p>	<p><b>香港脚：</b>每晚将脚浸入3巴仙二氧化氢，至情况改善。</p>
<p><b>湿润器及蒸气器：</b>加1品特的3巴仙二氧化氢入一加仑的水里，这有助于洁净湿润器和蒸气器。</p>	<p><b>家里或花园的植物：</b>把1安士的3巴仙二氧化氢掺入一夸脱的水里，浇灌或喷洒植物能保持植物健康。</p>
<p><b>灌肠器消毒：</b>把1瓶盖的3巴仙二氧化氢倒进灌肠袋或灌肠桶，冲洗后让液体流进管子，再从肛门管流出。</p>	<p><b>宠物：</b>用1安士（30ml）的3巴仙二氧化氢掺入1夸脱（1公升）的水里，给小动物如猫、狗与小鸡饮用或洗澡。</p>