

Smart Ways to Use HYDROGEN PEROXIDE Around the Home

如何在家巧妙使用过氧化氢

What Is Hydrogen Peroxide?

Hydrogen peroxide is the chemical compound H_2O_2 , made up of two hydrogen atoms and two oxygen atoms. It is a strong oxidizer and mild acid. It is very effective at breaking down protein and plant-based stains including bacteria, fungi and spores.

Hydrogen peroxide (H_2O_2) is a pale blue liquid in its pure form. **NEWLIFE™ HYDROGEN PEROXIDE** is a 3% H_2O_2 solution mixed with pure distilled water. This concentration works best for disinfecting, household cleaning and general use.

Here are some brilliant uses for H_2O_2 :

Sterilising Enema Set

It is important that you keep your enema equipment clean to avoid infection. After each use, clean well, sterilise with H_2O_2 and hang the set to air dry.

First Aid

H_2O_2 is a mild antiseptic that can be used on the skin to prevent infection of minor cuts, scrapes, abrasion and burns. It releases oxygen when it is applied to the affected area. This release of oxygen causes foaming, which helps to remove dead skin and disinfect the area.

Clean the affected area before applying a small amount of H_2O_2 on the skin. Clean 1 to 3 times daily or as directed by your doctor. If you apply a bandage after using H_2O_2 , let the area dry first.

Dental Care

Soak toothbrushes, retainers and sports mouth guards in H_2O_2 for roughly 3-5 minutes. Then rinse thoroughly with hot water. Store upright to air dry.

H_2O_2 can also be used as a mouth rinse to help remove mucus or to relieve minor mouth irritations (such as canker sores, cold sores, gingivitis). Mix H_2O_2 with an equal amount of water, swish the solution in the mouth over the affected area for at least 1 minute, then spit out. Do not swallow.

Ear Drop to Prevent Ear Infection

Earwax can trap water in your ear and cause infection. You can occasionally use H_2O_2 to remove earwax. Lie down on your side and use a 3-5ml syringe or a medicine dropper to fill up the ear with H_2O_2 . Let it bubble and fizz in the ear for up to five minutes. Then turn your head to the side and pull back on the top of your ear to tip solution out onto a tissue and allow it to drain properly. Repeat the process for your other ear.

Breathe Cleaner

Air purifiers, dehumidifiers, humidifiers, diffusers and nebulisers can all be breeding grounds for moulds, yeast, fungus or bacteria. Without proper cleaning and care for your equipment, you may be inhaling harmful organisms. Sanitise them at least once a month by running a solution of half water and half H_2O_2 through them.

Disinfect Toys

To kill germs and bacteria, spray plastic toys with H_2O_2 . Allow it to sit on the surfaces for a few minutes and then rinse with plain water.

Make Your Own Fruit & Veggie Wash

Mix water and H_2O_2 in a 1-to-1 ratio to make your own fruit & veggie wash. Spray or soak the produce in the solution, rinse, dry and enjoy.

什么是过氧化氢?

过氧化氢化学式是 H_2O_2 ，由两个氢原子和两个氧原子组成的化合物。它是一种强氧化剂，具弱酸性。它在分解蛋白质和植物性污渍（包括细菌、真菌和孢子）方面非常有效。

纯过氧化氢 (H_2O_2) 是一种淡蓝色液体。新生命过氧化氢是3%过氧化氢溶液。这种浓度最适合消毒、家庭清洁和一般使用。

以下是 H_2O_2 的一些巧妙用法：

消毒灌肠器具

保持灌肠器具清洁是非常重要的，以避免感染。每次使用后，清洗干净，用 H_2O_2 消毒，挂起晾干。

清洗伤口

H_2O_2 是一种温和的消毒剂，可用于皮肤上，以防止轻微的割伤、擦伤、擦伤和烧伤的感染。当您把 H_2O_2 涂在患处时，它会释放氧气。氧气的释放会产生泡沫，这有助于去除死皮和消毒伤口。

清洗伤口后，涂上少量 H_2O_2 消毒。每天消毒1-3次，或按照医生的指示。如果使用 H_2O_2 后需要包扎伤口，请先让伤口表面变干。

牙齿护理

用 H_2O_2 浸泡牙刷、保持器和防护牙托约3-5分钟。然后用热水彻底冲洗。直立存放晾干。

H_2O_2 可以作为漱口水来帮助去除粘液或缓解轻微的口腔刺激（如口腔溃疡，唇疱疹，牙龈炎）。将 H_2O_2 与等量的水混合稀释后来漱口，至少1分钟，然后吐出来。请勿吞食。

作滴耳剂防止耳朵感染发炎

耳垢会把水困在耳朵里引起感染。您可以偶尔用 H_2O_2 去除耳垢。首先侧躺，用一个3-5毫升的注射器或药物滴管向耳朵中注入 H_2O_2 。让它在耳朵里起泡和冒泡5分钟。然后将头转向一侧，向后拉耳朵顶部，让溶液倒流出来到纸巾上。对另一只耳朵重复这个过程。

净化室内空气

空气净化器、除湿器、加湿器、扩散器和雾化器都可能是霉菌、酵母、真菌或细菌的滋生地。如果没有适当的清洁和护理，您可能会吸入有害的微生物。加入等量的 H_2O_2 与水，让器材运行。至少每月消毒一次。

消毒玩具

可向塑料玩具喷洒 H_2O_2 ，杀灭细菌。让 H_2O_2 在表面停留几分钟，然后用清水冲洗。

自制水果和蔬菜清洗剂

将等份的水和 H_2O_2 混合，自制水果和蔬菜清洗剂。喷洒在农产品上或将农产品浸泡在溶液中，用水冲洗，晾干，然后享用。



Get Rid of Smelly Feet

Smelly feet are caused by odour-causing bacteria and they may cause embarrassment. Make a foot soak with one-part H₂O₂ to three-parts warm water. The same treatment will help protect against spreading athlete's foot fungus and even soften calluses and corns.

Whiten Discoloured Nails

Mix one-part H₂O₂ to two-parts baking soda in a bowl to form a paste. It will foam a bit. When it stops, spread the paste over and under your nails. Let it work for three minutes then rinse with plain water.

Kill Dust Mites

Dust mites thrive on the small bits of skin we shed in our homes, particularly on the mattress. Give your mattress a spray with equal parts H₂O₂ and water to kill the insects. Allow the mattress to dry completely before remaking the bed with clean bedding.

Sanitize Beauty and Manicure Tools

Each time you use tweezers, manicure or pedicure tools and eyelash curlers, they come in contact with bacteria. A dip or rub-down with a bit of H₂O₂ will sanitize the tools.

Freshen and Disinfect Kitchen Sponges and Cutting Boards

Kitchen sponges and cutting boards can harbour bacteria, including E. coli and Salmonella. Disinfecting your kitchen sponges and cutting boards daily with a solution of water and H₂O₂ in a 1-to-1 ratio will keep them safe for use.

Sanitize Your Refrigerator

After you have cleaned out your refrigerator, spray the inside with H₂O₂ to kill any lingering bacteria. Let it work for several minutes and then wipe down with plain water.

Brighten Discoloured Cookware

Mix a few teaspoons of baking soda and some H₂O₂ to make a paste. Spread the paste on the interior of discoloured ceramic-coated cookware. This will help lighten stains and gently clean the surface.

Clean Tile Grout

Grout between the bathroom and kitchen tiles not only gets dirty, but can also get covered with mildew. One of the best ways to kill the fungus is H₂O₂. To whiten grout, mix a paste of baking soda and H₂O₂. Spread it on the tile (it will also help cut through soap scum) and let it work for five minutes. Wipe away with plain water to see the sparkle.

Clean and Sanitize Toilet Bowls

Pour a half-cup of H₂O₂ into the toilet and let it sit for about 30 minutes. Then use a toilet brush to scrub any leftover stains or discoloration. Flush, and you are done!

Put a Shine on Mirrors and Windows

A spray of H₂O₂ and a wipe down with a lint-free microfiber cloth will give you streak-free mirrors and windows.

Safer Substitute for Chlorine Bleach

Instead of using chlorine bleach, add some H₂O₂ to a load of dirty white clothes. Add another cup of H₂O₂ to the machine before washing.

To get rid of sweat stains on white shirts, mix ¼ cup H₂O₂, ¼ cup baking soda and ¼ cup water in a bowl and use a soft-bristled brush to work the solution into the collar and underarm section, allow it to sit for at least 30 minutes. Give it one more final scrub with the brush and then wash as usual.

Give Your Garden a Boost

Fertilise plants: that extra oxygen molecule in H₂O₂ boosts a plant's ability to absorb nutrients from the soil. Mix one-part H₂O₂ with four-parts room-temperature water. Use it right away to fertilize your plants.

Protect plants: insects, fungus, and plant diseases can easily be transferred from plant to plant. Use H₂O₂ to sanitize garden tools after each use. You can also H₂O₂ to mist your plants.

Note: the above suggestions are using **NEWLIFE™ HYDROGEN PEROXIDE**

去除脚臭

脚臭是由引起异味的细菌引起的，可让人很尴尬。用一份H₂O₂和三份温水泡脚。同样的治疗方法可以防止脚癣的传播，甚至可以软化老茧和鸡眼。

亮白变色的指甲

将一份H₂O₂和两份小苏打在碗中混合成糊状。它会起一点泡沫。当它停止时，把糊状物涂在指甲上和指甲下面。三分钟后用清水冲洗。

杀灭尘螨

家里有尘螨，因为它们以人类和宠物的死皮为食，尤其在床垫上最常见。将等量的H₂O₂和水混合，然后将溶液喷在床垫上。等到床垫完全干了，再铺上新的床单。

消毒美容和修甲工具

每次使用眉夹、修指甲和修指甲器具或睫毛夹时，它们都会接触到细菌。用一点H₂O₂蘸一下或擦一下就可以给工具消毒了。

清洁和消毒厨房海绵和砧板

厨房海绵和砧板是有害细菌的温床，包括大肠杆菌和沙门氏菌等。每天用等份的水和H₂O₂混合，消毒海绵和砧板，就可以放心使用。

消毒冰箱

清理完冰箱后，向里面喷洒H₂O₂以杀死残留的细菌。让它工作几分钟，然后用清水擦拭。

清洗糊锅

将几茶匙小苏打和一些H₂O₂混合搅匀成糊状。将糊状物涂在变色的陶瓷炊具内部。这将有助于减轻污渍，轻轻地清洁表面。

干净瓷砖填缝

浴室和厨房瓷砖之间的填缝不仅容易变脏，而且还会滋生霉菌。杀死真菌的最好方法之一是H₂O₂。要使瓷砖填缝变白，可以将小苏打和H₂O₂混合成糊状。把它铺在瓷砖上(也可清除皂垢)，让它工作5分钟。再用清水冲洗一遍，就能看到明亮光泽的瓷砖。

清洁马桶

在马桶中导入半杯的H₂O₂，30分钟后用刷子刷，干净卫生。

清洗镜子

将H₂O₂喷在镜面上和玻璃窗上，用无绒超细纤维布轻擦，就能洁亮如新，不留条纹。

更安全的衣物漂白剂

不要用氯漂白剂，将肮脏的白色衣服浸泡在H₂O₂。在洗涤前再加一杯H₂O₂到洗衣机中，就能摆脱泛黄啦！

要除白衬衫上的汗渍，可以在碗里混合¼杯H₂O₂，¼杯小苏打和¼杯水。用软毛刷将溶液刷入衣领和腋下部分，静置至少30分钟。接着再用刷子刷一次，最后像平常一样清洗。

加速植物生长

施肥:H₂O₂中多余的氧分子能提高植物从土壤中吸收养分的能力。将一份H₂O₂与四份室温水混合后，马上用来施肥。

保护植物:昆虫、真菌和植物疾病很容易在植物之间传播。每次使用园艺工具后，用H₂O₂消毒。也可以用H₂O₂给植物喷雾。

注:以上建议使用的是
新生命过氧化氢。

