

~ Ask Granny Earth ~

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When I surrender, the Universe moves.  
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Hydrogen Peroxide

## Ask Granny Earth

**A friend was telling me about something called "Oxygen Therapy" and also "Hydrogen Peroxide Therapy". You mentioned these both in last week's A.G.E. Could you please expound a little on these two procedures?**

Yes, there is a lot to be learned and said about these "new" therapies. Research shows that when administered professionally they are effective in cancer and AIDS, as well as with most acute and chronic infections.

**Oxygen Therapy:** Usually this consists of ozoning about 200ml of blood withdrawn from the patient and then re-infusing it back into the blood stream. This method is widely used in German and Mexican cancer clinics, but is still considered to be illegal in most other western countries. Another possibility is the ozone generator- generators for medical, or internal quality ozone can be expensive, while common ozone generators just ozonate the room air and also produce some potentially toxic nitrogen oxides.

However, a "Beck-type" water ozonator is available for internal use at a reasonable price. If ozone comes into contact with water, it forms hydrogen peroxide- this process takes about 20 minutes for all the ozone dissolved in water to be converted into hydrogen peroxide; you'll get a mixture of both if you drink it immediately after finishing the process. It could be that ozone

has the advantage of releasing active oxygen without requiring enzymes in the biological system (in this method). For further research on the Beck instruments and methods, go to:

<http://www.sharinghealth.com/site%20map.html>

**Hydrogen Peroxide Therapy (H<sub>2</sub>O<sub>2</sub>):** Rapidly gaining in popularity within the alternative medical community, H.P. therapy properly utilized, acts as a catalyst for various needs within the body, as well as directly reducing anaerobic bacterial infections.

H<sub>2</sub>O<sub>2</sub> oxidizes body waste products and diseased tissue. It has been shown to dissolve calcium and cholesterol deposits in the body as it stimulates peroxidase production. Peroxidase is an enzyme and if you have a need to learn more about it, put 'peroxidase definition' in your search engine. But, be prepared for a whole lot of scientific terminology.

Research tells us that one of Hydrogen Peroxide's greatest benefits, is that it falls into the 'natural treatment' category. It is receiving claims of healing everything from ear infections to cancer. Hydrogen Peroxide is not a foreign agent to the body- it is produced within the body in cellular metabolic reactions. Not everyone is in agreement that H<sub>2</sub>O<sub>2</sub> therapy is safe, however, when used orally.

Opponents claim that usage results in organ and tissue damage and that using H<sub>2</sub>O<sub>2</sub> in-creases all conditions associated with free radicals in the body. As in most situations, there are at least 2 sides to the story. I encourage you to do your own research and come to your own conclusions.

For internal use, a USP "food grade" 35% hydrogen peroxide is recommend. But, extreme caution must be used when handling anything over 11% concentration, as it is very caustic. The typical hydrogen peroxide that we buy in the store is non-food grade, 3% and is for external use only, although there is no direct evidence that it could not be used orally. Remember that the 35% H<sub>2</sub>O<sub>2</sub> is highly caustic and should be stored in a safe freezer, clearly labeled and out of reach of children. The 35% must always be diluted when used internally or externally. Six to eight drops in 8 ounces of water is the starting point that is suggested - no more. To make a safe 3% solution of food grade 35% H<sub>2</sub>O<sub>2</sub>, you will want to add 1 part of the 35% peroxide to 10 parts of pure water.

In his article, Oxygen Therapies, Walter Last suggests taking a few droops of the 3% solution in a glass of water and gradually increase to 1 teaspoon or more four times daily before meals and at bedtime - continuing as long as required for the infection to come under control, gradually reducing intake to only once before breakfast. If your infection, or tumor is local, Last suggests bathing the site daily and covering it with a cloth soaked in the 3% solution. This will draw out the toxins.

**Fact:** Naturopaths are not Federally regulated, and have used ozone therapies for over 100 years. Alternative medical legalization laws assuring that doctors can use ozone have passed in the following places:

**The United States of America:** Alaska, Colorado, Georgia, Nevada, New Mexico, New York, North Carolina, Oklahoma, Texas, Washington, Florida, Minnesota and California.

**Canada:** The province of Alberta and Ontario.

Ed McCabe, better know as the "Oxygen Man" has written many creditable books on the subject of oxygen therapy for such conditions as AIDS, cancer and diabetes. The first book of his that I ever read was; '**Oxygen Therapies'- a new way of approaching disease'** (1988). Since that time he has published many more books and is the Executive Director of The Foundation For the Advancement of Oxygen and The Energy Institute.

His Website is: [www.mroxygen.org](http://www.mroxygen.org). You can order his books, tapes and videos by calling- 1-800-284-6263.