

The benefits of 3% peroxide

A friend has been in the medical field for over 36 years, and says most doctors don't tell you about peroxide, or they could lose thousands of dollars. (Merck, Pfizer, etc)

- 1.** Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe or shower.) No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouthwash.
- 2.** Let your toothbrushes soak in a cup of peroxide to keep them free of germs.
- 3.** Clean your counters, table tops with peroxide to kill germs and leaves a fresh smell. Simply put a little on your dishrag when you wipe or spray it on the counters.
- 4.** After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
- 5.** Had fungus on feet for years - until sprayed with a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.
- 6.** Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. A friend has seen gangrene that would not heal with any medicine, but was healed by soaking in peroxide.
- 7.** Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.
- 8.** Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold or plugged sinus. It will "Bubble" and help to kill the bacteria. Hold for a few minutes then blow your nose into tissue.
- 9.** Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.
- 10.** If you have a terrible toothache and can not get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.
- 11.** And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages, but more natural highlights if your hair is a light brown, faddish, or dirty blonde. It also lightens gradually so it's not a drastic change.