

The document by Walter Grotz for the self-administration of Hydrogen Peroxide is intended for informational purposes only. It is not intended as medical advice (me). **TO REPRINT:** http://blainesparynetwork.net/psa/thecure/self_administered_hydrogen_peroxide.pdf

Protocol for the Self-Administration of Hydrogen Peroxide

by Walter Grotz

USING 35% FOOD GRADE HYDROGEN PEROXIDE (H₂O₂) - INTERNAL

Use the dosages listed in the chart with 5 ounces of distilled or purified water. When reaching higher dosages, more water may be used.

Take on an empty stomach, 1 hour before a meal and at least 3 hours after a meal. If your stomach gets upset at any level, stay at that level, or go back one level. **NOTE:** Candida Patients may need to start at 1 drop 3 times per day.

Dosage Schedule for Undiluted 35% H₂O₂

1st day, use 9 drops (3 drops, 3 times/day)	9th day, use 36 drops (12 drops, 3 times/day)
2nd day, use 12 drops (4 drops, 3 times/day)	10th day, use 42 drops (14 drops, 3 times/day)
3rd day, use 15 drops (5 drops, 3 times/day)	11th day, use 48 drops (16 drops, 3 times/day)
4th day, use 18 drops (6 drops, 3 times/day)	12th day, use 54 drops (18 drops, 3 times/day)
5th day, use 21 drops (7 drops, 3 times/day)	13th day, use 60 drops (20 drops, 3 times/day)
6th day, use 24 drops (8 drops, 3 times/day)	14th day, use 66 drops (22 drops, 3 times/day)
7th day, use 27 drops (9 drops, 3 times/day)	15th day, use 72 drops (24 drops, 3 times/day)
8th day, use 30 drops (10 drops, 3 times/day)	16th day, use 75 drops (25 drops, 3 times/day)

For more **Serious Complaints** stay at 25 drops, 3 times per day for 1-3 weeks. Next graduate down to 25 drops, 2 times per day until the problem is taken care of. This may take from (1-6 months) Don't give up!

When Free of Complaints, You May Taper Off By Taking:

- 25 drops once every other day, 4 times
- 25 drops once every third day for 2 weeks
- 25 drops once every fourth day for 3 weeks

A good maintenance would be 5-15 drops per week, depending on the amount of cooked and processed foods you are eating.

Possible Reactions to Hydrogen Peroxide:

Skin eruptions, nausea, sleepiness, unusual fatigue, diarrhea, colds (in head or chest), ear infections, boils, or any other method that the body uses to emit toxins from the body (the toxins have been rooted out by the use of hydrogen peroxide).

This is the natural way for the body to cleanse and the natural cleansing will be of short duration, as you continue to maintain your program. Above all, even if you must decrease the dosage, continue the program, don't give up!

If you get a cleansing reaction, you may want to increase the dosage to hasten the cleansing. A cleansing is the effect on the body of bacteria dying off, or various forms of poisons being released through the eliminative organs of the body, I.E. skin, lungs, kidneys and bowels. Remember: When hydrogen peroxide comes in contact with virus and streptococcus, it will liberate free oxygen.

This may be happening in your stomach. If your stomach feels uneasy, it is only the hydrogen peroxide seeking out the virus and streptococcus to destroy.

CAUTION: If you spill 35% hydrogen peroxide on your skin, immediately rinse under tap water. It will burn and turn the skin white. Avoid spillage.