

Food Grade Hydrogen Peroxide Uses!

(Please note: It is highly recommended you do NOT use commercial H₂O₂ for any of these uses as they contain stabilizers which are essentially heavy metals. FG H₂O₂ has the least amount of any of these, hence the one which is used around foods and even internally for some serious conditions.

FG H₂O₂ is usually only available in 35% concentrations, but occasionally you can locate lower percentages. 35% Food Grade H₂O₂ is extremely corrosive, and will burn skin if not diluted according to instructions. It should never be used undiluted for any of the below applications. Be sure to carefully read the information from any place you obtain this product!

H₂O₂ Dilution: One part 35% FG-H₂O₂ to 11 equal parts water to make a 3% solution... 11 to 1 mix.

How much 35% H₂O₂ do you need?

Here's how to figure the total amount of 3% (useable %) Hydrogen Peroxide: 11 to 1 mix... 1 part H₂O₂, to 11 parts water:

1 Pint 35% H₂O₂ makes 1.5 gallons of 3% H₂O₂ solution
1 Quart 35% H₂O₂ makes 3 gallons of 3% H₂O₂ solution
1 Gallon 35% H₂O₂ makes 12 gallons of 3% H₂O₂ solution

Some uses for 3% Solution of Food Grade Hydrogen Peroxide:

-Water storage: 1/2 cup of 35% H₂O₂ per 55 gallons of water.

-Vegetable Soak: (in place of unsafe bleach) Add 1/4 cup 3% H₂O₂ to a sink full of cold water. Soak light vegetables (lettuce, etc.) 20 minutes, thicker skinned vegetables (like cucumbers) for 30 minutes. Drain and dry. This will help them to stay fresh longer.

-Leftover Tossed Salad: Spray with a solution of 1/2 cup water and 1 tablespoon of 3% hydrogen peroxide. Drain, cover and refrigerate. Eliminates use of chemical preservatives.

-Freshen Kitchen: Keep a spray bottle of 3% solution of hydrogen peroxide in the kitchen. Use to wipe off counter tops and appliances, or for floors. It will disinfect and give the kitchen a clean, fresh smell.

-Works great in the refrigerator and lunch boxes. Also, use it to disinfect sponges and mops which harbor bacteria in large amounts, and garbage disposals.

-Washing/Laundry: Add 8 oz of 3% to your wash in place of bleaches.

-Dishwasher: In the dishwasher or dishwater: Add 2 ounces of 3% hydrogen peroxide to the regular washing formula. Your glasses will sparkle and your washer will not smell bad.

-Sprouting seeds: Put 1 oz of 3% H₂O₂ in 1 quart of distilled water. Water or mist plants with this solution. Put 8 oz of white sugar in 8 oz of 3% H₂O₂ and add to one gallon of water. for use as a non-toxic insecticide spray.

-Humidifier/Steamers: Use 1 pint of 3% hydrogen peroxide to a gallon of water. This helps keep them clean too.

-Bathroom: Use the 3% solution. Spray toilet and sink as disinfectant. Add 1/2 to 1 pint of 35% H₂O₂ to a full tub of water for a detoxifying bath. (Note; Do not detoxify after 6-7PM as the increased oxygen may keep you awake.) Shower: 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.

-Athletes foot: Soak feet nightly in a 3% solution. Pour a capful of 3% hydrogen peroxide in each of your ears after swimming to prevent ear infections

-Use 3% grade as an astringent on your face, neck and full body after bathing. Gets rid of acne FAST.

-Use it in 3% grade in a spray bottle for cuts and soars. Spray on frequently and watch them disappear.

-Mouthwash: Use 3% H₂O₂ and swish around in you mouth for 1 minute after brushing. Reduces or eliminates plaque and cavities. Use as gargle for sore throats. (Add pure, organic Essential Oils for flavoring if you'd like)

-Toothpaste: Add 3% to baking soda and make a paste, or just use H₂O₂ without toothpaste... you don't actually need toothpaste, as it is a commercial creation and essentially a useless expense.

-Douche: Equal parts of 3% solution and water is the maximum strength. (Start with more water and gradually increase H₂O₂ to equal parts.)

-Enema: Use 6 Tbs. of 3% to 1 quart of water. This is a maximum dosage. (Start with 3 Tbs. and gradually increase to 6.)

-Colonic: Use 1 pint of 3% to five gallons of water.

-Marinade: Place meat, fish or poultry in a casserole (avoid using aluminum 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.

-For livestock: Use 8 oz of 35% to 1000 gallons water. Has increased milk production by 20%.

Pets: For small animals (dogs and cats) use 1 ounce 3% hydrogen peroxide to 1 quart water for their bath.

House & Garden Plants: Put 1 ounce 3% hydrogen peroxide in 1-quart water. Water or mist plants with this solution.

Camping: Use in water storage tank to keep fresh and pure.

Source for pure 35% Food Grade Hydrogen Peroxide:
<http://purehealthsystems.com/hydrogen-peroxide.html>