



Some Uses For 3% Solution Of Food Grade Hydrogen Peroxide (H₂O₂)

- **Formula to make a 3% solution of H₂O₂** - Put 1 oz of 35% Food Grade Hydrogen Peroxide in one pint plastic spray bottle and add 11 oz of distilled water. This will make 12 oz of 3% Food Grade Hydrogen Peroxide.
- **Vegetable Soak** - (In place of 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. They should keep longer. Or spray the vegetables with straight solution, let stand a few minutes, rinse and dry.
- **Leftover Tossed Salad** -Put 1 Tbs. of 3% in 1/2 cup water, spray the top of the salad before covering and refrigerating. If you aren't in the mood for salad the next day, put the salad in the blender with 1/2 cup juice (tomato, carrot, etc.) and blend. Add seasoning to taste and drink your salad.
- **Freshen Kitchen** - Spray 3% on the counter tops and appliances and then wipe off. It disinfects and gives the kitchen a fresh smell. Use also in the refrigerator.
- **Washing/Laundry** - Add 8 oz of 3% to your wash in place of bleaches.
- **Dishwasher** - Add 2 oz of 3% to your regular dish washing formula to get sparkling glasses.
- **Sprouting seeds** - Put 1 oz of 3% H₂O₂ in 1 quart of distilled water. Water or mist plants with this solution. Put 8 oz white sugar in 8 oz of 3% H₂O₂ 1 gallon of water. For use as a nontoxic insecticide spray.
- **Humidifiers/Steamers** - Use 1 pint 3% H₂O₂ to 1 gallon of water.
- **Bathroom** - Spray your body after washing to replace the acid mantle on your skin that the soap removes. Use the 3% solution. Spray toilet paper before using. Use 3% on a cotton ball as a facial freshener after washing. Add 1/2 to 1 pint 35% H₂O₂ to a full bathtub of water for a detoxifying bath. (Note: Do not detox after 6-7 PM as the increased oxygen may keep you awake!)

- **Athlete's Foot** - Soak feet nightly in 3% solution of H2O2.
- **Mouthwash** - Use 3% H2O2, swish around in mouth. Add a flavoring if you like.
- **Toothpaste** - Add 3% to baking soda to make a paste. Or use straight 3% H2O2.
- **Douche** - Equal parts of 3% H2O2 and water is the maximum dosage. Start with more water and gradually increase the amount of 3%.
- **Enema** - Use 6 Tablespoons of 3% H2O2 to one quart of water. This is a maximum dosage. Start with 3 tablespoons and gradually increase to 6 Tablespoons.
- **Colonic** - Use 1 pint of 3% H2O2 to five gallons of water. Start with 1/2 pint and gradually increase the dosage to 1 pint.
- **For Chickens** - Use 1 gallon of 35% Hydrogen Peroxide per 1000 gallons of water. Eggs and chickens taste much better!
- **For Livestock**- Use 8 oz of 35% H2O2 to 1,000 gallons of water. Has increased milk production by 20%.
- **How to take 35% H2O2**-Day 1,2 drops in 8 ounces of spring water 3 x day; day 2,3 drops 3 x day. Increase by one drop up to 25 drops 3 x day. Some stay at 25 drops up to three weeks. (Note: Some reactions to the cleansing effects could include skin eruptions, nausea, headaches, sleepiness, unusual fatigue, diarrhea, head or chest cold, ear infections, boils or any other ways the body uses to loosen toxins. This is A NATURAL CLEANSING of the body and should be of a short duration as you continue to maintain your program.) A good maintenance program is 5-15 drops per week.
- **Caution** - If you spill 35% Hydrogen Peroxide on your skin, immediately rinse with plenty of water. It may burn and turn the skin white but will not harm you. Wipe up all spills. (Use vinyl gloves not rubber or latex)
- **Detox Formula** - One pound baking soda and 1 1/2 cups 3% H2O2 in one half tub of water. Soak for at least 1/2 hour or more.

Rivers of Life does not advocate the use of any medical treatment without qualified medical supervision.