

# Oxygen Remedy

Put 3 drops of FOOD GRADE Hydrogen Peroxide (H2O2) into 8-12 oz of reverse-osmosis water. Do not use ANY other form of hydrogen peroxide. It must say "food grade" on the label.

Add 2-3 drops of BIOVITALE

Drink this mixture 3x/daily.

On each succeeding day, increase the Hydrogen Peroxide by 1 drop until you reach the maximum of 25 drops, or until you feel better.

A maintenance dose is 3 drops of food grade hydrogen peroxide with 3 drops of BIOVITALE in 8-12 oz of reverse osmosis water 3x/day.

Also consider IMMUNITY TONIC per label instructions.

BIOVITALE and IMMUNITY TONIC can be purchased by calling: 866.837.8474

## **3% Solution**

Only a 3% solution of food-grade hydrogen peroxide may be ingested. Pour one oz of 35% food-grade hydrogen peroxide into a pint jar. Add 11 oz of distilled or reverse-osmosis water. This will yield 12 oz of 3% food-grade hydrogen peroxide.

## **Gums & Teeth**

Use the 3% solution as a mouthwash, or mix with baking soda for toothpaste.

## **Enema & Douche**

3 tbsp. of a 3% food-grade H2O2 solution can be used as an enema or douche.

## **Footbath**

3% straight solution of food-grade H2O2 for athlete's foot or diabetes-related ailments.

## **Bath**

1-8 pints of 3% food-grade H2O2, or 1 pint of 35% food-grade H2O2, to a bathtub of warm water.

## **Inhalation**

Put 3% food-grade H2O2 in to a nasal spray and spray 5-10 times while inhaling the mist deeply into lungs, or sinus. If sick, use every 4-6 hours. For virus, every 2 hours

## **Vaporizer**

Add 15 oz. of 3% food-grade H2O2 to one gallon of water.