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Hydrogen Peroxide Therapy:

Supplement to The Art of Getting Well

Home

"Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment" - The Arthritis Trust of America.

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Charles Farr, M.D., Ph.D., William Campbell Douglass, M.D., Walter O. Grotz, Dr. Edward Rosenow /Responsible editor/writer Anthony di Fabio.

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AKA The Arthritis Trust of America,

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I must report on this promising therapy, as so many physicians and patients have given me good tidings from its use. What is probably not so well known by the general public, and many practicing physicians, is that hydrogen peroxide has been used for more than a century, the abstracts of articles published from 1966 through 1988 alone reaches 2" high when printed on 8-1/2"X11" paper.

A number of clinics in the United States and Mexico use hydrogen peroxide therapy, as well as other treatment modalities, on a routine basis, usually given by intravenous injection (IV).

Before scoffing, keep in mind that one of the very first lines of defense against any and all microorganisms recognized as invaders by our immunological system are macrophages and leucocytes, one of which uses hydrogen peroxide to oxidize the foreigners; and that vitamin C is effective principally by its ability to promote hydrogen peroxide use against foreign invaders, including parasites, viruses, bacteria, yeast/fungus; and that all body tissues contain catalase and that hydrogen peroxide in the presence of catalase is reduced to oxygen and water. So, there is strong reason to believe that added hydrogen peroxide, used properly, may be both effective against certain organisms and safe.

Hydrogen peroxide is an essential metabolite, meaning that it is necessary to life's process, according to William

Hydrogen_Peroxide_Therapy_1992.txt

Campbell Douglass, M.D. of Georgia.

As we age, our immunological system weakens, which permits organisms of opportunity to spread, thereby breeding colonies of organisms whose presence is anathema to good health. Killing these organisms should permit at least temporary respite from microbial warfare, and give your system time to heal.

According to William Campbell Douglass, M.D.², not only is H₂O₂ (Hydrogen Peroxide) involved in phagocytosis (killing and absorption of foreign germs), but also "it acts like insulin in that it aids the transport of sugar through the body." It is also at least as important, or perhaps more so, than thyroid for heat generation because it creates "intracellular thermogenesis, a warming of your cells which is absolutely essential to life's processes."

Various physicians, including some of our referral physicians, also use hydrogen peroxide therapy for various ailments. Physicians have independently discovered such treatments to be effective against some types of cancer, leukemia, arthritis, coronary heart disease, arterial circulation disorders, colitis, gum diseases, and assorted children's diseases.

The First International Conference of Bio-oxidative Medicine was held February 17-19, 1989 in Dallas/Ft. Worth, TX. Physicians presented papers on the efficacy and safety of hydrogen peroxide infusions. Since that date the non-profit International Bio-Oxidative Medicine Foundation¹ has grown rapidly, attracting many physicians who have also presented many scholarly works based on their work with patients.

While Chelation Therapy is an extremely useful treatment and preventive measure for at least 80% of peripheral circulation problems, it apparently cannot clean out hardened plaque in arteries, like the large heart arteries and the aorta³.

According to Douglas, the Baylor University Medical Center may "have gone a long way toward proving that H₂O₂ dripped into the leg and carotid vessels of patients known to have severe arteriosclerosis will clear those arteries of disease. When these patients died, autopsies were done to compare arteries that had been treated with H₂O₂ with those not treated. They reported: 'The elution [separation] of lipids from the arterial wall by dilute hydrogen peroxide has been accomplished. . . .' In simple English that means the plaque buildup was removed by injecting H₂O₂ into the blood vessels. . . . That was over 20 years ago²."

Dr. Douglass added that, "The investigators also reported that the improvement is not temporary."

While H₂O₂ has been used to good advantage for hardening of the arteries, temporal arteritis, shingles, chronic obstructive pulmonary disease, the yeast syndrome, various viral infections, including AIDS, certain forms of cancer, dental gum diseases, colds (35% H₂O₂ in cold humidifier), growing better food, purifying water without chlorine complications, increasing thyroid activity, arthritis, depression, emphysema, lupus erythematosus, multiple sclerosis, . . ., a list of claims made would exceed our space limitations, and so I direct you to others for substantiation and research reports: The International Bio-Oxidative Foundation¹ and ECHOS⁴, as per references.

Hydrogen_Peroxide_Therapy_1992.txt

A word of caution: while many reputable physicians and researchers have made legitimate claims on the safety and efficacy of H₂O₂, it is my opinion that there are a lot of scam artists using or selling H₂O₂, and so one must be careful¹². I believe that you can rely on the work of the International Bio-Oxidative Medicine Foundation and ECHOS.

There are also many important forgotten facts in the past medical literature. For example, William Campbell Douglass, M.D. reports on "Dr. Edward C. Rosenow, author of 450 published medical papers and associate at the Mayo Clinic for over 60 years . . . proved [more than] 70 years ago (1914) that bacteria could be found consistently in the lymph nodes that drain joints (J.A.M.A., April 11, 1914). He was probably the first scientist to postulate that H₂O₂ would help arthritis because of its ability to supply oxygen to oxygen-hating organisms causing arthritis (*Streptococcus viridans*)."

Charles H. Farr, M.D., Ph.D., says, "Perhaps we have become myopic about biological oxidation! The majority of investigational studies seem to concentrate on the damaging effects of biological oxidation and the production of free radicals. Hydrogen peroxide is usually treated as a[n] intermediate or by-product of metabolism and considered of minor significance in metabolic pathways except as it relates to biochemical disruption, tissue or cellular damage.

We feel the physiological effects of bio-oxidation and, in particular hydrogen peroxide, should be investigated with a new prospect.

From the 2,500 or more references on hydrogen peroxide we have collected and reviewed we have come to appreciate this physiological product as a[n] extremely important molecule in metabolism. Hydrogen peroxide is produced by all cells of the body for many different physiological reasons. The granulocytes produce H₂O₂ as a first line of defense against bacteria, yeast, virus, parasites, macrophages, and most fungi. It is involved in any metabolic pathway which utilize oxidases, peroxidases, cyclo-oxygenase, lipoxygenase, myeloperoxidase, catalase and probably many other enzymes. Hydrogen peroxide is involved in protein, carbohydrate and fat metabolism, immunity, vitamin and mineral metabolism or any other system you might wish to explore.

Our studies demonstrate a positive metabolic effect to intravenous infusion of H₂O₂. Its ability to oxidize almost any physiological or pathological substance, in addition to producing increased tissue and cellular oxygen tensions, has proven it to have therapeutic value.

"We feel the evidence presented should stimulate a new appreciation in the study of the potential therapeutic application of bio-oxidative mechanisms."

Two Means of Administration

There are two ways to administer hydrogen peroxide for medical purposes. Both means require a pure grade of hydrogen peroxide which is something different than one can purchase at the drug store for topical treatment of sores and wounds. The 3% drugstore hydrogen peroxide also contains tin and phosphate compounds that are dangerous to consume either by means of IV (intravenous) or orally.

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For sources of pure "food grade" oral or intravenous hydrogen peroxide, contact ECHO4.

I must caution at the outset that Dr. Farr and some other physicians¹¹ do not approve of use of H₂O₂ for oral treatment, as so many treatment modalities describe¹¹. The exact method for oral administration can also be obtained from ECHO.

Dr. Farr, and some other physicians, feel that free-radicals are produced in the stomach when H₂O₂ is administered orally, and these free-radicals are not safe. Combinations of fatty acids which are likely to be in the stomach in the presence of iron and ascorbate may reduce hydrogen peroxide to hydroxyl and superoxide free radicals. These may have a deleterious effect upon the gastric and duodenal mucosa, with an increase of glandular stomach erosion, duodenal hyperplasia (abnormal increase in number of cells), adenoma and carcinoma, although in rats there seems to be inconsistencies in the studies related to carcinogenesis using 0.8% concentration for ten weeks versus 1% concentration for 32 weeks, the former indicating carcinogenesis, the latter not so.

Since some clinics are using both intravenous and oral techniques with patients successfully, or to some good advantage, apparently not all possible research is in on the subject of oral versus IV administration.

I have twice tried the oral method, and have failed to continue onward, because of a terrible, revolting nausea. Some folks react similarly, others don't, and some persevere despite all.

As stated earlier, Dr. Farr's research demonstrates that hydrogen peroxide stimulates oxidative enzymes which increases the metabolic rate. Intravenous use rapidly relieves allergenic reactions, influenzal symptoms, chronic systemic candidiasis, acute viral reactions as a result of the oxidation of antigenic substances and regulation of immune system functions.

To prepare the IV (intravenous) solutions, Dr. Farr begins with 30% H₂O₂ of USP food or cosmetic grade. Thirty percent H₂O₂ is a powerful oxidizer and should be handled with extreme caution.

The 30% solution is diluted with equal amounts of sterile distilled water to make a 15% stock solution. The stock solution is passed through a Millipore 0.22mm medium flow filter for sterilization and removal of particulate matter. The stock solution is stored in 100 ml sterile containers and kept refrigerated for future use.

His infusion solutions are then prepared using sterile 5% dextrose in water. The addition of 1/4 ml sterile of the 15% H₂O₂ stock solution to each 100 ml of carrier solution produces a 0.0375% concentration that is finally used for the intravenous infusions.

Dr. Farr further warns that "caution must be exercised that nothing is added to the H₂O₂ solution because of its tremendous oxidizing power. Even ascorbic acid (Vitamin C) is rapidly oxidized to the mono-dehydroascorbate radical, an unstable compound which degrades into numerous other chemical fragments. . . . Vitamins, minerals, peptides, enzymes, amino acids, heparin, EDTA, or other injectable materials should never be mixed with the H₂O₂ solution."

By far the widest use for hydrogen peroxide, whether wisely or not, seems to be that of oral use, where a 35% "food grade" is diluted to a 3% concentration by use of 1 ounce of 35% H₂O₂ to 11 ounces of distilled water. The

Hydrogen_Peroxide_Therapy_1992.txt

3% concentration is then used by quantities of drops in distilled water, increasing the dosages and number of oral treatments daily throughout a number of weeks.

Many have made the claim that a "die-off" effect is observed, similar in nature to the Herxheimer Effect⁵.

Further information on the oral use of H₂O₂ may be acquired from ECH04.

There are many other uses for hydrogen peroxide for health purposes than simply topical use on sores, or intravenous therapy. With permission from ECH04, the following is presented:

Other Uses for H₂O₂

Use 3% solution, except where 35% is highlighted.

Vegetable soak: Add 1/4 cup to a full sink of cold water. Soak light-skinned (like lettuce) 20 minutes, thicker skinned (like cucumbers) 30 minutes. Drain, dry and refrigerate. Prolongs freshness. If time is a problem, spray vegetables (and fruits) with a solution of 3%. Let stand for a few minutes, rinse and dry.

Leftover tossed salad: Spray with a solution of 1/2 cup water and 1 Tbsp. 3%. Drain, cover and refrigerate.

To freshen kitchen: Keep a spray bottle in the kitchen. Use it to wipe off counter tops and appliances. It will disinfect and give the kitchen a fresh smell. Works great in the refrigerator and kid's school lunch boxes.

Marinade: Place meat, fish, or poultry in a casserole (avoid using aluminum pans). Cover with hydrogen peroxide. Place loosely covered in refrigerator for 1/2 hour. Rinse and cook.

In the dishwasher: Add 2 ozs to your regular washing formula.

Sprouting seeds: Add 1 oz. to a pint of water and soak the seeds overnight. Add the same amount of hydrogen peroxide each time you rinse the seeds.

House and garden plants: Put 1 oz. in 1 quart of water. Water or mist plants with this solution.

House and garden plants: Put 1 oz. in 1 quart of water. Water or mist plants with this solution.

Insecticide spray: Mix 8 ozs. white sugar, 4-8 ozs. hydrogen peroxide in 1 gallon of water.

Humidifiers and steamers: Mix 1 pint to 1 gallon of water.

Laundry: Add 8 ozs. to your wash in place of bleaches.

Shower: Keep a spray bottle of hydrogen peroxide in the shower. Spray your body after washing to replace the acid mantle of your skin that soap removes.

Facial: Use on a cotton ball as a facial freshener after washing. (Remember: do not use 35% grade!)

Rejuvenating detoxifying bath: Add 6 ozs. to 1/2 tub of water. May increase hydrogen peroxide up to 2 cups per bath. Soak at least 1/2 hour.

Alternate bath: Add 1/2 cup 35% H₂O₂ , 1/2 cup sea salt, and 1/2 cup baking soda or epsom salts to bath water and soak.

Foot soak: Add 1-1/2 ozs. 35% H₂O₂ to 1 gallon water and soak.

Athlete's foot: Soak feet nightly until condition is improved.

Mouthwash: Add a dash of liquid chlorophyll for flavoring if desired.

Hydrogen_Peroxide_Therapy_1992.txt

Toothpaste: Use baking soda and add enough to make a paste. Or just dip your brush in it and brush.

Douche or enema: Add 6 Tbls. to a quart of distilled water. 6 Tbls. is the maximum amount to use.

Pets: For small animals (dogs & cats) use 1 oz. to 1 qt. of water.

Agriculture: Use 8 ozs. 35% H₂O₂ per 1000 gallons of water. If you do not have an injector, start out by using 1 tsp. 35% H₂O₂ in the drinking cup at the stanchion.

Drinking water of ailing cows: Use 1 pt., to 5 gallons of water. To drench sick calves, put 1/3 pt. bottle and fill remainder with water. Do this twice a day. For an adult cow, use the same procedure, but use a quart.

Foliage feed crops: put 5 to 16 ozs. of 35% H₂O₂ into 20 gallons of water. This is sufficient for 1 acre. Spray on plants early in the morning when the dew is still on them and the birds are singing.

Hydrogen peroxide has been a recognized medicinal source since at least the 1800's, has gone into disrepute, and now seems to lie in a sort of limbo, so far as established medicine is concerned.

However, research has progressed forward on its use throughout the world, and American doctors of a more open-minded view are persisting in learning its good effects.

Again I caution the reader that there is controversy between the use of oral hydrogen peroxide and use of IV (intravenous) treatment. You must study the issues and come to your own judgement. But please make an educated decision, and whichever you decide, find a physician who knows what he/she is doing.

Stimulation of Oxidative Enzymes

Charles H. Farr, M.D., Ph.D. has used hydrogen peroxide clinically, and has reported on research that he performed that sheds a great deal of light on how H₂O₂ functions. Contrary to popular belief, the use of H₂O₂ by either infusion or orally cannot supply as much oxygen as a good, deep breath. Instead, it is the stimulation of oxidative enzymes that does the useful trick. Dr. Farr's conclusions are appropriate and follow:

Dr. Farr says⁶, "There are a number of commercial products [that] claim to contain more oxygen on a volumes percent basis than Hydrogen Peroxide and consequently this has been interpreted as meaning they would somehow have more biological activity. There is a great deal of confusion about the difference between the terms 'Oxygenation' and 'Oxidation' when applied to biochemical reactions. A product which contains more oxygen per molecule may or may not have any biological activity.

"We reported¹ Intravenous Hydrogen Peroxide has an oxidative stimulatory effect when administered to man which appears to be independent of the amount of oxygen produced.

"Hydrogen Peroxide is a very simple molecule produced by almost every cell in the body. This amazing molecule, essential for life in both plant and animal, has been generally overlooked for it's role in oxidative metabolism. Every chemist knows any reaction must have an opposite reaction to balance the equation. This applies equally to reactions in the test tube and in living cells. The world seems to have been caught up in the idea all biological oxidation is harmful because free-radicals may be produced. Free-radicals can cause lipid peroxidation and membrane damage. Consequently many products, containing anti-oxidants, are being promoted to prevent peroxidation.

Hydrogen_Peroxide_Therapy_1992.txt

Some researchers⁷, including this author, feel peroxidation serves a useful purpose in the biochemical balance and may need stimulating at times instead of preventing.

"Hydrogen Peroxide as an oxidizer, under certain catalytic conditions, can degrade into water and oxygen.

"The fact that Hydrogen Peroxide may increase oxygen tension in the tissue is of secondary importance. Any student of biochemistry knows the principal reaction of an oxidizer, such as Hydrogen Peroxide, is to accept electrons in the RedOx [reduction/oxidation] reactions of the body and has nothing to do with "Oxygen" or "Oxygenation." It is true Hydrogen Peroxide increases the rate of oxidation in the body⁸, but this is not because it produces oxygen but rather it stimulates oxidative enzymes.

"Hydrogen Peroxide is a naturally produced purposeful molecule in the body. It functions to aid membrane transport, acts as a hormonal messenger, regulates thermogenesis (heat production), stimulates and regulates immune functions, regulates energy production and many other important metabolic functions. These effects can occur without increasing the amount of oxygen. It is purposely used by the body to produce Hydroxyl Radicals to kill bacteria, virus, fungi, yeast and a number of parasites. This natural killing or protective system has nothing to do with increasing the amount of available oxygen.

"The amount of oxygen produced by a therapeutic infusion of Hydrogen Peroxide is very small. A single breath of fresh air contains many times more oxygen than found in either a therapeutic infusion or in a few drops of 35% Food Grade Hydrogen Peroxide taken orally.

"Claims are being made that molecules containing Oxygen and Chlorine, Chlorine or Chlorite ions will sterilize water, milk and almost anything to which they have been added. Chlorine is added to almost all public water supplies for the same purpose. The small amount of oxygen in these molecules have very little to do with this sterilization process. There are many more aerobic (requires oxygen) than anerobic (does not use oxygen) bacteria and increasing the oxygen supply may actually stimulate the growth of the aerobic bacteria. `Oxygen supply' or `Oxygenation' is not a credible basis for the promotion of these products. Oxidation is the key word and not Oxygenation.

"Oxidation is the removal of an electron from a molecule which changes electrical energy of the molecule into an oxidized state. The oxidizing agent which accepts the electron through this reaction becomes reduced. This reaction takes place in many biochemical reactions in which OXYGEN is not involved. In oxidative reactions in which Hydrogen Peroxide is involved, oxygen is released when the Hydrogen Peroxide, acting as an oxidizer, is reduced but it is the transfer of the electrons which is important and not the production of Oxygen.

"Manufacturers of products which claim to have the same effect as Hydrogen Peroxide may not have a good understanding of the biochemical role of Hydrogen Peroxide in the body. Some of these products claim to provide more oxygen molecules than Hydrogen Peroxide and that may be true but I know of no scientific evidence to show this enhances oxidative metabolism. Cancer and many other degenerative diseases are thought to be the results of poor cellular oxidative processes. They are not the results of a reduced supply of oxygen. Persons with anemias or

Hydrogen_Peroxide_Therapy_1992.txt

severe lung disease may have an oxygen deficit but do not necessarily have a greater incidence of Cancer or chronic diseases. The problem is not the delivery of oxygen to the cells but utilization by the cells. Hydrogen Peroxide affects utilization or oxidation dramatically whereas hyper-oxygenated or chlorinated molecules have not been shown to be necessary in the body to improve oxidative metabolism⁹."

Many physicians and clinics are effectively using Hydrogen Peroxide intravenously with their patients.

There is a ton of literature favoring Hydrogen Peroxide treatment for various medical conditions¹⁰.

We suggest that your study of H₂O₂ may be an important step in your search for good health. It's worth looking into!

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Can Ozone & Hydrogen Peroxide Cure HIV&AIDS?

Health Care Fraud or Medical Miracle:

Although used by an estimated ten million patients in Europe since the early 1960's, the therapeutic use of medical ozone and hydrogen peroxide, technically known as "bio-oxidative therapies", is still largely a mystery to North Americans.

Hailed as a safe, effective and low-cost treatments for a broad spectrum of diseases- including candida, cancer, skin diseases, diabetes and heart problems, ozone, which converts to hydrogen peroxide once it is inside the body, has been proven to deactivate HIV in the laboratory.

Hundreds of anecdotal findings show that ozone and hydrogen peroxide not only help prevent and overcome opportunistic infections like PCP and AIDS-related diarrhea. Because there have also been documented cases of HIV-positive individuals becoming HIV-negative, some claim that ozone is a cure for AIDS.

While proponents feel that these therapies should be available both for every AIDS patient and every person with HIV, few doctors are aware that they exist. Those physicians who have used these therapies in this country are often harassed by local medical societies and threatened with loss of license.

As a result, hundreds of patients with HIV/AIDS have been forced to seek out physicians in Germany, Russia and even Cuba where these therapies are an accepted part of the medical mainstream. Others spend tens of thousands of dollars on bogus ozone cures from unlicensed practitioners here and abroad who ignore established protocols. Many end their lives in both despair and financial ruin.

What is the truth behind bio-oxidative therapies? Are they a really a cure for AIDS, or are ozone and hydrogen peroxide ineffective and even dangerous to health? Despite many years of clinical success in Europe, why are they still considered "experimental" and not approved by the FDA?

To answer these question and others John Taggart interviewed Nathaniel Altman, author of "Oxygen Healing Therapies for Optimum Health & Vitality". Mr. Altman has spent the last four years travelling the globe interviewing practitioners of oxidative modalities, visiting their clinics, conversing with their patients and researching the topic.

JT: Exactly what are bio-oxidative therapies?

NA: Bio-oxidative therapies involve administering small amounts of diluted ozone and hydrogen peroxide into the body for the prevention and treatment of disease.

Ozone therapy has been used by licensed physicians in Germany since the early 1960's, while hydrogen peroxide therapy was developed in the United States primarily by Charles H. Farr, M.D., of Oklahoma, a nominee for the 1993

Hydrogen_Peroxide_Therapy_1992.txt

Nobel prize in Medicine.

JT: What is the scientific basis for bio-oxidative therapies?

NA: The philosophy behind bio-oxidative therapies is a simple one. The use of hydrogen peroxide and ozone in medicine is based on the belief that the accumulation of toxins in the body is normally burnt up by the process of oxidation, wherein a substance is changed chemically because of the effect of oxygen upon it.

Oxidation breaks the toxins down into carbon dioxide and water and eliminates them from the body. However, if the oxygen system of the body is weak or deficient, whether through lack of exercise, environmental pollution, poor diet, smoking, or improper breathing, our bodies cannot eliminate them adequately and a toxic reaction can occur. In minor cases, a toxic buildup can lead to fatigue, while a wide range of diseases can result when poor oxygenation is chronic.

JT: Are these considered "new" therapies?

NA: Although few of us have ever heard of them in this country, bio-oxidative therapies have been around for a long time. They have been used clinically by European physicians for over a century, and were first reported by Dr. T.H. Oliver in the British medical publication The Lancet in 1920.

Since that time, they have been studied in major medical research centers throughout the world, including Baylor University, Yale University,

The University of California at Los Angeles and Harvard University in the United States, as well as in medical schools and laboratories in Great Britain, Germany, Russia, Canada, Japan, Cuba, Mexico and Brazil. Today, between fifty and one hundred scientific articles are published each month about the chemical and biological effects of ozone and hydrogen peroxide.

JT: How do they work?

NA: Bio-oxidative therapies add active forms of oxygen to the body through oral, intravenous or transdermal means which is through the skin.

Once in the body, the hydrogen peroxide or ozone break down into various oxygen subspecies which contact anaerobic viruses and microbes as well as diseased or deficient tissue cells. It oxidizes these cells while leaving the healthy cells alone.

When the body becomes saturated with these special forms of oxygen, it reaches a state of purity where disease microorganisms are killed, while the underlying toxicity is oxidized and eliminated.

JT: What exactly is hydrogen peroxide and how is it used therapeutically?

NA: Hydrogen peroxide (H₂O₂) is made up of two hydrogen atoms and two oxygen atoms. A powerful oxidizer, hydrogen peroxide kills bacteria, viruses and fungi. Most of us have used a 3% solution of hydrogen peroxide externally to disinfect wounds.

Higher concentrations of hydrogen peroxide are used extensively in agriculture, food processing and chemical industries as a disinfectant, water purifier and bleaching agent. It is also a common ingredient in contact lens

cleaners, eye drops and mouthwashes.

Hydrogen peroxide is involved in all of life's vital processes, and must be present for the immune system to function properly. The cells in the body that fight infection, known as granulocytes, produce hydrogen peroxide as a first line of defense against invading organisms like parasites, viruses, bacteria and yeast.

It is also required for the metabolism of protein, carbohydrates, fats, vitamins and minerals. As a hormonal regulator, hydrogen peroxide is necessary for the body's production of estrogen, progesterone and thyroxin; it also helps regulate blood sugar and the production of energy in cells.

Hydrogen peroxide has long been used medically as a disinfectant, antiseptic and oxidizer, but has only recently been found to successfully treat a wide variety of human diseases with a minimum of harmful side effects.

The most common form of hydrogen peroxide therapy used by doctors calls for small amounts of 30% reagent grade hydrogen peroxide added to purified water and administered as an intravenous drip. However, some individuals like to add a cup of 35% food grade hydrogen peroxide to a bathtub of warm water; the hydrogen peroxide is absorbed into the body through the skin while the person soaks in the tub.

Others drink a glass of water to which several drops of food or reagent grade hydrogen peroxide have been added. Although there have been reports of improved health with this method, physicians like Dr. Farr believe that taking hydrogen peroxide orally can have a corrosive effect on the stomach and small intestine and advise against using it.

JT: What about ozone? How is it used medically?

NA: Ozone (O₃) is an energized form of oxygen with extra electrons. It forms the protective ozone layer around the planet, yet becomes a pollutant when mixed with hydrocarbons like carbon dioxide and nitrogen oxide from automobile and factory emissions.

Because scientists in this country have focussed on the negative effects of inhaled ozone, the medicinal aspects of the gas when applied intravenously or through the skin have been largely overlooked in this country.

Since ozone was found to be an effective bactericide and fungicide during the mid-1800's, it was first used to purify drinking water in a number of European cities. Today, over 2000 municipalities around the world- including Montreal, Paris, Los Angeles and Moscow- purify their drinking water with ozone.

However, ozone was not used medically until 1915, when it was found to be an effective disinfectant of wounds and skin diseases during the First World War. It was later found that ozone has the ability to "blast" holes through the membranes of viruses, yeasts, bacteria and abnormal tissue cells and therefore killing them.

Ozone was the focus of considerable research in Germany during the 1930's where it was successfully used to treat patients suffering from inflammatory bowel disorders, ulcerative colitis, Crohn's disease and chronic bacterial diarrhea.

The four primary ways to administer medical ozone include:

1. Autohemotherapy, which involves removing about one half pint of blood from the patient, adding ozone and oxygen

Hydrogen_Peroxide_Therapy_1992.txt

to the blood, and infusing the blood back to the patient.

2. Rectal insufflation, in which ozone and oxygen is administered as a rectal enema. The ozone/oxygen gas mixture is then absorbed through the large intestine.
3. Ozone "bagging", which involves having an airtight bag placed around the area to be treated. A mixture of ozone and oxygen is pumped into the bag and absorbed through the skin.
4. Ozone is also used externally in the form of ozonated olive or sunflower oil.

JT: How can these therapies help people with HIV?

NA: According to Nevada-based Frank Shallenberger, M.D., who is best known in this country for treating AIDS patients with a holistic protocol including ozone, bio-oxidative therapies affect the human body in the following ways:

1. They stimulate the production of white blood cells, which are necessary to fight infection.
2. Ozone and hydrogen peroxide are virucidal.
3. They increase oxygen and hemoglobin disassociation, thus increasing the delivery of oxygen from the blood to the cells.
4. Ozone and hydrogen peroxide are anti-neoplastic, which means that they inhibit the growth of new tissues like tumors.
5. They oxidize and degrade petrochemicals.
6. They increase red blood cell membrane distensibility, thus enhancing their flexibility and effectiveness.
7. Bio-oxidative therapies increase the production of interferon and Tumor Necrosis Factor, which the body uses to fight infections and cancers.
8. They increase the efficiency of the anti-oxidant enzyme system, which scavenges excess free radicals in the body.
9. They accelerate the Citric Acid Cycle, which is the main cycle for the liberation of energy from sugars. This then stimulates basic metabolism. It also breaks down proteins, carbohydrates and fats to be used as energy.
10. Bio-oxidative therapies increase tissue oxygenation, thus bringing about patient improvement.

JT: Where has it been shown that ozone can kill HIV?

NA: In-vitro studies to evaluate the ability of ozone to kill the HIV virus in the test tube were undertaken by scientists in the United States, Russia and Canada. The first researchers in the world to prove that ozone can inactivate HIV were Michael T.F. Carpendale, M.D., Chief of Medicine and Research Services at the Veterans Administration Hospital in San Francisco and Professor at the University of California School of Medicine, San Francisco, and his associate, Dr. Joel K. Freeberg of the Veterans Administration Hospital.

They first presented their findings at the IV International Conference of AIDS in Stockholm, and later published their report in the peer-reviewed journal Antiviral Research. Carpendale and Freeberg showed that HIV could be 99 percent inactivated with only 0.5 micrograms of ozone per ml of serum, and completely inactivated by ozone

Hydrogen_Peroxide_Therapy_1992.txt

concentrations of 4 micrograms per ml of serum. At the same time, these concentrations of ozone did not harm healthy cells.

Another in vitro study, supported in part by the U.S. Public Health Service and Medizone International, a manufacturer of a patented medical ozone delivery system, was reported in the October 1, 1991 issue of the medical journal Blood.

Using ozone generated from medical grade oxygen and delivered into a cultured cell medium of HIV-1, a team of four scientists from the SUNY Health Science Center in Syracuse, The Brooklyn Hospital and Merck Pharmaceutical, found that ozone deactivated the virus completely, yet without causing significant biological damage to non-infected cells.

In evaluating their findings with HIV, the researchers concluded: "The data indicate that the antiviral effects of ozone include viral particle disruption, reverse transcriptase inactivation, and/or a perturbation of the ability of the virus to bind its receptor to target cells."

In Russia, scientists at the Institute of Virusology in Moscow also used a concentration of 4 micrograms/ml of ozone on an infected culture containing HIV. Within minutes, the cell of the virus began to decompose and died. The researchers noted that: "Complete deactivation of the extra cell virus is achieved by putting gaseous ozone through the virus-containing liquid."

In 1992, a major study in Canada coordinated by the Surgeon General of the Canadian Armed Forces was undertaken to determine the ability of ozone to kill HIV, hepatitis and herpes viruses in blood used for transfusion. After a three-minute ozonation of serum spiked with one million HIV-1 particles per milliliter, a 100 percent deactivation of the virus was achieved.

Referring to this study during his interview in the video documentary "Ozone and the Politics of Medicine", Capt. (now Commander) Michael E. Shannon, a scientist and medical doctor with the Canadian Department of National Defense said: "...We are dealing not with concentrations that are toxic to the human, but are in fact concentrations of ozone that have been used in clinics in Germany for the last thirty years with thousands of patients without any evidence of any harm."

Despite the importance of the results which would indicate that simple ozonation of the blood supply would render it free of HIV, as well as herpes, hepatitis and other viruses the Canadian findings received little notice in the North American press.

JT: How does ozone kill HIV?

NA: A virus is encapsulated in an envelope made of lipids which are fats or fat-like substances. Tiny bulbs on the virus spikes are known as "receptors". It is through these receptors that a virus can connect with, and eventually infect, other cells.

Through the application of ozone or hydrogen peroxide a number of events rapidly take place. The virus spikes are inactivated because the addition of ozone to the blood changes the structure of the receptor. Although still

Hydrogen_Peroxide_Therapy_1992.txt

alive, the virus cannot join with the cell. At the same time, the ozone oxidates the virus' outer envelope. Without this envelope, it cannot survive.

In addition to the effects of hydrogen peroxide introduced from outside the body, the cell itself reacts to the virus. When a cell is threatened, it naturally defends itself by producing its own hydrogen peroxide. In some cases, especially when the cell is unhealthy to begin with, the hydrogen peroxide produced by the cell causes it to "burst" before reproduction of the virus can take place.

In other cases, the peroxides introduced by added ozone or hydrogen peroxide act synergistically with the hydrogen peroxide inside of the cell, which destroy any virus that has penetrated it. Stated more simply, if the cell is unhealthy to begin with, it is destroyed by a hydrogen peroxide burst. If it is strong, it kills off the virus and becomes even stronger than before due to the increased oxygenation brought about by added ozone or hydrogen peroxide. As a result, the virus is either inhibited or destroyed.

As powerful immunomodulators, ozone and hydrogen peroxide can also strengthen a compromised immune system. They can help guard against opportunistic infections and enable persons suffering from the disease to lead longer, more active, and productive lives.

While bio-oxidative therapies should not be considered a cure for AIDS, they may open the door to long-term remission, especially when used in synergistic combination with other immune-strengthening therapies.

Investigations are now going on to delineate such combinations, including ozone and/or hydrogen peroxide and oral Alpha-Interferon, staph vaccine, lentinan (shiitake mushroom extract), and Chinese herbs. For updates regarding these combinations, contact the organization "Keep Hope Alive" (P.O. Box 27041, West Allis, WI 53227).

JT: What about clinical studies?

NA: In Germany, Horst Kief, M.D., is believed to be the first physician in the world to treat AIDS patients with hyperbaric ozone "blood washings" in the early 1980's. His standard protocol is a session of autohemotherapy once a week for three months, which can be repeated if necessary. In a monograph published in the German medical journal *Erfahrungsheilkunde* in July, 1988, he recalled that the patients experienced a near-complete alleviation of various AIDS-related symptoms, including thrush and oral hairy leukoplakia.

In addition, their T4 cell count increased dramatically as well as the T4/T8 ratio over a time period of 65 days. In an interview shown in the award winning documentary "Ozone and the Politics of Medicine", Dr. Kief said that a seven year follow-up of his first patients found them alive, working, and "doing very, very well."

However, the first documented cases of using ozone to treat AIDS was reported by the German physician Alexander Pruess in 1986. In his work with four patients, Dr. Pruess used ozone in combination with Suramin (a reverse transcriptase inhibitor), immunomodulation therapy, vitamin and mineral supplementation, and the hygienation of intestinal flora. He decided to use ozone because:

"As it is well-known that the actual disease(s) occurring through AIDS consists of a combination of viral, fungal and bacteriological infections, I searched for a substance which is viricidal, fungicidal and bactericidal at the

same time. Ozone was here the obvious choice..."

Dr. Pruess noted immediate improvement in all four patients, including the elimination of HIV-related problems like skin diseases, fungal infections, gastrointestinal problems and low energy. Over a year after treatment, all subjects were considered clinically healthy.

In a monograph published in 1993, Dr. Kief wrote about a study comparing 30 patients from the Kief Clinic who were given an enhanced ozone protocol and 20 patients from the University of Frankfurt School of Medicine who received conventional treatment, including AZT. Dr. Kief's patients were observed over 251 days while the Frankfurt patients were observed for 363. T4/T8 ratios rose from 0.324 to 0.352 among Kief's patients, while they fell from 0.293 to 0.223 among the Frankfurt patients.

In the United States, small pilot studies were developed by Dr. Carpendale and Dr. John Griffiss of the Department of Laboratory Medicine at the University of California School of Medicine in San Francisco to find out if there is a role for medical ozone in the treatment of HIV and associated infections.

Using two asymptomatic persons infected with HIV, one known as "Patient G", began with a T-cell count of 309, while the other "Patient I", began with a T-cell count of 907. The treatment protocol consisted of doses of ozone and oxygen given via rectal insufflation daily for 21 days, once every three days for 16 weeks, and once weekly for 15 weeks, for a total of 73 treatments over a period of 34 to 36 weeks. For the next two years, the subjects treated themselves with a three week "booster dose", which was repeated from time to time.

The researchers reported that T-cell levels remained within acceptable levels (i.e. over 430) over the next six years, and both individuals "remained in the best of health, with increased feeling of well being and energy, while on ozone therapy and with no infections and no adverse symptoms of malaise for the first five years".

By that time, "Patient I", who began the study with a higher T-cell level, not only attained a T-cell count of 1185, but was later tested HIV-negative. However, three months into the sixth year, "Patient G" died suddenly from lobar pneumonia (not AIDS-related PCP pneumonia) after getting soaked in a storm making emergency repairs on a roof while recuperating from the flu.

When he died, "Patient G" was still HIV-positive, yet he had maintained a T-cell count between 500 and 700. In their report, which was published in the Proceedings of the Eleventh Ozone World Congress, in 1993, the researchers concluded:

"These normalizing results support the hypothesis that ozone may be effective in suppressing and possibly eliminating HIV, especially in the stages of the disease when the patient is asymptomatic and has a CD4 cell count in the normal range. It also indicates the potential for self treatment for long term prophylaxis, treatment or care."

In a related study, which was published in the Journal of Clinical Gastroenterology, Dr. Carpendale and his associates gave five AIDS patients suffering from intractable diarrhea daily colonic insufflations of ozone (at doses from 2.7 to 30 mg.) for 21 to 28 days.

Hydrogen Peroxide Therapy 1992.txt

By the end of the study, three of the four patients were completely relieved of their symptoms, while one patient, whose diarrhea was the result of the parasite cryptosporidium, experienced no change. Relief from secondary infections including herpes simplex, folliculitis and sycosis barbae were also reported. Patients also felt less toxic, less discomfort and more energy than they had before being treated with ozone.

No adverse side effects were reported. Dr. Carpendale was so encouraged by the results of these studies, he has attempted to secure government funding for additional ozone studies involving many more people. He has met with no success.

The results of another pilot study with ozone was presented at the Fourth International Bio-Oxidative Medicine Conference in April 1993 by Dr. Frank Shallenberger, M.D. He administered intravenous ozone to five randomly-selected men diagnosed with AIDS over a period of fourteen days. The total daily dose was calculated to be .15 milligrams of ozone per kilogram of body weight.

On the first day, 1/4 the daily dose was given, on the second, 1/2, and the third, 3/4. From the 4th to the 14th day, the full dose was administered. Patients were carefully monitored and evaluated before and after each treatment. During the period after therapy, no other therapies were given, except for one patient who began taking DDI after the fourth month.

Before the ozone treatments began, each patient participated in a holistic protocol including a whole food nutritional program, meditation and deep breathing, lymphatic drainage massage, nutritional supplements, safe sex practices and regular exercise.

Although Dr. Shallenberger considered the sample too small to be statistically significant, the results included at least a six-month period of overall survival, an immediate increase of the number of T-cells, relief of symptoms from opportunistic infections among most patients, and higher energy levels overall. Shallenberger's clinical observations follow:

"1. S.W (34 years old): Diffuse cutaneous Karposi's Sarcoma of two year duration went into clinical remission for six months before the lesions returned. Otherwise continues to be in good health.

2. S.S. (27 years old): Chronic diarrhea (cryptosporidium), chronic fatigue, and weight loss >20%. All symptoms disappeared within two months, and the patient remains healthy one year later. CD4 count remains at 7.

3. R.J. (34 years old): Oral thrush, fatigue, and mild lymphadenopathy [swollen lymph nodes]. Thrush disappeared for six months. Fatigue is gone. Lymphadenopathy has not progressed, and the patient remains in good health one year later.

4. T.B. (32 years old): Hairy Leukoplakia and mild lymphadenopathy. Neither of these symptoms changed. he remains in otherwise good health one year later.

5. M.P. (41 years old): Neuro-leukodystrophy. Needs assistance to walk, has urinary incontinence and impotence. Within one week of treatment his incontinence and gait improved considerably. One month later, he was walking easily without assistance and had no incontinence. MRI remains stable, showing no progression of lesions, as does

the patient at a ten-month interval."

Shallenberger's findings support the hypothesis that ozone therapy can have long-term positive effects on AIDS patients, although he does not believe that ozone therapy alone can be considered a cure.

When asked about his views on the subject, he replied: "1. Ozone therapy does not cure AIDS- [it] never has and probably never will. 2. AIDS has a multi-faceted causation and is not an infectious disease. Therapy for AIDS will never work if it is only aimed at anti-infectious protocol. 3. Ozone therapy works in AIDS by acting as an immune system modulator. In this capacity, it is very effective, safe, inexpensive and readily available. 4. Proper therapy for AIDS will be directed at early intervention (i.e. CD4 count >300), ozone plus other synergistic immune-augmented therapy. Intestinal cleansing is paramount due to the immunosuppressive aspect of parasites."

Positive results from bio-oxidative therapies were also reported by John C. Pittman, M.D. from North Carolina.

Having worked extensively with HIV and AIDS patients over several years, his holistic treatments including ozone and hydrogen peroxide helped a number of patients to become HIV-negative. He also began to collect data relating to HIV infected patients who received bio-oxidative therapy throughout the country.

One of these patients was a 34-year old man referred to as "D.M." He was diagnosed HIV antibody positive in March 1991 and had a CD4+ T-cell count of 600, considered to be in the low range of normal. In April, 1991 he began receiving autohemotherapy once a day for ten days, along with intravenous hydrogen peroxide and intravenous vitamins, including especially large amounts of Vitamin C.

In July, he repeated a 30 day treatment protocol with ozone, hydrogen peroxide, vitamins and anti-viral compounds, as well as nutritional therapies designed to aid in intestinal cleansing and metabolic detoxification. During the first two weeks of therapy, D.M. experienced fever and a drop in his T-cell count to 400, which Dr. Pittman attributed to a die-off of virus particles and infected lymphocytes.

Following the 30-day protocol, D.M. reported that his enlarged neck and inguinal lymph nodes became much smaller. Laboratory tests showed that his CD4+ T cell count rose to 900.

Since that time Dr. Pittman reported that D.M. had continued receiving occasional treatments with ozone and Vitamin C. By November, 1992, his T4 helper cell count reached 1400, and his enlarged lymph nodes had returned to normal. Although D.M. still tested HIV antibody positive, there was no sign of viral activity by P24 antigen testing.

Like Dr. Shallenberger, his treatment protocol encompasses a holistic approach. Dr. Pittman recommends using intravenous ozone, intravenous hydrogen peroxide, intravenous Vitamin C, EDTA chelation and transdermal oxygenation using baths with ozone and hydrogen peroxide or hyperbaric oxygen as well as metabolic and intestinal detoxification, a raw and living food diet, nutritional supplements and exercise.

Heartened by the in-vitro blood studies done by the Canadian Armed Forces mentioned earlier, the Canadian Government decided to sponsor a study with actual AIDS patients. Coordinated by Michael E. Shannon, M.D. in collaboration with Dr. Michael O'Shaughnessy, a virologist with the Laboratory Centre for Disease Control in

Hydrogen_Peroxide_Therapy_1992.txt

Ottawa, 24 volunteers suffering from AIDS were studied in two trials using minor autohemotherapy. The Phase I study, which involved ten patients, showed an increase of T-cells among those who had 300 or more to begin with, while those who had 90 T-cells or less experienced a decrease. A Phase II random study was then begun with fourteen patients, with half to receive ozone treatments and the other half a placebo.

However, the findings were inconclusive because the ozone generator used in the study failed to produce ozone. Since the study was double-blinded, no one knew about the defect until it was too late.

However, in a private communication I received from Cmdr. Shannon in January 1994, he wrote:

"Of interest, however, the three patients (out of ten volunteers) who responded to minor autohemotherapy in the first trial, are still alive after four years post-treatment, with CD4 counts in excess of two hundred. These patients theoretically should have succumbed to AIDS within a year post-treatment."

Dr. Shannon added that although these initial results must still be explained, there was little interest within the Health Protection Branch of Health and Welfare Canada to pursue the matter further.

At the time of this writing, no large-scale research is being done on the ability of ozone to treat AIDS. Medizone International, which holds a patent on a unique medical ozone delivery system, is engaged in a multi-centered Phase II Clinical Trial in Italy using major autohemotherapy, while two smaller studies are being sponsored by independent research foundations in the United States.

JT: What about prevention?

NA: During my interviews with scientists from the National Center for Scientific Research in Havana last year while doing research for my book Oxygen Healing Therapies, I spoke with Dr. Silvia Menendez, a chemist who co-founded the Department of Ozone in 1985.

Based on her work with several HIV-infected people in Cuba, she told me that ozone works best when administered as soon as possible after infection with HIV, because the virus has not yet penetrated the lymphatic system and bone marrow.

If caught early, she believes that ozone could deactivate the virus in the blood, and prevent it from infecting other cells. She added that ozone therapy could help prevent and treat some of the opportunistic infections that are common among AIDS patients.

Her comment regarding the early use of ozone for those infected with HIV is very important. If a person could be treated with ozone as soon as possible after infection, perhaps the normal progression of the disease could be interrupted. The economic and social ramifications of this possibility cannot be underestimated.

JT: Why is there so much controversy about these therapies in North America?

NA: The use of bio-oxidative therapies is fraught with controversy. On one hand, the pharmaceutical companies, which stand to earn billions of dollars in profits from anti-AIDS medications, are completely opposed to the use of inexpensive, safe and potentially effective substances like hydrogen peroxide and ozone in treating this disease.

Hydrogen_Peroxide_Therapy_1992.txt

In addition, many physicians are either ignorant of or hostile towards using therapies that can be self-administered, like the sauna bag and rectal insufflation methods mentioned earlier.

These are some of the reasons why many reputable and caring physicians who have treated AIDS patients with ozone and hydrogen peroxide have been threatened by state licensing authorities, and have had their practices closed down.

The United States Food and Drug Administration (FDA) and the National Institutes of Health (NIH) have refused to sponsor humans trials for ozone and hydrogen peroxide, and have made it extremely difficult for small independent companies like Medizone International to undertake such research.

Despite the fact that over ten million patients (including over a thousand AIDS patients) have received ozone therapy in Europe, and that reliable data on the use of ozone and hydrogen peroxide is supported by hundreds of scientific articles and clinical studies, the Food and Drug Administration still maintains that bio-oxidative therapies like ozone have not been proven either safe or effective.

In the words of Dr. Randolph F. Wykoff, the Director of the Office of AIDS Coordination and the acting Associate Commissioner for Science, Food and Drug Administration testifying before the Committee on the Judiciary Subcommittee on Crime and Criminal Justice at the House of Representatives in Washington on May 27, 1993:

"Ozone therapy has also been used to treat AIDS patients without any scientific data to support the agent's safety or effectiveness. Ozone therapy and ozone generators have been promoted in magazines and newspaper advertisements and in books, videos, and audio cassettes. The introduction of ozone into immunosuppressed AIDS patients without careful study of probable toxicities places the patients at unreasonable and significant risks."

The political and economic situation in the United States and Canada has led many patients to seek treatment elsewhere, primarily in Mexico. While there are several reputable clinics in this country, some unethical promoters have held out promises for a cure at a price approaching \$20,000.

One scheme even offered patients six-figure salaries if they could promote their success to other prospective patients later on, especially to those who owned homes that could be mortgaged for \$100,000 to pay for treatment. Until health care consumers speak out to their elected representatives, we will continue to be denied the right to choose the forms of health care we want. Large scale clinical studies regarding the effectiveness of ozone and hydrogen peroxide to treat AIDS will never be done, and research funding will continue to fall on the individual researchers themselves.

Doctors will be forced to continue to administer these therapies illegally and surreptitiously, and many people without access to these physicians will continue to self-administer the ozone or hydrogen peroxide. While amazingly few adverse side effects have been reported, no one should ever be forced to self-medicate without the benefit of supervision from a qualified health professional.

Entrepreneurs eager to fill their pockets will offer magical cures costing tens of thousands of dollars, while many individuals who are infected with HIV or who are dying of AIDS will decide to "go for broke" and try untested

Hydrogen_Peroxide_Therapy_1992.txt

treatments from clinics of dubious reputation. Those with the strength and the financial resources will choose to leave their family and friends and seek reliable care in Germany, Italy or Cuba.

JT: But why doesn't the FDA encourage clinical trials on these therapies?

NA: Because United States government agencies like the Food and Drug Administration (FDA) and the National Institutes of Health (NIH) are influenced by the pharmaceutical industry and medical lobbies, objective investigation and development of effective protocols for bio-oxidative therapies have been difficult to undertake in this country. According to Dr. Carpendale

"In the FDA, the drug companies have representatives on nearly all the committees. If there's something which may be very effective but may undersell the average drug company, of course they are not going to be very pleased if it gets developed. It might be very difficult for them to compete with that. And ozone is obviously inexpensive to produce, it is very potent [and] if it works half as well as the Germans claim it does, everyone should be using it."

JT: What is the future of bio-oxidative therapies?

NA: The situation may be changing. After reviewing the laboratory and clinical evidence regarding the use of ozone and hydrogen peroxide, a recent report by the National Institutes of Health (NIH) on Alternative Medical Systems and Practices in the United States has recommended that "definitive studies be undertaken to determine whether these treatments have any utility".

At the same time, a number of states, including New York and North Carolina, have recently passed "freedom of medicine" laws which allow the use of experimental therapies by licensed practitioners. A growing number of physicians are sharing their clinical data with the goal of presenting their findings to government agencies like the NIH and FDA.

Medical ozone and hydrogen peroxide form the "cutting edge" of a new healing paradigm, involving safe, effective, natural and less costly forms of medical therapy for AIDS patients and others infected with HIV. As more people discover the value of these therapies, there will be greater consumer demand.

As more physicians become acquainted with the value of these therapies and learn how to use them according to established medical protocols, they will become a valuable part of mainstream medical therapy.

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http://members.tripod.com/~Lloyd_Litke/ozone/a-must-read.htm

RECOMMENDS OXYGEN WATER

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Dr Christiaan Barnard, who performed the first heart transplant, said in March 1986 that he was taking peroxide and water himself, several times daily to reduce arthritis and aging, and he recommended it highly at that time. Since then he has come under heavy attack by the medical establishment for this position, and now states that he "is not involved" with the peroxide movement. But he does not retract his original endorsement, nor deny that he still uses it personally.

Over a hundred physicians are already curing a broad assortment of "incurables" with this natural anti-microbial agent. This includes some forty or more in the US. A principal liaison to these free-thinking physicians is Dr Charles H. Farr, who wrote "The Therapeutic Use of Intravenous Hydrogen Peroxide". He directs the International Bio-Oxidative Medicine Foundation, and publishes the "IBOM Newsletter" which contains procedural updates and technical refinements for physicians using intravenous H₂O₂ therapy on their patients. By classifying the treatments as experimental they can get around the FDA's archaic restrictions for now, until massive public demand and/or media exposure force official approval.

Dr Farr summarizes the beneficial effects of H₂O₂ in "IBOM" issue #2: these include killing bacteria, protozoa, yeast, and virus, oxidizing lipids from arterial walls, increasing oxygen tension intracellularly, stimulating oxidative enzymes, returning elasticity to arterial walls, dilating coronary vessels, and regulating membrane transport. IBOM is at PO Box 61767, Dallas/Ft. Worth, TX 75261; 817-481-9772. Dr Farr is at 11330 North May Ave, Oklahome City, OK 73120; 405-752-0070 and 799-8781.

<http://www.ashmd.com/therapy/oxidative-therapy.htm>

Oxidative Therapy

Click here to return to treatments listing.

Please refer to our health precautions section before proceeding.

WHAT IS OXIDATIVE THERAPY?

Many biochemical reactions in the body are balanced through redox mechanisms. Redox means (red)uction (ox)idation.

Hydrogen Peroxide Therapy 1992.txt

Anytime a substance is reduced (which means chemically changed) something else must be oxidized (chemically changed the other way) for the reactions to stay in balance. As an example, oxidation is the process that causes rust (slow oxidation) or fire (rapid oxidation). In the body some types of oxidation are thought to be harmful by producing Free Radicals. (refer to Anti-oxidants). We know there can be no life if oxidation does not occur. Oxidation is the process through which the body converts sugar into energy. The body also uses oxidation as the first line of defense against bacteria, virus, yeast and parasites. Even breathing OXYGEN is an oxidative process. Without OXYGEN for more than a few seconds serious consequences follow. Without oxidation we die very quickly. When we use the principals of oxidation to bring about improvements in the body, it is called a therapy, herein referred to Oxidative Therapy.

WHAT DRUGS ARE USED IN OXIDATIVE THERAPY?

A number of substances are known to cause oxidation in the body but the most important of these is Hydrogen Peroxide (H₂O₂). Although a natural substance made in the body, it is still considered a drug when used in Oxidative Therapy. Hydrogen Peroxide, when exposed to blood or other body fluids containing the enzyme CATALASE, is chemically split into OXYGEN and water. Remember how Hydrogen Peroxide foams when you put it on a wound? The foam is OXYGEN being produced by the action of catalase on the Hydrogen Peroxide. A small amount of Hydrogen Peroxide can supply large amounts of OXYGEN to the tissue.

IS THIS A NEW FORM OF THERAPY?

Injections of Hydrogen Peroxide are not new. The intravenous use was first reported by Dr. T. H. Oliver in Lancet, the British Medical Journal, in 1920. Patients with influenza pneumonia were treated with Hydrogen Peroxide infusions with very good results. The use of Hydrogen Peroxide injections to generate OXYGEN in the body has been studied at many major medical research centers throughout the world. Research reports have come from Baylot, Yale, Harvard, UCLA, Boston, England, Japan, Germany, Sweden, Russia, Canada, Nova Scotia, and other counties. Today, between 50 and 100 scientific articles are published each month about the chemical and biological effects of Hydrogen Peroxide. More recently, the "Therapeutic Use of Intravenous Hydrogen Peroxide" was reported by Charles H. Farr, M.D., Ph.D., at an International Medical Symposium in Czechoslovakia attended by representatives from 26 different countries. Oxidative Therapy, as introduced by Dr. Farr, is the rediscovery of an old treatment first reported almost 70 years ago.

HOW DOES IT WORK IN THE BODY?

There are many theories regarding the different functions of Hydrogen Peroxide in the body. There is also a great deal of scientific material to support almost every one. Hydrogen Peroxide is produced in the body in different amounts for different purposes. It is part of a system that helps you use the OXYGEN you breathe. It is part of a system that helps your body regulate all living cell membranes. A hormonal regulator, it is necessary for your body to produce several hormonal substances, such as; estrogen, progesterone, and thyroid. It is important in the regulation of blood sugar and the production of energy in all cells. It helps regulate certain chemicals necessary

Hydrogen_Peroxide_Therapy_1992.txt

to operate the brain and nervous system. It is used in the defense system of the body to kill bacteria, virus, yeast, and parasites. It is important in regulating the immune system. Scientists are discovering the function of Hydrogen Peroxide in the body is far more complex and important than previously realized.

WHAT CONDITIONS ARE BEING TESTED WITH THIS THERAPY?

Oxidative Therapy using Hydrogen Peroxide has been reported in scientific literature and by physicians in the treatment of the following conditions or diseases, with varying degrees of success:

Heart and Blood Vessel Diseases:

- * Peripheral Vascular Disease (Poor circulation)
- * Cerebral Vascular Disease (stroke and memory)
- * Cardiovascular Disease (heart disease)
- * Coronary Spasm (Angina)
- * Cardioconversion (heart stopped)
- * Heart Arrhythmia (irregular heart beat)
- * Gangrene of Fingers and Toes
- * Raynaud's Syndrome
- * Temporal Arteritis
- * Vascular and Cluster Headaches

Pulmonary Diseases:

- * Chronic Obstructive Pulmonary Disease (lung)
- * Emphysema (lung disease)
- * Asthma (allergy, lung)
- * Bronchiectasis
- * PCP (Pneumonia in AIDS)
- * Chronic Bronchitis

Infectious Diseases:

- * Influenza
- * Herpes Zoster (shingles)
- * Herpes Simplex (fever blister)
- * Systemic Chronic Candidiasis (Candida)
- * Chronic Fatigue Syndrome (Epstein-Barr Virus)
- * HIV (AIDS) Infections
- * Acute and Chronic Viral Infections
- * Chronic Unresponsive Bacterial Infections
- * Parasitic Infections

Immune Disorders:

- * Multiple Sclerosis
- * Rheumatoid Arthritis
- * Diabetes Mellitus Type II
- * Hypersensitive Persons (Environmental/Universal Reactors)

Miscellaneous:

- * Parkinsonism
- * Alzheimer
- * Migraine Headaches
- * Chronic Pain Syndromes (Multiple Etiologies)
- * Pain of Metastatic Carcinoma
- * Blood and Lymph Node Cancers

Physicians from around the world constantly share knowledge and experience and the list of uses for Oxidative Therapy is growing every day. Since Hydrogen Peroxide is a natural substance produced and used in body chemistry, there will be discoveries about its importance in biochemistry for years to come.

WHY WOULD I BENEFIT FROM OXIDATIVE THERAPY?

Only physicians trained in the administration of Oxidation Therapy can answer that question for you. You may or may not, depending upon your condition or illness. If treatment of your condition or illness has been unsatisfactory in the past, you may wish to learn more about Oxidative Therapy.

HOW IS THIS THERAPY ADMINISTERED?

Weak, very pure Hydrogen Peroxide (0.0375% or lower concentration) is added to a sugar or salt-water solution, the same as used for intravenous feeding in hospitals. This is injected in doses from 50 to 500 mL into a large vein, usually in the arm, slowly over a period of 1 to 3 hours, depending on the amount given and the condition of the patient. It is painless, excluding the very small needle stick. Treatments are usually given about once a week in chronic illness, but can be given daily in patients with acute illness, such as pneumonia or flu. Physicians may recommend 1 to 20 treatments depending on the condition of the patient and the illness being treated. The patient is rechecked usually in 1 to 3 months to evaluate the benefit and determine if additional treatments may be necessary. Some patients, especially with chronic illness, may need to take follow-up treatments in a series of 5 to 10 treatments, or may need to be maintained indefinitely on a regular monthly schedule. As many as 50 treatments have been administered to several patients without complications. An experienced physician must decide how many treatments are necessary in each individual case.

WHAT ABOUT THE SAFETY OR SIDE EFFECTS OF THIS THERAPY?

Over the past 50 years, hundreds of patients have received Hydrogen Peroxide without reported serious side effects. Early use of Hydrogen Peroxide was noted to occasionally cause irritation of the vein being infused. This

Hydrogen_Peroxide_Therapy_1992.txt

troublesome side effect was eliminated after the concentration and rate of infusion were adjusted downward.
IS THIS THERAPY EXPENSIVE?

Expense is a relative term. Persons with chronic diseases pay thousands of dollars annually to physicians, pharmacies, and hospitals, for drugs and therapies that do little more than maintain them at their current level of sickness. If Oxidative Therapy could save you 1/2 to 3A of your current expense, would you consider it expensive? The expense of any therapy varies more with the type of illness than type of therapy. Persons with serious complicated illnesses require more costly tests to diagnose and monitor them than do patients with less complicated illnesses. Much of today's medical cost is in the testing rather than treatment. Don't be afraid to ask your physician, in advance, about cost.

DOES INSURANCE PAY FOR OXIDATIVE THERAPY?

This usually depends on your insurance company and type of policy. Generally, insurance companies will not pay for medical service or care that they may classify as "not usual and customary". "Usual and customary" simply means that most physicians provide the same service or treatment for the same disease. Since the average physician is not using Oxidative Therapy and most are not even familiar with the therapy, it is not considered "usual and customary". A qualified physician can more easily answer this question on an individual basis.

Home Page

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weapon against infectious disease

They're just the most profitable for drug companies. Right now, however, we already possess an alternative that can blast all the diseases mentioned above and many more to kingdom come.

It's safe, backed by decades of solid research, and boy is it ever cheap.

You can buy it at drugstores everywhere for 65¢ a bottle. So what is this amazing miracle-in-a-bottle?

HYDROGEN PEROXIDE

Go ahead and laugh if you like, but what follows is no joke:

* DID YOU KNOW that your own white blood cells produce hydrogen peroxide? Yes they do. Lots of it.

* KNOW WHY? Because that's how they kill invading germs. It's your body's first and best defense against any infection. Kills bacteria, viruses, yeast, parasites - all the bad guys.

* DON'T BELIEVE ME? Look it up. (Try the Encyclopedia Britannica website. Check the info on 'granulocytes.' See? I told you so.)

BUT HOW? The hydrogen peroxide molecule (H₂O₂) is basically water (H₂O) with an extra oxygen atom attached. When that oxygen gets released against germs, it 'oxidizes' them. Poof, they're goners.

Hydrogen_Peroxide_Therapy_1992.txt

And here's some more of what you'll learn in your FREE BONUS GIFTS:

* IT WAS BACK IN 1920 that two English doctors in India tried using hydrogen peroxide to stop a pneumonia epidemic. It worked . Patients on the edge of death bounced back to life.

* YEARS LATER, THE THERAPY WAS PERFECTED by Charles H. Farr, M.D., P.H.D. He was recently nominated for the Nobel Prize in Medicine.

* IN THE 1960s, DOCTORS AT BAYLOR UNIVERSITY proved its safety and effectiveness against many diseases, including such improbable candidates as cancer and hardening of the arteries.

* I'VE USED IT IN MY OWN PRACTICE to treat patients suffering from all manner of maladies from influenza and colds to cases of emphysema. It works fast. It works safely. It works, period.

And this shockingly cheap therapy was a REAL HEALTH MIRACLE for my patients in Africa, where the ungodly high cost of drugs condemns millions to death every year.

So how do drug companies get away with selling expensive antibiotics, when we've got this stuff that's nearly free? You'd call me paranoid if I told you. But I'll tell you anyway in your FREE BONUS GIFTS, plus how to find a doctor skilled in this secret miracle.

NOTE: DON'T EVEN THINK OF DRINKING IT . That's not how hydrogen peroxide therapy works and it's not safe. I'll explain how it's done in your FREE BONUS REPORTS, along with some very nifty 'minor' applications. It can be used to clear up sinus infections, erase benign moles and even clear up periodontitis without surgery. No kidding. You'll see.

cured by HYPER-OXYGENATION

This file is taken from an uncopyrighted newsletter/article called NOW WHAT issue #1 1987. Their address and subscription details are at the end of this file. The information presented in this article has been suppressed by the medical community for decades due to the repercussions it would have on the pharmaceutical industry. Fortunately some doctors do not feel the same as the general community and are using these processes to cure people. Several dozen AIDS patients have not only reversed their death sentences, but are now back at work, completely free of the disease. They destroyed the virus in their blood by hyper-oxygenation, known in various forms as oxygen therapy, bio-oxidative therapy or autohemotherapy. This is a simple, inexpensive and very broad spectrum process that many feel could force a complete overhaul of the medical industry. The two basic types of oxygen therapy are ozone blood infusion, and absorption of oxygen water (hydrogen peroxide) at very low concentrations. It turns out that the AIDS virus cannot tolerate high oxygen levels in its victims' blood. Not only that, every other disease organism tested so far has the same weakness. Even cancer growths contract and disappear when the oxygen saturation is sufficiently increased in the fluids surrounding them, since they are anaerobic. AIDS, herpes, hepatitis, Epstein Barr, cytomegalovirus and other lipid envelope virus are readily

Hydrogen_Peroxide_Therapy_1992.txt

destroyed by hyper-oxygenating the patients blood with ozone. This was demonstrated by among others Dr. Horst Kief in Bad Hersfeld, West Germany. Dr. Kief has already cured a number of AIDS victims by drawing blood, infusing it with ozone and returning it to the patient, at regular intervals until all the virus is gone. (He can be reached through Biozon Ozon-Technik GmbH, An Der Haune #10, Bad Hersfeld, D-6430, Federal Republic of Germany). Dr. S. Rilling of Stuttgart and Dr. Renate Viebahn of Iffezheim are among the growing number of physicians who have obtained similar results with their patients. They are with Arztlich Gesellschaft fur Ozonetherapie and JrJ Hansler GmbH, respectively.

THE BASIS OF BIO-OXIDATIVE THERAPIES

For many years the health sciences have been seeking to identify the primary physical cause of all diseases, and the cure-all that this basic principal would yield. Now both have been found, but their utter simplicity makes them difficult to accept at first, since it seems like if it's that easy, we should have been using them all along. Our bodies are composed mostly of water, which is eight ninths oxygen. Most nutritional studies tend to get caught up in the small details of biochemistry and overlook our most abundant and essential element, and the fundamental role of its depletion in causing illness. Of all the elements the body needs, only oxygen is in such constant demand that its absence brings death in minutes. The main difference, for healing purposes, between benign microorganisms (including our own cells), and those which cause disease, is that the later require much lower oxygen levels. This is due to their more primitive evolutionary origins, during the ages when free oxygen was far less abundant. Now their descendants can only survive in low oxygen environments such as accompany stagnation and decay. To become a growth medium for such parasites, one has to have allowed the oxygen saturation of the bodies fluids to drop well below the optimum level for healthy cell growth and function. The simplest substances available for restoring one's oxygen balance to a healthy range are ozone (O₃), and hydrogen peroxide (H₂O₂), which is much easier to obtain and use. They are both highly toxic when concentrated, which has tended to obscure their germicidal value except as a skin antiseptic. But when diluted to therapeutic levels (for H₂O₂, 1/2 of 1% or less), they are not only non-toxic but uniquely beneficial.

Hydrogen_Peroxide_Therapy_1992.txt

OZONE BLOOD TREATMENT

Ozone overcomes the AIDS virus by a fundamentally different process than usually attempted by drugs. Instead of burdening the liver and immune system with more elaborate toxic substances, ozone simply oxidizes the molecules in the shell of the virus. The treatment is remarkably simple. The ozone is produced by forcing oxygen through a metal tube carrying a 300 volt charge. A pint of blood is drawn from the patient and placed in an infusion bottle. The ozone is then forced into the bottle and mixed in by shaking gently, whereupon the blood turns bright cardinal red. As the ozone molecules dissolve into the blood they give up their third oxygen atom, releasing considerable energy which destroys all lipid-envelope virus, and apparently all other disease organisms as well, while leaving blood cells unharmed. It also oxygenates the blood to a greater degree than is usually reached, what with poor air and sluggish breathing habits. The treated blood is then given back to the patient. This treatment is given from twice a week to twice a day, depending on how advanced the disease is. The strengthened blood confers some of its virucidal properties to the rest of the patient's blood as it disperses. The disease will not return, as long as the patient maintains his blood in an oxygen positive state, through proper breathing, exercise, and clean diet. A Dr. Preuss, in Stuttgart, has written up ten case histories of AIDS patients he has cured by this method. But his and the other physicians' reports are all anecdotal rather than in the form of "controlled studies", since they could not be expected to treat some patients and deny treatment to others just for the purpose of accumulating evidence. Thus their results are not considered "proof" by the US medical community. So the Medizone Company in New York has taken on the task of doing the controlled studies required for the treatment to be approved in the US for general use.

MEDIZONE TESTING OZONE BLOOD TREATMENT

In the summer of 1986 Medizone obtained from the FDA an IND (Investigative New Drug) Approval for ozone, which falls under the heading of drugs even though it isn't. They verified that ozone destroys the AIDS virus in vitro, and completed their animal tests in the fall of 1986. The tests demonstrated no indication of toxicity, at ten times the equivalent amount that is proposed for human treatment. The Medizone Co is at 123 E 54th St. Suite 2B, NY, NY 10022: phone is 212-421-0303. Medizone says that it has obtained the rights to US patent #4,632,980, on "ozonation of blood and blood products", from the company "Immunologics", in exchange for Medizone stock shares. The patent pertains specifically to inactivating lipid-envelope virus. In humans, this includes AIDS, herpes, hepatitis, Epstein Barr virus, and cytomegalovirus, among others. Medizone obtained tentative FDA approval in April 1987 to begin human testing, but for a variety of "bureaucratic reasons" the FDA has postponed the actual

Hydrogen Peroxide Therapy 1992.txt

start of the tests eight times now, with requests for further data, some of which had already been given to them. Twenty months now have passed [as of December 1988], along with several thousand AIDS victims, since the first announced starting date was postponed. The Medizone staff is hoping to finally begin in the spring of 1989, but are no longer announcing expected starting dates with much confidence. "There are no technical problems, but this is the FDA we're dealing with, after all." As the Company's future hangs on their decision, no one at Medizone wants to risk antagonizing the FDA, by speculating about their actual motives for stalling such a broad-spectrum cure. All this can be done with virtually no publicity. The official reason for is that the accepted procedure for publishing medical breakthroughs is to complete all the tests first, even though victims may die waiting for the cautious, methodical testing procedure to run its course. No one in the industry wants to raise false hopes, let alone repeat the medical disasters that have resulted in the past, from rushing approval on new treatments. On the other hand, the enormously expensive and dubiously effective drug AZT was widely publicized and many months before it was approved in the US, as is ongoing research into possible AIDS vaccines. In fact, FDA Commissioner Frank Young has even announced a proposal to make experimental drugs available to AIDS victims as swiftly as possible, without waiting for full FDA approval procedure to be completed. So there appears to be a severe double standard involved here. It seems that highly profitable "treatments" with serious side effects can be promoted through massive news coverage, while an actual cure, repeatedly demonstrated in Europe, with minimal cost and no apparent harmful effects, must be delayed and kept quiet while panic and deaths mount. Surely at this stage the benefits of unauthorized publicity will outweigh the risks.

SAFE PURIFICATION OF BLOOD FOR TRANSFUSIONS

Ozone infusion also provides a simple method of purifying stored blood and blood components, eliminating any possibility of disease being transmitted by transfusion. It also pre-oxygenates blood to be transfused, greatly reducing the burden on the body receiving the blood. This application alone, of the Medizone process has enormous profit potential, and the treatment will have vast international demand as the news spreads. This has not gone unnoticed by various investment analysts. "Confidential: report from Zurich", "Penny Stock Insider" and "Low-Priced Stock Edition", among others, are urging their readers to get in on Medizone now, comparing the opportunity to getting in on Xerox, IBM, or Polaroid when they were still unknown. Various physicians have independently discovered ozone to be also effective against cancer, leukemia, arthritis, coronary heart disease, arterial circulation disorders. colitis, gum diseases, and assorted childrens' diseases. Some of these findings have now been collected and published in the volume, "Medical Applications of Ozone", available from the

Hydrogen_Peroxide_Therapy_1992.txt

International Ozone Association, 83 Oakwood Terrace, Norwalk, Ct 06850. Some of the medical uses of ozone have been appreciated for years in Europe, Brazil, and elsewhere, as well as its advantages over chlorine for water treatment (no toxic residues, 5000 times more rapid disinfection) but its still relatively unknown in the US.

OXYGEN WATER

A much simpler type of Oxygen Therapy uses hydrogen peroxide (H₂O₂) which is what ozone (O₃) forms on contact with water. It can be taken orally if diluted with water to 1/200 or less, absorbed through the skin by bathing in it (anywhere from 1-8 pints of 3% H₂O₂ in a standard size bathtub half full), or in severe cases it can be injected (250 cc of .075% to .15% or roughly 1/1300 to 1/650). Injections obviously require a physicians assistance, but self treatment is possible with oral and skin applications. The principle is the same as with ozone blood treatment. All hostile micro-organisms prefer lower oxygen levels than the bodies cells require to remain healthy. Boosting the oxygen level revitalizes normal cells while killing virus and other pathogens. The domestic sales of hydrogen peroxide are rising at 15% per year, as the news of this option spreads at the grass roots level. The rapid expansion of the peroxide movement is especially remarkable considering there has been almost no media coverage, and in fact the FDA, American Cancer Society and other enforcers of established medicine have tried hard to discourage the practice. Hydrogen peroxide is the only germicidal agent composed only of water and oxygen. Like ozone, it kills disease organisms by oxidation as it spreads through the patient's tissues. This also destroys cancerous growths which are anaerobic. Nobel prize winner Dr. Otto Warburg demonstrated over 50 years ago the basic difference between normal cells and cancer cells. Both derive energy from glucose, but the normal cell requires oxygen to combine with the glucose, while cancer cells break down glucose without oxygen, yielding only 1/15 the energy per glucose molecule that a normal cell produces. This is why cancer cells have such a huge appetite for sugar, and also why people who consume excessive quantities of sugar tend to get cancer more often. The anaerobic breakdown of glucose by cancer cells forms large amounts of lactic acid as a waste product, the same substance formed by fermentation of lactose, as in spoiled milk. The liver converts some of this back into glucose, in an attempt to salvage a food source from a toxic waste. In doing this the liver uses 1/5 the energy per glucose molecule than a normal cell can derive from it, but that's three times the energy a cancer cell will get from it. The more the weak, deranged cancer cell multiply, the more energy is lost to the normal cells. Thus we find that low levels of both oxygen and energy tend to occur where cancer is present, and vice versa. This wasteful metabolism becomes self-sustaining and dominant unless the oxygen and/or energy levels are sharply increased, or the cancer's food source is eliminated.

HEART TRANSPLANT PIONEER RECOMMENDS OXYGEN WATER

Dr. Christian Bernard, who performed the first heart transplant, said in march 1986 that he was taking peroxide and water himself, several times daily to reduce arthritis and aging, and he recommended it highly at the time. Since then he has come under heavy attack by the medical establishment for this position, and now states that he "is not involved" with the peroxide movement. But he does not retract his original endorsement, nor deny that he still uses it personally. Over a hundreds physicians are already curing a broad assortment of "incurables" with this natural anti-microbial agent. This includes some forty or more in the US. A principal liaison to these free-thinking physicians is DR. Charles H. Farr, who wrote "The Therapeutic Use of Intravenous Hydrogen Peroxide". He directs the International Bio-Oxidative Medicine Foundation, and publishes the "IBOM Newsletter" which contains procedural updates and technical refinements for physicians using intravenous H2O2 therapy on their patients. By classifying the treatments as experimental they can get around the FDA's archaic restrictions for now, until massive public demand and/or media exposure force official approval. Dr. Farr summarizes the beneficial effects of H2O2 in "IBOM" issue #2; these include killing bacteria, protozoa, yeast, and virus, oxidizing lipids from arterial walls, increasing oxygen tension intracellularly, stimulating oxidative enzymes, returning elasticity to arterial walls, dilating coronary vessels, and regulating membrane transport. IBOM is at PO Box 61767, Dallas/Ft. Worth, TX 75261; 817-481-9772. Dr. Farr is at 1130 North May Ave, Oklahoma City, OK 73120; 405-752-0070 and 799-8781.

H2O2 CAN BE SELF ADMINISTERED

The oral and skin applications offer the option of home treatment, as no blood needs to be drawn, and hydrogen peroxide is cheap and plentiful. Keep it diluted though; in high concentrations it can irritate sensitive skin and induce vomiting when ingested. (Veterinarians routinely give common 3% H2O2 to animals that have swallowed poison, to make them throw it up.) The starting dosage is one ounce of .5% (1/200) H2O2 in water, and some find they need to start with less. As the peroxide contacts pathogens in the stomach it liberates free oxygen, so those with high levels of virus and streptococcus in their stomachs may feel slight nausea while the reaction is occurring. The

Hydrogen Peroxide Therapy_1992.txt

dosage is increased by an ounce per day, up to five ounces on the fifth day, then finally up to five ounces three times daily for a week (or until disease is no longer present). Then the dosage is tapered back down over a five week period. Food-grade or Re-agent (these are 35%, dangerous if undiluted) is better for internal use, since the common USP 3% H2O2 contains small amounts of chemical stabilizers and other impurities. It can still be used if food-grade is unavailable; it just isn't as pure. An alternate dosage regimen uses three drops of 35% H2O2 in a glass of water three times a day, which is then increased by a drop per dose, per day, up to 25 drops per dose in extreme cases. Candidiasis victims should start at one drop per dose, and build their tolerance gradually. Some find the taste rather bleachy and unpleasant, and may wish to chase it with plain water. It can also be mixed with fruit juice, and citrus juices in particular cover the taste pretty well. Adding seven drops of 35% H2O2 to a gallon of drinking water and shaking well purifies it and gives it a pleasant waterfall-like flavor. For more dosage details and extensive references on H2O2@ taken internally, contact Walter Grotz, box 126, Delano, MN 55328; 612-972-2144. His progress report, "ECHO", costs \$1. He provided much of the material regarding H2O2 in this article. Another source is father Richard Wilhelm, Box 18, Union Rd, California KY 41007; 606-635-9297. These gentlemen have continued the research initiated by Dr. Edward Carl Rosenow (1875-1966). They have located over 4000 peer-reviewed medical articles on the applications of hydrogen peroxide, some dating back to the 1800's. They received the National Health Federation's Pioneer Award in Medicine this year, for this ongoing research. Walter Grotz, in particular, has been touring and lecturing extensively on the benefits of self-administered H2O2, literally saving lives wherever he goes, and bringing hope to people who have been told there causes were hopeless. Dr. Kurt W. Donsbach at the Bio-Genesis Institute in Rosarita Beach, Baja Mexico (714-964-1535), has achieved a remission rate exceeding 70% in over 300 patients, at last count, most of whom had been previously told they were beyond hope, and had "tried everything else". Bio-oxidative therapies are now applied to all cases that arrive at this clinic, and all respond except for those who arrive already very close to death. The Guadalajara Medical School, Mexico's largest, is initiating their own tests this summer, and will add it to their curriculum upon verification. As Dr. Donsbach has pointed out, no US clinic or institution has ever tested intravenous H2O2 as a treatment for cancer, so any claim that it is not effective is not based on clinical trial, and amounts to willful disinformation. The Gerson Institute and La Gloria Clinic in Mexico are also using Hydrogen Peroxide therapies on their patients, after the staff tested it on themselves and found it beneficial.

HYDROGEN PEROXIDE IN NATURE

Hydrogen peroxide occurs naturally in rain and snow, from atmospheric ozone, and in mountain streams where rushing

Hydrogen Peroxide Therapy 1992.txt

water is continuously aerated. Most of us learned at an early age to drink only from a stream only where the water is running white, because that is where it gets cleansed of germs. The reason is that H₂O₂ is forming there due to its rapid agitation, and that's what kills any harmful microbes present. By just shaking a bottle of water vigorously for a while you can tuck enough extra oxygen into it to form detectable amounts of H₂O₂, improving its purity, flavor and vitality. It turns out that the spring waters at Lourdes, France, long recognized for their remarkable healing properties, are very high in natural hydrogen peroxide. The spring is fed by high altitude snow melt, so the snow apparently absorbs unusually large quantities of ozone on its way from the upper atmosphere. Other less-known high altitude springs are said to be likewise effective. Similar benefits can be obtained in a swimming pool or hot tub, by discarding the chlorination system and simply pouring in H₂O₂, or by bubbling ozone through the water. One simple method of making pool-grade ozone is to pump air past an enclosed ultraviolet lamp. Raw, uncooked vegetables and fruits can contain natural hydrogen peroxide. Cooking drives off the extra oxygen. Fresh fruit juices are well known for their blood cleansing and revitalizing capabilities, particularly when they are not combined with other foods; this is largely due to the H₂O₂ they contain. Reconstituted frozen juices have much less and are no longer "alive", thus they are not nearly as effective.

H₂O₂ IS THE HEART OF THE IMMUNE SYSTEM

Mother's milk contains a high amount of H₂O₂, especially colostrum, the first milk secreted after birth, which activates the newborns immune systems, and key to many other metabolic processes. Under conditions of optimum health, H₂O₂ is produced by the body's immune system in whatever amounts are needed to quickly destroy any invading hostile organisms. It is made by combining water in the body with the free oxygen that is supposed to be available. When the body is oxygen-starved, it can't produce enough H₂O₂ to wipe out invading pathogens, which can then get the upper hand and cause visible disease.

OXYGEN BOOST IS KEY TO OTHER HEALING METHODS

When penicillin is effective against infection, it is largely due to the formation of bacterial amounts of H₂O₂, when glucose is oxidized by O₂ in the presence of penicillin notatin. (General Biochemistry, Fruton & Simmonds

Hydrogen_Peroxide_Therapy_1992.txt

577.1 F944 p. 339) Much has been made about the healing properties of interferon, but it is unbelievably expensive. However, much of its effectiveness is apparently due to the fact that it stimulates the production of H₂O₂ and other oxygen intermediates, which are a key factor in reactivating the immune system. (Journal of Interferon Research Vol 3, #2, 1983 p. 143-151.) Thus Interferon may turn out to be simply a very elaborate way to accomplish essentially the same thing as H₂O₂ regimen. Vitamin C (ascorbic acid) has long been recognized as essential to the proper use of oxygen by the cells. Dr. Linus Pauling has demonstrated that large doses of vitamin C are effective against cancer. The mainstream medical community still has not acknowledged this discovery, let alone put it to use, despite Dr. Pauling's previous credentials. As it turns out, vitamin C actually creates extra H₂O₂ in the body. Organic Germanium (bis-carboxyethyl germanium sesquioxide) is gaining increasing recognition as a potent healing substance, primarily through the work of Dr. Kasuhiko Asai. This compound directly increases the body's oxygen supply, as it contains a great deal of oxygen in a form that can be easily assimilated. (See "Miracle Cure: Organic Germanium" by Dr. Paul Asai, Japan Publications, Inc., Tokyo and New York.) Taheebo (aka Pau D'Arco or Lapacho Colorado) is a tree that grows in the Andes and fixes high concentrations of oxygen in crystalline form in its inner bark. The bark has been used for centuries by the native peoples of the area to prevent and reverse illness, and it is one reason, why they do not get cancer. In recent years it has become popular in the US, and it gets by the FDA as an "herbal tea" whose distributors wisely make no medical claims for it. Again, much of its effectiveness is apparently due to its high oxygen content, released in solution when brewed as a tea.

CAUSES OF OXYGEN DEPLETION

There are several common practices that drop a person's oxygen level far below what it should really be. At sea level, 20% of the atmosphere is supposed to be oxygen, but city air gets down as low as 10%, due to smog and removal of trees. Air that tastes bad induces a tendency to breathe shallowly, getting even less oxygen to the blood. So does lack of exercise. The carbon monoxide (CO) in smog does not normally occur in nature in much quantity since it's formed by incomplete combustion of carbon compounds. It is electrically unbalanced, so it seeks to bond with any available oxygen to form the more stable carbon dioxide (CO₂). Those who breathe too much carbon monoxide tend to die, fast or slow depending on the concentration. It strips oxygen molecules from the blood to form CO₂, which the body can't use and must exhale, at least until its oxygen runs out. The fact that the body considers CO₂ a waste product, by the way, doesn't say much for carbonated beverages. Tap water is very low in oxygen, having no opportunity to be aerated during its journey through the pipes, and being loaded down with

chlorine and various contaminants. Since cooking drives the extra oxygen out of vegetables, if one diet is mostly cooked or processed foods, there's yet another oxygen source lost.

EATING, FASTING AND OXYGEN BALANCE

Overeating is so common in the US it's considered "normal". One cause is the widespread use of oral antibiotics. While destroying the target germs, these drugs also kill off one's intestinal flora, which are needed for healthy digestion. With these friendly bacteria gone, digestive efficiency plummets. As a result, the sensation of hunger comes more often and lasts longer, as the body tries to compensate for ineffective digestion by increasing the amounts consumed. Even just eating daily, without ever giving the gastro-intestinal tract a rest, loads down the blood with toxins and impurities, especially uric acid crystals. Under a microscope these resemble tiny coffin lids, interestingly enough, another clue to our Creator's whimsical sense of humor. When the waste products exceed the cleansing capacity of the kidney's, the blood ends up just having to haul it around the body and stash it wherever possible. These toxins literally take up so much room in the blood cells that the cells can't take on enough oxygen when they pass through the lungs. The blood's primary function of picking up and distributing oxygen gets blocked by overuse of garbage-hauling function. Fasting restores health by giving the overloaded blood cells a chance to dump the toxins and inert matter through normal organs of elimination at a rate they can handle, instead of through the skin, as in acne, or other inappropriate places. If the fast is long enough, accumulated residues in the body are also scoured out and expelled, giving a considerable spiritual resurgence once all the backlog is cleared away. While the debris is flushed out, various toxic reactions may come and go. Once the blood is cleansed the red corpuscles have a lot more room for oxygen molecules, the oxygen saturation of the molecules is high, and health and energy are boosted considerably. Each breath now gives more life than it was able to in the blood's earlier state. Most long-lived native peoples, who are not affected by our more common diseases, either include fasting as a regular part of their yearly food cycles, or eat much less overall, than industrialized peoples. Today many Americans are existing at such high levels of toxicity, that their toxic reactions when attempting to fast can seem intense enough to make them start eating again before any serious cleansing can be accomplished. Fortunately one can partially bypass the lungs and get the blood level back up, by taking oxygenated water internally and through the skin. Several weeks of detoxification of this regimen will also make it much easier to fast without discomfort, if one chooses. It reduces appetite, logically enough, to a level more in line with the body's actual needs. The bacteria that aid digestion are not killed by oral use of H₂O₂, as long as it's diluted properly.

OXYWATER MAY EVEN CURE STUPIDITY

Perhaps the greatest potential benefit is the reversal of the slight brain damage caused by long-term oxygen depletion, which can be observed in the "average" human, and is not always all that slight. It's well known that after about nine minutes of no oxygen, from drowning or whatever, you can kiss your brain good-bye. By the implications of constant gradual oxygen starvation in our cities somehow escape notice, despite the tiredness, depression, irritability, poor judgement and health problems affecting so many citizens. Increasing the oxygen supply to the brain and nervous system will reverse these conditions. The oxywater regimen improves alertness, reflexes, memory and apparently intelligence, and may offer the elderly a new weapon against senility and related disorders. Alzheimer's and Parkinson's are reported to be responding to it. Alcoholics who start taking H₂O₂ soon loose interest in alcohol, and the thirst does not come back. Look up what alcohol does to your blood oxygen and your ability to use it, and you'll see why. One possible spin-off of a coming major increase in the blood oxygen supply to human brains is that various short-sighted and oxygen-depleting activities such as deforestation, and other intelligent practices, should fade from the scene. Americans especially, will have an opportunity to outgrow many stupid things. It's strange that the common drug aspirin "stops pain" by interfering with the nervous systems ability to use oxygen, in the electrochemical reactions needed to transmit impulses. Though maybe it's not that strange, considering that the Bayer Company which originated it was a subsidiary of IG Farben, the German chemical conglomerate that is famous for, among other things, developing and mass-producing the lethal gas Zyklon-B specifically for the exterminations at nazi death camps.

ECONOMIC INERTIA

DR Terry McGrath, the CEO at Medizone, confirmed that Hydrogen peroxide would in principle act much like ozone in destroying AIDS virus, but pointed out that it's never likely to be tested and proven in the laboratory. There's simply no economic incentive, since it's an unpatentable process and offers no commercial returns than most other natural remedies. So it's completely up to individual patients and concerned citizens to push these options out into the open, immediately, before various companies get too financially committed to the assumption that AIDS (or

Hydrogen_Peroxide_Therapy_1992.txt

any other disease) will continue to spread and be incurable. This is a good place as any for the FDA-required disclaimer: "Information given here is for research and educational purposes only and is not intended to prescribe treatment."

VETERINARY AND AGRICULTURAL APPLICATIONS

Human's aren't the only life form to benefit from compensation for their oxygen deficient air, water and/or lifestyle. H2O2 in animals' drinking water, not enough to taste unpleasant, knocks out a growing list of illnesses. Locally, cats have gotten rid of their feline leukemia and chlamydia, and are back to their old energetic slapstick selves. Distemper in dogs has been reversed with H2O2, and a growing number of farmers are applying it to their livestock to cut losses from disease and infected wounds. Plants grow better with an ounce of 3% H2O2 per quart of water they're given. Spray the solution on their leaves as well. Seeds germinate faster, with bigger sprouts, when they are first soaked in 1 ounce of 3% H2O2 to a pint of water. Instead of cutting trees that are diseased or otherwise struggling, spray them with H2O2 and water (1 part 3% to 32 parts water).

WHY ISN'T IT ALREADY IN USE ?

The obvious question is, if hyper-oxygenation is so simple and effective, why has it taken so long to discover it? Ozone is hardly new and hydrogen peroxide has been on the market for over a century. Why aren't all doctors already using it ? How come this story isn't all over the major news outlets? Turning the question around helps clarify the problem. Just exactly what would happen if a cure was discovered that was completely effective against the vast majority of diseases, ridiculously cheap and plentiful, and in most cases could be self-administered without a physician? Would the current medical establishment welcome a breakthrough that could render 98% of all drugs, testing and disease related surgery obsolete? What would the response be of the pharmaceutical industrialists, hospital chain owners, health insurance moguls, AMA, and FDA? Would you expect to read or hear such an announcement from any medical journal or media outlet owned by people financially committed to the medical status quo, which is practically all of them? How many want to make their own occupation unnecessary? And if the cure had already been suppressed once, wouldn't the possible blame for allowing people to die without it provide

Hydrogen Peroxide Therapy 1992.txt

even more incentive continue keeping the whole thing quiet? All right then. This precisely the situation that exists, and the cure has indeed been around for ages. It has been independently reported effective against virtually every disease at one time or another, in thousands of public-domain medical articles, which had never been collected or correlated until recently. And it is so simple and basic that concealing it from physicians and the general public has required a tremendous smoke screen of artificial complications, narrow specializations, symptomatic classifications and user hostile treatments. If this is so, it follows that the more profit-fixed elements of the medical establishment will not be too thrilled about the recent surge in interest in oxygen therapies. The drug industry has expanded enormously since WWII, while America's level of health has dropped from the world's highest to the lowest among the industrialized nations. It does look as if the bottom line has been money and not health, for a long time. The battle for the future of medicine, between Nature's truth and lucrative lies, is about to really heat up. We can expect to see disinformation articles and newscasts with persuasive medical experts, some of whom will even believe what they're saying, warning of the dangers of hydrogen peroxide, ozone and even regular oxygen. These reports will attempt to blur the distinction between using therapeutic dosages at safe dilutions, and the harmful effects of excessive concentrations. Plenty of grizzly examples are available, of what happens when various tissues are over-oxidized. Anti-oxygenation propaganda pieces will probably not mention that over the years the FDA has approved H₂O₂ as a skin antiseptic at full 3% strength, as a hair bleaching agent at 6%, and for internal use as an additive for milk and in antiseptic long-shelf-life packaging. Nor are they likely to acknowledge that many European countries use ozone and H₂O₂ in their cities' water supply, and that they enjoy much better health than in the US. And they will be unable to truthfully cite any examples of people who were harmed by using H₂O₂ in the current demonstrated therapeutic concentrations. If not enough public move quickly to help spread the news of this alternative, those who fear it could reduce their economic power may go so far as to try to knock off someone who promotes it, while trying to make it look like "too much oxygen" is the cause. Also, product tampering has thus far mostly targeted Bayer Aspirin's competitors, in case you hadn't noticed, but drugstore hydrogen peroxide would not be immune to such tactics. One approach might be to plant a contaminated batch in a town where oral use is catching on and the medical establishment is losing ground, so someone gets hurt and the story gets nationwide coverage. It is vital for Americans to realize that current economic dynamics don't allow the businessmen in charge of health and industry any incentive at all, to make people permanently healthy and lose them as customers. It's the same reason why the energy conglomerates do not encourage citizens to become energy-self-sufficient, the Pentagon has no incentive to stop wars, and the American Psychiatric Association sees no advantage to ending mental illness. Fortunately the majority of physicians really do want to see their patients get well. They also wouldn't mind gaining the respect and admiration with which physicians were once widely regarded. When it comes down to choice between saving lives and protecting profits, most will be brave enough to overhaul their medical belief systems, discard obsolete methodologies, and basically tell the pharmaceutical conglomerates to go shove it. The rest will simply get left

behind.

SOURCES FOR FOOD-GRADE HYDROGEN PEROXIDE

Most pharmacists have never heard of it, so it's usually a waste of time to ask them. A number of chemical supply houses have 35% H₂O₂ available; check your local directories and call a few. Under FDA pressure, DuPont and possibly other major chemical companies have recently issued warnings to their distributors, not to sell hydrogen peroxide to people who want it for healing purposes. So when you inquire, if they ask what you want it for, it will unfortunately be necessary to lie. If you say you want it as a cleaning agent, that's at least pretty close to the truth. Several physicians quietly sell it through the mail, but they aren't the same ones promoting its health properties, for obvious FDA-related reasons. A good source in California, though he can ship it anywhere, is Dr A J McDonald, at PO Box 775, Lodi, CA 95240; 209-368-8681; 12\$/pint.

Your best and safest choice is to use OXY-OXC caps from good4u

Your best move would be to share this information with owners of health food stores in your area. Call them and ask if they have food-grade H₂O₂ (some already do) and tell them you want it and how it works. Encourage them to carry it and give them Dr McDonald's address if they don't seem inclined to track down a local source.

Cleanroom-grade 30% H₂O₂ (used for cleaning in computer rooms it is a powerful disinfectant and leaves no residue when it evaporates) is reported to be just as pure as food grade and much cheaper. Check with labs that make "water fabrication" chemicals, or contact the manufacturers of silicon chips and other computer parts, and the data processing complexes that might use it in their cleanrooms, and ask where they buy it. The more sources become known, the harder it will be for anyone to make it unavailable.

GET THE WORD OUT

Write your elected officials, send copies of this information, and point out what will happen to a politician whose constituents learn he knew of a cure for cancer and AIDS but didn't tell them about it. Call in on a radio talk show and share the good news, or send copies to their reporters and program directors, especially at listener-supported stations as these are less likely to suppress it. Don't assume your local papers have already

Hydrogen_Peroxide_Therapy_1992.txt

heard of this; write letters to editors, and/or send copies of this report. Tack it on every bulletin board you see, and post it on all relevant computer bulletin boards. If you know teachers, physicians, or health officials who can still think for themselves, tell them about this and give them the references. Notify your local police officials that hyper-oxygenation gives them a way of making sure they'll be safe from infection due to contact with AIDS carriers. If you really feel bold, walk into the local hospital cancer's wards and give a copy of this to anyone who can still read, and slip out the back door before the doctors walk in. Share it with anyone you know who has a health problem, even a minor one; H2O2 apparently works on everything from acne to warts. Above all, stop buying the idea that cancer, AIDS, and other "terminal" illnesses are automatic death sentences. When you hear some celebrity is sick or dying from this or that, look up their mailing address in Who's Who or whatever, and mail them this information. If the address is for an agent, which are notorious for blocking attempted communications to their client, you might include a cover letter to the agent, stating that the enclosed vital news is also being sent to their clients family members, and that if he or she learns through them that there was life saving information sent but held up at the agent's, that agent will be out of a job. Act like you have the clout it takes to make a difference, and you soon will. Major scientific breakthroughs go through three stages: first they are ridiculed, then violently opposed, and finally they are accepted for being self-evident all along. Let's see if we can short cut those first 2 stages a bit, OK?

FURTHER INFORMATION SOURCES:

"ECHO", a newsletter on Oxygen Therapy, is available from Walter Grotz, Box 126, Delano, MN 55328, (1\$, 8p); 612-635-9297) have extensive references and case histories of successful treatments. "The Peroxide Story" George L Borell, 3035 Rome Ave, Anaheim, CA 92804; 60 pp, \$4.95 plus \$1 postage. The International Bio-Oxidative Medicine Foundation (IBOM) Newsletter contains technical updates for physicians using H2O2 therapies on their patients. PO Box 61767, Dallas/Ft. Worth, TX 75261; 817-481-9772. Rex Research (PO Box 1258, Berkely, CA 94701) has five folios on Ozone Therapy; #4 (\$2, 10 pp) is specifically on ozone treatment of AIDS; see also #1, ozone vs a wide variety of conditions (6\$, 55pp); #2, ozone vs herpes, hepatitis, rheumatic diseases, also dental use (\$4, 29pp); #3, cardiovascular, ozone enrichment of blood prior to transfusion (4\$, 23 pp) and Ozone vs Cancer (\$6, 55pp). The International Ozone Association, 83 Oakwood Ave, Norwalk, CT 06850; (203-847-8169) has available "Medical Applications of Ozone" the largest single volume on the subject, for 50\$. "Self-Treatment for AIDS: Oxygen Therapy" (\$12.95, 100pp), and home remedies for Candida" (\$8.95, 112pp) consist mostly of article reprints, compiled by Betsy Manning, 1600 Larkin #104, S.F. CA 94109. "Search for Health", APW, PO Box 3052, Iowa City, Iowa 52244. Tom

Hydrogen_Peroxide_Therapy_1992.txt

Valentine, Editor. Includes info on other oxygenating compounds for internal use, including AEROX, which they sell, and which is reported to give the same benefits as H₂O₂, but tastes better and is more stable, though more expensive. (We have not yet obtained a sample for testing.) APW also is a source for full-spectrum health-enhancing KIVA lights. Some of the formal medical articles on H₂O₂ include: "Hydrogen peroxide mediated killing of bacteria", D P Clifford and J E Repine, (Molecular and Cellular Biochemistry 49, 143-149, 1982); "Generation of H₂O₂ in Biomembranes", T Ramasarma, (Biochemica et Biophysica Acta, 694, 1982, 69-93); "Removal of Cholesterol and Other Lipids from Experimental Animal and Human Atheromatous Arteries by Dilute Hydrogen Peroxide", James W Finney, Bruce E Jay, et al, (Baylor University Medical Center, Dallas, Texas); also a series on the role of H₂O₂ in immunity to malaria, in The Lancet, 12/25/82 p 1431-1433, 1/29/83 p 234, and 2/12/83 p 359-360. Medizone International, 123 East 54th St, Suite 2B, NY, NY 10022; 212-421-0303; issues shareholder reports updating the stateside verification of ozone blood treatment. Hansler ozone generators will also be available to licensed physicians through Medizone. Biozon Technik Co, in Bad Hersfeld, Federal Republic of Germany, also makes ozone generators for medical use. Reprinted from NOW WHAT, issue one; \$4/issue, or \$15/yr.