

Hydrogen Peroxide

Kendal & Co. Information Sheet

NOTE OF CAUTION: If anyone has had an organ transplant, please stay away from any type of use related to hydrogen peroxide as it is proven to reactivate the immune system and organ rejection commonly takes place. 35% Food Grade H₂O₂ “MUST BE DILUTED” before use and only use distilled water when diluting this product. Avoid any contact with eyes and wear splash goggles and protective gloves when handling. H₂O₂ can cause blindness even at low concentration. H₂O₂ is an oxidizer, therefore avoid contact with metals and should be stored in a cool dark place as peroxide will break down when exposed to a warm environment or UV light and the bottle could expand or even burst due to pressure. If any spill occurs dilute with water immediately and rinse skin and clothing thoroughly if affected. Treat 35% Hydrogen Peroxide with a great deal of respect as it can be very dangerous if mishandled. Please do not confuse 35% Food Grade Hydrogen peroxide with the standard over the counter 3% hydrogen peroxide which contains many toxic and poisonous stabilizers which are not intended for internal use.

POSSIBLE REACTIONS TO USING HYDROGEN PEROXIDE: Skin eruptions, nausea, sleepiness, unusual fatigue, diarrhea, colds (in head or chest), ear infections, boils, or any other method that the body uses to emit toxins from the body (toxins which have been rooted out by the use of hydrogen peroxide). This is the natural way for the body to cleanse and the natural cleansing will be of short duration, as you continue to maintain your program.

Disclaimer: This product has NOT been evaluated by the FDA, and because it has not been evaluated, we are required by law to state “this product is not intended to diagnose, treat, cure or prevent any disease”. Further, we at Kendal & Co. are not medical professionals and as such cannot give medical advice. You should speak to your licensed medical doctor or qualified healthcare professional before using hydrogen peroxide for any therapeutic usage.

Oxygen is the most abundant element on earth. It comprises 45.6% of the earth's crust and 20.95% of dry air. It is one of the most vital and necessary elements to support life. Oxygen is so vital to good health that hospitals have it installed in nearly every patient's room in every hospital in the world. All rescue units, ambulances and life support systems are equipped with it. Without oxygen you can live only a few minutes.

Through his research efforts, Dr. Edward Carl Rosenow (1875 - 1966) worked out the causes of some 35 diseases and was the author of 450 medical papers. Dr. Rosenow developed a technique by which microorganisms in the body could possibly be eliminated or controlled. The hydrogen peroxide program is a method of taking oxygen into the body to possibly eliminate or control these microorganisms.

His basic tenet was that we live in an ocean of microorganisms. The body is like a world. In the world of the body are millions of microorganisms--little creatures each seeking their own habitat, food and environment. Just as animals in our world live in different climates, eat different foods, multiply, prey upon others, infect, go through metamorphosis, pollute streams, so these little microorganisms invade our bodies and seek out their proper habitats. These microorganisms do the following:

- gnaw away at the joints (inflammatory arthritis)
- give off calcium waste matter that cements bones together
- lodge in liver and kidneys, and with their bite form stones
- live in the very lining of the arteries and leave their hard deposit on the walls of the arteries
- cling to the lining in the nervous system and short- circuit some of the electronics in the central computer of the brain
- attack cells and enter them, building cocoons around the stricken cell thus cutting off the blood supply and causing the cell to lose its specific function, so that it can only live and multiply into cancerous tumors.

Hydrogen peroxide traces back through to the origin of time. It was first reported by the French chemist Louis-Jacques Thenard in 1818, who named it eau oxygenee. It is very natural; it is found in traces as rain and snow (McGraw-Hill Encyclopedia of Science & Technology 5th Edition, p. 747). In 1863 Meissner proved its presence in the rain water collected during thunderstorms and this has been corroborated by others (Journal of the American

Medical Association, Vol. X, No. 9, March 3, 1888). It gets into our rain and snow from the ozone layer high in the earth's atmosphere. It can also be created in the atmosphere when ultraviolet light strikes oxygen in the presence of moisture. Ozone (O₃) is free oxygen (O₂) plus an extra atom of oxygen. This extra atom of oxygen splits off very easily, and does so when it comes in contact with water. Water (H₂O) now becomes hydrogen peroxide (H₂O₂). Compared to chlorine, bacterial and viral disinfection with ozone is up to 5000 times more rapid. (McGraw-Hill Encyclopedia of Science & Technology 5th Edition, P. 728) This is why many cities in Europe use ozone and hydrogen peroxide in their drinking waters. Many brands of bottled water that you buy in this country have been ozonated for your protection.

Hydrogen peroxide is found in fresh fruits and vegetables, some of it comes from rain and some of it is manufactured in the photosynthesis process. (Gen. Biochemistry Furton & Sommonds p.338). If we were to eat fresh fruits and vegetables in their raw state, we would get this healing oxygen into our bodies.

It has tested in human mother's milk and found that it contains a good amount of natural hydrogen peroxide. Colostrum milk (first milk secreted after birth) has an even stronger hydrogen peroxide content. In testing natural spring waters, it was found that spring water at Lourdes, France contained the strongest amount of hydrogen peroxide in its natural form.

Since 1966 there have been over 6000 medical articles published about hydrogen peroxide. They do not all concern human beings and they are not all positive. An article on the internal injection of hydrogen peroxide appeared in The Lancet Feb. 21, 1920 (Influenzal Pneumonia: The Intravenous Injection of Hydrogen Peroxide pp. 432-433) An article on external use appeared in Hautarzt 12:425 Sept. 1961 Germany (On a Simple and Painless Treatment of Warts). In 1983 there were over 100 articles published on the subject of hydrogen peroxide.

From 1880 to 1904 Charles Marchand published eighteen books on the subject of hydrogen peroxide and ozone. The complete articles can be found in medical libraries. The Food & Drug Administration (FDA) in Federal Regulation Vol. 46 Number 6 Jan. 9, 1981, in effect gave the food industry a green light to use hydrogen peroxide in the "Aseptic" packaging process. The FDA has further ruled that hydrogen peroxide can be used in the processing of cheese and related cheese products (part 133), eggs and egg products (part 160), and as an antimicrobial agent in whey processing. They have also ruled it to be used in cleaning and healing mouth injuries. It is used in milk in 45 countries around the world. A good article on the "Aseptic" process for milk can be found in Trailer Life Nov. 1981 pp.51-52. Dr. Otto Heinrich Warburg, awarded the Nobel Peace Prize in 1931 for his discovery of the nature and mode of action of the respiratory enzyme, which opened up new ways in the fields of cellular metabolism and cellular respiration. He showed, among other things, that cancerous cells can live and develop, especially in the absence of oxygen.

Intravenous hydrogen peroxide is a treatment believed to be a near-panacea by some practitioners of alternative or integrative medicine. There was a small flurry of interest in the intra-arterial infusion of hydrogen peroxide during the 1960s, when researchers tested its use in humans and animals for regional oxygenation to enhance the susceptibility of tumors to radiation therapy. Enthusiasm for the technique waned thereafter, as evidenced by the absence of subsequent studies in the English literature, and by the absence of clinical use of hydrogen peroxide for these purposes in the 1970s.

Since the late 1970s, a small group of practitioners has advocated the use of intravenous infusions of hydrogen peroxide for a multitude of indications. Their rationale is based largely on the research and clinical experiences of the late Charles H. Farr, MD, PhD (1927-1998). A true champion of this therapeutic method, Charles H. Farr is often referred to as the "Father of Oxidative Medicine."

Dr. Farr discovered "*a positive metabolic effect to intravenous infusions of hydrogen peroxide,*" and authored an impressive workbook on the subject. In his workbook, Dr. Farr introduced his case for intravenous infusions of hydrogen peroxide as follows: "*Its ability to oxidize almost any physiologic or pathologic substance, in addition to producing increased tissue and cellular oxygen tensions, has proven it to have therapeutic value.*" He noted that hydrogen peroxide "*is produced by all cells of the body for many different physiological reasons.*" He cited its role in the destruction of infectious pathogens by phagocytes, and mentions that it is "*involved in many metabolic*

pathways which utilize oxidases. . . and hydrogen peroxide is involved in protein, carbohydrate, fat metabolism, immunity, vitamin and mineral metabolism, or any other system you might wish to explore."

His fundamental thesis might be stated: *"Because of its importance in regulating multiple metabolic functions, hydrogen peroxide could best be described as the 'Master Regulating Molecule' of the body."*

Cancer thrives in an acid-heavy system, where the blood and the organs are flooded with processed salt, sugar, animal fat and artificial food. The heart and brain struggle to filter out the toxins found in most conventional forms of food, like antibiotics, hormones, pesticides, insecticides, herbicides, bleach, ammonia, fluoride, heavy metals and much more. This is why the doctors and oncologists tell chemo patients not to eat alkalizing foods like kale, because it will "interfere with the chemotherapy." All pathogens, viruses, and parasites are anaerobic. They thrive in the absence of oxygen, but cannot survive with an abundance of oxygen. Even cancer cells cannot exist in oxygen. They depend on fermenting glucose to survive and multiply."

It has been clinically demonstrated that the spread or metastasis of cancer is "inversely proportional to the amount of oxygen around the cancer cells." That means that the more oxygen, the slower the cancer spreads. Conversely, the less oxygen, the faster the cancer spreads. If cancer cells get enough oxygen, they will die! Hydrogen peroxide kills cancer cells, because cancer cells do not have the mechanism to break down the hydrogen peroxide and stop it from doing its work.

The key to ridding cancer with hydrogen peroxide is getting ENOUGH hydrogen peroxide INSIDE the cancer cells. There is a scientific description of this: Proteolytic enzymes, also called pancreatic enzymes, literally cut apart the thick protein coating that covers cancer cells, so the immune system can recognize the cells as cancerous. 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 about 1/15 of the energy per glucose molecule that a normal cell produces. This is why cancer cells have such a huge appetite for sugar and why people who are obese get cancer more often. It's called the "biochemical cascade."

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

(Kendal & Co. owners, employees and or affiliates are not medical professionals, and do not claim that the use of Hydrogen Peroxide internally is prudent for all situations or illnesses, we therefore strongly suggest no matter how many success stories you may read or hear from users of this product, always seek your doctor's advice before taking this or any other product internally claiming to help with any ailment.) The following suggested dosing schedules have been found to be the widest spread and most popular among people using Hydrogen Peroxide (35% Food Grade) through research performed online, books authored by numerous persons in the field of Hydrogen peroxide therapy, and by numerous testimonials of patients who have used 35% Hydrogen Peroxide therapy.

If taking internally, it is suggested to take the below dosages either one hour before eating or 3 hours after eating to avoid peroxide interacting with food. Use the dosages listed in the chart with 6-8 ounces of distilled or purified water. When reaching higher dosages, more water may be used.

Take on an empty stomach, 1 hour before a meal and at least 3 hours after a meal, not following this suggestion will likely result in the peroxide at higher dosing reacting to food in your stomach leading excess bubbling in the stomach and eventual vomiting. If your stomach gets upset at any level, stay at that level, or go back one level. NOTE: Candida victims may need to start at 1 drop 3 times per day.

****Do Not Combine the following techniques at the same time, if using one form of 35% Food Grade Hydrogen Peroxide therapy, do not begin another form until you have completed the first (example to not bath in 35% H2O2 if you are currently ingesting or inhaling the same)****

Preventive Care Dosage Schedule for 35% H2O2

5-10 drops of 35% diluted with 6-8 ounces of "Distilled" water once daily

Disease or Cancer Dosage Schedule for 35% H2O2 (diluted with 6-8 ounces of "Distilled" water)

1st day, use 9 drops (3 drops, 3 times/day)

2nd day, use 12 drops (4 drops, 3 times/day)

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

If you experience nausea or vomiting, reduce dosage, if this does not resolve the problem immediately, stop dosage. If problem continues consult a medical professional.

For more serious conditions or with terminal diagnosis, stay at 25 drops, 3 times per day for 1 - 3 weeks. Next graduate down to 25 drops, 2 times per day until the problem is taken care of. This may take from 1 - 6 months.

When free of complaints, you may taper off by taking:

25 drops once every other day, 4 times

25 drops once every third day for 2 weeks

25 drops once every fourth day for 3 weeks

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

Bathing Dosage for 35% H2O2

Most resources online indicate using between a ½ cup to a full cup (Suggested to start at ¼ to ½ cup first and see how your body reacts before increasing to a full cup) of 35% Food Grade Hydrogen Peroxide mixed a full bath tub of warm to hot water. A 20 to 30-minute hydrogen peroxide bath allows the body to absorb the peroxide through the skin. The warm water relaxes the body and opens the pores allowing the body to absorb the peroxide. Once the peroxide gets into the blood stream, it loses one of its oxygen molecules through a chemical reaction and becomes water and free oxygen. The free oxygen can then bind to the red blood cells and be carried wherever it is needed. Suggested 2-3 times per week as preventive care, increasing to as much as 1-2 times per day if using for disease or cancer.

Inhaling Dosage for 35% H2O2

Most experienced users recommend you do not go over a 1.5% solution even though you will find many articles of people who use higher dosing. For a “4” ounce bottle with spray mister for inhaling, it would equal out to approx. 75 drops of 35% Food Grade Hydrogen Peroxide and then fill the rest of the 4-ounce bottle with distilled water. When taking in deep breaths, spray 3-5 mists. Repeat several times a day if using for disease or cancer

ADDITIONAL STUDIES AND READING ON HYDROGEN PEROXIDE **ANTI-MICROBIAL**

"Hydrogen Peroxide Kills Staphylococcus Aureus By Reacting With Staphylococcal Iron To Form Hydroxyl Radical"

John E. Repine, Richard B. Fox and Elaine M. Berger

The Journal of Biological Chemistry

July 25, 1981

Volume 256 Number 14

Pages 7094-7096

PMID: 6265438 [PubMed - indexed for MEDLINE]

"Survival of Nosocomial Bacterial and Spores on Surfaces and Inactivation by Hydrogen Peroxide Vapor"

Jonathan A. Otter and Gary L. French

Journal of Clinical Microbiology

January, 2009

Volume 47

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Pages 205-207
PMID: 18971364 [PubMed - indexed for MEDLINE]

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Infect. Control Hosp. Epidemiol.
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CANCER

"A Method of Destroying a Malignant Rat Tumour In Vivo"

R.A. Holman
Nature
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J.T. Mallams, M.D., J.W. Finney, M.A., and G.A. Balla, M.D.
Southern Medical Journal
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Hiroshi Sasaki, Tadao Wakutani, Sikayuki Oda and Yasuo Yamasaki
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Volume 11, Number 3
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"Role of Hydrogen Peroxide in the Cytotoxic Reaction of T Lymphocytes"

Kareen J. I. Thorne, Rosamund J. Svvennsen and D. Franks
Clin. Exp. Immunol.
February, 1980
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Journal of Experimental Medicine
July, 1980
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Pages 198-2082
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"Anti-Tumor Effects of Hydrogen Peroxide In Vivo"

Carl F. Nathan and Zanvil A. Cohn
Journal of Experimental Medicine
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Volume 154
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Anonymous (American Cancer Society)
A Cancer Journal For Clinicians
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Volume 43 (1)
Pages 47-56
PMID: 8422605 [PubMed - indexed for MEDLINE]

"Oxidation Therapy: The Use of a Reactive Oxygen Species-Generating Enzyme System For Tumour Treatment"

O. Ben-Yoseph and B.D. Ross
British Journal of Cancer
December, 1994
Volume 70 (6)

Pages 1131-1135
PMID: 7981065 [PubMed - indexed for MEDLINE]

"Pro-Senescent Effect of Hydrogen Peroxide on Cancer Cells and Its Possible Application to Tumor Suppression"
Kaichi Yoshizaki, Tsukasa Fujiki, Takahiro Tsunematsu, Makiko Yamashita, Miyako Udono, Sanetaka Shirahata, and Yoshinori Katakura
Biosci. Biotechnol. Biochem
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CARDIOVASCULAR DISEASE

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EAR, NOSE & THROAT

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Journal of the American Medical Association
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"The Use of Peroxide of Hydrogen in Diseases of The Nose, Throat and Ear"
W. Scheppegegrell, A.M., M.D.
Medical Record
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GENERAL HEALTH

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Journal of the American Medical Association
March 3, 1888
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Robert T. Morris, M.D.
Journal of the American Medical Association
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"Some of The Uses of Peroxide of Hydrogen in General Surgery"
Thomas H. Manley, M.D.
New England Medical Monthly
December, 1892

"Peroxide of Hydrogen"

Warren Brown, M.D.
The Medical Sentinel
February, 1896

"The Catalase-Hydrogen Peroxide System"

Peter Jones and A. Suggett
Biochemical Journal
December, 1968
Volume 110 (4)
Pages 621-629
PMID: 5704812 [PubMed - indexed for MEDLINE]

"The Cellular Production of Hydrogen Peroxide"

Alberto Boveris, Nozomu Oshino, and Britton Chance
Biochemical Journal
July, 1972
Volume 128 (3)
Pages 617-630
PMID: 4404507 [PubMed - indexed for MEDLINE]

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January 1, 2009
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Pages 1-13
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HEMOSTASIS

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IMMUNE FUNCTION

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Journal of Bacteriology
June, 1968
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INFLUENZAL PNEUMONIA

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Massachusetts Medical Journal
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PROBIOTICS

"Production of Hydrogen Peroxide by Bacteria"

James Walter McLeod and John Gordon
Biochemical Journal
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Pages 499-506
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R.S. Dahiya and M.L. Speck
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October, 1968
Volume 51 (10)
Pages 1568-1572
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VAGINOSIS

"Utilisation of Hydrogen Peroxide in the Treatment of Recurrent Bacterial Vaginosis"

Cardone A., Zarccone R., Borrelli A., Di Cunzolo A., Tartaglia E.
Minerva Ginecol.
December, 2003
Volume 55 (6)
Pages 483-492
PMID: 14676737 [PubMed - indexed for MEDLINE]

WOUND HEALING

"The Peroxide of Hydrogen (Medicinal); An Indispensable Wound Sterilizer"

George H. Pierce, M.D.
New England Medical Monthly
November, 1892

"Use of Intra-Arterial Hydrogen Peroxide to Promote Wound Healing"

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<http://www.familyhealthnews.com/articles-aids-cancer-cured.html>

http://www.naturalnews.com/042577_cancer_treatment_hydrogen_peroxide_alternative_medicine.html

Books on Hydrogen Peroxide or Oxygen Therapy:

The One minute Cure (by: Madison Cavanaugh)

101 Home Uses of Hydrogen Peroxide (by: Becky Mundt)

The Magic of Hydrogen Peroxide (by: Emily Thacker)

True Power of Hydrogen Peroxide (by: Pure Health Discounts)

Hydrogen Peroxide: Medical Miracle (by: William Campbell Douglass II)

Flood Your Body With Oxygen (by: Ed McCabe)

Hydrogen Peroxide: Discover the Amazing Natural Health (by: Megan Meyer)

Learn About the Hidden benefits of Hydrogen Peroxide (by: Samantha Brian)

News Reports related to Oxygen or Hydrogen Peroxide therapy:

<http://www.med.wisc.edu/news-events/hydrogen-peroxide-provides-clues-to-immunity-wound-healing-tumor-biology/32917>

<http://www.nbcnews.com/health/health-news/could-oxygen-make-cancer-therapy-work-better-n317446>

http://www.myplainview.com/news/article_68f747be-92d9-11e5-b90b-7fe3e128e6fa.html

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<http://www.techtimes.com/articles/79075/20150824/ants-treat-fungal-infections-natural-medicine.html>