

35% Food Grade Hydrogen Peroxide

This is a graduated program of use and can be usually followed very comfortably by those who prefer the concentrated 35% hydrogen peroxide (H₂O₂).

Dilute the hydrogen peroxide in 3-5 ounces of water on arising and at bedtime.

| | | |
|----------------|---------|----------------------|
| 1st | week | 3 drops twice daily |
| 2nd | week | 5 drops twice daily |
| 3rd | week | 10 drops twice daily |
| 4th | week | 15 drops twice daily |
| 5th thru 10th | week | 20 drops twice daily |
| 11th thru 16th | week | 15 drops twice daily |
| 17th | week on | 10 drops twice daily |

Cleansing effects: You may experience some reactions from the use of the powerful cleansing and detoxifying agent.

| | | |
|----------------|-----------|--------|
| skin eruptions | fatigue | nausea |
| diarrhea | headaches | boils |
| excess mucous | earaches | |

These are not to be considered negative. You have three options:
Reduce dosage until comfortable
Maintain dosage until reactions are over
Discontinue usage

Some prefer to use juice or milk instead of water, which is acceptable. Do not use carbonated beverages.

Most find a good maintenance level to be 5-15 drops per week.

The drop referred to is undiluted 35% hydrogen peroxide.

Candidiasis sufferers start at a much reduced level, usually 1-2 drops a day until they get used to it.



Hop in for Health

Your Neighborhood Health Food Store

3947 A East 120th Ave.

Thornton, CO 80233

303-452-6798

www.hopinforhealth.com