

How to use 35% Food Grade Hydrogen Peroxide

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Important Facts about Hydrogen Peroxide: Hydrogen peroxide is a good way to get extra oxygen into the body to help it rid itself of various toxins.

How to use: Put undiluted drops of 35% Hydrogen peroxide in 3-5 ounces of water, 100% juice or milk upon rising 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 week	20 drops twice daily
6th - 10th week	20 drops twice daily
11th - 16th week	15 drops twice daily
17th week and on	10 drops twice daily

A good maintenance is 5-15 drops per week, depending on diet.

Cleansing Effects:

- You may experience some reactions from the use of this powerful cleansing and detoxifying agent. (ie. Skin eruptions, diarrhea, excess mucous, fatigue, headaches, earaches, nausea, boils). These are not to be considered negative.
- You have two options: 1. Reduce dosage until comfortable. 2. Maintain dosage until reactions are over.

Important: If you are aware that you have Candida Albicans overgrowth, begin the program at a much lower level, usually 1 or 2 drops a day until you feel the candida is under control. Dietary recommendations to control Candida—avoid sugary foods, gluten, simple carbohydrates, high glycemic fruits, alcohol and starchy foods. Foods to eat—vegetables, meat, eggs, plain yogurt, nuts, berries. Consider adding a probiotic such as **Probiotic 11** to build up friendly flora and support immune system.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Help Your Body Stay Healthy with Natural Remedies.

