



## Hydrogen Peroxide Therapy

If you feel like you're coming down with an infection or fever, hydrogen peroxide can help speed your recovery. Hydrogen Peroxide is very alkalizing and high in oxygen. It helps your body fight any infection and reduce fevers.

Tips:

- Pour 4 quarts of 3% hydrogen peroxide in a tub of water and soak in it for a half hour or more.
- For a child, use 1 or 2 quarts. You can also use the method to prevent a child from throwing up if done right away.
- Don't have the water too hot; sweating can cause loss of important minerals.
- It can be energizing, so don't do this too close to bed.
- People can be allergic to hydrogen peroxide, so if you feel sick get out of the tub.

Yours for health naturally,

**Dr B**

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