

## **The Benefits of 3 % Peroxide**

**Becky Ransey of Indiana**

**"I would like to tell you of the benefits of that plain little old bottle of 3% peroxide you can get for under \$1.00 at any drug store. My husband has been in the medical field for over 36 years, and most doctors don't tell you about peroxide, or they would lose thousands of dollars."**

**1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe)**

**No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouthwash. (Small print says mouth wash and gargle right on the bottle)**

**2. Let your toothbrushes soak in a cup of "Peroxide" to keep them free of germs.**

**3. Clean your counters, table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.**

**4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.**

**5. I had fungus on my feet for years - until I sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.**

**6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine, but was healed by soaking in peroxide.**

**7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.**

**8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, or plugged sinuses. It will bubble and help to kill the bacteria. Hold for a few minutes then blow your nose into a tissue.**

**9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.**

**10. And of course, if you like a natural look to your hair, spray the 50/50 solution on**

**your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages, but more natural highlights if your hair is a light brown, reddish, or dirty blonde. It also lightens gradually so it's not a drastic change.**

**11. Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.**

**12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.**

**13. I use peroxide to clean my mirrors with, and there is no smearing which is why I love it so much for this.**

**I could go on and on. It is a little brown bottle no home should be without! 3% peroxide is what oxy clean is. With prices of most necessities rising, I'm glad there's a way to save tons of money in such a simple, healthy manner.**