A hydrogen peroxide enema requires a pure grade of hydrogen peroxide which is something different than you can purchase at the drug store or supermarket for topical treatment of sores and wounds.

The 3% drugstore hydrogen peroxide also contains tin and phosphate compounds that are dangerous to consume either by means of IV (intravenous), orally or rectally.

Making and Using 3% food grade Solutions of h2o2

A 3% solution can be made quite easily by first pouring 1 ounce of 35% h2o2 into a pint jar. To this add 11 ounces of distilled water. This will make 12 ounces of 3% h2o2. 3% h2o2 has a variety of medicinal uses.

3-6 tablespoons of this diluted solution mixed with 1 quart of non-chlorinated filtered water makes a good enema or douche recipe. New research indicates we need hydrogen peroxide for a multitude of other chemical reactions that take place throughout the body. For example, we now know that vitamin C helps fight infections by producing hydrogen peroxide, which in turn stimulates the production of prostaglandins. Also lactobacillus found in the colon and vagina produce hydrogen peroxide. This destroys harmful bacteria and viruses, preventing colon disease, vaginitis, bladder infections and a host of other common ailments. When lactobacillus in the colon or vaginal tract have been overrun with harmful viruses, yeast, or bacteria, an effective douche or enema solution can be made using 3 tablespoons of 3% h2o2 in 1 quart of distilled water. Keep in mind, however, that a good bacterial flora must always be re-established in theses areas to achieve lasting results.

Aerobic versus Anerobic

While we are discussing enemas and douches, there is another misconception about h2o2 That needs to be addressed The friendly bacteria in the colon and vagina are aerobic. In other words, they flourish in high oxygen environments and thrive in the presence of

oxygen rich h2o2. On the other hand, most strains of harmful bacteria (and cancer cells) are anaerobic and cannot survive in the presence of oxygen or h2o2. We can agree that hydrogen peroxide produced within individual body cells is essential for life. And no one doubts its effectiveness when it comes to treating infections topically. The controversy deals with ingesting the substance orally or introducing it into the body intravenously. The dispute has been going on for decades, and considering the attitude of our medical community, it will continue for many more decades to come.

I'll admit I was skeptical when I first learned about using h2o2 orally or intravenously. This healthy dose of skepticism, however, lead to a great deal of investigation, clinical work and experimentation. And while I realize a large majority of readers will probably never be convinced that h2o2 is a safe and effective compound, I am. Hydrogen peroxide is safe, readily available and dirt cheap. And best of all, it works! No one yet fully understands the complete workings of hydrogen peroxide. We do know that it is loaded with oxygen. (A pint of the food-grade 35% solution contains the equivalent of 130 pints of oxygen. A pint of 3% hydrogen peroxide found at the local drugstore contains 10 pints of oxygen. And a pint of the 6% solution used to bleach hair contains 20 pints of oxygen.) We also know that when h2o2 is taken into the body (orally or intravenously) the oxygen content of the blood and body tissues increases dramatically. Early researchers felt these increases were simply due to the extra oxygen molecule being released. This doesn't however, appear to be the case.

Only very diluted amounts of h2o2 should ever be introduced into the body. The small amount of oxygen present couldn't be solely responsible for the dramatic changes that take place. Dr. Charles Farr, a strong proponent of intravenous use, has discovered another possible answer. Dr. Farr has shown that hydrogen peroxide stimulates enzyme systems throughout the body. This triggers an increase in the metabolic rate, causes small arteries to dilate and increase blood flow, enhances the body's distribution and consumption of oxygen and raises body temperature

It's obvious that our oxygen needs are not being met. Several of the most common ailments now affecting our population are directly related to oxygen starvation. Asthma, emphysema, and lung disease are on the rise, especially in the polluted metropolitan areas. Cases of constipation, diarrhea, intestinal parasites and bowel cancer are all on the upswing. Periodontal disease is endemic in the adult population of this country. Cancer of all forms continues to increase. Immune system disorders are sweeping the globe. Chronic fatigue, "Yuppie Flu" and hundreds of other strange viral diseases have begun to surface. Ironically, many of the new "miracle" drugs and nutritional supplements used to treat these conditions work by increasing cellular oxygen (oftentimes through h2o2 formation). For example, the miracle nutrient, Coenzyme Q10, helps regulate intercellular oxidation. Organic germanium, which received considerable publicity not too long ago, also increases oxygen levels at the cellular level. And even substances like niacin and vitamin E promote tissue oxidation through their dilation of blood vessels.

Grades of Hydrogen Peroxide

Hydrogen peroxide is available in various strengths and grades.

A) 3.5% Pharmaceutical Grade: This is the grade sold at your local drugstore or supermarket. This product is not recommended for internal use. It contains an assortment of stabilizers which shouldn't be ingested. Various stabilizers include: acetanilide, phenol, sodium stanate and tertrasodium phosphate.

B) 6% Beautician Grade: This is used in beauty shops to color hair and is not recommended for internal use.

C) 30% Reagent Grade: This is used for various scientific experimentation and also contains stabilizers. It is also not for internal use.

D) 30% to 32% Electronic Grade: This is used to clean electronic parts and not for internal use.

E) 35% Technical Grade: This is a more concentrated product than the Reagent Grade and differs slightly in that phosphorus is added

to help neutralize any chlorine from the water used to dilute it.
F) 35% Food Grade: This is used in the production of foods like cheese, eggs, and whey-containing products. It is also sprayed on the foil lining of aseptic packages containing fruit juices and milk products. THIS IS THE ONLY GRADE RECOMMENDED FOR INTERNAL USE. It is available in pints, quarts, gallons or even drums. Various suppliers are mentioned later in this article.
G) 90%: This is used as an oxygen source for rocket fuel.
Only 35% Food Grade hydrogen peroxide is recommended for internal use. At this concentration, however, hydrogen peroxide is a very strong oxidizer and if not diluted, it can be extremely dangerous or even fatal. Any concentrations over 10% can cause neurological reactions and damage to the upper gastrointestinal tract. There have been two known fatalities in children who ingested 27% and 40% concentrations of h2o2. Recently, a 26 month old female swallowed one mouthful of 35% h2o2. She immediately began vomiting, followed by fainting and respiratory arrest. Fortunately, she was under emergency room care and although she experienced erosion and bleeding of the stomach and esophagus, she survived the incident. When she was re-examined 12 days later, the areas involved had healed (J Toxicol Clin Toxicol 90;28(1):95-100).
35% Food Grade h2o2 must be
1) handled carefully (direct contact will burn the skin--immediate flushing with water is recommended).
2) diluted properly before use. 3) stored safely and properly (after making a dilution the remainder should be stored tightly sealed in the freezer).
One of the most convenient methods of dispensing 35% h2o2 is from a small glass eye dropper bottle. These can be purchased at your local drugstore. Fill this with the 35% h2o2 and store the larger container in the freezer compartment of your refrigerator until more is needed. Store the eye dropper bottle in the refrigerator. The generally recommended dosage is outlined in the chart below. The drops are mixed with either 6 to 8 ounces of

chart below. The drops are mixed with either 6 to 8 ounces of distilled water, juice, milk or even aloe vera juice or gel. (Don't use chlorinated tap water to dilute the peroxide!)

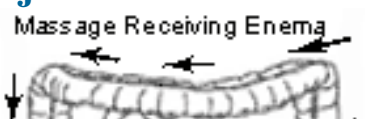
**Enema Recipe:**
3-6 tablespoons of this diluted solution mixed with 1 quart of non-chlorinated filtered water

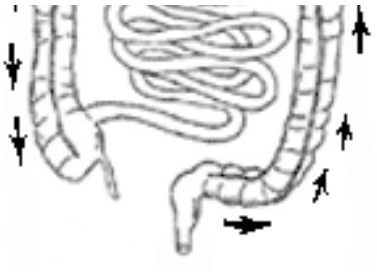
**Directions:**

**Add solution to enema bag, mixing with warm filtered water to achieve the required amount of solution.**
**Hang enema bag about 18 in. to 3 ft. above rectum. A good tool for this is the IV Stand for Enemas**
**If you need good flow control for the enema solution. A ramp clamp is a good option.**

**The Knee-chest position with chest against floor and rectum higher than head this is a best position to receive an enema.**
**Insert nozzle/rectal tube tip into anus, using a good lubricant (Super Salve Surgilube Vaseline 13oz. Astroglide KY Warming Liquid Lubricant) as needed. using a good lubricant will help prevent injury to the delicate anal tissues.**

**Inject solution into rectum very slowly, approximately ½ cup per minute (4oz.) and take as much as possible , you can refill bag if needed. Try to slightly distend the colon or until it becomes very uncomfortable to take any more solution. You may experience some cramping because the solution is cool, just stop the flow for a few seconds until the cramps subside. Then restart the enema.**
**Massaging abdomen in counter-clockwise direction during the injection will distribute the solution throughout the colon.**



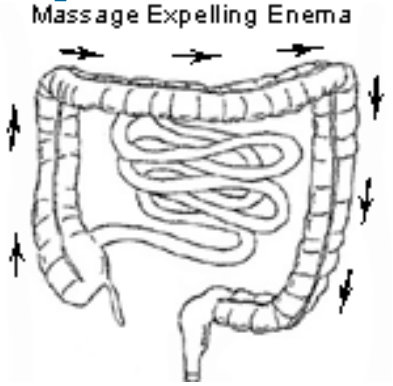


**When the enema bag is empty or no more fluid can be taken remove nozzle/rectal tube.**
**For those that have trouble retaining the nozzle and or the solution.**
**You might want to try a retention nozzle during the administration of the enema.**

**Some people use a retention plug after they received their enema solution and removed the nozzle to retain their enema for the desired amount of time. You can also fold a washcloth and press it tightly against the anus.**

**Retain the solution for several minutes as, this will allow the enema to do its job.**

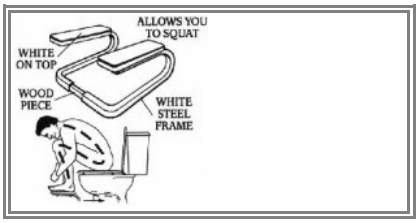
**Then you can move to the toilet and release the enema.**
**When having a normal bowel movement or releasing an enema: You can massage the abdomen in a clockwise direction this will help move the solution back toward the rectum and anus.**




**Massaging the abdomen while expelling the enema helps move**

**the enema solution , gas and feces toward the rectum and out the anus.**
**The best position for expelling your enema is squatting over the toilet not sitting on it. The squatting position puts pressure on your abdomen from your thighs.**

**In many countries, toilets are made so that people squat when they move their bowels. The Welles Step positions your body so that you are squatting when you sit on the toilet. Squatting, supports the abdominal wall and the bowel as we bear down, brings about an easier bowel evacuation in this way.**
**People who use the Welles Step tend to have fewer hemorrhoids, hernias, anal fissures, varicose veins and almost never have to use laxatives.**
**It slides under the toilet when not in use.**




**It is best if you place a Welles Step and then squat down over the toilet to release your enema.**

**Warning:** Do not use enemas or laxatives if abdominal pain, nausea, or vomiting are present unless directed by your health care provider.
Rectal bleeding or failure to have a bowel movement after use of a laxative or enema may indicate a serious condition.
Discontinue use and consult your health care provider.