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## Supplement to *The Art of Getting Well* Hydrogen Peroxide Therapy

Sources are given in references.

Authors of contributions/quotations are alphabetically arranged; major author, if any, is underlined.

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AKA The Arthritis Trust of America®,

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I must report on this promising therapy, as so many physicians and patients have given me good tidings from its use. What is probably not so well known by the general public, and many practicing physicians, is that hydrogen peroxide has been used for more than a century, the abstracts of articles and research reports published from 1966 through 1988 alone reaches 2" high when printed on 8-1/2"X11" paper.

A number of clinics in the United States and Mexico use hydrogen peroxide therapy, as well as other treatment modalities, on a routine basis, usually given by intravenous injection (IV).

Before scoffing, keep in mind that one of the very first lines of defense against any and all microorganisms recognized as invaders by our immunological system are macrophages and leucocytes, one of which uses hydrogen peroxide to oxidize the foreigners; and that vitamin C is effective principally by its ability to promote hydrogen peroxide use against foreign invaders, including parasites, viruses, bacteria, yeast/fungus; and that all body tissues contain catalase and that hydrogen peroxide in the presence of catalase is reduced to oxygen and water. So, there is strong reason to believe that added hydrogen peroxide, used properly, may be both effective against certain organisms and safe.

Hydrogen peroxide is an essential metabolite, meaning that it is necessary to life's process, according to William Campbell Douglass, M.D. of Georgia.

As we age, our immunological system weakens, which permits organisms of opportunity to spread, thereby breeding colonies of organisms whose presence is anathema to good health. Killing these organisms should permit at least temporary respite from microbial warfare, and give your system time to heal.

According to William Campbell Douglass, M.D.<sup>2</sup>, not only is H<sub>2</sub>O<sub>2</sub> (Hydrogen Peroxide) involved in phagocytosis (killing and absorption of foreign germs), but also "it acts like insulin in that it aids the transport of sugar through the body." Is is also at least as important, or perhaps more so, than thyroid for heat generation because it creates "intracellular thermogenesis, a warming of your cells which is absolutely essential to life's processes."

Various physicians, including some of our referral physicians, also use hydrogen peroxide therapy for various ailments. Physicians have independently discovered such treatments to be effective against some types of cancer, leukemia, arthritis, coronary heart disease,

arterial circulation disorders, colitis, gum diseases, and assorted children's diseases.

The First International Conference of Bio-oxidative Medicine was held February 17-19, 1989 in Dallas/Ft. Worth, TX. Physicians presented papers on the efficacy and safety of hydrogen peroxide infusions. Since that date the non-profit International Bio-Oxidative Medicine Foundation<sup>1</sup> has grown rapidly, attracting many physicians who have also presented many scholarly works based on their work with patients.

While Chelation Therapy is an extremely useful treatment and preventive measure for at least 80% of peripheral circulation problems, it apparently cannot clean out hardened plaque in arteries, like the large heart arteries and the aorta<sup>3</sup>. (See "Chelation Therapy," <http://www.arthritis-trust.org>.)

According to Douglas, the Baylor University Medical Center may "have gone a long way toward proving that H<sub>2</sub>O<sub>2</sub> dripped into the leg and carotid vessels of patients known to have severe arteriosclerosis will clear those arteries of disease. When these patients died, autopsies were done to compare arteries that had been treated with H<sub>2</sub>O<sub>2</sub> with those not treated. They reported: 'The elution [separation] of lipids from the arterial wall by dilute hydrogen peroxide has been accomplished. . . .' In simple English that means the plaque buildup was removed by injecting H<sub>2</sub>O<sub>2</sub> into the blood vessels. . . . That was over 20 years ago<sup>2</sup>."

Dr. Douglass added that, "The investigators also reported that the improvement is not temporary."

While H<sub>2</sub>O<sub>2</sub> has been used to good advantage for hardening of the arteries, temporal arteritis, shingles, chronic obstructive pulmonary disease, the yeast syndrome, various viral infections, including AIDS, certain forms of cancer, dental gum diseases, colds (35% H<sub>2</sub>O<sub>2</sub> in cold humidifier), growing better food, purifying water without chlorine complications, increasing thyroid activity, arthritis, depression, emphysema, lupus erythematosus, multiple sclerosis, . . . , a list of claims made would exceed our space limitations, and so I direct you to others for substantiation and research reports: The International Bio-Oxidative Foundation<sup>1</sup> and ECHOS<sup>4</sup>, as per references. [I have been unable to locate ECHOS for some years. However, a search on the world wide web will reveal location of the International Bio-Oxidative Foundation as well as some accurate websites. For example, see Ed McCabe's <http://www.oxytherapy.com>. Also see McCabe's book, *Oxygen Healing Therapies*, <http://www.arthritis-trust.org>.]

A word of caution: while many reputable physicians and researchers have made legitimate claims on the safety and efficacy of H<sub>2</sub>O<sub>2</sub>, it is my opinion that there are a lot of scam artists using or selling H<sub>2</sub>O<sub>2</sub>, and so one must be careful<sup>12</sup>. I believe that you can rely on the work of the International Bio-Oxidative Medicine Foundation and ECHOS.

There are also many important forgotten facts in the past medical literature. For example, William Campbell Douglass, M.D. reports on "Dr. Edward C. Rosenow, author of 450 published medical papers and associate at the Mayo Clinic for over 60 years . . . proved [more than] 70 years ago (1914) that bacteria could be found consistently in the lymph nodes that drain joints (*J.A.M.A.*, April 11, 1914). He was probably the first scientist to postulate that H<sub>2</sub>O<sub>2</sub> would help arthritis because of its ability to supply oxygen to oxygen-hating organisms causing arthritis (*Streptococcus viridans*)."

Charles H. Farr, M.D., Ph.D., says, "Perhaps we have become myopic about biological oxidation! The majority of investigational studies seem to concentrate on the damaging effects of biological oxidation and the production of free radicals. Hydrogen peroxide is usually treated as a[n] intermediate or by-product of metabolism and considered of minor significance in metabolic pathways except as it relates to biochemical disruption, tissue or cellular damage.

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"We feel the physiological effects of bio-oxidation and, in particular hydrogen peroxide, should be investigated with a new prospect.

"From the 2,500 or more references on hydrogen peroxide we have collected and reviewed we have come to appreciate this physiological product as a[n] extremely important molecule in metabolism. Hydrogen peroxide is produced by all cells of the body for many different physiological reasons. The granulocytes produce  $H_2O_2$  as a first line of defense against bacteria, yeast, virus, parasites, macrophages, and most fungi. It is involved in any metabolic pathway which utilize oxidases, peroxidases, cyclo-oxygenase, lipoxigenase, myeloperoxidase, catalase and probably many other enzymes. Hydrogen peroxide is involved in protein, carbohydrate and fat metabolism, immunity, vitamin and mineral metabolism or any other system you might wish to explore.

"Our studies demonstrate a positive metabolic effect to intravenous infusion of  $H_2O_2$ . Its ability to oxidize almost any physiological or pathological substance, in addition to producing increased tissue and cellular oxygen tensions, has proven it to have therapeutic value.

"We feel the evidence presented should stimulate a new appreciation in the study of the potential therapeutic application of bio-oxidative mechanisms."

### Two Means of Administration

There are two ways to administer hydrogen peroxide for medical purposes. Both means require a pure grade of hydrogen peroxide which is something different than one can purchase at the drug store 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) or orally.

For sources of pure "food grade" oral or intravenous hydrogen peroxide, contact ECHO<sup>4</sup>.

I must caution at the outset that Dr. Farr and some other physicians<sup>11</sup> do not approve of use of  $H_2O_2$  for oral treatment, as so many treatment modalities describe<sup>11</sup>. The exact method for oral administration can also be obtained from ECHO.

Dr. Farr, and some other physicians, feel that free-radicals are produced in the stomach when  $H_2O_2$  is administered orally, and these free-radicals are not safe. Combinations of fatty acids which are likely to be in the stomach in the presence of iron and ascorbate may reduce hydrogen peroxide to hydroxyl and superoxide free radicals. These may have a deleterious effect upon the gastric and duodenal mucosa, with an increase of glandular stomach erosion, duodenal hyperplasia (abnormal increase in number of cells), adenoma and carcinoma, although in rats there seems to be inconsistencies in the studies related to carcinogenesis using 0.8% concentration for ten weeks versus 1% concentration for 32 weeks, the former indicating carcinogenesis, the latter not so.

Since some clinics are using both intravenous and oral techniques with patients successfully, or to some good advantage, apparently not all possible research is in on the subject of oral versus IV administration.

I have twice tried the oral method, and have failed to continue onward, because of a terrible, revolting nausea. Some folks react similarly, others don't, and some persevere despite all.

As stated earlier, Dr. Farr's research demonstrates that hydrogen peroxide stimulates oxidative enzymes which increases the metabolic rate. Intravenous use rapidly relieves allergic reactions, influenzal symptoms, chronic systemic candidiasis, acute viral reactions as a result of the oxidation of antigenic substances and regulation of immune system functions.

To prepare the IV (intravenous) solutions, Dr. Farr begins with 30%  $H_2O_2$  of USP food or cosmetic grade. Thirty percent  $H_2O_2$  is a powerful oxidizer and should be handled with extreme caution.

The 30% solution is diluted with equal amounts of sterile distilled water to make a 15% stock solution. The stock solution is passed through a Millipore 0.22mm medium flow filter for sterilization and removal of particulate matter. The stock solution is stored in 100 ml sterile containers and kept refrigerated for future use.

His infusion solutions are then prepared using sterile 5% dextrose in water. The addition of 1/4 ml sterile of the 15%  $H_2O_2$  stock solution to each 100 ml of carrier solution produces a 0.0375% concentration that is finally used for the intravenous infusions.

Dr. Farr further warns that "caution must be exercised that nothing is added to the  $H_2O_2$  solution because of its tremendous oxidizing power. Even ascorbic acid (Vitamin C) is rapidly oxidized to the mono-dehydroascorbate radical, an unstable compound which degrades into numerous other chemical fragments. . . . Vitamins, minerals, peptides, enzymes, amino acids, heparin, EDTA, or other injectable materials should never be mixed with the  $H_2O_2$  solution."

By far the widest use for hydrogen peroxide, whether wisely or not, seems to be that of oral use, where a 35% "food grade" is diluted to a 3% concentration by use of 1 ounce of 35%  $H_2O_2$  to 11 ounces of distilled water. The 3% concentration is then used by quantities of drops in distilled water, increasing the dosages and number of oral treatments daily throughout a number of weeks.

Many have made the claim that a "die-off" effect is observed, similar in nature to the Herxheimer Effect<sup>5</sup>. (See "The Herxheimer Effect," <http://www.arthritis-trust.org>.)

Further information on the oral use of  $H_2O_2$  may be acquired from ECHO<sup>4</sup>.

There are many other uses for hydrogen peroxide for health purposes than simply topical use on sores, or intravenous therapy. With permission from ECHO<sup>4</sup>, the following is presented:

### Other Uses for $H_2O_2$

Use 3% solution, except where 35% is highlighted.

**Vegetable soak:** Add 1/4 cup to a full sink of cold water. Soak light-skinned (like lettuce) 20 minutes, thicker skinned (like cucumbers) 30 minutes. Drain, dry and refrigerate. Prolongs freshness. If time is a problem, spray vegetables (and fruits) with a solution of 3%. Let stand for a few minutes, rinse and dry.

**Leftover tossed salad:** Spray with a solution of 1/2 cup water and 1 Tbsp. 3%. Drain, cover and refrigerate.

**To freshen kitchen:** Keep a spray bottle in the kitchen. Use it to wipe off counter tops and appliances. It will disinfect and give the kitchen a fresh smell. Works great in the refrigerator and kid's school lunch boxes.

**Marinade:** Place meat, fish, or poultry in a casserole (avoid using aluminum pans). Cover with hydrogen peroxide. Place loosely covered in refrigerator for 1/2 hour. Rinse and cook.

**In the dishwasher:** Add 2 ozs to your regular washing formula.

**Sprouting seeds:** Add 1 oz. to a pint of water and soak the seeds overnight. Add the same amount of hydrogen peroxide each time you rinse the seeds.

**House and garden plants:** Put 1 oz. in 1 quart of water. Water or mist plants with this solution.

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**Insecticide spray:** Mix 8 ozs. white sugar, 4-8 ozs. hydrogen peroxide in 1 gallon of water.

**Humidifiers and steamers:** Mix 1 pint to 1 gallon of water.

**Laundry:** Add 8 ozs. to your wash in place of bleaches.

**Shower:** Keep a spray bottle of hydrogen peroxide in the shower. Spray your body after washing to replace the acid mantle of your skin that soap removes.

**Facial:** Use on a cotton ball as a facial freshener after washing. (Remember: do not use 35% grade!)

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**Rejuvenating detoxifying bath:** Add 6 ozs. to 1/2 tub of water. May increase hydrogen peroxide up to 2 cups per bath. Soak at least 1/2 hour.

**Alternate bath:** Add 1/2 cup 35%  $H_2O_2$ , 1/2 cup sea salt, and 1/2 cup baking soda or epsom salts to bath water and soak.

**Footsoak:** Add 1-1/2 ozs. 35%  $H_2O_2$  to 1 gallon water and soak.

**Athlete's foot:** Soak feet nightly until condition is improved.

**Mouthwash:** Add a dash of liquid chlorophyll for flavoring if desired.

**Toothpaste:** Use baking soda and add enough to make a paste. Or just dip your brush in it and brush.

**Douche or enema:** Add 6 Tbls. to a quart of distilled water. 6 Tbls. is the maximum amount to use.

**Pets:** For small animals (dogs & cats) use 1 oz. to 1 qt. of water.

**Agriculture:** Use 8 ozs. 35%  $H_2O_2$  per 1000 gallons of water. If you do not have an injector, start out by using 1 tsp. 35%  $H_2O_2$  in the drinking cup at the stanchion.

**Drinking water of ailing cows:** Use 1 pt., to 5 gallons of water. To drench sick calves, put 1/3 pt. bottle and fill remainder with water. Do this twice a day. For an adult cow, use the same procedure, but use a quart.

**Foliage feed crops:** put 5 to 16 ozs. of 35%  $H_2O_2$  into 20 gallons of water. This is sufficient for 1 acre. Spray on plants early in the morning when the dew is still on them and the birds are singing.

Hydrogen peroxide has been a recognized medicinal source since at least the 1800's, has gone into disrepute, and now seems to lie in a sort of limbo, so far as established medicine is concerned.

However, research has progressed forward on its use throughout the world, and American doctors of a more open-minded view are persisting in learning its good effects.

Again I caution the reader that there is controversy between the use of oral hydrogen peroxide and use of IV (intravenous) treatment. You must study the issues and come to your own judgement. But please make an educated decision, and whichever you decide, find a physician who knows what s/he is doing.

#### Stimulation of Oxidative Enzymes

Charles H. Farr, M.D., Ph.D. has used hydrogen peroxide clinically, and has reported on research that he performed that sheds a great deal of light on how  $H_2O_2$  functions. Contrary to popular belief, the use of  $H_2O_2$  by either infusion or orally cannot supply as much oxygen as a good, deep breath. Instead, it is the stimulation of oxidative enzymes that does the useful trick. Dr. Farr's conclusions are appropriate and follow:

Dr. Farr says<sup>6</sup>, "There are a number of commercial products [that] claim to contain more oxygen on a volumes percent basis than Hydrogen Peroxide and consequently this has been interpreted as meaning they would somehow have more biological activity. There is a great deal of confusion about the difference between the terms 'Oxygenation' and 'Oxidation' when applied to biochemical reactions. A product which contains more oxygen per molecule may or may not have any biological activity.

"We reported<sup>1</sup> Intravenous Hydrogen Peroxide has an oxidative stimulatory effect when administered to man which appears to be independant of the amount of oxygen produced.

"Hydrogen Peroxide is a very simple molecule produced by almost every cell in the body. This amazing molecule, essential for life in both plant and animal, has been generally overlooked for it's role in oxidative metabolism. Every chemist knows any reaction must have an opposite reaction to balance the equation. This applies equally to reactions in the test tube and in living cells. The world seems to have been caught up in the idea all biological oxidation is harmful because free-radicals may be produced. Free-radicals can cause lipid peroxidation and membrane damage. Consequently many products, containing

anti-oxidants, are being promoted to prevent peroxidation. Some researchers<sup>7</sup>, including this author, feel peroxidation serves a useful purpose in the biochemical balance and may need stimulating at times instead of preventing.

"Hydrogen Peroxide as an oxidizer, under certain catalytic conditions, can degrade into water and oxygen.

"The fact that Hydrogen Peroxide may increase oxygen tension in the tissue is of secondary importance. Any student of biochemistry knows the principal reaction of an oxidizer, such as Hydrogen Peroxide, is to accept electrons in the RedOx [reduction/oxidation] reactions of the body and has nothing to do with "Oxygen" or "Oxygenation." It is true Hydrogen Peroxide increases the *rate of oxidation* in the body<sup>8</sup>, but this is not because it produces oxygen but rather it *stimulates oxidative enzymes*.

"Hydrogen Peroxide is a naturally produced purposeful molecule in the body. It functions to aid membrane transport, acts as a hormonal messenger, regulates thermogenesis (heat production), stimulates and regulates immune functions, regulates energy production and many other important metabolic functions. These effects can occur without increasing the amount of oxygen. It is purposely used by the body to produce Hydroxyl Radicals to kill bacteria, virus, fungi, yeast and a number of parasites. This natural killing or protective system has nothing to do with increasing the amount of available oxygen.

"The amount of oxygen produced by a therapeutic infusion of Hydrogen Peroxide is very small. A single breath of fresh air contains many times more oxygen than found in either a therapeutic infusion or in a few drops of 35% Food Grade Hydrogen Peroxide taken orally.

"Claims are being made that molecules containing Oxygen and Chlorine, Chlorine or Chlorite ions will sterilize water, milk and almost anything to which they have been added. Chlorine is added to almost all public water supplies for the same purpose. The small amount of oxygen in these molecules have very little to do with this sterilization process. There are many more aerobic (requires oxygen) than anerobic (does not use oxygen) bacteria and increasing the oxygen supply may actually stimulate the growth of the aerobic bacteria. 'Oxygen supply' or 'Oxygenation' is not a credible basis for the promotion of these products. *Oxidation* is the key word and not *Oxygenation*.

"Oxidation is the removal of an electron from a molecule which changes electrical energy of the molecule into an oxidized state. The oxidizing agent which accepts the electron through this reaction becomes reduced. This reaction takes place in many biochemical reactions in which OXYGEN is *not* involved. In oxidative reactions in which Hydrogen Peroxide is involved, oxygen is released when the Hydrogen Peroxide, acting as an oxidizer, is reduced but it is the transfer of the electrons which is important and not the production of Oxygen.

"Manufacturers of products which claim to have the same effect as Hydrogen Peroxide may not have a good understanding of the biochemical role of Hydrogen Peroxide in the body. Some of these products claim to provide more oxygen molecules than Hydrogen Peroxide and that may be true but I know of no scientific evidence to show this enhances oxidative metabolism. Cancer and many other degenerative diseases are thought to be the results of poor cellular oxidative processes. They are not the results of a reduced supply of oxygen. Persons with anemias or severe lung disease may have an oxygen deficit but do not necessarily have a greater incidence of Cancer or chronic diseases. The problem is not the delivery of oxygen to the cells but utilization by the cells. Hydrogen Peroxide affects utilization or oxidation dramatically whereas hyper-oxygenated or chlorinated molecules have not been shown to be necessary in the body to improve oxidative metabolism<sup>9</sup>."

Many physicians and clinics are effectively using Hydrogen

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Peroxide intravenously with their patients.

There is a ton of literature favoring Hydrogen Peroxide treatment for various medical conditions<sup>10</sup>.

We suggest that your study of H<sub>2</sub>O<sub>2</sub> may be an important step in your search for good health. It's worth looking into!

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## A Closer Look at Intravenous Hydrogen Peroxide H<sub>2</sub>O<sub>2</sub> ©

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### *Intravenous Hydrogen Peroxide*

#### GENERAL INFORMATION ABOUT THE AUTHOR

Dr. Gordon Josephs graduated from the Philadelphia College of Osteopathic Medicine in 1965 with the degree Doctor of Osteopathy. He practiced as an osteopathic physician for some 25 years, in Selden, New York, in the U.S. Air Force Medical Corps., and in Scottsdale, Arizona. He has been a general practitioner, an emergency physician for the government, and owner surgeon for the Vasectomy Center located in Arizona's Valley of the Sun.

At this time Dr. Josephs is licensed as a *homeopathic* physician in Arizona. There are only three states which presently license doctors as homeopaths. To become a homeopathic physician in Arizona, one must first be a licensed osteopath (DO) or licensed allopath (MD), take many hours of courses in homeopathy and other alternative medical care subjects, and ultimately pass the examination of the Arizona Board

of Homeopathic Medical Examiners. A licensed Homeopathic Physician in Arizona, may write drug prescriptions, may perform minor surgery, and may treat using the entire range of alternative medical care as well. Thus an Arizona homeopathic medical license is one of the broadest medical licenses in the United States.

Although Dr. Josephs may prescribe prescription drugs, he is committed to using natural remedies wherever possible. Dr. Josephs is best known for providing chelation therapy through a number of offices located throughout Arizona, his principal office being in Scottsdale. At the time of this printing, Dr. Josephs is Vice President of the Arizona Homeopathic Medical Association, a member of the American College for Advancement in Medicine, the American Preventive Medical Association, the American Academy of Anti-Aging Medicine and a member of the International Bio-Oxidative Medical Foundation since 1989.

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## Intravenous Hydrogen Peroxide ©

BY GORDON JOSEPHS, DO, HOMEOPATHIC PHYSICIAN

In 1988, satisfied chelation patients began sending me lots of referrals. My patients particularly began sending me a lot of people with *emphysema, asthma, and chronic lung disease*. Well chelation therapy does have a benefit for these people, but chelation is best known for heart and circulation problems. I needed something that particularly worked well for *lung* problems.

I heard about intravenous hydrogen peroxide, and I heard that it was *terrific* for lung disease. I also heard that you had to be *very careful*, that the therapy could be *dangerous*. I heard *conflicting* stories from doctors, but *none of these doctors actually used intravenous hydrogen peroxide*. My search for the truth led me to a meeting of IBOM, the International Bio-Oxidative Medical Foundation, presided by Dr. Charles Farr, an MD in Oklahoma City.

I went to Dallas to an IBOM meeting for several days. There I was taught *exactly* how to *safely* administer hydrogen peroxide intravenously. I was taught a *specific protocol*. At the meeting, IBOM doctors were speaking *from experience* about the various things for which they found peroxide useful. To my very great amazement, I learned that peroxide was good for a *great many things* beside lung problems.

#### GENERAL INFORMATION ABOUT PEROXIDE

There are lots of studies which demonstrate that peroxide does the following:

1. Peroxide *stimulated the immune system*.
2. Peroxide *killed a dozen different pathogenic bacteria*, and killed many *viruses*, and *yeast and fungus* too!
3. Peroxide even *improved circulation* and *unblocked arteries*, like chelation did!
4. It caused debris deep down in the lungs to be *expelled*!
5. It got rid of all kinds of *chronic pains*, but nobody was certain why.
6. It *oxygenated the body*, better than if you got into a \$100,000 hyperbaric oxygen chamber!
7. Peroxide even destroyed some cancerous tumors!

And the list of things went on and on. I'd bore you to tears if I read off the list. It turns out that there are over 6000 articles in the medical literature about peroxide.

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment.

So if peroxide does so much good, why isn't it being used more by doctors? The answer has to do with money and stupidity.

For example, drug companies would like doctors to prescribe a \$60 antibiotic, not a dollars worth of peroxide! You have to understand that the drug companies fill the medical journals with expensive, and really slick advertising. Because of these ads, doctors perceive that drugs are the state of the art. Nobody advertises hydrogen peroxide. Peroxide is not patentable. Who's going to promote peroxide when *anyone* and *any drug company* can make it?

Then, some doctors are just plain stupid. They don't even wash hands between examining patients, which was proven to reduce hospital infections by Dr. Semmelweis a hundred years ago. It took doctors 40 years to accept the electrocardiogram as useful!

Well, it's been over 60 years since peroxide was found to be miraculous. In 1929 there was a worldwide flu epidemic. There was no drug to kill the flu virus (and there still isn't), so some people with poor immune systems died from it. 84% of those who developed *influenza pneumonia* died.

**Well in 1929, doctors took patients dying from influenza pneumonia, and for the first time in history gave them intravenous hydrogen peroxide. 48% of them lived! Yes, I'm telling you that there's been an antiviral remedy for over 60 years, and doctors seem ignorant of it all.**

Dr. Charlie Farr, who I consider my *guru*, did a great study on flu victims just a few years ago. He gave 44 patients with the flu a peroxide treatment, and told them to return the next day if they were not better. Seven returned (note: *all seven* that returned had a prior history of lung problems). He gave them a second peroxide treatment and told them to return if they were not better. Two returned, and they required a third dose. How's that for anti-viral action? You see, if you come early to the doctor with a virus, it can be knocked out.

#### **ASTHMA, EMPHYSEMA, AND CHRONIC LUNG DISEASE**

Well, what about *emphysema, asthma, and chronic lung disease*? It turns out that IV peroxide can do something special, something that no other substance I know of can do. It can *clean* the lungs!

Ask a pathologist what color a baby's lungs are. He'll tell you they're *pink*. At autopsy, 50 or more years later, those lungs are gray-black .... filled with *soot and grime*, from the air we breathe, that could not be eliminated by the body. It's harder to transfer oxygen from the air you breathe through soot-covered air sacks. Well here's great news. . . Intravenous peroxide *burns* the soot and debris, and *lifts it off the surface* of the air sacks. Then you cough this *gunk* up, get it out of your body, and you can breathe easier after that. **Nothing else in medicine has this action.**

This miracle isn't always met with joy. All the patient knows is that they took a peroxide treatment and began coughing more than ever. They've got to understand that *this coughing is good*. The coughing can begin right as the peroxide IV is dripping, or after the IV has been completed. This reaction to peroxide may occur for three to six treatments, after which it ceases. The job is done! The air sacs of the lungs have been cleaned.

The coughing doesn't always occur. Instead of coughing, the loose debris is often brought up in the sputum (the mucus and phlegm in the throat), and then swallowed, without the patient even being aware of it.

#### **HOW MANY TREATMENTS ARE NEEDED FOR LUNG PROBLEMS?**

For *asthma, emphysema, or chronic lung disease*, peroxide treatments should be taken once per week for at least ten treatments. **It takes some time for the changes to occur in chronic disease.** You must not say to yourself, "Well, I'll just try two or three treatments, and see if it's any good for me." That's not how peroxide

works. And frankly, *I don't really want you to start peroxide unless you intend to finish a reasonable series.* That's because I don't want anyone condemning peroxide unless they've given it a proper try. Peroxide is good therapy, used correctly. For asthma, emphysema, and chronic lung disease, this means taking at least ten treatments over ten weeks.

#### **HOW MANY TREATMENTS ARE NEEDED FOR MOST PROBLEMS?**

Now maybe you've heard that peroxide could fix you up *in just one or two treatments*. Well that *can* be the truth... it just depends upon what disease we're talking about. For example, I had a man come to me who was suffering with **temporal arteritis**. Temporal arteritis causes terrible, one-sided head pain around the eye and the temple. I had a man come to me who had been to dozens of doctors and top notch pain centers. He was loaded up on every manner of drug. A smile came over this man's face as the *first IV* was dripping. He could feel his pain going away. He took a second treatment, and it was gone! That was six months ago, and he hasn't been back! So you see, for some things it *can* be a matter of a couple treatments. I hope that you will meet personally with me or with your "peroxide" doctor, and discuss how many treatments are likely to be needed for your condition.

#### **WHAT DIAGNOSES RESPOND TO PEROXIDE?**

Let me tell you about some other random cases, and how peroxide worked. First, let's talk about **shingles** (also called **herpes zoster**). Just one or two treatments taken for a couple days in a row, and one more a week later generally does the trick! I had a patient with AIDS and shingles. It took about six treatments over the course of two weeks, not bad considering a battered immune system. Sometimes the pains that may linger after shingles (**post herpetic neuralgia**) responds to a peroxide series. I think it's because there's still live virus deep in the nerve root.

I believe that **Bell's Palsy** (of the face) is also from a virus similar to shingles, because my peroxide treatments have relieved the condition over a week or two.

For **colds**, or **the flu**, I've already told you that one or two treatments are generally sufficient.

I had a woman with **malignant melanoma with metastasis to her lymph nodes**. She was in awful pain. She wanted one treatment every day. When she got it, she felt no pain, was active and busy. Without a daily treatment, she was miserable and could not function.

A lot of **chronic painful conditions** respond to peroxide. I believe that all chronic pain comes *ultimately* from insufficient oxygen getting into the effected area of the body. Peroxide gets the oxygen into the tissue and the pain leaves. Nevertheless, the official line is that we *don't understand why peroxide helps chronic pain*. There's no telling the best way to give the peroxide for chronic pain. One might need it once a week or once a day. I've recently learned that slowly infusing the peroxide all day long, using an infusion pump, can get rid of constant pain much better than just a short IV (my thanks to Dr. Jesse Stoff for that finding).

For disorders of **blocked arteries**, such as **angina pectoris**, or **peripheral artery blockage in the legs**, Dr. Charlie Farr says that one peroxide each week, *plus two chelation treatments each week, works the best*. I think that's a perfectly fine schedule, and about ten weeks of treatment should be considered minimal. 15-20 weeks would be really good.

If your **immune system** is down, and you get sick a lot, take one treatment a week for ten weeks or twenty, (you'll need a variety of nutritional supplements too). Here the peroxide stimulates the production of T-helper cells and causes white cells to make interferon, and lots more.

Let's talk about **chronic fatigue syndrome**. Chronic fatigue is *not* one disease. It more than likely is a name given to hundreds of *not-yet-diagnosed* problems in a person. What I mean is that there may be someone with undiagnosed parasites, dragging their body around, exhausted. Well that's chronic fatigue. And so is undiagnosed Epstein-Bar virus infection, and so is malabsorption with mineral deficiency. My point is that there obviously is *no magic bullet remedy* for what is called chronic fatigue, because the causes of chronic fatigue are varied. The underlying cause of each individual's chronic fatigue needs to be determined and treated with the most suitable remedy or remedies. Peroxide is likely to help many chronic fatigue patients, because peroxide has so many actions.

**For IBOM's list of diagnoses for which peroxide has been found useful, please see INDEX A at the end of this [article].**

#### **IS PEROXIDE THE MAGIC BULLET?**

Well *if there were a magic bullet*, it might well be IV peroxide, because peroxide has so many different actions. It can kill considerable numbers of viruses, bacteria, fungi, yeast, parasites, and even some tumor cells! It can boost the immune system by improving the number and quality of various blood cells. It can improve circulation, improve heart function, and provide oxygen to the brain. It can relieve pain. It can destroy toxic environmental chemicals inside your body and quiet allergies. **Can you think of anything more likely to help an unknown, undiagnosed, hidden illness?**

#### **MIXING OTHER SUBSTANCES IN THE PEROXIDE IV**

It was once believed that the doctor could not add any other substance into the peroxide IV bottle. It was believed that either the peroxide would be destroyed, or that the added substance might be destroyed. Recently, however, studies have determined that certain vitamins and minerals can be added into a peroxide infusion. Sadly, vitamin C cannot be added. Fortunately, *magnesium* can be added.

Magnesium is my personal favorite mineral (if there is such a thing). That's because magnesium *lowers blood pressure, relaxes artery walls and thus promotes increased circulation, reduces anginal chest pains, reduces irregular heart rhythms, relaxes muscles, alleviates muscle cramps, reduces anxiety levels, and increases energy production in every cell in your body!* Also, for reasons that we do not yet fully understand, magnesium reduces the likelihood of infusion site discomfort, arm pain. As far as I'm concerned, I'm going to add magnesium to just about every peroxide IV I can.

Other *trace minerals* can be added to a peroxide IV also. And *B-Complex Vitamins* and *B-12* can be added. So now it is possible to give the patient more for his money. With one treatment infusion, the doctor may be able to accomplish more, by providing the body with needed nutrients as well as peroxide.

#### **ISN'T PEROXIDE HARMFUL?**

Peroxide is extremely well tolerated by the human body. This may come as a surprise to you. After all, if peroxide kills so many things, then why doesn't it kill us? The answer is the enzyme CATALASE. Catalase, found throughout the human body, causes hydrogen peroxide to change into *harmless* oxygen and water. Viruses don't have catalase, so the peroxide destroys them. Humans have catalase in their cells, and are not destroyed by peroxide.

When you get an infection, your white blood cells surround the germs and kill them. Well exactly HOW does the white blood cell kill germs? Let me tell you something that 9,999 out of 10,000 MDs don't know. Your white blood cells produce a little *hydrogen peroxide*, and they bathe the germs in the peroxide, and this kills the germs! It has always been peroxide that *naturally* cured infection in your body!

Did you know that hydrogen peroxide is made in the atmosphere, and that it comes down in our rainwater, and it kills off a certain amount of living organisms in the soil? If it were not for this

peroxide, the earth's surface would be putrid from bacterial overgrowth. What I'm trying to convey to you, is that peroxide is a wonderfully natural, beneficial molecule.

This is not to say that peroxide cannot be harmful. Humans can tolerate just so much of the stuff, and that's why **you should have peroxide treatments only from a well trained physician**. As far as I'm concerned, if the doctor hasn't studied the IBOM protocols, he's not prepared to do a good job with peroxide.

#### **POSSIBLE SIDE EFFECTS**

There are some POTENTIAL side effects to IV peroxide. I say *potential* because, in truth, I hardly ever see undesirable side effects. But I want you to know about them. Here in Arizona, where my office is located, intravenous hydrogen peroxide is considered *experimental*. I may give you peroxide treatments, but I must follow all the rules and regulations for doing *experimental medicine*. Foremost is that you be fully informed about what I am about to do, and that includes understanding potential side effects. So here goes.

1. The most common side effect is **vein inflammation**, right where the IV is going in your arm. There can be pain, and if it occurs, there's little to do except change the location of the needle. If you have a big vein, such as in the elbow crease, that's a great place to place the IV. The bigger the vein, the less likely any discomfort. Magnesium is added to the IV and this reduces the likelihood of any pain also.

2. You can get a **red streak** up your arm, starting right where the needle is inserted. There are *two kinds* of red streaks. One kind of streak is *completely harmless* and goes away within 20 minutes of finishing the IV. The other red streak *means that the vein is getting inflamed*, and we've got to change the needle insertion.

3. A few people get a **chest sensation, with a shortness of breath feeling** after the infusion has been running for a while. It was thought that this was oxygen bubbling off in the lungs... but that's not so. We don't know what causes this sensation, but we know that it's okay to continue the infusion. I prefer to slow the infusion down anyway, or discontinue it, if you've had most of the treatment.

4. Another side effect is **chills**. You can feel a little chilly because peroxide can throw off temperature regulation for a short while.

5. The next side effect is called a **Herxheimer Reaction**, also called a **die-off reaction**. Actually, it's a good sign, but you don't think so when it's happening. If you've got a lot of candida (or yeast) or a lot of infection, when the peroxide kills the yeast, your body will react to the dead, disintegrating yeast until it is eliminated from the body. You can have **chills, nausea, body aches, weakness and headaches** during this time. It can happen following one, two, or three treatments, and then it ceases. You can't predict in whom it will happen. If you get a Herxheimer reaction, why not look on the bright side? Your candida is on the way out! You are about to feel better.

6. Finally, because **peroxide intensifies the anticoagulant action of the drug Coumadin**, the doctor has to reduce the Coumadin dose *if you're taking it*.

That's pretty much the downside of peroxide therapy.

**Question:** If there was nothing wrong with you, and you took peroxide therapy for no reason at all, would it be harmful? Absolutely not! It would act like a *tune-up* to your body.

#### **PEROXIDE IN AUSTRALIA, ENGLAND, AND FOREIGN COUNTRIES**

Here in the USA we use a concentration of peroxide which has been shown to be very safe. But higher concentrations (as much as *four times* higher) have been used both in the USA and in foreign countries. The results using higher concentrations seem to be better, and I'm often tempted to use them. The problem is that higher concentrations *can irritate and cause sclerosing of veins*. **Sclerosing**

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment.

means that the inflamed walls of the veins develop a scar tissue within them, which makes them tender to the touch, and hard or ropy. The condition could go away in a few weeks or may never go away.

Now a patient with cancer may say, "Look, I want the strongest dose that you think may help me. My life is on the line, and I don't give a damn about some tender, hard veins." On the other hand, a person with shingles or the flu, may not care to risk permanent change in a vein, just to improve the likely outcome of their temporary dilemma. Here in Arizona, I'm sworn to go with the safer protocol... unless you sign a written waiver, saying that you understand the risk, and you desire to take the risk.

#### SIGNING INFORMED CONSENTS

Regardless what concentration of peroxide is to be used, you are going to have to sign a permit before the doctor is going to perform IV peroxide on you. That's because the bulk of doctors in the USA consider peroxide non-customary, experimental, unnecessary, weird, strange, or unusual therapy. So the doctor who gives peroxide needs to protect his reputation by getting full-disclosure releases called informed consents. I've always been honest with my patients, and told them that my permits basically say, "I can do anything I like to you, but you can't do anything to me!" At my office you'll be asked to sign no less than two consents!

#### WILL INSURANCE OR MEDICARE PAY?

No! Most medical insurance companies, including Medicare, have been financially depleted by paying for large numbers of expensive surgeries and procedures. Segments of the health care industry profit from these surgeries and procedures, and they are politically powerful. Physicians who review claims for insurance companies often favor the extremely expensive or risky procedures while refusing payment for a more beneficial, far less expensive, and often safer therapy. While insurance companies do not specifically exclude peroxide therapy in their policies, patients often have to resort to the courts in order to collect their insurance benefits.

#### HOW TO BEGIN PEROXIDE THERAPY

Each state is different, but in general, if you're going to start peroxide therapy, you're going to have to follow some rules established for receiving an experimental therapy, because that's what peroxide is usually considered.

That means that you will likely need a history and a physical exam which goes somewhat beyond just your chief complaint. Some lab work or other tests might be needed also. You should obtain your past medical records which support your diagnosis, so that repeating tests becomes unnecessary and the diagnosis becomes clearer.

Now, if you've got the flu, for example, well then you've got the flu and there's no time nor reason to do a pile of tests. A short examination and history is all you'll need before sitting down for your treatment. But for any chronic illness, the doctor will want to talk to you for a while, and design a plan for treating the problem, using peroxide, and anything else which might be useful.

Now that you know the facts, I hope that you will schedule an appointment with your peroxide doctor real soon.....

7. Peripheral Vascular Disease
8. Arrhythmias (Irregular heart rhythms)
9. Influenza
10. Herpes Simplex (Cold Sores)
11. Herpes Zoster (Shingles)
12. Temporal Arteritis
13. Migraine headaches
14. Cluster headaches
15. Vascular headaches
16. Coronary artery spasm with angina
17. Chronic Epstein-Bar Virus infection, infectious mononucleosis
18. Diabetes Type H
19. HIV Infections
20. Hepatitis
21. Parasitic infections, various
22. Fungal infections, various
23. Bacterial infections, particularly chronic unresponsive infections
24. Candidiasis
25. Chronic pain syndromes, various
26. Pain of metastatic cancer
27. Environmental allergies
28. Early multiple sclerosis
29. Rheumatoid arthritis

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In the original booklet, *A Closer Look at Intravenous Hydrogen Peroxide*, Dr. Gordon Josephs acknowledged Phyne Pharmaceuticals for absorbing the cost of the booklets for free distribution to physicians. According to Dr. Josephs, Phyne Pharmaceuticals provides high quality, injectable peroxide in 100 ml vials at a substantially reduced price, and carries a full line of products for the chelating and bio-oxidative oriented physician. Phyne Pharmaceuticals, Inc., 7950 East Red Field Rd., Scottsdale, AZ, 800-345-3301 or 602-998-4142, FAX-602-443-4775

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#### Index A

#### DIAGNOSES TREATED BY VARIOUS CLINICIANS USING I.V. PEROXIDE WITH VARYING DEGREES OF SUCCESS (c/o L.B.O.M.)

1. Asthma
2. Emphysema
3. Chronic Obstructive Lung Disease (COPD)
4. Cardiovascular Disease
5. Cerebrovascular Disease
6. Alzheimer

Hydrogen peroxide therapy – also known as H<sub>2</sub>O<sub>2</sub> treatment – is an alternative medicine that treats various chronic diseases including AIDS and cancer. This alternative healing method uses food grade hydrogen peroxide to oxygenate the body. According to those who practice H<sub>2</sub>O<sub>2</sub> therapy, chronic diseases are all caused by one thing: the lack of oxygen. The fundamental principle of H<sub>2</sub>O<sub>2</sub> therapy is to boost the body’s oxygen level to eliminate sickness. Different Types of Hydrogen Peroxide Therapy. Utopia Wellness offers Hydrogen Peroxide IV Therapy for cancer by combining 35% food grade peroxide with a sterile solution of water and infusing it through either a small vein or a port over a period of approximately 1.5 hrs. What are the side effects of IV peroxide? While side effects are uncommon with IV Peroxide Therapy for cancer, the following side effects and contraindications have been documented by other practitioners: Vein inflammation – less apt to occur in larger veins. Hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) is a potent natural remedy that treats a number of health ailments. H<sub>2</sub>O<sub>2</sub> therapy has many benefits; it eliminates infection, reduces pain, detoxes the body and serves a variety of purposes inside and outside the home. It is no wonder that peroxide is considered a “wonder product!” What Is Hydrogen Peroxide? Hydrogen peroxide, or H<sub>2</sub>O<sub>2</sub> as it is scientifically known, comes in a variety of forms. Hydrogen peroxide therapy aids in cleansing toxins from substances. For example, organic industrial pollutants, pesticide, preservatives. Through the cleansing, these toxins will enable the body to heal itself. Conclusion. As much as the hydrogen peroxide therapy protocol is good in the extend of being used as natural remedy for Chronic Obstructive Pulmonary Disease (COPD), precaution should be taken as hydrogen peroxide can be very dangerous if taken in uncontrolled amount. Related Articles. Latest. Methods of hydrogen peroxide therapy that do not involve ingesting hydrogen peroxide are not controversial and are generally known to be safe, if applied properly. This site provides details on various methods of hydrogen peroxide therapy that do not involve ingesting. It also provides guidelines on how to further dilute hydrogen peroxide if you do choose to ingest it.