

PASCAS CARE

Hydrogen Peroxide, Alkaline Water, & Ozone Therapy



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

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We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*



“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

HYDROGEN PEROXIDE, ALKALINE WATER, & OXONE THERAPY:

What do these have in common – hydrogen peroxide, alkaline water, and ozone therapy?

- Concentrated oxygen.
- Low cost.
- Cannot be sold as a pharmaceutical.

Compared to prehistoric times, the level of oxygen in the Earth's atmosphere has declined by over a third and in polluted cities the decline may be more than 50%. This change in the makeup of the air we breathe has potentially serious implications for our health.

Oxygen is a powerful detoxifier

<http://www.oxyrich.net/products/oxyentrydetox.php>

The vast majority of living organisms rely on oxygen to generate oxidative power. At the present time research scientists have determined that our atmospheric oxygen concentration levels are being reduced by 0.8 % every 15 years. At one time the Earth's atmosphere contained between 38% and 50 % of oxygen. The levels of it now in the atmosphere is thought to be below 20%, and in over populated areas it may even be lower. This depletion would obviously have detrimental effects to life as we know it and would mean that we do have to ensure that we get some form of supplemental oxygen therapy.

Doctors and scientists feel that blood deficient in oxygen is the main cause of metabolic disorders. This is most recognizable by the creation of uric acid in the body. The cause of many chronic illnesses is due to the distribution of this most dangerous poison throughout the body. Dangerous because of its insolubility. For the body to regain its health, it must be supported in its efforts to ingest sufficient oxygen to increase energy, produce proper oxidation and detoxify itself of these poisons.

Oxygen is a powerful detoxifier and when it is deficient, then toxins begin to devastate the body functions and deplete the body of life giving energy. Initial symptoms of oxygen deficiency may include weakness, fatigue, circulations problems, poor digestion, muscle aches and pains, dizziness, depression, memory loss, irrational behaviour, irritability, acid stomach and bronchial complications. One of oxygen's main function in the body is disintegration; rubble, garbage, toxins, refuse, debris, and any useless substance are destroyed by oxygen and carried out of the system. One can therefore realise the vital importance of oxygen to life.

Oxygen is absorbed by haemoglobin in the blood and is transferred to every cell in the body. Cellular homeostasis is dependant on an adequate supply of oxygen in the blood, and a lack of oxygen results in sickness, poor vitality, poor stamina, fatigue and a general weak disposition. Authorities stress that most diseases especially yeast or fungal infections, like candida albians, occur most frequently in any oxygen poor environment in the body. *Dr. Stephen Levine, a molecular biologist and respected nutrition researcher has also stated, "We can look at oxygen deficiency as the single greatest cause of disease."* Thus the development of a shortage of oxygen in the blood could very well be the starting point for the loss of the immune system and the beginning of feared health problems such as cancer, leukaemia, aids, seizures, nerve deterioration and candida.

In 1931, Dr Otto Warburg won the Nobel Prize in Medicine for his discoveries and research into cancer.

On June 30, 1966 he delivered a lecture to the annual meeting of Nobel Laureates titled:

“The Prime Cause and Prevention of Cancer”

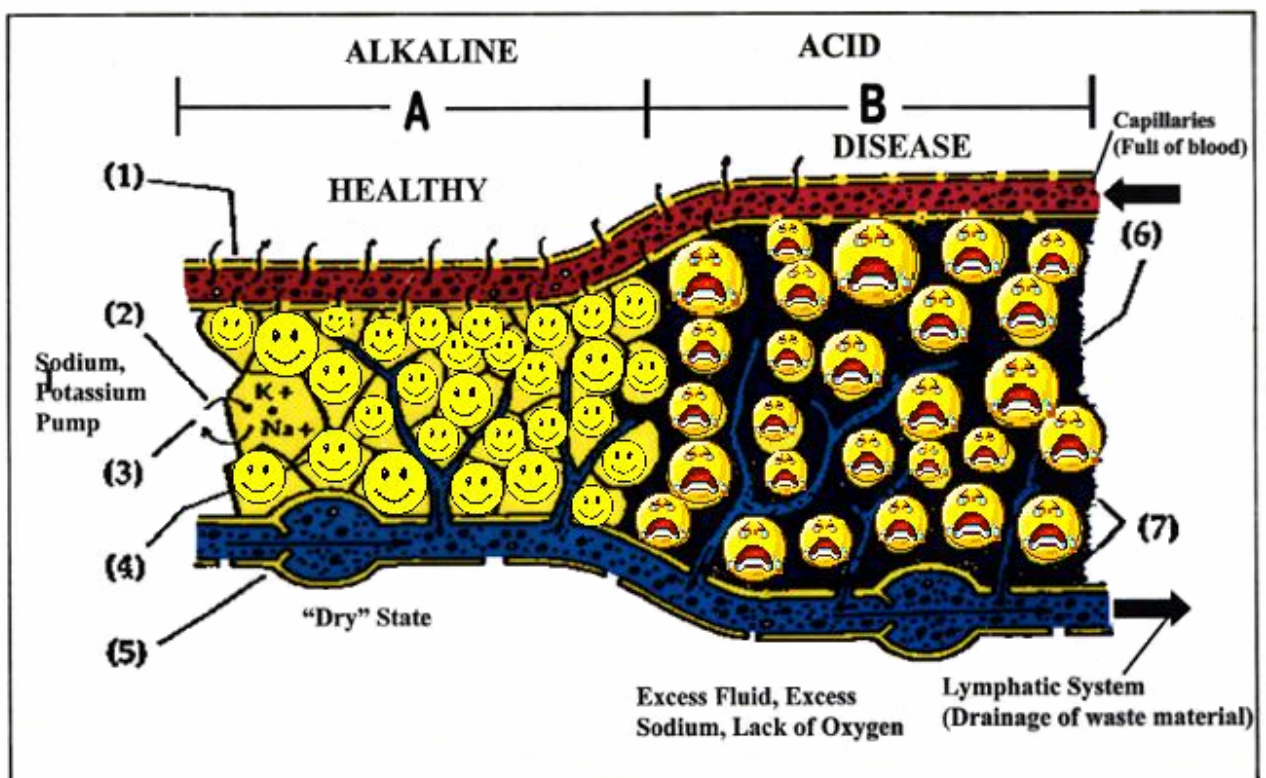
Below are two quotes from this lecture:

“The prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.”

“It is the first precondition of treatment that all growing body cells be saturated with oxygen.”

Oxygenation of the body is supported by way of your diet, that is, fresh foods, that are alkaline in nature, rather than acidic, are options that you may consider. The treatment of your drinking water via way of a filtration system that generates water with a pH of 9.5 and a high ORP (oxidation reduction potential) is a preferred process to raise one’s body oxygen levels. Hydrogen peroxide can greatly enhance your oxygenation. Further, ozone therapy has a very wide spectrum of success in managing and treating complex health issues. These options are outlined within this review.

Do you realise how simple a health program is?



The Reasons Why We Need a Health Programme

OXYGEN – OUR MOST IMPORTANT HEALTH SUPPLEMENT:

WHY WE NEED OXYGEN

- 65% of the human body is oxygen.
- 80% – 90% of the energy our bodies need comes from oxygen.

“Oxygen is the source of life to all cells.” Dr Stephen Levine, Ph.D. Molecular Biologist.

Oxygen is nature’s most important nutrient, it is critical to the life processes of all living creatures. Oxygen combines with glucose to produce energy and functions as the major – and most efficient – detoxifying element in the body, ridding the body of the toxic by-products of metabolism and destroying fungi, yeasts, viruses, bacteria, parasites and all other harmful microbial.

“Oxygen is needed in the body. We can be without food and water for a lengthy time. We can be without oxygen only for a few seconds ... it’s the spark of life.” Dr Charles H Farr, MD, Ph.D.

Studies now show that atmospheric oxygen levels are declining due to an increase in industrial pollutants, automobile carbon monoxide, toxic waste sites, clear cutting of forests and woodlands and an increase of pollutants to our rivers, streams and oceans. This means we are inhaling less oxygen than ever before. Also, we now receive less oxygen from the foods we eat and the water we drink and these consumables contain significant levels of toxins and synthetic chemicals that require high levels of oxygen in order to metabolise (oxidise) them out of our system.

“Oxidation is the source of life. Its lack causes impaired health or disease; its cessation, death.” Dr. FM Eugene Blass, Ph.D.

Our requirement for oxygen makes it the most important supplement needed by the body. Without a sufficient supply of oxygen we simply cannot achieve or maintain optimum health.

“The more oxygen we have in our system, the more energy we produce. Understanding this is more important today than ever before because of a general deficiency of oxygen intake.” Dr Norman McVea.

OXYGEN DEFICIENCY and DISEASE

“All chronic pain, suffering and diseases are caused from a lack of oxygen at the cell level.” Dr Arthur C Guyton, MD. The Textbook on Medical Physiology.

Diseases are anaerobic – they cannot exist in an oxygen-rich environment. Cancer, HIV, Chronic Fatigue Syndrome, Epstein Barr, asthma, arthritis, influenza, herpes, measles, legionnaires, emphysema, bronchitis, E-Coli, staphylococcus, salmonella, Candida, streptococcus, Giardia and even heart disease are all anaerobic.

They exist and proliferate where there is little or no oxygen present.

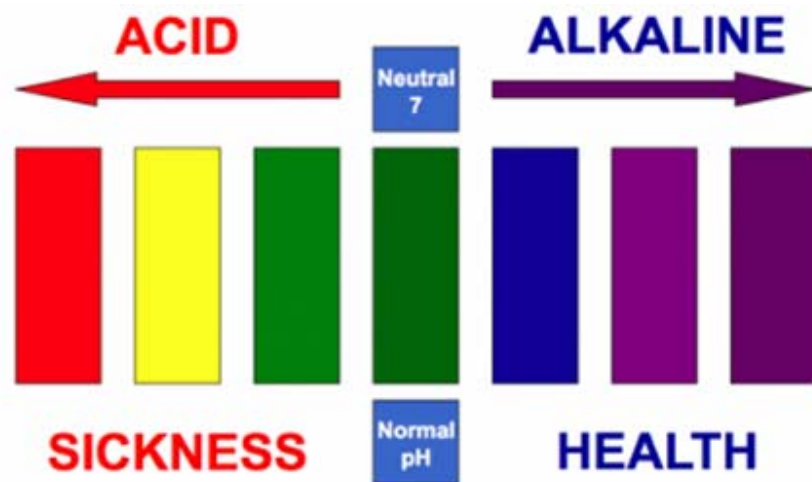
When cellular oxygen levels are increased these disease cannot replicate, proliferate or survive. If the intercellular fluid and the cells are saturated with oxygen, cancer cannot spread, viruses cannot replicate and the body cannot become diseased. However, aerobic bacteria, the friendly bacteria necessary for good health, thrive in the presence of oxygen.

“The link between insufficient oxygen and disease has now been firmly established.” Dr W Spencer Way, Journal of the American Association of Physicians.

Dr Otto Warburg, Director of the Max Planck Institute for Cell Physiology in Germany, won the Nobel Prize for Medicine for proving that a cancer cell cannot exist in an oxidising, healthy cell. Dr Warburg proposed that normalising the metabolism of cancer cells was the key to effective treatment of cancer and the means to accomplish this was to increase the oxygen content of the cells. He stated that as the first priority of treatment, “all growing body cells be saturated with oxygen.”

“Cancer has only one prime cause. It is the replacement of normal oxygen respiration of the cells by an anaerobic (oxygen deficient) cell respiration.” Dr Otto Warburg, Nobel Prize for Cancer Research.

“Oxygen plays a pivotal role in the proper functioning of the immune system.” Dr Parris M Kidd, Ph.D.



Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.

ACID and ALKALINE WATER:

Sometimes there are more H^+ ions than OH^- ions in water. That kind of water is called acid water. Conversely, the water with more OH^- ions than H^+ ions is called alkaline water. When their numbers are equal, the water is called neutral water. A very interesting natural law exists in these numbers of H^+ ions and OH^- ions. When the water is neutral and the temperature is normal room temperature, the ratio of H^+ ions to the total water molecule is $1:10^7$. If we call the total number of water molecules to be 1 unit, the total number of H^+ ions in this neutral water is 1×10^{-7} unit. Since the neutral water has an equal number of OH^- ions, it is also 1×10^{-7} unit. In short, we say that the pH of this water is 7.

If acid minerals such as sulphur or chlorine are added to this water, the number of H^+ ions increases because the hydrogen atoms give away electrons to the acid minerals. When the number of H^+ ions increases to 1×10^{-6} unit (ten times that of neutral water), the law of nature forces the number of OH^- ions to decrease to 1×10^{-8} unit. The pH of this water is 6. The sum of the exponents for H^+ ions and OH^- ions always adds up to 14 in room temperature water ($22^\circ C$). There is no need to say that the pOH of this water is 8. It is understood. For this reason, we only measure the concentration factor of the hydrogen ion and not the hydroxyl ion.

pH	pOH	H+ concentration	OH- concentration
2.5	11.5	$1 \times 10^{-2.5} = 3.163 \times 10^{-3}$	$1 \times 10^{-11.5} = 3.162 \times 10^{-12}$
4.0	10.0	$1 \times 10^{-4.0} = 1.000 \times 10^{-4}$	$1 \times 10^{-10.0} = 1.000 \times 10^{-10}$
6.0	8.0	$1 \times 10^{-6.0} = 1.000 \times 10^{-6}$	$1 \times 10^{-8.0} = 1.000 \times 10^{-8}$
7.0	7.0	$1 \times 10^{-7.0} = 1.000 \times 10^{-7}$	$1 \times 10^{-7.0} = 1.000 \times 10^{-7}$
7.3	6.7	$1 \times 10^{-7.3} = 5.012 \times 10^{-8}$	$1 \times 10^{-6.7} = 1.995 \times 10^{-7}$
7.45	6.55	$1 \times 10^{-7.45} = 3.548 \times 10^{-8}$	$1 \times 10^{-6.55} = 2.818 \times 10^{-7}$
8.0	6.0	$1 \times 10^{-8.0} = 1.000 \times 10^{-8}$	$1 \times 10^{-6.0} = 1.000 \times 10^{-6}$
9.0	5.0	$1 \times 10^{-9.0} = 1.000 \times 10^{-9}$	$1 \times 10^{-5.0} = 1.000 \times 10^{-5}$
9.5	4.5	$1 \times 10^{-9.5} = 3.162 \times 10^{-10}$	$1 \times 10^{-4.5} = 3.162 \times 10^{-5}$
10.0	4.0	$1 \times 10^{-10.0} = 1.000 \times 10^{-10}$	$1 \times 10^{-4.0} = 1.000 \times 10^{-4}$

We think that water is H_2O , that is, two hydrogen atoms for each oxygen atom. However, this exact 2 to 1 ratio exists only in a water with a pH of 7, where the number of H^+ ions is the same as the number of OH^- ions. Since alkaline water has less H^+ ions than OH^- ions, this water **has more oxygen** atoms than half of the hydrogen atoms. Conversely, acid water has more H^+ ions than OH^- ions; therefore, this water has less oxygen atoms than half of the hydrogen atoms.

Human blood has a pH value ranging from 7.3 to 7.45. From the table above, the excess OH^- ions in the water with a pH value of 7.45 is 2.463×10^{-7} ($2.818 \times 10^{-7} - 0.3548 \times 10^{-7} = 2.4632 \times 10^{-7}$). The excess OH^- ions in the water with a pH value of 7.3 is 1.494×10^{-7} . Blood with a pH value of 7.45 contains 64.9% more excess oxygen than blood with a pH value of 7.3. The pH values of 7.3 and 7.45 seem almost the same, but there is a big difference in the amount of excess oxygen between the two examples of blood.



Excess Oxygen in Alkaline Water:

Ten ounces of water weighs approximately 0.296 kilogram. Since the atomic mass unit of a water molecule is 18 and one atomic mass unit is 1.66×10^{-27} kg, one water molecule weighs 29.88×10^{-27} kg. This means that there are approximately 1×10^{25} number of water molecules in 10 oz. of water.

Knowing the pH values of different drinks, one can calculate the number of H^+ ions and OH^- ions in a particular glass of water. The following table compares the pH values and the excess oxygen counts (or oxygen deficiency counts in some cases) in different 10 oz. drinks (300ml).

	pH	H^+	OH^-	excess oxygen
Popular brand cola	2.5	3.162×10^{22}	3.162×10^{13}	-158.1×10^{20}
Diet soft drink	3.2	6.310×10^{21}	1.585×10^{14}	$- 31.55 \times 10^{20}$
Popular brand beer	4.7	1.995×10^{20}	5.012×10^{15}	$- 0.998 \times 10^{20}$
Reverse Osmosis filtered water	6.8	1.585×10^{18}	6.310×10^{17}	$- 0.005 \times 10^{20}$
Distilled water	7.0	1.000×10^{18}	1.000×10^{18}	0.000
Typical bottled water	7.8	1.585×10^{17}	6.310×10^{18}	0.031×10^{20}
Filtered tap water	8.4	3.981×10^{16}	2.512×10^{19}	0.125×10^{20}
Alkaline water	10.0	1.000×10^{15}	1.000×10^{21}	5.000×10^{20}

All kinds of soft drinks are very acidic, especially colas. In order to neutralise a glass of cola, it takes about 32 glasses of high pH alkaline water.

Any fluid with a pH of less than 7.0 robs the body of oxygen!





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**PASCAS
HEALTH**



The MANY BENEFITS of HYDROGEN PEROXIDE:

<http://educate-yourself.org/cancer/benefitsofhydrogenperoxide17jul03.shtml>

By Dr. David G. Williams

Posted July 17, 2003

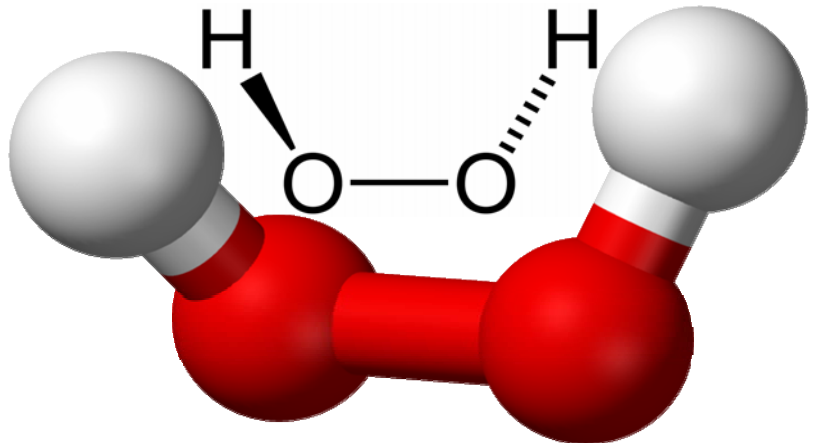
(Original title: *Hydrogen Peroxide – Curse or Cure?*)

When it comes to hydrogen peroxide therapy there seems to be only two points of view. Supporters consider it one of the greatest healing miracles of all time. Those opposed feel its ingestion is exceptionally dangerous, and only the foolhardy could think of engaging in such behaviour. Before either condemning or endorsing hydrogen peroxide, let's take a real close look at what we're dealing with.

If any substance is interesting, it's hydrogen peroxide. Hydrogen peroxide should really be called hydrogen dioxide. Its chemical formula is H₂O₂. It contains one more atom of oxygen than does water (H₂O). By now everyone's aware of the ozone layer that surrounds the Earth. Ozone consists of three atoms of oxygen (O₃). This protective layer of ozone is created when ultraviolet light from the sun splits an atmospheric oxygen molecule (O₂) into two single, unstable oxygen atoms. These single molecules combine with others to form ozone (O₃). Ozone isn't very stable. In fact, it will quickly give up that extra atom of oxygen to falling rainwater to form hydrogen peroxide (H₂O₂). (Bear with me: all this chemistry mumbo jumbo I'm going through actually will help you understand the importance of hydrogen peroxide.)

Helps Plants

It is this hydrogen peroxide in rainwater that makes it so much more effective than tap water when given to plants. With the increased levels of atmospheric pollution, however, greater amounts of H₂O₂ react with air-borne toxins and never reach the ground. To compensate for this, many farmers have been increasing crop yields by spraying them with diluted hydrogen peroxide (5 to 16 ounces of 35% mixed with 20 gallons of water per acre). You can achieve the same beneficial effect with your house plants by adding 1 ounce of 3% hydrogen peroxide (or 16 drops of 35% solution) to every quart of water you give your plants. (It can also be made into an excellent safe insecticide. Simply spray your plants with 8 ounces (225 grams) of 3% peroxide mixed with 8 ounces of white sugar and one gallon (4 litres) of water.)



Hydrogen peroxide is odourless and colourless, but not tasteless. When stored under the proper conditions, it is a very stable compound. When kept in the absence of light and contaminants, it dismutates (breaks down) very slowly at the rate of about 10% a year. (This can be slowed even further by storing the liquid in the freezer.) It boils at 152 degrees C and freezes at minus 2 degrees C.

When exposed to other compounds hydrogen peroxide dismutates readily. The extra oxygen atom is released leaving H₂O (water). In nature oxygen (O₂) consists of two atoms--a very stable combination. A single atom of oxygen, however, is very reactive and is referred to as a free radical. Over the past several years, we've continually read that these free radicals are responsible for all types of ailments and even premature aging. What many writers seem to forget, however, is that our bodies create and use free radicals to destroy harmful bacteria, viruses, and fungi. In fact, the cells responsible for fighting infection and foreign invaders in the body (your white blood cells) make hydrogen peroxide and use it to oxidize any offending culprits. The intense bubbling you see when hydrogen peroxide comes in contact with a bacteria-laden cut or wound is the oxygen being released and bacteria being destroyed. The ability of our cells to produce hydrogen peroxide is essential for life. H₂O₂ is not some undesirable by-product or toxin, but instead a basic requirement for good health.

Newer 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. (Infect Dis News Aug. 8,91:5). 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 (3 tablespoons is 60 millimetres or 12 teaspoons) – of 3% H₂O₂ in 1 quart (1 litre) of distilled water. Keep in mind, however, that a good bacterial flora must always be re-established in these areas to achieve lasting results.

Aerobic versus Anerobic

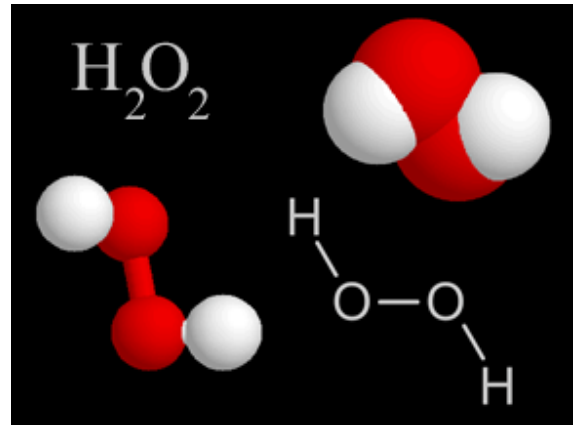
While we are discussing enemas and douches, there is another misconception about H₂O₂ I need to address. The friendly bacteria in the colon and vagina are aerobic. In other words, they flourish in high oxygen environments and thrive in the presence of oxygen rich H₂O₂. On the other hand, most strains 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 sceptical when I first learned about using H₂O₂ orally or intravenously. This healthy dose of scepticism, 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 (473 millilitres) 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 are ever 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 (Proceedings of the International Conference on Bio-Oxidative Medicine 1989, 1990, 1991).

Father Richard Willhelm

We are just beginning to learn exactly how H₂O₂ works. It was reported to work as far back as 1920. The English medical journal, *Lancet*, then reported that intravenous infusion was used successfully to treat pneumonia in the epidemic following World War I. In the 1940's Father Richard Willhelm, the pioneer in promoting peroxide use, reported on the compound being used extensively to treat everything from bacterial-related mental illness to skin disease and polio. Father Willhelm is the founder of



"Educational Concern for Hydrogen Peroxide" (ECHO, a non-profit organization dedicated to educating the public on the safe use and therapeutic benefits of hydrogen peroxide.) Much of the interest in hydrogen peroxide waned in the 1940's when prescription medications came on the scene. Since that time there has been little economic interest in funding peroxide research. After all, it is dirt cheap and non-patentable. Even still, in the last 25 years, over 7,700 articles relating to hydrogen peroxide have been written in the standard medical journals. Thousands more, involving its therapeutic use, have appeared in alternative health publications. The number of conditions helped by hydrogen peroxide is astounding. The reported dangers and side effects are few and often conflicting.

Emphysema

Let's look at several conditions that seem to respond especially well to H₂O₂ therapy. First, keep in mind that there are two methods of administering the peroxide-1) orally and 2) intravenously. While most conditions respond remarkably to oral ingestion, emphysema is one condition in which intravenous infusion can be a godsend. Emphysema involves destruction of the alveoli (the small air sacs in the lungs). Although chemical fumes and other irritants can cause the destruction, it is most often the result of smoking. As the disease progresses, the patient finds it more and more difficult to breathe. A wheel chair and supplemental oxygen become necessary as the disease progresses. Lack of adequate oxygen reaching the tissues forces the heart to pump more forcefully. This leads to high blood pressure, enlargement of the heart itself and eventually heart failure. Conventional medicine offers little help for emphysema. There is no cure. The best that can be hoped for is symptomatic relief and the prevention of any serious complications that might result in death. H₂O₂ therapy can offer more. Using 1 ounce (28 grams) of 35% peroxide per 1 gallon (3.8 litres) of non-chlorinated water in a vaporizer improves night time breathing tremendously. But intravenous infusion holds the real key to relief. It has the ability to cleanse the inner lining of the lungs and restore the ability to breathe.

We continue to hear the same story from Dr Farr and others who use intravenous infusion for emphysema and congestive lung problems. Within minutes oxygen from hydrogen peroxide begins to bubble up between the membrane lining the lungs sacs and the accumulated mucus. (Dr Farr refers to this as the "Alka-Seltzer effect.") The patient begins to cough and expel the material that has accumulated in the lungs. The amount of bubbling, coughing, and cleansing can be regulated by simply turning the H₂O₂ on and off. As the peroxide clears the lung surface and destroys the bacterial infections, the patient regains the ability to breath more normally. We continue to receive reports from patients for whom the technique has improved breathing so much that a wheelchair and supplemental oxygen are no longer needed. If you would like to find a doctor in your area trained in the use of intravenous H₂O₂ infusion, contact the **International Bio-Oxidative Medicine Foundation (IBOM)**,

PO Box 13205, Oklahoma City, OK 73113 at (405) 478-4266 (405) 478-4266 FREE . They can provide names and addresses of doctors using the procedure in your area.

If emphysema were the only ailment successfully treated with H₂O₂ therapy, it would still rank as one of the top health discoveries of all time. Fortunately, H₂O₂ works wonders on a multitude of health problems. It does so by increasing tissue oxygen levels. A closer look at how we have decreased the availability of external and internal oxygen, will show you just how important this can be. If you were not too occupied with trying to hide dissection specimens in the other student's desks, you might remember from elementary science courses that our atmosphere contains about 20% oxygen. That is under ideal circumstances. It has recently been reported that in many of our more polluted cities, there levels have dropped to around 10%! (I have already mentioned how less hydrogen peroxide-containing rain is reaching the Earth's surface. With increased pollution it is reacting with airborne toxins before it even reaches the ground.) And everyone, by now, knows the oxygen-generating rain forests are being destroyed worldwide, which further reduces available oxygen. Internal oxygen availability is also under attack.

Chlorination of drinking water removes oxygen. Cooking and over-processing of our foods lowers their oxygen content. Unrestrained antibiotic use destroys beneficial oxygen-creating bacteria in the intestinal tract. Dr Johanna Budwig of Germany has shown that for proper cellular utilization of oxygen to take place, our diets must contain adequate amounts of unsaturated fatty acids. Unfortunately, the oils rich in these fatty acids have become less and less popular with the food industry. Their very nature makes them more biologically active, which requires more careful processing and gives them a shorter shelf-life. Rather than deal with these challenges, the food industry has turned to the use of synthetic fats and dangerous processes like hydrogenation.

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, diarrhoea, 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.

Hydrogen peroxide is only one of the many components that help regulate the amount of oxygen getting to your cells. Its presence is vital for many other functions as well. It is required for the production of thyroid hormone and sexual hormones. (Mol Cell Endocrinol 86;46(2): 149-154) (Steroids 82;40(5):5690579). It stimulates the production of interferon (J Immunol 85;134(4):24492455). It dilates blood vessels in the heart and brain (Am J Physiol 86;250 (5 pt 2): H815-821 and (2 pt 2):H157-162). It improves glucose utilization in diabetics (Proceedings of the IBOM Conference 1989, 1990, 1991). The closer you look at hydrogen peroxide, the less surprising it becomes that it can help such a wide variety of conditions.

The following is only a partial listing of conditions in which H2O2 therapy has been used successfully. (Many of these conditions are serious, if not life-threatening. As always, I would highly recommend seeking the advice and guidance of a doctor experienced in the use of these techniques.)

Allergies	Headaches
Altitude Sickness	Herpes Simplex
Alzheimer's	Herpes Zoster
Anemia	HIV Infection
Arrhythmia	Influenza
Asthma	Insect Bites
Bacterial Infections	Liver Cirrhosis
Bronchitis	Lupus Erythematosus
Cancer	Multiple Sclerosis
Candida	Parasitic Infections
Cardiovascular Disease	Parkinsonism
Cerebral Vascular Disease	Periodontal Disease
Chronic Pain	Prostatitis
Diabetes Type 11	Rheumatoid Arthritis
Diabetic Gangrene	Shingles
Diabetic	Retinopahty Sinusitis
Digestion Problems	Sore Throat
Epstein-Barr Infection	Ulcers
Emphysema	Viral Infections
Food Allergies	Warts
Fungal Infections	Yeast Infections
Gingivitis	

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 tetrasodium phosphate.

B) **6% Beautician Grade:** This is used in beauty shops to colour 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 (177 to 236 millilitres) of distilled water, juice, milk or even aloe vera juice or gel. (Don't use chlorinated tap water to dilute the peroxide!)

Suggested Protocol

The program outlined is only a suggestion, but it is based on years of experience, and reports from thousands of users. Those who choose to go at a slower pace can expect to progress more slowly, but that certainly is an option. The program is not carved in stone and keep in mind that it can be adapted to fit individual needs. Individuals who have had transplants should not undertake an H2O2 program. H2O2 stimulates the immune system and could possibly cause a rejection of the organ.

Day #	-Number of Drops	/	Times Per Day
1	- 3	/	3
2	- 4	/	3
3	- 5	/	3
4	- 6	/	3
5	- 7	/	3
6	- 8	/	3
7	- 9	/	3
8	- 10	/	3
9	- 12	/	3
10	- 14	/	3
11	- 16	/	3
12	- 18	/	3
13	- 20	/	3
14	- 22	/	3
15	- 24	/	3
16	- 25	/	3

Maintenance Dosage

In most situations after the above 21 day program, the amount of H2O2 can be tapered off gradually as follows:

- 25 drops once every other day for 1 week
- 25 drops once every third day for 2 weeks
- 25 drops once every fourth day for 3 weeks

This can then be reduced to between 5 and 15 drops per week based on how one feels. Those with more serious problems will often benefit from staying on 25 drops three times a day for one to three weeks, then tapering down to 25 drops two times daily until the problem is resolved (possibly as long as six months).

Those with chronic systemic Candidiasis may need to start with 1 drop three times a day, then 2 drops three times a day before starting the above schedule. **It is important that H2O2 be taken on an empty stomach.** This is best accomplished by taking it either one hour before meals or three hours after meals. If there is food in the stomach, the reaction of H2O2 on any bacteria present may cause excess foaming, indigestion, and possibly even vomiting. Additionally, some animal research indicates that when H2O2 given orally combines with iron and small amounts of vitamin C in the stomach, hydroxyl radicals are created (J Inorg Biochem 89;35(1):55-69). The bleach-like aftertaste of H2O2 can be lessened by chewing one of the sugar-free cinnamon gums. Some individuals taking H2O2 immediately before

bedtime have a difficult time getting to sleep. This is probably due to a sense of alertness triggered by an increase of oxygen at the cellular level. The oral dosage schedule is basically the same for all conditions. There are several points to keep in mind, however.

Some individuals may experience upset stomach. If this occurs it is recommended that one not stop the program, but rather remain at the current dosage level or reduce it to the previous level until the problem stops. (Some patients have been able to solve the nausea problem by taking three or four lecithin capsules at the same time they take the H2O2.) During the program it's not uncommon to experience what is known as a healing crisis. As dead bacteria and toxins are released from your body it may temporarily exceed your capacity to eliminate them quickly enough. In some individuals this overload may cause fatigue, diarrhoea, headaches, skin eruptions, cold or flu-like symptoms, and/or nausea. One should not discontinue using the peroxide to stop this cleansing. By continuing the program, toxins will clear the body sooner and this healing crisis will pass rather quickly.

If you are not already taking vitamin E and an acidophilus product, I recommend starting them before going on H2O2. Vitamin E can make more efficient use of any oxygen available and acidophilus will help re-establish the beneficial bacterial flora in the lower bowel and also help in the internal production of hydrogen peroxide.

Making and Using 3% Solutions of H2O2

A 3.5% 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 3.5% H2O2. 3.5% H2O2 has a variety of medicinal uses.

1. Three tablespoons mixed with a quart of non-chlorinated water makes a good enema or douche formula.
2. It can be used full strength as a mouthwash or mixed with baking soda for toothpaste.
3. It can be used full strength as a foot bath for athlete's foot. (Diabetics have found relief from circulation problems by soaking their feet in 1 pint of 3% peroxide mixed with 1 gallon of warm, non-chlorinated water for 30 minutes nightly.)
4. A tablespoon added to 1 cup of non-chlorinated water can be used as a nasal spray. Depending on the degree of sinus involvement, one will have to adjust the amount of peroxide used. I have seen some who can use it at the full 3% strength and others who had difficulty with using a few drops and mixed with a cup of water.
5. 3.5% H2O2 can be added to pets drinking water at the rate of 1 ounce per quart of non-chlorinated water. Sick cattle reportedly benefit from 1 pint (of 3%) to each 5 gallons of water. (Chickens and cows have remained healthy by using 8 ounces of 35% H2O2 per 1,000 gallons of drinking water.)

Additional Information

There are two sources you should contact if you have an interest in using hydrogen peroxide therapy. The first, ECHO, was founded by Father Richard Willhelm and is run by Walter Grotz. Their information packet includes a sample newsletter, a list of H2O2 distributors and several other items. The packet is being made available to interested ALTERNATIVES readers for only US\$3. Their address is

ECHO Box 126
Delano, MN 55328

If you have an interest in contacting doctors who provide intravenous hydrogen peroxide therapy you can write to the International Bio-Oxidative Medicine Foundation (IBOM) at the address listed earlier in this article. You should also be aware that there are now numerous hydrogen peroxide products on the market. Some are simply peroxide that has been flavoured and mixed with sea minerals, aloe vera, inner tree bark or other ingredients to make the peroxide more palatable (Superoxy, Oxy Toddy, etc.).

Others claim to have developed products that deliver more oxygen than does simple hydrogen peroxide (*Aerox, Anti-Oxid-10, Di-Oxychloride, Aerobic 07, Aqua Pure*, etc.). Basically you'll end up paying a small fortune and at best achieving the same results you can get for pennies by using hydrogen peroxide.

Conclusion

Hydrogen peroxide is one of the few simple miracle substances still available to the public. Its safety and multiple uses ranks it right up there with DMSO. If you've never used either of these compounds you are overlooking two of the most powerful healing tools ever discovered. Most of us started on hydrogen peroxide shortly after birth. Not only does mother's milk contain high amounts of H2O2, the amount contained in the first milk (colostrum) is even higher. This seems only reasonable now that we know one of its main functions is to activate and stimulate the immune system. Although I am a strong supporter of H2O2 therapy, I am not suggesting that everyone needs to be using it. There are probably some individuals whose health and well-being would not be enhanced with hydrogen peroxide. But there are also millions of others who are suffering needlessly because they either do not know about hydrogen peroxide or they have been misinformed about its use.

Source: Family Health News

Related

[Alternatives in Cancer Therapy – Hydrogen Peroxide](http://educate-yourself.org/cn/hydrogenperoxidecancertherapybookexcerpt.shtml)

<http://educate-yourself.org/cn/hydrogenperoxidecancertherapybookexcerpt.shtml>

[Hydrogen Peroxide v. Prostate Cancer by Bill Munro \(Oct. 14, 2005\)](http://educate-yourself.org/cn/hydrogenperoxideandprostatecancer14oct05.shtml)

<http://educate-yourself.org/cn/hydrogenperoxideandprostatecancer14oct05.shtml>

[Hydrogen Peroxide Nasal Sprayer & Garden Applications by Bill Munro \(Feb. 7, 2005\)](http://educate-yourself.org/cn/hydrogenperoxide07feb05.shtml)

<http://educate-yourself.org/cn/hydrogenperoxide07feb05.shtml>

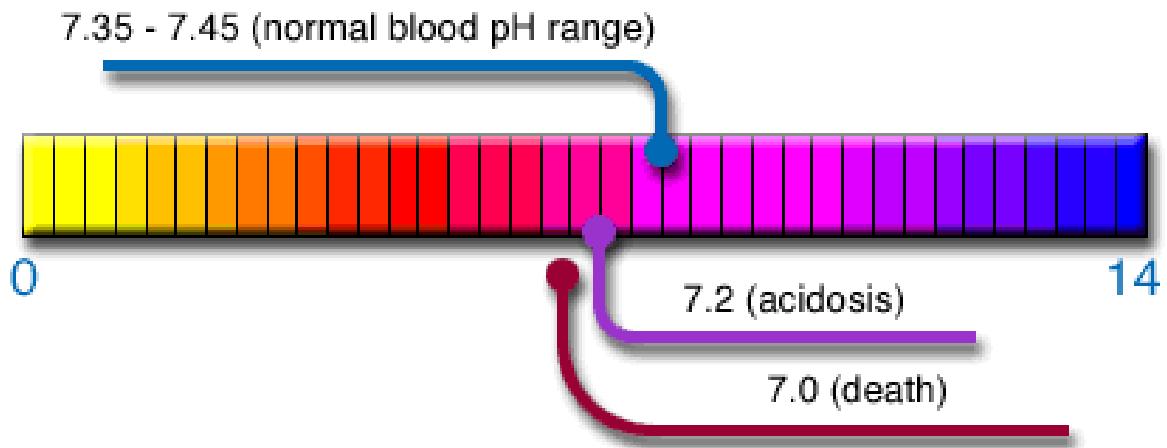
[Hydrogen Peroxide by Walter Grotz](http://educate-yourself.org/cn/hydrogenperoxidewaltergrotz20nov04.shtml)

<http://educate-yourself.org/cn/hydrogenperoxidewaltergrotz20nov04.shtml>

<http://educate-yourself.org/hp/index.shtml>

Educate-Yourself:

This is a major website source to research, amongst other things, the many aspects of Hydrogen Peroxide.



OH⁻ negatively charged ions unite with free radicals, protecting tissue from damage.

WATER HYDROGEN BONDING ANGLE

As we know, water is made of three atoms, two hydrogen and one oxygen. They form a circle, the two hydrogen atoms are close together with the oxygen atom centred in the middle and above the other two (see below). Because of their true nature, the two hydrogen atoms want to bond together. When other water molecules come close, they, too want to bond together to form water clusters, or larger water droplets, as in rain. This is called surface tension and it is what makes ships float. Without the hydrogen bond to form surface tension, wooden or metal ships would sink sitting upright with no water coming into their hulls. Water is simply a misunderstood marvel.

The normal hydrogen atom bonding angle in a single water molecule is around 104 degrees, which places the two atoms very close together. This causes water molecule clusters to be quite large, making it more difficult for them to penetrate through the thin membrane walls of human body cells.

Many people purchase water in plastic or glass bottles, or from vending machines, thinking this is good for them and will keep their bodies healthy, and, to some extent, this is true, as the body needs water to survive. However, this is really dead water in the true sense of the word, as the hydrogen bonding angle is usually around 104 degrees. At this angle, it takes four times the amount of water to achieve the same results in the human body as hydrogen atoms at 114 degrees. A small increase of 10 degrees makes a big difference.

Therefore, since hydrogen atoms normally want to stick together, the trick is to increase their distance to 114 degrees to reduce the hydrogen bond, thereby making smaller water clusters, which allows them to enter and leave the body cells easier.

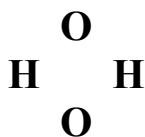
By placing hydrogen peroxide (H₂O₂) in water, or in the water of non-carbonated or non-alcoholic juices, an extra oxygen atom is added, automatically forcing the hydrogen atoms further apart to 114 degrees, thereby drastically increasing the ability of water to perform its human body tasks.

In addition to its other wonderful benefits, another miracle of hydrogen peroxide.

Hydrogen Bonding Angle Of Normal Water (104 Degrees)



Water Hydrogen Bonding Angle With One Oxygen Atom Added (114 Degrees)



DISEASE PREVENTION and CURE USING OXYGEN

DISEASE PREVENTION AND CURE USING OXYGEN

INTRODUCTION

DISCLAIMER: This discussion, exploring the history and the possibilities of disease prevention, and treatment, was prepared and written by a laymen in the practice of chemistry and medicine. It is not intended, in any way, to diagnose any kind of ailment or disease or in prescribing any type of medication. All statements, facts, or opinions are always preceded by the statement "If it were me, this is what I would do." The author is not a medical doctor and he takes no responsibility for the interpretation, or misinterpretation, of this article. He is also only a journalist reporting what he has seen, read, and understood. Any claims to the contrary are untrue and false. The intelligence, presented here, is for informational purposes only and anyone using this knowledge, for whatever intention, does so at their own risk. Most medical doctors consider this type of disease deterrence and supervision to be ineffectual or a form of quackery. Many of them are unenlightened as to the importance of natural additives in the human diet. In addition, "doctoring" is a money making business and the methods delineated here are inexpensive and do not lend themselves to medical profits. While the medical profession may not be conscious of its avoidance of the methods herein described, the result is the same. Therefore, if one chooses to implement the techniques described in this paper, it may be wise NOT to inform your physician of your conclusion, thus avoiding medical controversies and other impediments. While this report may seem a bit technical, the author feels that this is an essential component, in order that the reader may achieve a more comprehensive understanding of the principles involved.

THE AGING BODY

Over the centuries, many individuals, including the medical industry, have conducted a quest to unearth the secret, if there is one, as to why the human body seems to retrogress as it grows older. Some medical papers, including recent ones, have enumerated such reasons as diet, addictions, life style, heredity, and personality traits. While most of these papers were entirely valid in their breadth and scope, this author, however, found many of them wanting in their conclusions.

In the pursuit for the truth on this subject, it was necessary to delve deeper into the history of scientific and medical research. In so doing, other papers came to light delineating, in great detail, a rather simple, and inexpensive, method of disease prevention, and control. While the author of this paper does not believe that the medical industry would deliberately seclude this life preserving technique from the populace, he cannot help but speculate as to why it has not been more widely promoted and implemented.

This elementary, economical procedure, of disease avoidance and management, revolves around the oxygen atom. While it is widely known, and accepted, that oxygen is needed for metabolism, realized

through our breathing mechanisms, the role of the oxygen atom, in disease regulation, is not widely accepted, either by the medical profession, nor by the public, in general. Whatever the reason, or reasons, for its concealment, the oxygen atom persists in being one of the most important forces affecting all living things.

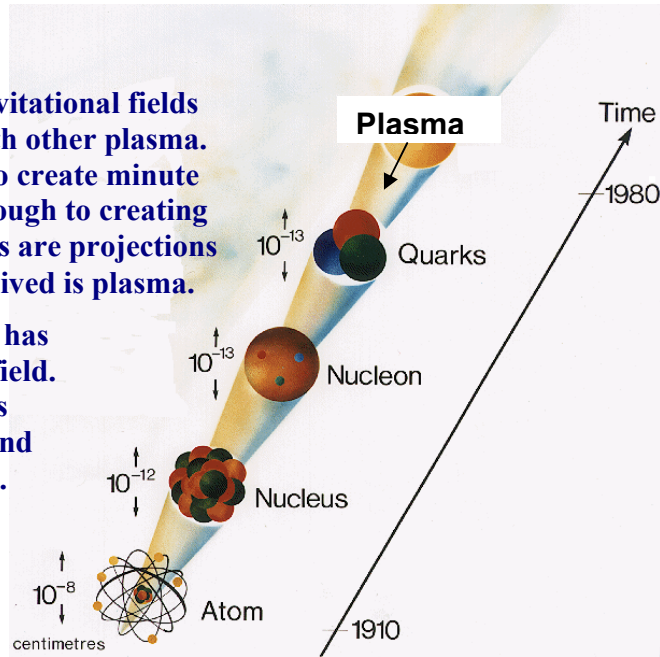
The oxygen atom is conveyed into living tissue, including the human body, by two means: (1) gaseous, and (2) liquid. It is the liquid method, utilizing Hydrogen Peroxide, that we will be addressing in this study.

PLASMA:

The magnetic and gravitational fields of plasma combine with other plasma. They group together to create minute things, all the way through to creating galaxies. Our thoughts are projections of plasma. Loved received is plasma.

Every cell in our body has a plasmatic magnetic field. Our whole body has its own magnetic field. And so it goes on, and on....

Oxygen atoms are plasma powered.



WHAT IS HYDROGEN PEROXIDE?

From McGraw-Hill Encyclopaedia of Science and Technology, 5th Edition

DISCOVERY: Hydrogen Peroxide is a binary compound of hydrogen and oxygen, empirical formula H₂O₂, used mostly in dilute aqueous solutions as an oxidizing agent. It was discovered, in 1818, by the French chemist Louis-Jacques Thenard, who named it 'eau oxygène'. Its most remarkable feature is its tendency to decompose readily into water and oxygen, the first observed instance of contact catalysis.

PROPERTIES: Anhydrous Hydrogen Peroxide is a clear, colourless liquid, of nearly the same viscosity and dielectric constant as water, but of greater density, 1.442 g . cm⁻³ at 25°C. Like water, it is strongly associated with hydrogen bonds. It boils at 150°C with violent, sometimes explosive, decomposition. With considerable super cooling, it can be frozen into needle shaped crystals which melt at -0.41°C. The decomposition, strongly exothermic, is almost always catalytic, becoming homogeneous only in the vapour above 420°C. The rate varies considerably with the nature of the catalyst, the temperature, and the surface volume ratio of the sample. Decomposition, by light, begins only in the near ultraviolet. As a solvent, Hydrogen Peroxide resembles water, except that acids and bases show much lower electrical conductivity. Although a fairly strong oxidant, it can act as a mild reducing agent, for example, with

permanganates and perchromates. The H_2O_2 molecule has a skew chain configuration and is the simplest example of internal rotation or torsion about a single bond.

FORMATION: Hydrogen Peroxide occurs only in traces in nature, mostly in rain and snow. It has not yet been detected in interstellar space. Its formation, usually in low concentration, has been studied in a variety of systems:

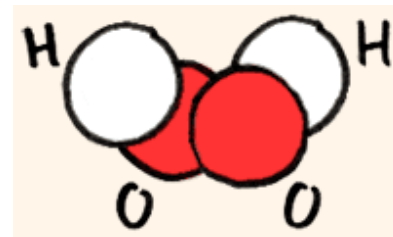
- (1) from the elements in the products of oxyhydrogen flame quickly quenched in liquid air, or in the explosion of hydrogen-rich mixtures near 550°C .;
- (2) from water, liquid or vapour, irradiated by ultraviolet light of a wavelength shorter than 185 mm, with and without sensitizer and by ionizing radiation; and
- (3) from a silent electric discharge through water vapour at atmospheric pressure, or under reduced pressure, in electrodeless discharges through a fast-flowing system, followed by quick chilling in a liquid nitrogen trap.

Under optimum conditions, concentrations of up to 50% can be reached. The last system, developed for the synthesis of deuterium peroxide D_2O_2 , from heavy water, has led to the identification of the long postulated higher oxides of H_2O_3 and H_2O_4 , as metastable intermediates.

STORAGE: Due to its tendency to decompose into H_2O and O when exposed to air and ultraviolet light, Hydrogen Peroxide should be stored in translucent brown jars and it should be stored in refrigerated compartments of 60°F (15°C), or less.

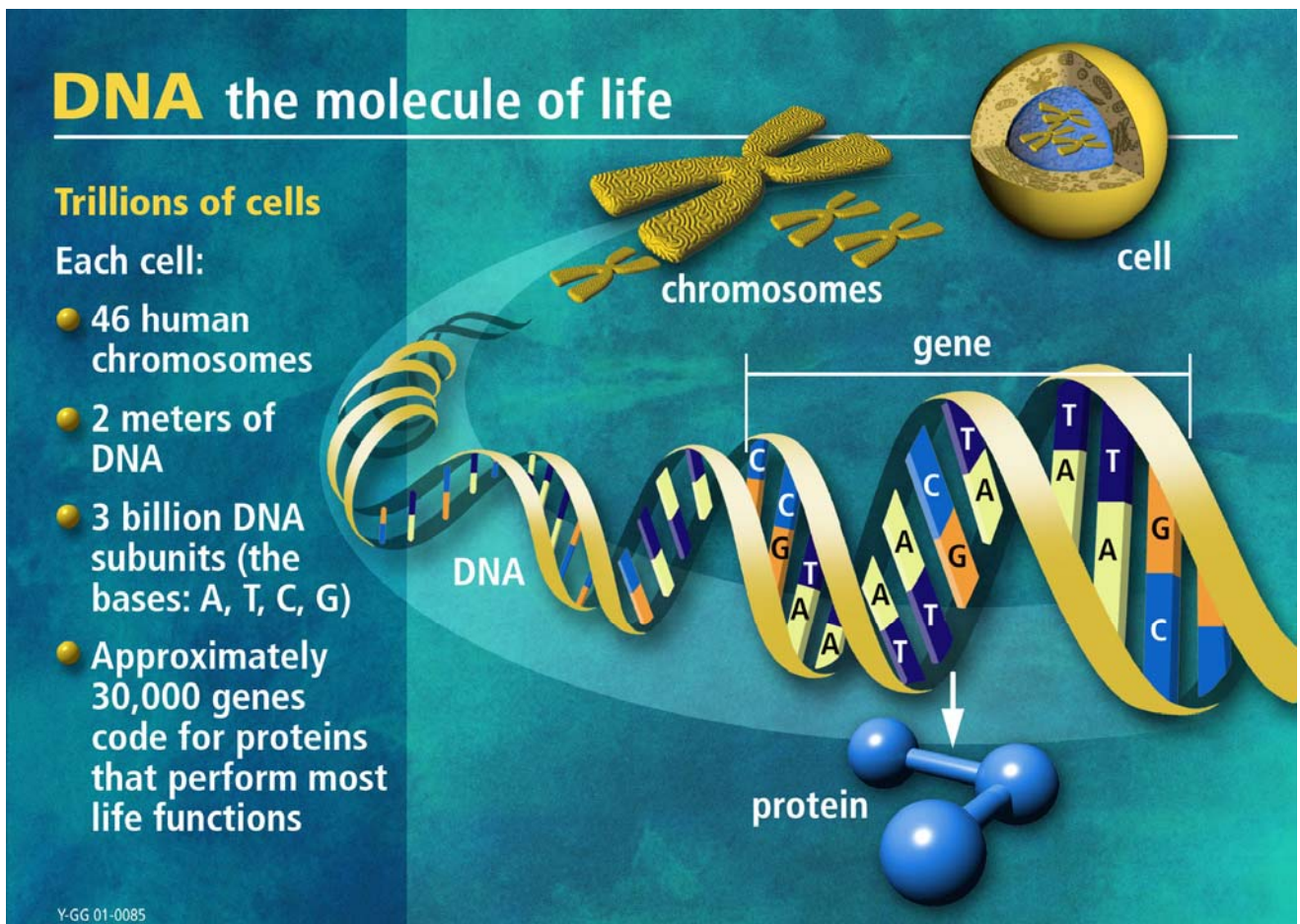
OXYGEN AN INVENTION OF NATURE

Of all the gasses present on the Earth, oxygen would appear to be the most vital to all forms of life. Oxygen can be described as an element that is found free as a colourless, tasteless, odourless gas and forms about 21% of the gasses of the atmosphere of our planet. It also connects with hydrogen to form water vapour in most rocks, minerals, and in numerous organic compounds. It is capable of combining with all elements except inert gasses, is active in physiological processes, and is especially involved in combustion procedures. Chemists often use oxygen for specific functions such as an ion (electron) exchange medium. Oxygen, when concentrated into a liquid, is caustic and is a deadly poison to all life. It is this latter quality that makes it essential to life.



Oxygen is generated by plant photosynthesis and within the Earth by chemical reactions brought about by the heat, and motion, of the planet. Free oxygen atoms ring the Earth in a stratum called the Ozone Layer, which aids in the protection of all life by ionizing high velocity solar wind particles blasted out from the surface of the Sun. In the Ozone layer, atoms are combined in "3's" to form Ozone O_3 . Due to its very disposition, O_3 is very unstable and one of the atoms breaks away leaving Ozone O_2 . The free O_1 atom then drops into the atmosphere, through the stratosphere and into the "E" layer where some of them combine with water vapour to form H_2O_2 or Hydrogen Peroxide. As the rains and snows deposit their life giving gift onto the land masses, some of this water vapour, containing the extra O_1 atom, is deposited on, and absorbed by, vegetable matter. Certain vegetable matter is eaten by the Earth's animals and the H_2O_2 enters their bodies. Some of the O_1 atoms, that do not combine with water vapour, are absorbed by animals through their breathing mechanisms.

In their bodies, the oxygen combines with water vapour and ingested matter to form a life sustaining process called metabolism. Metabolism converts mass (ingested matter) into energy for use by all body cells and performs other body functions such as aiding in the elimination of waste products. Due to its caustic nature, oxygen allows ingested matter to metabolize at a rather low temperature. In humans, this temperature is 98.6°F (37°C). But oxygen performs many more important functions than just metabolism. Chemists know that oxygen is a softener and a dissolver. Hydrogen, on the other hand, is just the opposite; it is a hardener and a solidifier. Since the human body uses water vapour for metabolism and other functions, water is broken down into its two elements H-2 and O. As one gets older, the body's oxygen level begins to drop while the hydrogen level remains static or even rises, and since hydrogen is a hardener, many of the body's tissues, and organs, begin to solidify with age. It is this drop in the body's oxygen level that is the key to disease prevention and cure.



DISEASE PREVENTION AND CURE USING OXYGEN

Microorganisms, which are harmful to the body, attack in different ways. Fungi, such as the ones responsible for Multiple Sclerosis, attack the myelin, the insulating material surrounding the nerves causing them to short circuit. Bacteria invade the blood and cells. Viruses invade body cells and attach

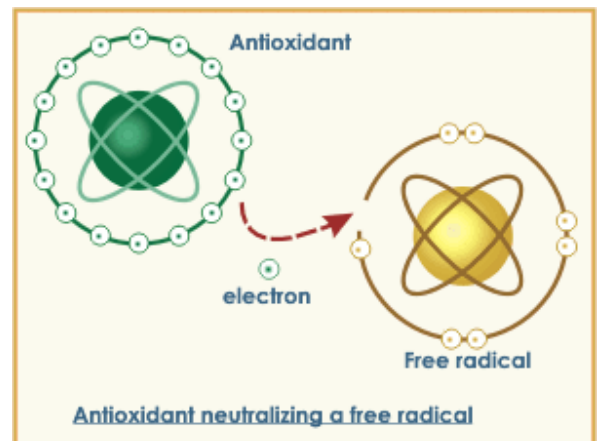
themselves to the cell's DNA molecule causing the cell to lose its body engineering and to begin manufacturing more viruses. Some viruses are round, like a basketball, and may have small bumps all over them. Since viruses are pieces of genetic material and, hence, are not living things, they must invade and take over a body cell in order to metabolize and reproduce.

Herein lays the secret to their vulnerability. Since the body cell has only so much energy inside it, the cell must curtail, or cut back, on its normal body functions in order to have enough energy to also manufacture viruses. In so doing, the cell does not manufacture as thick a protein layer around itself as it would if it was a healthy cell. This thin protein layer allows sufficient amounts of oxygen atoms to enter, thus killing the cell. The oxygen atoms roam the entire body searching for cells with thin protein layers. If there are any, the oxygen kills them and they are replaced by healthy cells. The viruses, that invaded the cells, are set free in the blood stream where they search for new cells to invade. However, since the oxygen has eliminated all sickly, or diseased, cells with thin protein layers, the viruses are not successful in their search and the human body, that they have invaded, is usually not stricken with any form of viral disease, including AIDS and Cancer.

Now, there is a way of using oxygen to combat various types of diseases, or conditions, by using Oxidative Therapy.

WHAT IS OXIDATIVE THERAPY?

Most Biochemical reactions, in the body, are "balanced" through "redox" mechanisms. Redox means (Red)uction (Ox)idation. Chemically, anytime a substance is reduced (chemically changed), something else must be oxidized (chemically changed the other way) for your body to stay in balance. Oxidation, as an example, is the process which causes rust on metals (slow oxidation) or fire (rapid oxidation). In the body, some types of oxidation are thought to be harmful (produces free radicals). Sometimes, it is suggested that people take Vitamin E (anti-oxidant) to help reduce Free Radical formation. It is certain, however, that there could be no life if certain types of oxidation did not occur. The body uses oxidation as its first line of defence against bacteria, virus, yeast, and parasites. Even breathing oxygen is an oxidative process. Without oxygen, we die very quickly.



WHAT CHEMICALS ARE USED IS OXIDATIVE THERAPY?

A number of substances are known to cause oxidation in the body but the most important of these is Hydrogen Peroxide. Hydrogen Peroxide, when exposed to the blood supply, or other body fluids, is split off into Oxygen and water when exposed to the enzyme "Catalase." Hydrogen Peroxide foams when it is poured into a wound. This foam is oxygen being produced by the action of the catalase on the Hydrogen Peroxide. A very small amount of Hydrogen Peroxide can supply a very large amount of oxygen to the body's tissues.

IS THIS A NEW FORM OF THERAPY?

Injections, of Hydrogen Peroxide, are nothing new. It was first reported by Dr T.H. Oliver in the British Medical Journal (Lancet) in 1920. Patients, with influenza pneumonia, were treated with Hydrogen Peroxide infusions with very good results. The use of Hydrogen Peroxide injections, to generate oxygen in the body, have been studied at many major medical research centres throughout the world. Research reports have come from Baylor, Yale, Harvard, UCLA, Boston, England, Japan, Germany, Sweden, Russia, Canada, Nova Scotia, and others. Today, between 20 and 50 scientific articles are published each month about the chemical and biological effects of Hydrogen Peroxide. More recently, the "Therapeutic Use of Intravenous Hydrogen Peroxide" was reported by Dr C.H. Farr at an International Medical Symposium in Czechoslovakia which was attended by representatives from 26 different countries. Oxidative therapy, introduced by Dr Farr, is the rediscovery of an old treatment first reported almost 70 years ago.

HOW DOES IT WORK IN THE BODY?

There are many theories about the function of Hydrogen Peroxide in the body and a great deal of scientific material supports almost every one. Hydrogen Peroxide is produced in the body in different amounts for different purposes. It is part of a system which helps the body use the oxygen that is breathed. It is part of a system which helps the body to regulate all living cell membranes. It is a hormonal regulator, necessary for the body to produce several hormones such as estrogen, progesterone, and thyroid. It is important in the regulation of blood sugar and the production of energy in all cells. It helps regulate certain chemicals necessary to operate the brain and nervous system. It is used in the body's defence system to guard against infections and has been found to be important in regulating the immune system. Scientists are discovering the function of Hydrogen Peroxide in the body is far more complex and important than previously realized.

WHAT HAS BEEN SUCCESSFULLY TREATED WITH OXIDATIVE THERAPY?

Oxidative therapy, using Hydrogen Peroxide, has been used, with varying degrees of success, in the following diseases or conditions:

HEART AND BLOOD VESSEL DISEASES:

1. Peripheral Vascular Disease (poor circulation)
2. Cerebral Vascular Disease (stroke and memory)
3. Cardiovascular Disease (heart disease)
4. Coronary Spasm (Angina or heart attack)
5. Cardioconversion (stopped heart)
6. Heart Arrhythmias (irregular heart beat)
7. Gangrene of the fingers and toes
8. Reynards Syndrome
9. Temporal Arteritis
10. Vascular and Cluster Headaches

**PASCAS
HEALTH**



PULMONARY DISEASES

11. Chronic Obstructive Pulmonary Disease (Lungs)
12. Emphysema (lung disease)
13. Asthma (Allergy, lung)
14. Bronchiectasis
15. PCP (Pneumonia in AIDS)
16. Chronic Bronchitis

INFECTIOUS DISEASES

17. Influenza
18. Herpes Zoster (shingles)
19. Herpes Simplex (fever blister)
20. Systemic Chronic Candidiasis (Candida)
21. Chronic Fatigue Syndrome (Epstein-Barr Virus)
22. HIV (AIDS) Infections
23. Acute and Chronic Viral Infections (cancer)
24. Chronic Unresponsive Viral Infections (common cold)
25. Parasitic Infections

IMMUNE DISORDERS

26. Multiple Sclerosis
27. Rheumatoid Arthritis
28. Diabetes Mellitus Type II
29. Hypersensitive Persons (Environmental/Universal Reactors)

MISCELLANEOUS

30. Parkins's Disease
31. Alzheimer's Disease
32. Migraine Headaches
33. Chronic Pain Syndromes (Multiple Etiologies)
34. Pain of Metastatic Carcinoma
35. Blood and Lymph Node Cancers

Physicians, from around the world, are constantly sharing their knowledge and experience and the list of uses, for Oxidative Therapy, is growing every day. Since Hydrogen Peroxide is a natural substance produced and used in body chemistry, there will be discoveries about its importance in biochemistry for years to come.



HOW WOULD ONE KNOW IF OXIDATIVE THERAPY WAS NEEDED?

Only a physician trained in the administration of Oxidative Therapy can answer that question. If anyone should find that they may have a condition listed, a register of physicians, skilled in this type of therapy, will be recorded at the end of this report.

HOW IS OXIDATIVE THERAPY GIVEN?

Very weak, very pure, food grade Hydrogen Peroxide dosages, 0.0375%, or less, for intravenous feedings in hospitals or 0.5% for oral treatments, are given at regular intervals. For intravenous, H₂O₂ is mixed with sugar or salt solutions and 50 to 500 millilitres is administered into a large vein, usually in the arm. It is given slowly over a period of 1 to 3 hours, depending on the total amount given and the condition of the patient. It is painless except for the very small needle stick. Treatments are usually given about once a week in chronic illnesses but can be given daily to patients with life threatening diseases such as pneumonia or influenza. Physicians usually give 5 to 20 treatments, depending on the condition of the patient and the type of illness. The patient is rechecked in 1 and 3 months to evaluate the benefits and determine if additional treatments are indicated. Some patients, especially with chronic illnesses, may need to take follow up treatments in a series of 5 or 10 or may need to remain on a maintenance schedule indefinitely. As many as 50 treatments have been administered to several patients without complications. See a list of physicians trained in this type of therapy at the end of this report. Also at the end, this report will contain information on how to administer this type of therapy at home using Homeopathic methods. Also, there will be a list of companies, and foundations, where additional information may be obtained.

HOW ABOUT THE SAFETY OR SIDE EFFECTS OF THIS THERAPY?

Over the past 90 years, thousands of patients have received Hydrogen Peroxide treatments without serious side effects. Early use of Hydrogen Peroxide was reported to occasionally cause irritation to the vein being infused. This troublesome side effect was eliminated after the concentration, and rate of infusion, was adjusted downward. Some stomach upset was experienced by those who were administered through oral means. This was eliminated by adjusting the dosage downward and by administering the Hydrogen Peroxide in fruit juice.

IS THIS THERAPY EXPENSIVE?

Expense is a relative term. Persons, with chronic, life threatening diseases pay thousands of dollars to physicians, pharmacies, and hospitals for drugs and treatments which do little more than maintain them at their current level of sickness. If Oxidative Therapy could save 1/2 to 3/4 of this cost, wouldn't it be worth it? In treatments prescribed and administered under a doctor's care, the expense varies with the illness. In Homeopathic treatments, the expense is very low.

This may be the reason this type of therapy is not promoted by the medical or pharmaceutical professions. Most of the expense in modern medicine is in testing, not treatment. One should not be afraid to ask the doctor, in advance, about the costs involved.

CAN DISEASE BE PREVENTED USING THIS TYPE OF TREATMENT?

There is an old adage which states, "An ounce of prevention is worth a pound of cure." This especially holds true in the maintenance of one's health. In most cases, Oxidative Therapy can prevent illness before it starts. Some people, after recovering from whatever malady they may have had, place themselves on a permanent maintenance diet of Hydrogen Peroxide for the rest of their lives. It promotes health by preventing disease and it gives the body something it needs for survival.

HUMANS CAUSE THEIR OWN DISEASES

So far we have been discussing the beneficial effects of oxygen therapy. But a few questions still remain. **WHY ARE DISEASES, THAT KILL HUMAN BEINGS, NOT PRESENT IN WILD ANIMALS? WHEN WILD ANIMALS ARE DOMESTICATED, WHY DO THEY BEGIN TO CONTRACT MANY OF THE DISEASES, AND SICKNESSES, HUMANS DO?** It must be that human beings do something to their food that wild animals do not. Human beings are the only animals on Earth that process their food before they eat it. By processing, we mean cooking, boiling, frying, milling, straining, canning, blanching, mixing, and other process that rob the natural foods of their minerals, vitamins, and OXYGEN. We have systematically removed from our food chain something nature intended for us to have. In order to be, and remain, healthy and happy inhabitants of planet Earth, we must replace the items nature intended. One of these is to replace the oxygen in our food chain.

The effects, of oxygen in our diets, is all around us. If one were to check those unrefrigerated boxed drinks on the shelves of most grocery stores (the ones manufactured by companies, such as Welch's, with the drinking straw hole on the top), they would find that the manufacturer used Hydrogen Peroxide to prevent them from spoiling. Many grocery stores spray H₂O₂ on their produce at night to reduce spoilage. That H₂O₂ kills bacteria, there is no doubt. To prove this to yourself, buy a quart of milk. Remove eight tablespoons of milk and replace this amount with eight tablespoons of 0.3% H₂O₂ and leave the milk carton sitting on the kitchen counter top unrefrigerated for at least one week. You will probably find that the milk will not spoil since all of the bacteria microorganisms have been killed by the H₂O₂. If taken internally in the proper dosages, H₂O₂ can probably seriously reduce one's chances of contracting many diseases, or sicknesses, and will promote a climate of vibrant, robust health.

Please remember that this type of therapy works just as well for all mammals including farm animals and pets, such as dogs, cats, birds, etc. By placing your pet on a regular daily maintenance diet of H₂O₂, you are helping to prevent disease, or other adverse health conditions, in your pet. Also, Hydrogen Peroxide is just water molecules with an oxygen atom attached. If taken in the proper dosages, is it harmless to all but the microorganisms.

HOW TO MIX AND USE HYDROGEN PEROXIDE FOR HOMEOPATHIC USE

1. Go to the grocery store and buy 2 one gallon containers of distilled water. Always use steam distilled water for steam irons, not spring water for drinking. (Arrowhead, etc.)
2. While at the store, buy a clean measuring cup with a fluid ounces scale on its side. (Usually the scale reads from 1 to 20 fluid ounces. NOTE: 16 fluid ounces = one quart)

3. **PURCHASE HYDROGEN PROXIDE:** Guardian of Eden
<http://www.dfwx.com/h2o2.htm>

Buy a 32 oz. bottle of FOOD GRADE 35% Hydrogen Peroxide. (Brown coloured bottle will contain 35% Hydrogen Peroxide and 65% distilled water) **BE SURE YOU PURCHASE FOOD GRADE H2O2.**

Also, purchase a 10 inch glass pipette for H2O2 handling:

<http://www.amazon.com/GLASS-DROPPING-PIPET-WITH-COLOR/dp/B00272GMOC>

ALWAYS DILUTE THE 35% HYDROGEN PEROXIDE AND NEVER TAKE IT STRAIGHT. NEVER TELL THE MEDICAL SUPPLY HOUSE, WHERE YOU PICK UP THE FOOD GRADE HYDROGEN PEROXIDE, THAT YOU ARE TAKING IT INTERNALLY. THEY WANT TO AVOID LAW SUITS AND TROUBLE WITH THE MEDICAL ESTABLISHMENT.

4. When mixing the solution, observe the following.

- a) Remove 6 ounces of distilled water from 1 of the one gallon distilled water containers.
- b) Replace the 6 ounces with 6 ounces of the 35% Hydrogen Peroxide from the distributor. This will make one gallon of a 3% Hydrogen Peroxide solution. Clearly mark this container as being a 3% solution.
- c) Remove 20 ounces of distilled water from the other one gallon container.

Replace this with 20 ounces from the 3% one gallon container. This will make one gallon of a .5% Hydrogen Peroxide solution and clearly mark it as such. Place both one gallon containers, and the brown bottle, in the refrigerator.

HYDROGEN PEROXIDE SHOULD NEVER BE ANY STRONGER THAN .5% SOLUTION BEFORE IT IS MIXED WITH DRINKING WATER OR JUICE. NEVER TAKE IT ANY STRONGER THAN THIS.

- d) Use the syringe to remove as many drops as needed for daily dosage. Be careful not to break the syringe.

RECOMMENDED DOSAGE OF 0.5% H2O2

- | | | |
|---------|---|------------------------------------|
| 1st day | = | 1 drop |
| 2nd day | = | 2 drops |
| 3rd day | = | 3 drops (1 drop three times a day) |
| 4th day | = | 4 drops (etc.) |

KEEP INCREASING DOSAGE IN THIS FASHION UNTIL:

75 drops per day, administered 3 times a day in groups of 25 drops.

Keep the 75 drop therapy going for two or three weeks. Then, stop the dosage for about a week or two. After this interval, continue with the 75 drop per day dosage. The one or two week layoff interval allows the oxygen level to drop. Some microorganisms are very sensitive to different levels of oxygen. The "roller coaster" up and down oxygen level in the body kills many more microorganisms that would be killed if the level were allowed to stay at one plane.

Start out slowly as the oxygen will release chemicals trapped in the body cells by turning them into a gas where they will be moved into the blood stream and exhaled through the lungs. Some chemicals stay trapped in the body cells for years, so go slow in the beginning. Don't pass out from lack of Oxygen.

If the Hydrogen Peroxide metallic taste bothers you, take it in orange, grape fruit, or some other type of juice instead of plain water. Use only fruit juice, not alcohol, coffee, or tea. Because you will be using from 1 to 75 drops per day, the .5% solution should last for months. When the .5% solution runs out, use the 3% solution, and more distilled water, to make more as per the above formula. Don't give up. Persistence is the key to success when using Hydrogen Peroxide. Use it for the rest of your life and remain healthy.

As the oxygen begins to soften and dissolve certain body wastes and impurities, particular purging actions may take place, such as, mucus discharges from the bowels or the nose or mouth, bloody discharges from the same, or disagreeable smells from the skin. Do not be alarmed as this is a normal action of the cleaning process. As unwanted blood clots are dissolved, it takes a few minutes for the cracks in the arteries to reseal and a little blood may leak out through these openings causing slight skin discoloration or blood marks under the fingernails and toenails. Of course, if this condition continues for longer than a day, then there is a problem which was not caused by the oxygen therapy. Seek medical help in this case. Keep up the treatments and do not become discouraged, as it may take 60 to 90 days before any positive benefits are observed. If properly applied to specific ailments, this type of therapy is usually very effective. REMEMBER. YOU ARE YOUR OWN DOCTOR IN THIS CASE. USE WISE JUDGEMENT.

H₂O₂ DOSAGE FOR DOGS, CATS, AND OTHER PETS

Mix a 0.5% solution as before. H₂O₂ is unstable and the extra oxygen atom will attempt to split off by becoming a gas, leaving you with a gallon of distilled water again. If gas bubbles appear on the inside of the gallon container, this is exactly what is happening so do it slowly and keep the mixture in the dark and refrigerated after mixing.

Human dosage, of the .5% solution is as follows:

Low maintenance	-----	8 drops, three times a day
Medium maintenance	-----	16 drops, three times a day

High maintenance ----- 24 drops, three times a day

Assuming a normal, adult feline has 1/20 the weight of the normal human being, then the dosage is as follows:

Low maintenance ----- 1 drop, per day

Medium maintenance ----- 2 drops, per day

High Maintenance ----- 3 drops, per day

Normally, under these low dosage levels, cats and dogs will not react to the taste of H₂O₂ and will drink sufficient water without difficulty. If the animal shows signs of having an upset stomach from the H₂O₂, cut the dosage in half. As with humans, start the dosage slowly and work up. H₂O₂ will oxidize chemicals trapped in the body cells by turning them into a gas so they can either be exhaled through the lungs or released into the blood stream where they can be eliminated in the urine. In either case, if the elimination process is too rapid, the blood stream and the lungs may become saturated with the contaminants and severe distress may result. For life threatening diseases, get the pet to the HIGH MAINTENANCE level as rapidly as possible without endangering the patient. As with humans, some purging action may be seen. Keep the animal close to the litter box to prevent accidents. Keep up the treatments and do not become discouraged, as it may take 60 to 90 days before any positive benefits are observed.

DOCTORS WHO PRACTICE OXYGEN THERAPY SOUTHERN CALIFORNIA

Here follows a listing of the various physicians, foundations, and/or companies using, or promoting the use of, Oxidative Therapy.

The International Bio-Oxidative Medicine Foundation, P.O. Box 610767, Dallas/Fort Worth, Texas 75261, Telephone (817) 488-2378, has trained physicians in the use of Oxidative Therapy.

In the Los Angeles area, they are:

H.J. Hoegerman, M.D.
101 W. Arrellaga Street, Santa Barbara, CA 93101 (805) 963-1824

T. Hayashida, M.D.
1300 W. 155th Street, Gardena, CA 90247 (213) 323-4090

When contacting these physicians, please indicate that you were referred by the International Bio-Oxidative Medicine Foundation. This will alert the doctor that you are aware that he, or she, has been trained in Oxidative Therapy.

WHERE TO OBTAIN LITERATURE ON OXIDATIVE THERAPY

ECHO, Inc. P.O. Box 126, Delano, Mn. 55328

Echo, Inc. has books, pamphlets, audio tapes, and complete medicine treatises on the use of Oxidative Therapy. As with the International Bio-Oxidative Medicine Foundation, they are non-profit and they are attempting to spread the word about the benefits of using H₂O₂.

LIFE THREATENING, EMERGENCY DISEASES OR CONDITIONS

HOSPITAL SANTA MONICA, Baja, Mexico
 Telephone: USA, (619) 428-1146
 Baja, Mexico, (011) 526-613-3333

This fully equipped Mexican hospital treats such diseases as: ARTHRITIS, ALLERGIES, CANCER, CANDIDA, MULTIPLE SCLEROSIS, HEART DISEASE, DIABETES, HIV/AIDS, AND WEIGHT CONTROL. They have 9 physicians, 1 chiropractor, 1 dentist, 75 members on staff, physiotherapy, colonics, hydrotherapy, bio-magnetic therapy, live cell therapy, and acupuncture. Many people's lives have been saved by this facility after their own medical doctors have given up hope.

RECOMMENDED READING

OXYGEN THERAPIES by Ed McCabe, Soft Bound, \$12.00 + shipping and handling. (One of the best books on this subject and is strongly recommended)

THE CANCER CURE THAT WORKED by Barry Lynes with John Crane, \$11.00 for shipping and handling (USA).

HYDROGEN PEROXIDE IN AGRICULTURE, 4 page report, \$1.00.

Send for these books from ECHO which is listed above. Also, ask for a copy of ECHO's recent newsletter.

AUTHOR'S COMMENT: Many people have asked, "If this Oxidative Therapy method is so effective, why isn't it more widely known?" It has also been said that since Oxidative Therapy is so effective, and so inexpensive, that it is being ignored by the medical and pharmaceutical professions, NOT out of any malice but because there isn't much profit in it. The author cannot believe that professionals, dedicated to saving lives, would be that in humanitarian. It is possible that the importance of oxygen, in body maintenance, is just now being understood.

Chemotherapy and Radiation are two ways modern science has of combating cancer. These two methods have serious side effects and they poison the cancerous cells by chemicals or by atomic radiation (burning). Chemotherapy and radiation also cause damage to normal, healthy cells. Oxygen accomplishes the same thing by poisoning the cancerous cells but does so with natural elements, causes no side effects, does not cause damage to normal, healthy cells, and is easy and inexpensive to administer. The medical papers, of Dr Farr and the thousands of other doctors, written on Oxidative

Therapy, prove that it does work and the author suggests that everyone investigate the possibilities and make up their own minds.

The author, also, apologizes to anyone who may have knowledge of this method of health management. It was not his intention to insult anyone's intelligence. Instead, he is presenting this information, as a reporter, so that possible readers may investigate further and make up their own minds as to its merits. The oxygen approach seems to work and if spreading this information can assist just one life, then it has all been worthwhile.

USES FOR HYDROGEN PEROXIDE OTHER THAN INTERNAL

Since about 1920, many articles and medical treatises have been written about the effectiveness of Hydrogen Peroxide in the killing of all types of bacteria. So far, if all of this written material were placed in one pile, the stack would be over 27 feet high. Many lives have been saved by using the germicidal benefits of Hydrogen Peroxide. Hydrogen Peroxide does kill germs. To prove this for yourself, pour a diluted solution of H₂O₂ into a skin cut. Many bubbles will appear indicating the release of many oxygen molecules. Oxygen kills germs much more effectively than alcohol, mercurochrome, or methyolate.

However, H₂O₂ can be used for many other purposes.

BATHING: Place a few drops of the 0.3% Hydrogen Peroxide in the bath water. By doing so, the H₂O₂ will wash out all of the skin pores and will kill all bacteria in them thus eliminating skin infections, such as acne and bed sores. Also, the body will absorb some of the H₂O₂ through the skin aiding in the health of the dermal and epidermal skin layers.

BATHROOM: To eliminate bathroom odours, spray some of the 0.3% H₂O₂ solution on the bathtub, shower, commode, sink, and other places where bacteria and mildew collect. The room will smell clean and fresh and will not smell like a chemistry lab as when using such things as TUB AND TILE CLEANER.

KITCHEN: Do the same in the kitchen as in the bathroom.

LAUNDRY: During the rinse cycle, add about a quarter of a cup of the 0.3% H₂O₂ solution. The clothes will come out bacteria free and will smell clean and fresh. For stains, soak the clothes, for a few minutes, in the 0.3% solution just before washing.

PETS: When bathing your pet (cat, dog, or bird), use about 4 or 5 drops of the 0.3% solution in the bath water.

TRIPS: Take a sprayer full of the diluted 0.3% solution along on trips to spray such things as, toilet seats, sinks, counter tops, restaurant tables, silverware, etc. There is no chemical smell so no one will be the wiser.

DISHES: When washing dishes, in addition to the dish washing detergent, add a few drops of the 0.3% solution to the water. The detergent will clean the dishes while the H₂O₂ sanitizes them.

LIVESTOCK: When washing livestock, place a few drops of the 0.3% solution in the water. Give the H₂O₂ to them in their drinking water thereby killing bacteria on the inside as well as the outside.

ENEMAS: While the thought of this procedure sends chills down the spines of many people, it has been proven that death starts in the colon. Bacteria, that collects in the large intestine and is ready for elimination, is re-absorbed back into the body with the water that is removed from the waste material. (If the water wasn't removed from the waste material, you would die of de-hydration) By placing a few drops of H₂O₂ in the enema water, bacteria is killed and it is never re-absorbed thus eliminating a bacterial doorway to the body. An enema colon clean should be done at least once a month. More often if sickness is present.

TEETH: Brush the teeth with a dilute solution of H₂O₂. By doing so, it will eliminate, or reduce, tooth plaque and gum disease.

GARDEN: Many garden pests can be controlled by spraying the leaves and stems of the plant with a mild solution of distilled water and Hydrogen Peroxide. Be sure to keep the H₂O₂ concentration low enough so as not to burn the plant. If concentrated amounts can burn you, it can burn your plants. Pests, such as Aphid, can be killed using this method. Also, be careful not to sprinkle too much on the ground as too much H₂O₂ can adversely affect earth worms and other beneficial earth organisms.

There are many other uses for this amazing chemical. Put on your thinking cap and use your imagination. Hydrogen Peroxide is only one atom away from water. **IN CONCENTRATED FORM, DO NOT TAKE IT INTERNALLY AND DO NOT GET IT ON YOUR SKIN, FOR IT IS VERY CAUSTIC.** However, when used in the proper dilution, it is natural, it is pleasant to use, it is safe, and it is very effective.

DISCUSSION ON THE USE OF OXYGEN THERAPY IN THE PREVENTION, AND TREATMENT, OF HEART DISEASE

As stated earlier, oxygen is a softener and dissolver while hydrogen is a hardener and solidifier. The ability of oxygen to dissolve matter by its caustic nature is one of the keys to preventing such maladies as arterial sclerosis and stroke. Hydrogen Peroxide atoms, when introduced into the human blood supply, are swept along through the arterial system and in so doing, they come in contact with every square inch of artery walls. A drop of diluted H₂O₂, when introduced into the blood stream, is at the ends of the fingers and toes in less than 10 seconds. As these H₂O₂ atoms contact the enzyme PLASMA CATALASE, the catalase reacts with the H₂O₂ atoms and the extra oxygen atom is liberated. The freed oxygen atoms are then at liberty to dissolve any, and all, foreign matter in, or on, the walls of the arteries. This foreign matter includes the plaques formed by fatty deposits and cholesterol. By acting as a scouring agent, the oxygen literally cleans out the arterial system and all released foreign matter is purged from the body by its elimination system. Studies have proven that plaques begin to form on the artery walls even before birth. Even people, with no history of heart disease, have some degree of plaque on their artery walls. Strokes, caused by blood clot blockages in the arteries of the brain, have also been dissolved by the introduction of sufficient oxygen atoms into the blood stream.

Many heart patients, with severely restricted, or blocked, arteries, have been aided by oxygen therapy, to one degree or another. Lives have been saved. This principle is aptly explained in the research paper "REMOVAL OF CHOLESTEROL AND OTHER LIPIDS FROM EXPERIMENTAL ANIMAL AND HUMAN ATHEROMATOUS ARTERIES BY DILUTE HYDROGEN PEROXIDE," by James W. Finney, M.A., Bruce E. Jay, B.S., George J. Race, M.D., Harold C. Urschel, M.D., John T. Mallams, M.D., and George A. Balla, M.D.

The research paper, listed above, may be obtained from:

ECHO

P.O. Box 126, Delano, Minnesota 55328

Telephone: (612) 972-2144

So, it would appear that by putting oneself on a regular regimen of oxygen therapy, heart disease may be preventable and may, possibly, be a thing of the past for persons so treated.

Do research on the Internet. Search on "Hydrogen Peroxide."

VARIOUS MEDICAL TREATISES ON THE EFFECTIVENESS OF OXYGEN IN THE KILLING OF BACTERIA, FUNGI SPORES, VIRAL INVADED CELLS

"HYDROGEN PEROXIDE MEDIATED KILLING OF BACTERIA," 1982. By Dennis P. Clifford and John E. Repine, Webb-Waring Lung Institute and the Pulmonary Divisions of the Department of Medicine and Pediatrics, University of Colorado Health Sciences Center, 4200 East Ninth Avenue, Denver, Colorado 80262

"REMOVAL OF CHOLESTEROL AND OTHER LIPIDS FROM EXPERIMENTAL ANIMAL AND HUMAN ATHEROMATOUS ARTERIES BY DILUTE HYDROGEN PEROXIDE" By James W. Finney, M.A., Bruce E. Jay, B.S., George J. Race, M.D., Harold C. Urschel, M.D., John T. Mallams, M.D., and George A. Balla, M.D.

"INFLUENZAL PNEUMONIA: THE INTRAVENOUS INJECTION OF HYDROGEN PEROXIDE," February 21, 1920. By T.H. Oliver, M.A., B. Charles Cantab, M.D., Resident Medical Officer, the Royal Infirmary, Manchester, and D.V. Murphy, M.B., Ch.B.N.U.I., Captain, British Army Medical Corps.

"KILLING OF BLOOD STAGE MURINE MALARIA PARASITES BY HYDROGEN PEROXIDE," Infection and Immunity Journal, Jan. 1983. By Hazel M Dockrell and John H.L. Playfair, Immunology Department, Middlesex Hospital Medical School, London, W1P/9PG England.

"REPORT ON IOWA CONFERENCE ON HYDROGEN PEROXIDE," Week of Sept 12, 1983. By Winifred Wirth

"HYDROGEN PEROXIDE RELEASE FROM HUMAN BLOOD PLATELETS," 1982. By Alessandro Finazzi-Agro, Adriana Menichelli, Mauro Persiani, Giuseppino Biancini, and Domenico Del Principe. Institute of Biochemistry, University of Rome, and CNR Centre of Molecular Biology, and

First Department of Pediatrics, V. le Regina Elena, Medical School, University of Rome, 324, 00161, Rome, Italy.

"EARLY ORIGINS OF HYDROGEN PEROXIDE USE IN ORAL HYGIENE" By Steven I. Gold, Associate Dental Professor of Dentistry, Columbia School of Dental and Oral Surgery, New York, NY 10032.

All of these, and other publications, may be obtained from:

ECHO

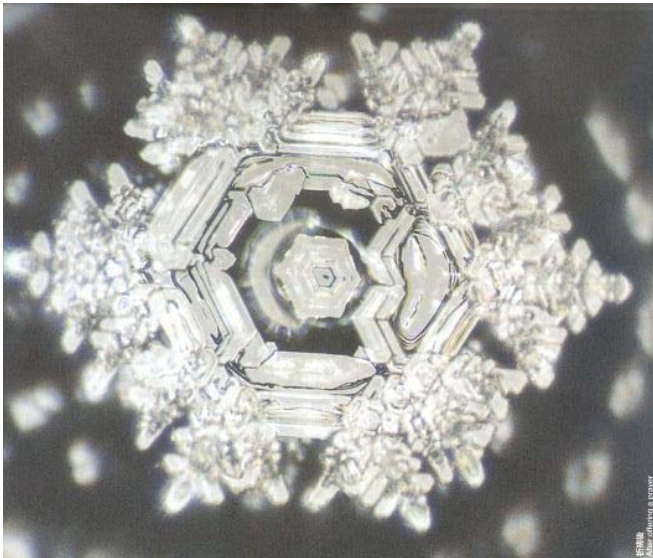
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The Truth

about

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"If people let government decide
what foods they eat and what medicines they take,
their bodies will soon be in as sorry a state
as are the souls of those who live under tyranny."
Thomas Jefferson

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**PASCA
PERS**

**Feeling
Healing with
Divine Love is
the key!**



ALKALINE WATER:

Why Kangen Water?...

The Miraculous Kangen Water

In fifteen years of practicing chiropractic and travelling around the world lecturing on the Gerson Therapy, I have been approached by dozens of people trying to sell me their “miracle” products which I have always refused and replied, “No, thank you, I already have my miracle products; chiropractic and the Gerson Therapy.”



In March of 2011, in Charlotte, North Carolina, that came to an abrupt end when I was invited by a pharmacist to lecture on the Gerson Therapy.

Two hours before I was to give my lecture, I sat in Billy’s pharmacy and watched one person after another walk in and fill up their water jugs with water that comes out of a special Japanese machine that Japanese people have been using for nearly 40 years.

As each person stepped up to fill their containers with this special water, Billy had them tell me their stories of miraculous recoveries from their different conditions by just drinking the water and, on occasion, utilizing various supplements specific to their condition.

Their stories were nothing short of shocking; High blood pressure gone within two weeks; people off their diabetes medication in four to six weeks; cholesterol lowered 100 points in six weeks; a woman on depression, anxiety and sleeping medications for SEVENTEEN years completely off of them in ONE month; a man scheduled to have both legs amputated due to diabetic gangrene cancelled his surgery after two weeks; malignant melanoma and basal cell carcinoma tumours gone in 4-6 weeks; cancelled knee surgeries, recovery from asthma, advanced skin conditions, one right after the other successfully treated of their condition. Furthermore, all the people who were overweight noticed an average weight loss of 10-20 pounds (4kg to 9kg) per month!

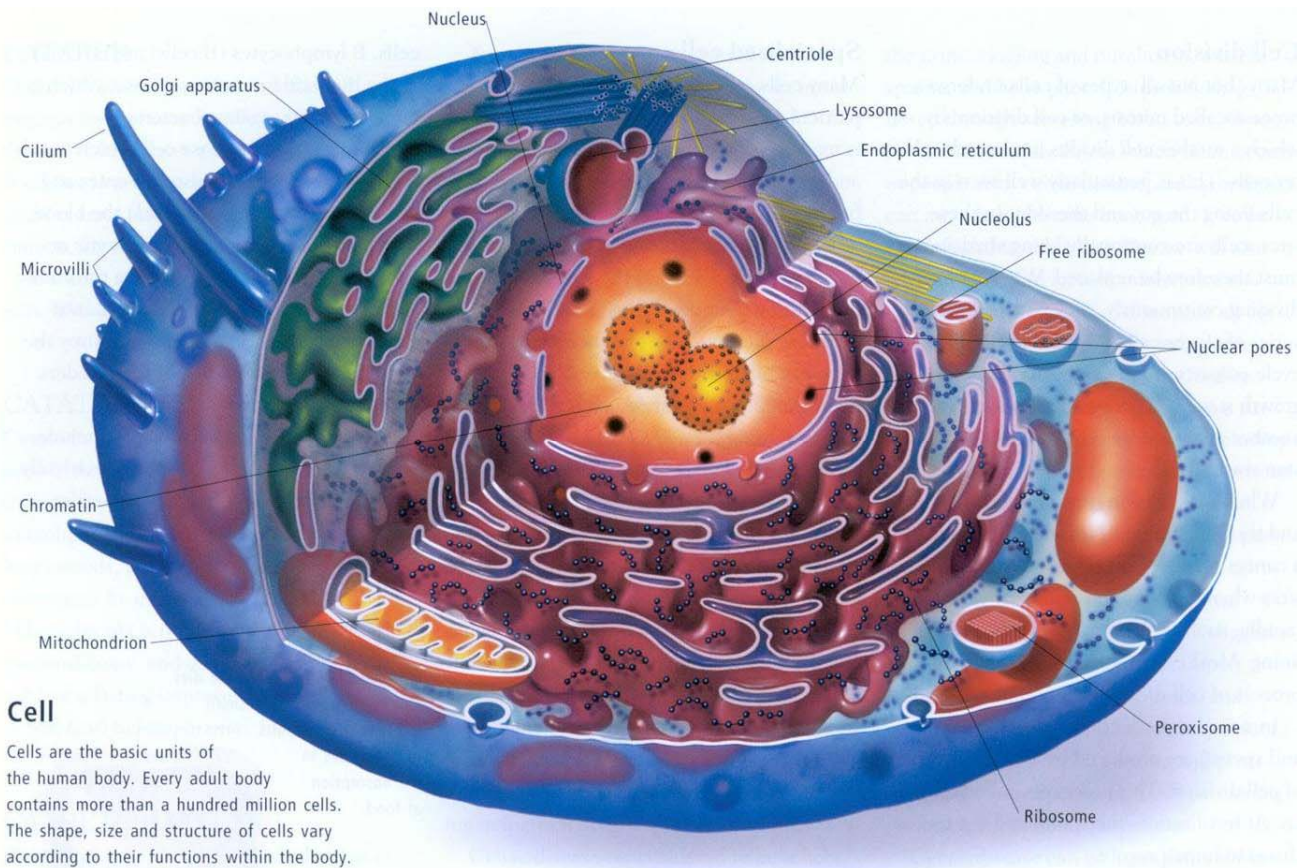
I was absolutely dumbfounded as these are results we typically see on the Gerson Therapy which requires drastic changes to diet and intense detoxification but, with these people it was just drinking the water and, perhaps, adding a few condition-specific supplements. Two weeks later, I spent a full day at Billy’s pharmacy and watched at least fifty more people come in and continue to tell me their incredible stories.

So what is the secret?

One of the main things that makes the Gerson Therapy so powerful is its ability to alkalinize the system; but what does that mean? When we talk about acidity in the body we are referring to the build-up of Hydrogen ions inside the cell (H+).

This causes a cascading of different events that are extremely harmful to the human body but the most dangerous result of the accumulation of hydrogen ions in the cells is that the cell will repel oxygen away from it because of the positively charged hydrogen.

All energy production (by definition; your metabolism!), which is essential for maintaining a healthy immune system, and most certainly for curing a sick and dying one, is dependent on oxygen. If there is no oxygen the mitochondria in the body cannot produce energy, your metabolism shuts down and your immune system weakens.



When we drink fresh pressed juices those juices break down to an alkaline ash in the body in the form of Potassium Hydroxide. The Hydroxide portion of that molecule (OH^-) literally enters the cells and reacts with Hydrogen (H^+) to neutralize the acidity through the formation of water (H_2O). That reaction is one of the greatest secrets to human health that exists. In today's society our diets and lifestyles have become so acidic that our cells can no longer meet the energy requirements necessary for basic immune system and metabolic functions which is why we are coming down with such deadly diseases and we are becoming increasingly obese.

The only way to begin reversing this acidity is through the mass consumption of raw fruits and vegetables or KANGEN WATER! Japanese and Russian scientists figured out a way to create water with MASSIVE amounts of Hydroxyl (OH^-) ions that can enter cells immediately and neutralize the acidity. Before Kangen water, the only way to accomplish that was juicing or vast amounts of fruits and vegetables.

Do not be fooled by bottled waters that claim to alkalize the system---THEY DO NOT! These bottled waters on the market, claiming to alkalize the system, are gimmick waters that have alkalizing agents added to them such as Sodium Bicarbonate, Potassium Bicarbonate or Potassium Citrate. These additives do give the blood and urine alkaline readings BUT they do nothing to neutralize the accumulated acidity inside the cell as they do not contain HYDROXYL ions. Again, the only thing that can do that is the Hydroxyl ion mentioned above which these alkalizing agents clearly do not contain.

Fortunately, there is nothing that can produce a greater concentration of hydroxyl ions than the Kangen water machine (not even a freshly pressed juice) which is why every single household in the United States must have this unit in their homes. It is the best investment, other than a juicer, that a family can make in its health--- hands down!

This is why 1 out of every 6 households in Japan has this technology in their homes. It is vital to human health. The other property of Kangen Water that gives it tremendous healing power is its micro-clustered properties.

Today, our water typically comes in molecular structures of 13-20 units. Molecular structures of that size make it difficult to penetrate cell membranes and deliver vital oxygen to the mitochondria.

The Kangen water machine literally breaks down the structure of the water to 6 molecular units. What does this mean? What it means, is two things. First, the ability of the water to penetrate cell membranes and deliver oxygen (and the powerful hydroxyl ions of Kangen water) is exponentially greater.

However, equally important, is that micro-clustered water is able to penetrate, breakdown and utilize nutrients on a much greater scale. It will literally dissolve supplements you take into your body in minutes. This can be demonstrated over and over again using a tea bag. If you take any tea bag and use tap and Kangen water at room temperature you will see the following results: when putting the tea bag in room temperature tap water for 30 minutes nothing will occur. After 30 minutes, no tea will be extracted from the bag as we obviously know we must boil water in order to extract the tea from the plant. With Kangen water, however, immediately upon submerging the bag into the water you have a FULL-STRENGTH cup of tea. It is truly miraculous. Not only that, you can dip that tea bag into TEN cups of Kangen water and get TEN FULL-STRENGTH cups of tea with ONE tea bag! It is nothing short of shocking.

The same thing occurs when this water is utilized with supplements. The supplements are immediately dissolved and utilized by the body. This is why you cannot drink the 9.5 PH Kangen water when you take medications. It will dissolve and absorb the meds too quickly. You must take meds with the 7.0PH water created by the machine.

Again, this is just yet another miraculous property of this machine that is changing people's lives. It is alkalizing the system and delivering vital oxygen and nutrients greater than anything available today.

Kangen, in Japanese, literally means, "BACK TO ORIGIN." There are still five places on the planet today where people line up to fill their water jugs with water similar to what is coming out of the Kangen Water System. Those 5 places are; Lourdes, France, Tiacote, Mexico, Nadan, India, Nordenau,

Germany and the Himalayan mountains. You could travel to those places and fill your water jugs with the same, high-powered water. Wouldn't it be cheaper, however, to have a Kangen water unit in your home?

Not only does the Kangen water unit produce the miraculous healing properties above, but the machine's capacity to produce EIGHT different PH levels gives it a myriad of other household and cosmetic uses specific to each varying PH. Here is a list of those uses at its varying PH levels.

PH 8.0-9.5: This is the PH that people classically use to drink and transform their health but here is a list of its other uses:

1. To prevent hangovers before going to bed.
2. Brewing green tea, coffee, English Tea gives it a mild flavour and wonderful colour.
Green Tea: Prevents tannins in the tea, gives it a rich colour and eliminates the bitter aftertaste.
Coffee: Improves aroma and colour while obtaining a FULL, RICH taste with only HALF the amount of beans normally used.
3. Add to whisky for a smoother, milder flavour: Whiskey is highly acidic but diluting it with Kangen water will help prevent hangovers and make it taste much smoother! The same will occur with Sake, Beer and other spirits
4. Preparing **SOUPS:** Kangen water will draw out the flavour of the soup stock even when little flavouring is used. Its dissolving properties, mentioned above, will draw out its flavours!
5. Add to seasonings and condiments: use 1/3-1/4 the usual amount of soy sauce and other condiments by diluting with Kangen Water.
6. **BLANCHING:** Green vegetables in Kangen Water will preserve their vibrant green colours.
7. **MEATS:** If you soak LIVER, MUTTON and other meats with strong odours for 30 minutes it will drain off the blood and reduce the odour.
8. **Heat Conduction:** Kangen water boils quicker cutting down on utilities and cooking time.
9. **Watering Plants and Flowers:** Use PH 9.0 to extend the freshness of plants and restore the health of sick plants!!! **** NOTE**** Some plants like Roses and Blueberries favour an ACIDIC environment so dilute their water by 300%.
10. **Seed Germination:** Kangen water stimulates germination and improves seedling development.
11. **PETS HEALTH:** Your animal's health will improve dramatically. Unpleasant body odour will decrease as well as the odour of their faeces and urine.

12. **DYEING CLOTHES AND CRAFTS:** Vibrant colours are obtained when using Kangen Water.
13. **ANTI-AGING: This water reduces free radicals and has been acclaimed as FREE RADICAL WATER.**
14. **EXPONENTIALLY enhance your supplement protocols:** The micro-clustered properties of the Kangen water give it the ability to dissolve supplements in your body and carry them to your cells with an uncanny capacity. Anyone who uses or recommends supplements will benefit greatly from the addition of Kangen water. Practitioner's clinical results will be greatly enhanced.

PH 4.0-6.5 (BEAUTY WATER): Women love this water for its toning and firming of skin.

1. **Add to Bath Water:** Keeps your tub free of rings and keeps skin beautiful.
2. **For washing your face: astringent properties** are effective in toning and firming your skin. Pat and leave the skin dry. It is also an excellent toner after shaving.
3. **Hair Care: Use instead of rinse:** Reduces annoying tangles and brings out a radiant shine.
4. **Use in the rinse cycle of your washing machine:** Soaking in acidic water before the spin cycle will soften your clothes naturally. No more toxic fabric softeners.
5. **PET CARE:** Great for grooming your pet: Brush with acidic water to obtain a soft and shiny fur.
6. **Housecleaning:** Remove dirt from hardwood floors, ceramic tiles, without leaving a sticky residue.
7. **FOR POLISHING:** Polish mirrors, eyeglasses, glass objects and windows to a high sheen.
8. **WASHING DISHES:** Dishes and glasses will come out sparkling clean.
9. **FOR REMOVING TANNINS FROM TEA CUPS AND CLEANING BURNT POTS AND PANS:** To remove stains, grimes and grease leave it to soak in water for 24 hours.
10. **For frozen foods:** Spray foods with acidic water when freezing so that foods like fish and shrimp do not lose their flavour when thawed.
11. **BOILING EGGS:** Even if the egg cracks during cooking, the egg yolk will not leak out of the shell!! You will also find that eggshells peel off very easily.
12. **In batter for fried foods:** Fried foods will turn out nice and crispy, not oily, even when left to sit for extended periods of time.

13. **For washing and preparing fruits and vegetable containing ANTHOCYANINS:** The vibrant colours of cherries, plums, grapes, strawberries, red cabbage, eggplants, asparagus, etc...will not change when washed and prepared with this water.
14. **COOKING BEANS:** Beans will cook to perfection using this water. Acidic water will speed up cooking time so be sure not to overcook.
15. **BOILING PASTA:** Boils pasta to an **AL DENTE** consistency

PH 11.0-11.5(STRONG KANGEN WATER)

Strong Kangen Water is not suitable for drinking even though it is a powerhouse of anti-oxidant activity. It contains small amounts of sodium hydroxide making it a powerful cleaning agent. It is the most potent degreaser available and will effectively degrease restaurant grills better than the leading degreaser PURPLE POWER. It is also a potent disinfectant

1. ****Cleaning fruits and vegetables**:** This is 11.5PH's greatest use: Today, pesticides are petroleum-based chemicals with high mercury residues that CANNOT be washed off by tap water.

On the contrary, when washed with tap water, loaded with chlorine and fluoride, the pesticide will actually ABSORB the chlorine and fluoride INTO the fruit or vegetable. This can be proven by testing your water for chlorine and fluoride before and after washing your fruits and vegetables. After washing, your tap water will be TOTALLY free of chlorine and fluoride. Where did it go?

It went straight into the fruits and vegetables and the petroleum-based pesticide it is coated with. Take 11.5PH Kangen water and literally watch the petroleum-based residue drip right off. Try this experiment at home. Take 11.5 Kangen water and submerge a bunch of cherry tomatoes in it. Also take tap water and do the same thing. Wait 15 minutes and take the tomatoes out of both waters. Your 11.5PH water will be filthy dirty with the pesticide residues and your tap water will be as clean as a whistle; MINUS THE CHLORINE AND FLUORIDE. Your 11.5PH tomatoes will taste delicious while your tap-water washed tomatoes will taste awful. This alone is a reason why you should have a Kangen Water System in your home.

2. **Cleaning cutting boards and dishcloths:** This is due to the potent anti-bacterial properties of the 11.5PH water.
3. **DISH WASHING:** Use less detergent when washing. Save on water bills as well as 1/3 to 1/4 of the water usually needed is adequate to rinse off dishes.
4. **Cleaning:** Good for cleaning oil and tough grime from vents and general cleaning in the kitchen. Also great for getting out stubborn toilet bowl stains.
5. **Stain Removal:** The extra-strength absorptive powers of this PH will remove coffee stains, soy sauce and oil stains with ease.

6. **Rinsing Fresh Fish:** Will eliminate the strong fishy odour and flavour from fish.
7. **Tenderizing meats:** The BEST, MOST NATURAL way to tenderize your meats (**9.5PH** also can accomplish this).

STRONG ACIDIC WATER---2.5PH KANGEN WATER

****In the food Industry strong acidic water is regarded as having EXCELLENT disinfecting properties and can be substituted for alcohol and chlorine solutions.****

****In the medical industry it is widely used to prevent the spread of infection (INCLUDING MRSA), general cleaning and washing of hands. For this purpose even Sheraton Hotels Worldwide has instituted the cleaning of its rooms with 2.5PH water instead of the expensive, deadly, toxic chemicals used today in most hotels and households.****

****In the agricultural industry, the water has been received with great interest for its role in reducing the amount of agricultural chemicals needed.****

****Use as a compress over cuts and wounds to insure rapid healing and prevent infections----can also be used over external tumours by applying for 3-4 weeks straight.****

****Soak diabetic ulcers and gangrenous lesions 15 minutes per evening for two to three weeks to see miraculous results of these lesions disappearing.****

As you can see the miracles and uses of Kangen water are extensive and can save people from tremendous amounts of suffering and pain. It also has a MYRIAD of household uses that can save someone countless dollars annually.

One out of SIX households in Japan has this technology for obvious reasons. It has been in this country for only 7 years and is already becoming a household name even though very few people have yet to truly understand what it is capable of.

To own a Kangen water unit is not that difficult to achieve. The price for a unit is US\$3980.00(plus your state tax rate) and comes with a 5 year warranty---though units typically last up to 20-25 years.

Also visit **[WWW.PASCASHEALTH.COM](http://www.pascashealth.com)** Library section for:

<http://www.pascashealth.com/index.php/library.html>

Pascas Care – The Truth About Cancer

Pascas Care – The Truth About Cancer – Complementary Modalities

Pascas Care – The Truth About Cancer – Exploring Pathways

Alkaline Water Benefits

<http://www.lifeionizer.com.au/water-facts/alkaline-water-benefits.html?leadsource=MKTCAMP319&gclid=CIroyIbPkbUCFYdZpQodiB4AWg>

Restores the pH balance in the body.

1. **Alkaline water** can neutralize the acidity of the body caused by stress, modern diet, air pollution, and many bottled waters.
2. A higher pH in the body reduces the need for fat and cholesterol to protect the body from damaging acids.
3. **Alkaline water** is negatively charged and an "antioxidant." Antioxidants reduce cellular and DNA damage caused by free radicals.
4. Negatively charged alkaline water creates energy by giving up ions to positive ions.
5. **Alkaline water** tastes lighter with a pleasantly sweet flavour.
6. Improves the body's absorption of essential nutrients.
7. Improves body function by cleaning your cells from the inside out.
8. Using water with a higher pH level improves the taste of beverages and food.
9. Improves your immune system function to help you fight diseases.
10. Cooking with **alkaline water** improves the taste and quality of foods and using acidic water when boiling eggs improves their quality.

Provides superior hydration and nutrition at the cellular level.

11. Ionization breaks clusters of water molecules into smaller micro-clusters, reducing the size of the clusters from the 11-16 molecules in standard water to just 5-6 molecules in ionized water. Smaller clusters pass through cell walls more easily and hydrate the cells more quickly.
12. Faster hydration allows the body to regulate its temperature more efficiently.
13. Micro-clusters of mineral-bearing ionized water also deliver nutrients more efficiently to the cells

Detoxifies cells more efficiently than standard drinking water.

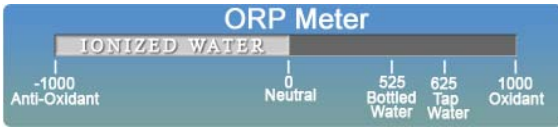
14. Due to their smaller size, micro-clusters of ionized water molecules are expelled from the cells more efficiently, carrying damaging toxins out of the cells and flushing them out of the system.
15. The negative charge of ionized **alkaline water** will attract the positive ions of acids and neutralize them within the body.

About pH and ORP (Oxidation reduction potential)

Drinking water should have a negative ORP measurement.

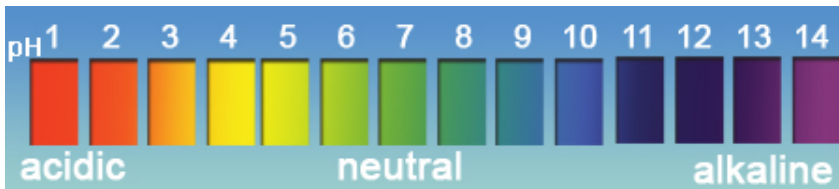
1. The value of ORP quantifies the amount of energy in water by numbering electrons.
2. ORP values are expressed as millivolts, or mV.
3. Drinking water should have a negative mV number of at least -50mV.
4. Water with an ORP of -50mV will have enough negative ions to attract and neutralize excess acids

Drinking water should have a pH level at or above 9.5.

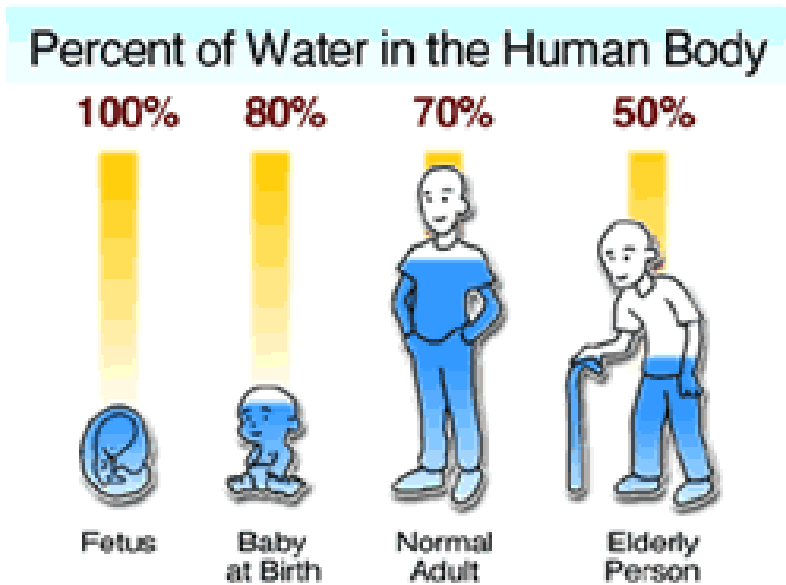


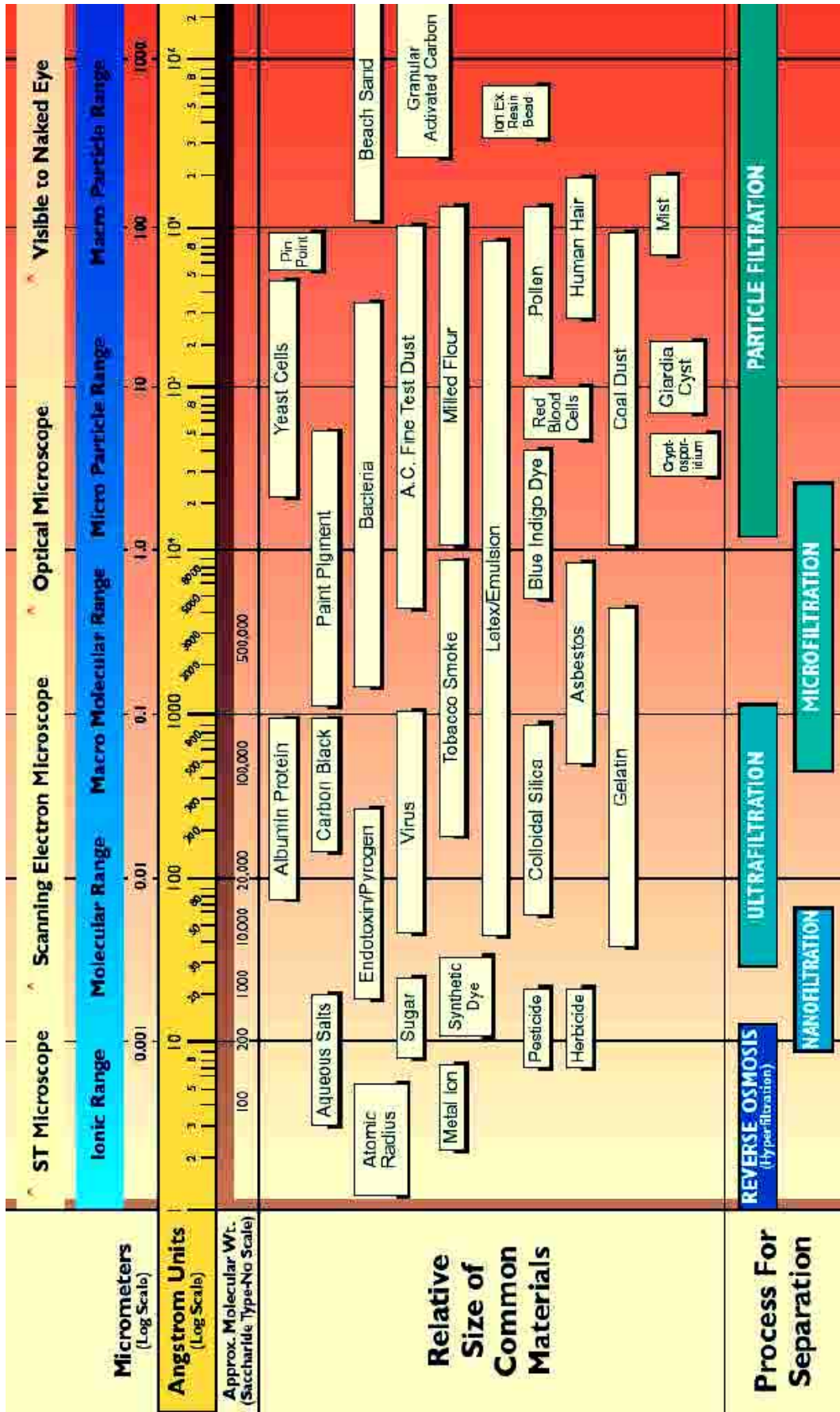
pH is the measure of the acidity or alkalinity of a solution. First introduced by Danish chemist S. P. L. Sørensen in 1909, pH stands for "power of hydrogen."

1. Pure water at 25 °C has an equal concentration of dissolved hydrogen ions (H+) and hydroxide ions (OH-) and is considered "neutral."
2. pH measures the concentration of hydrogen and hydroxide ions on a scale from 0 to 14, with 7.0 considered neutral.
3. Solutions with a pH level below 7.0 are acids.
4. Solutions with a pH level above 7 are bases (alkaline).



The healthy human body contains both acids and bases. The organs maintain the pH of arterial blood between 7.35 and 7.45. To counteract the amount of acids consumed by eating, drinking, and breathing, the body will take alkaline substances from body parts, such as bone. By drinking alkaline water, you are able to counteract the intake of acids and help the body regulate its pH in a more healthy way.





Medical Ozone Therapy And Medical Ozone Generators:

<http://www.medicalozone.info/>

The moment you hear the word Ozone, your brain compels you to think of an imaginary and pervasive barrier in the stratosphere, relentlessly protecting you from the harmful UV rays and making Earth a much better place to live in. But, when you behold the terms “Medical” and “Therapy” alongside, your perception gets highly deluded. However think of Ozone as a life-saving resident shield, and the term Medical Ozone Therapy lies on no different lines.

Ozone Therapy uses Ozone (O_3), which is an energized form of Oxygen (O_2) to treat lethal and degenerative diseases, some of which include Alzheimer’s disease, Cancer, AIDS, herpes and more.

The concept has failed to gain limelight following FDA’s lack of approval claiming that Ozone is a highly toxic gas. It has never found a safe and demonstrated application in any medical therapy so far.

However, Ozone Therapy has found profound recognition in many countries across Europe and with a lowest level of side-effect (0.00005), it stands distinctively as the one of the most remarkable advancement in medical history in almost a decade. No offence FDA, whatsoever.

If some reliable sources are to be believed, another prime reason for attenuation of this conception is the relatively moderate cost of production of Medical ozone machines. Apparently, FDA committee amalgamates representatives from all leading pharmaceutical companies. Hence, rhetorically speaking, how can you expect FDA to dig its own grave by approving a more effective and cheaper product? *Money often costs too much.*

Anyway, so how does it work? Well, Ozone when subjected to ultraviolet light or electric current splits itself into charged O^* particles, which are highly unstable and reactive. They are quick enough to oxidize substances such as bacteria or viruses. **Thereby**, ozone has found wide application in different water-purification techniques too.

This is exactly the principle which is used in treatment of highly degenerative diseases. According to Dr. Otto Warburg (Ph.D., Nobel Prize winner, 1966), cancer cells live on fermentation rather than respiration and hence, the absence of oxygen at the cellular level is the prime reason for their growth. Subsequently, there has also been laboratory evidence to the above mentioned hypothesis.

Hence, by oxidizing blood, harmful bacteria and viruses can be removed. Ozone therapy has been proven to be effective on lethal diseases like Cancer and AIDS. Ozone is injected into the body either



through *rectal insufflation* in which ozone gas is absorbed into the body through major arteries and the other method is *autohemotherapy*, which involves oxidation of blood by removing it from the patient's body and thereby injecting it back. As ozone affects only organic tissues and materials, it affects only the harmful bacteria and viruses present in the body. Quintessentially, it does no harm to the blood tissues. It attaches itself to the toxic materials present in the body, thereby making it inactive. The harmful cells are soon dissolved and flushed out of the system.

The bottom-line:

However, the use of ozone in medical treatment would be highly debatable as the toxicity of the ozone is something which can be intangibly overlooked. Inhalation of ozone can trigger some deleterious effects on the respiratory tract and lungs. Besides, induction of ozone in blood triggers production of ROS (**reactive oxygen species**) which helps the system in many ways.

Nevertheless, the utility of any product depends on the usage rather than its implicit properties. Ozone, when used in appropriate proportion, subtle medical supervision and sophisticated machinery can be more effective than many other pathological treatments. That being said, there has been less research into this field mainly due to lack of interest and acceptance regarding the effectiveness of this form of therapy. As per a recent survey, there have been 5 million ozone treatments worldwide and of which, a staggering 96% were acknowledged to be effective. One may wonder as to why so much cynicism then. *After all, isn't it better to light a candle than to curse the darkness?*

RHP Ozone Therapy

What is Medical Ozone RHPTM ?

(Not approved by the FDA)

Ozone is O₃; three oxygen molecules. Simply stated, Medical Ozone is a healer when applied to the human body in a safe effective manner. It eliminates pathogens, cleanses the blood stream, which cleanses the liver and kidneys and

other organs. It destroys cancer and AIDS on contact. It travels everywhere in the blood stream even to the brain. Undoubtedly the best and safest form of Medical Therapy.

RHP stands for Recirculatory Haemoperfusion™



It is a technique of treating the entire blood stream with Ozone. With this technique, the patient's blood is first drawn from a large calibre vein through the use of a medical pump. This blood then goes through a micro-filter which filters the unwanted things in the blood. At this point the blood is bathed in ozone and then this ozonated blood is re-perfused into the body. This process continues for up to one and a half hours. During this time, the entire volume of blood in the body is filtered, purified and enriched with ozone before being returned to the body.

No, we do not take out all the blood, at once, and then treat it, and return it to the body. A small amount of blood flows out from one arm, to the filter / ozonator, and then flows directly back into a vein in the other arm. Only 300 mls. of blood ever leaves the body at one time.

It is a life saving modality which reverses, or eliminates, chronic and acute illness, in a non-stressful manner, at a surprisingly low cost. It is the best Medical Ozone Therapy ever devised by anyone anywhere to treat the blood.

Scientific Explanation

In a very brief overview, the scientific basis of *Recirculatory Haemoperfusion (RHP)*TM and its inter-related technologies, can be described as the process where pure molecular oxygen (O₂ as the prime carrier, through unique processes O₃ ~ Ozone) is circulated in the bloodstream of a patient through highly specialised and sophisticated molecular oxygen technology's, which includes *RHP*TM (a dialysis type method where the patient's blood is treated in an extra corporeal loop before re-infusion to the patient over repeated 'cycles' in the same treatment session).

This device synthesises the combining ratios of stabilised concentrations of O₂, O₃ and other oxygen molecules, which is achieved by passing pure medical grade oxygen (pure O₂), through a Corona Discharge, which at specific frequencies and Hertz settings, creates the stabilised forms of recombinant oxygen atoms and then injects the '*Enhanced Oxygen*' into the bloodstream in a precisely (computer chip control) measured dosage and flow rate, time to body weight and other medical therapy treatment parameters, for circulation through the patient's own blood throughout all the patients veins, arteries and capillaries, (an adult has over 96,000 kilometres of blood vessels, which the heart circulates completely {whole blood volume} every sixty seconds).

'*RHP*TM' uses a highly negatively charged molecule that naturally attaches to the patient's haemoglobin, (red blood cells), which in turn transports the '*Enhanced Oxygen*' throughout the bloodstream, and being highly attracted to positively charged diseased cells, the haemoglobin and '*Enhanced Oxygen*' molecules react immediately upon encountering these diseased cellular structures. '*Enhanced Oxygen*' molecules zone into these infected areas, whereupon, on contact with diseased cells, '*Enhanced Oxygen*' reacts by ionisation, oxidation, and by restructuring the cell's protein structures, thereby eradicating any diseased cells, and exposing virally infected cells which may mimic any healthy cell's protein coating, and killing bacterial, fungal, protozoal, parasitic and/or other micro-organisms in the bloodstream, which the oxygen molecules encounter. '*Enhanced Oxygen*', through these delivery devices, reaches all body organs and perfuses into all body tissue, including the bones and crosses the blood / brain barrier very effectively. Many mechanisms are involved which include low level oxidation, ionisation, denaturing of cell protein structures and phili-electric interchange to healthy cells. '*Enhanced Oxygen*' has the ability to systemically saturate the host, cellularly purifying the patient and stimulating our own cellular

regeneration mechanisms. In some cases, such as tumours and Cancers, or highly topically infected areas, concentrated 'Enhanced Oxygen' may be directly applied by injection into the affected area, tumour or body.

In fact, *RHP™* is such an effective ozone therapy treatment system, that it must be professionally administered and managed, so as not to induce any unnecessary side effect on the patient. The process is so effective that specific treatment applications guidelines have to be followed thus allowing the eradication of the diseased cells to be processed at a rate compatible to the patients elimination systems and at the same time allow the patients regenerative systems to replace and compensate for lost cells, (especially the cells of the major life support body organs), whilst boosting the patient's own immune system to suppress any re-infection.

This form of Ozone Therapies is followed by extensive blood sampling and laboratory work, pre and post therapy, which accurately depicts the changing status of the patient's medical condition between therapy sessions, and allows professional medical personnel to monitor and adjust the therapy procedure as necessary, to meet the patients specific needs. Therapy treatment sessions themselves are typically 60 minutes or less, up to 120 minutes, and this incredible therapy allows the patient to arrive, take treatment, and immediately carry on their normal lives after treatment. As a total cell and body purification system, this therapy is incredibly practical, and will benefit almost any patient, irrespective of the seriousness of their infection or medical condition as a complete detoxification system.

RHP™, is a significantly improved, advanced and perfected form of conventional Ozone treatments, which have been used in Medicine since before the 1920's, and which was originally pioneered by many famous German scientists (Otto Warburg is the only man ever to win the Nobel Peace Prize in Medicine twice, for demonstrating that Cancer is an anaerobic growth, i.e., it does not need oxygen to survive and grow). *RHP™*, the nemesis to all anaerobic forms of infection, is a massively improved form of conventional Ozone Therapy as used in Medicine,



since every time a larger molecular oxygen structure can be formed and successfully stabilised, the medical benefits which the patient experiences, exponentially increases.

RHP™ Oxygen Therapy, acts essentially as a full blood and body / cell purification system, for its deployment and application, in eradicating chronic and severe medical diseases and conditions, including HIV / AIDS and various Cancers, amongst a host of other applications in Medicine. This therapy and its inter-related technologies have been extensively investigated, innovated, perfected and researched by Ozone Research Group Inc., who have developed and established scientifically over the past 18 years, *RHP™ Ozone Therapies*, to ensure that the maximum benefit is derived from the *'Enhanced Oxygen'* molecules, and to eliminate any deleterious effects, as experienced by the patient. This therapy is a fully operational medical system, which is thoroughly viable, efficacious and effective alternative medical therapy option. This therapy is a very affordable and far cheaper in comparison to current conventional pharmaceutical and surgical medical options available today.

Several Research Protocols have already been initiated internationally to establish the efficacy and effectiveness of this therapy, which opens up an entirely new field of Medical Science. We are set to revolutionise both curative and palliative medical therapy in an unprecedented manner, without the drawbacks, side-effects or complications associated with conventional chemical / pharmaceutical medical therapy options and the trauma / risk of surgical intervention, complications, rejection or subsequent infection / contamination.

This therapy does not pretend to be the ultimate panacea to all infection and medical conditions which Mankind suffers from, thereby making all other forms of Medicine to date obsolete, however, it is a dramatic advance and a highly viable alternative medical therapy and Health Care option, which can work side by side all other forms of conventional Medicine. In some dramatic cases this therapy has already achieved in its own right what no other form of Medicine has yet been able to achieve, with respect to HIV / AIDS, Cancer, Ebola, Cardiovascular disease, CMV, EB, Hepatitis 'A through to F', Parkinson's and Alzheimer's disease and a host of other conditions.

For millions upon millions of us with medical conditions which conventional medicine cannot cope with, *'RHP™ Therapy and its inter-related technologies'* is a highly competitive, supplementary and complementary alternative therapy option to our health, well-being and resolution of our medical conditions, as contained and managed by present conventional medicine, which *'RHP™ Therapy'* can dramatically assist and reverse. This therapy remains possibly our greatest opportunity in Medical Science today.

*****TRAINING NOW INCLUDES THE USE OF AMINO ACIDS, GLUTATHIONE, VITAMINS AND ALL NECESSARY INGREDIENTS TO TONIFY AND CURE PATIENTS OF VARIOUS ILLNESSES, AS WELL AS FURTHER INSTRUCTIONS TO TREAT CANCERS**

SAFE or SIMPLE ACCESS FLUID EXTRACTION

(Approved by the FDA)

SAFE is a device-based therapy intended to remove extra fluid from blood and body; Simple Access Fluid Extraction (SAFE) as the name implies. Patients with heart failure typically are treated with various medications, including angiotensin-converting enzyme inhibitors, beta-blockers, diuretics, and

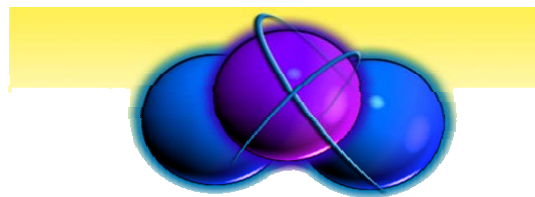
inotropic drugs. Although these drugs don't stop disease progression, they may reduce symptoms and improve functional capacity. Over time, however, some patients stop responding to these therapies.

SAFE, a process that removes fluid from the intravascular compartment, can help ease symptoms for these patients. It may even help patients respond again to conventional drug therapy.

During SAFE, the patient intravascular fluid remains stable, as fluid shifts from extravascular space that lost from the vessels. This reduces oedema and third spacing. But because fluid is not removed from the vascular compartment any faster than it can be recruited from the peripheral tissues, patients do not become hypotensive, the plasma refilling rate is adequate to prevent hypovolemia. The patient's heart rate, blood pressure and serum electrolytes also remain largely unchanged.

In general, SAFE improves the quality of life with the ceasing of anginal pain and increase of functional abilities. We are proud to say that SAFE is a truly high quality Malaysian invention by a team of medical experts and engineers.

We would also like to dedicate our sincere appreciation to the 1998 Nobel Prize Winners in Physiology or Medicine for their discoveries concerning nitric oxide as a signalling molecules in the cardiovascular system- Robert F. Furchgott (SUNY Health Science Center Brooklyn, New York, USA), Louis J. Ignarro (University of California School of Medicine) and Ferid Murad (University of Texas) for their discoveries concerning the role of nitric oxide as a signalling molecule in the cardiovascular system. These medical experts have given us the inspiration and encouragement to come up with our invention SAFE.



OZONEUNIVERSITY.COM
the best just got better

Feelings first

LIVE FEELINGS FIRST

<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com

What you are seeing here is the very dark, almost black, unhealthy blood as it leaves the body of the patient. The other hose with the red blood is what it looks like after it is treated with ozone. You can see the dramatic change in the colour of the blood. It is now clean and is the colour of healthy blood and is ready for reintroduction to the blood stream.



How to Choose Medical Ozone Generators

Ozone therapy is a method of treatment that has been acknowledged by many leading countries of the world. There are numerous machines by means of which this therapy is applied. Ozone generators are one of the prominent ones in this regard. But there are some factors that need to be considered when purchasing an ozone generator for the application of true ozone therapy.

Remember, any application is good as long as it is applied well. Ozone therapy is of no exception. If you want successful ozone applications, there are four vital aspects you should keep in mind. You need to understand and analyse these aspects and then decide. Study all the information, verify them, ask questions to yourself, and see whether you are fully convinced with the answers or not. Here are the four aspects:

1. First, the ozone weight to be used. It is best to leave that decision to the manufacturer because it is very natural that you will face difficulties with this. All or rather most ozone units are basically made the same.
2. Next would be the concentration of ozone that you are going to use and along with that the ozone mass transfer method. Both of these should be according to the manufacturer's suggestion. Although concentration and transfer also depends on type of therapy, disease, patient, etc...
3. Now we come to the generator itself. This selection is very important. Because by selecting a good one, you will be able to take the full advantage of any ozone application there is.
4. At last would be the safety aspect. Never ever neglect this aspect. It is well known that if ozone is handled well, it is a safe gas but still, precaution is required for maintenance as well as equipment malfunction and reliability.

Most clients / practitioners / therapists that get involved in this therapy are in dark when they try to select their choice of equipment or generator. If you follow some steps though, then equipment selection will not be as tough as it first seems to be. Here are the steps to purchasing good O₃ therapy equipment:

First of all, consider the technology. Remember, there are numerous ways of producing ozone gas. There are at least 700 patented ways in which ozone gas is produced. It is created by photocopiers, ink-jet printers; even tube type television sets can produce ozone. In fact, anything with high spark and air will produce ozone. But these and many others are not all useful and convenient from the client's point of view. The three most popular methods for use in therapy are:

1. UV method.
2. Corona ozone production of the plate type.
3. Corona ozone production of the tube type.

To expand further on these:

a) UV method

In this method, ozone is generated by ultraviolet light where oxygen passes by a UV tube. This is also how ozone is created in nature by the UV rays of the sun passing through the oxygen in the atmosphere. There are disadvantages to this method, namely that the maximum ozone production rate is two grams/hr per UV bulb related to the size of the bulb. As well, this type would give out approximately 10% of the average concentration available by corona discharge. It also takes a lot more energy to create the amount of ozone than with corona discharge. Lastly, these bulbs that are used for UV degrade over a short time and need to be replaced, but more importantly so does the concentration and volume of ozone produced making them truly ineffective for any medical ozone uses.

b) Plate method

This technology was first developed by the Russians and is now considered out of date. This involves generating a high voltage electrical discharge and then blowing air past it. As the air passes through the corona the oxygen molecules are temporarily separated into individual oxygen atoms and when clear of

the corona they start to recombine back into oxygen (O₂) and ozone (O₃). Almost all over the world, this technology has been superseded by the tube technology. Here are some of the reasons:

The plates are normally connected to the wires through an alloy solder. When Corona Discharge formation occurs, this system is at a very high energy state and results in a very high temperature. The combination high energy and high heat creates weakness in the solder and as a result, the joints of this solder would break up within a very short amount of time, this, in turn would cause the generator to fail. There are many other reasons, such as dust, humidity and so on... These types of generators therefore would not be best suited for therapeutical considerations and would be ineffective in sustaining a working class generator for use in Medical ozone technology.

c) Tube method

This is the most common of methods and widely used in all professional type generators. To date, this is so far the most reliable technology of them all. The technology consists of a dielectric that could be a combination of Stainless Steel (although the author does not recommend stainless steel be used due to its possible corrosion with ozone) and glass or ceramic. This method passes pure oxygen (medical grade is recommended) through the small gap between the dielectric and the applied high voltage in a tube. Oxygen ionization takes place within this gap and the formation of ozone takes place. This is, and should be the only method of ozone production for any type of medical ozone therapy. It is far safer and cleaner but also much more expensive than the two methods previously mentioned, especially if using hand-blown silica glass which is the most optimal substance to use as a tube in this process. The amount of ozone and concentration is normally based on the amount of oxygen fed into the tube so this, all in all is the best, safest and cleanest way to produce ozone for any medical application.

Please note that ozone also degrades rather quickly and there are two factors that would contribute in this, mainly heat and humidity. The system should have in place some form of cooling, whether it is air cooled or water cooled as it does create a tremendous amount of heat and the longer the system is running the more heat it produces. This is the issue with most professional ozone units as they can only sustain their concentration of ozone for anywhere from five minutes to thirty minutes. The author has found that most units tested are of this nature, when the unit is turned on it does what the manufacturers claims but as they run, the concentration values plummet and this would be an inefficient product to use in most professional settings where ozone needs to be consistently created at the right concentration, hour after hour.

Most of these variables need to be addressed by the industry to ensure efficient ozone production, but as there are no safeguards yet in medical ozone production, they have not been addressed as it is a costly proposal. I cannot stress this one point enough, when using an ozone generator for medical application; one must ensure that the generator is stable in its concentration because concentration is the paramount consideration in successful ozone therapies of any kind. All protocols established in ozone use have been based on time and concentration, without this, one does not only risk failure in therapy but as well puts the patient at risk.

We, at Ozone Research Group Inc. have known this to be the ultimate consideration in all forms of therapy and as such have ensured that any unit certified and built by us meets and surpasses these criteria. We would be more than happy to analyse anyone's ozone unit and report our findings to you,

the consumer, should you wish to send it to us for analysis so as to ensure that you do not use sub-standard equipment in your protocol. Please contact us should you require this service at info@ozoneresearchgroup.com

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“Survival, is no longer perceived to be the only end point. The goal is to improve, restore or preserve the quality of life.” -Dr. Ali

Feelings first

LIVE FEELINGS FIRST

RHP™ Ozone

These new Medical Generators are made to do any type of Ozone Therapy possible!

List of Uses

Recirculatory Haemoperfusion also known as RHP, Extra-Corporeal Oxidation and Ozonation also known as EBOO, Blood Bag Purification, Aquapheresis also known as Simple Access Fluid Extraction or SAFE, Direct Ozone Injection also known as DIV, Major Autohaemotherapy also known as MAHT, Minor Autohaemotherapy, Ozonated Blood Homeopathy, Ozonated Saline or Sterile Water Infusion, Intra-Muscular Injection, Prolotherapy or Joint Injection, Ear Insufflation, Rectal Insufflation, Vaginal Insufflation, Ozonated Enema Infusion, Ozonated Vaginal Flush, Direct Skin Sterilization, Dental Ozonation, Sauna Ozonation, Ozone Bagging, Spa, Pool and Jacuzzi Purification, Water and Oil Ozonation, Water Purification and Sterilization, Air Ozonation and Sterilization.



All of our units are made to order and can be tailored to meet your specific needs and applications. Company is certified by ISO:2008, The Malaysian Nuclear Association, The Malaysian University of Engineering.

Introducing the new portable Ozone Unit, half the price of the large unit but all the functionality other than Simple Access Fluid Extraction capabilities.



The personal Ozone Unit for the consumer that needs one for his own applications.



ALL UNITS CARRY A FIVE YEAR WARRANTY!

User Comments!

"It was tough at first, getting used to all the testing but after a while it became clear how to use these units, I run them constantly 10 hours a day with no issues"

Dr. RK

"The versatility of the units plus the consistent support options are what sold me, I couldn't be happier!"

Dr. AM

"My advice to those that listen is, if you want to do the most advanced, effective ozone therapy possible, you must have these units."

Dr. PB

I just bought my third unit, the first one is still running after four years."

Dr. JM

"Sadly, I had three units before this one where the manufacture said it was the same and some claimed even better, they are gone now and I have this ozone generator now, there is no comparison."

Dr. PC

Benefits Of Ozone Therapy

- Improved circulation
- Cell energizer
- Vitality booster
- Immune enhancer
- Skin purifier
- Oxygenates haemoglobin
- Neutralizes acid
- Liver cleanser
- Kills parasites
- Combats chronic fatigue syndrome
- Corrects dizziness
- Blood purifier
- Relieves muscle aches
- Builds muscle
- Combats depression

- Neutralizes stomach acid
- Overcomes weakness
- Corrects memory loss
- Enhances immune system
- Fights bronchial problems
- Prevents tumors
- Decomposes plague
- Increases cellular vitality
- Boosts energy
- Fights flu
- Releases tension
- Burns fat
- Protects against stroke
- Kills virus
- Blood booster
- Speeds healing
- Improves digestion
- Clears out brain fog
- Cleans mucus
- Kills Candida
- Improves heart function
- Fights infection
- Prevents sudden heart attack
- Kills bacteria
- Relieves angina
- Heightens alertness
- Prevents colds
- Stops cancer cells
- Neutralizes chronic hostility
- Calms nerves
- Speeds recovery
- Oxidizes poisons
- Breaks up cholesterol
- Eliminates lactic acid
- Speeds athletic recovery
- Improves mental quickness
- Strengthens immune system
- Improves vitamin uptake
- Improves mineral absorption
- Destroys harmful microorganisms
- Oxidizes moribific material
- Balances acid/alkaline
- Decreases stress
- Improves amino acid utilization

<http://www.youtube.com/watch?v=78Ko3vzqQhQ&list=UUHXohjlsdH0lb1H0PrXMIUw>

Ozone Therapy and Clearwood, Herpes Cure

- Improves brain function
- Oxygenates pancreas
- Kills bad colon bacteria
- Ignites carbohydrates
- Help supplements to work better
- Burns off excess sugar
- Enhances mood
- Purifies liver
- Oxygenates spleen
- Improves mental stability
- Speeds up faulty metabolism
- Clears out dirty fluids
- Detoxifies the lymph system
- Prevents degenerate diseases
- Prevents premature aging
- Prevents irregular heartbeat
- Prevents gangrene
- Prevents peripheral vascular disease
- Fights herpes
- Kills worms
- Fights emphysema
- Prevents angina pain
- Prevents shingles
- Prevents fever blister
- Prevents asthma
- Prevents lymes disease
- Fights parasitic infection
- Fights fibromyalgia
- Prevents Epstein barr
- Prevents cluster headaches
- Prevents cardiac arrhythmias
- Disburses heavy metal toxicity
- Prevents allergies
- Neutralizes environmental toxicity
- Prevents Alzheimer's
- Prevents constipation
- Prevents nerve related diseases
- Prevents gastro intestinal disorders
- Prevent ms
- Detoxifies every cell in the body

[http://www.youtube.com/watch?v=m8ULMY7rAvs
&list=UUHXohjlsdH0lb1H0PrXMIUw](http://www.youtube.com/watch?v=m8ULMY7rAvs&list=UUHXohjlsdH0lb1H0PrXMIUw)

Medical Ozone Therapy Testimony With Mr. Chin

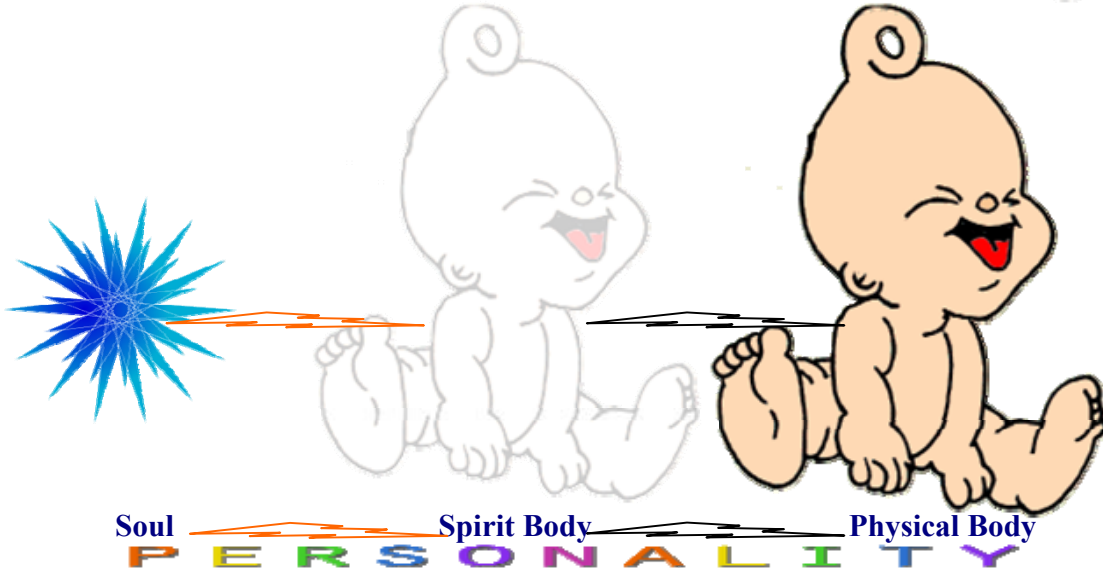
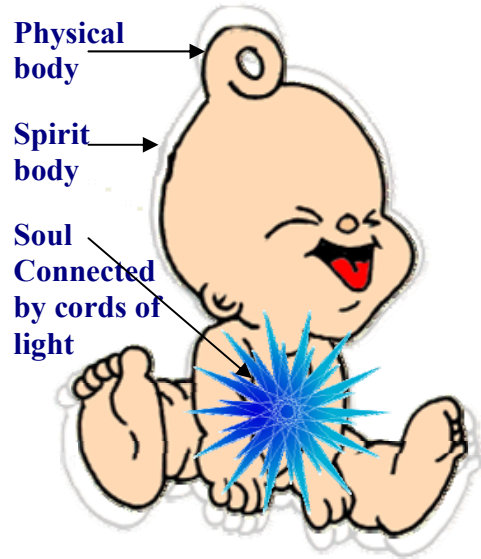
CureZone
Educating instead of Medicating



In this physical world, many people can see the auric field around one's body, this is the reflection of the spirit body which remains attached to our soul for all time. The soul is not visible to us, nor is it visible to the spirit person with its enhanced senses. The soul, depicted below, reflects through the spirit body which continues as our vessel for future growth upon the separation from our physical body. The separation of the spirit body from the physical body results in the death of the physical body.



A newly individualising soul is just a tiny invisible spark.



The life force for the spirit body and the physical body is via the soul. The soul is connected to the spirit body via cords, and in turn, the spirit body is connected to the physical body by cords of light. Should the cords between the spirit body and the physical body be disconnected then the physical / material body dies. The physical body is like our starting point for learning and experiencing our being. Our learning and growth experience then continues through the existence of the spirit body.

By living true to ourselves, true to our feelings, we are living true to God. It's that simple.