

The Power of Peroxide

You know, every once in while I want to send you some information that is simply practical and does not stretch your brain into a new dimension. The old saying, [What is Old is New Again](#), is true. Many old wives tales about healing are coming around again and are not only working, but are **very inexpensive and worth your attention!** Right now is a good time to go back to good old common sense and back to basics.

I wanted to share with you some little secrets that I have used while traveling that have saved me from getting sick when being exposed to other sick folks. This secret was shared by my personal Family Doctor who has been in practice for over 25 years. I have been using these ideas for years and stay amazingly well, no matter where I am in the world- plus these secrets have saved me from having to pay doctor bills.



ARE YOU READY??? The secret is a plain little bottle of 3% peroxide that you can get for under \$2.00 at any drug store. Now you can save yourself time and money by giving these suggestions a try.

When I feel a sore throat or cold coming on, I take 1/2 cup of water and couple of capfuls of peroxide and gargle with it. I do this until I feel normal again. I swear to you this one little tip has saved me many times from becoming ill! I always travel with a small bottle of this stuff in case I need it.

Hope the Following Tips will be useful to You!

Lee Milteer

1. **For Preventative Care during cold season:** Take one capful (the little white cap that comes with the bottle) and hold in your mouth for a couple minutes daily, then spit it out (*I do it when I shower*). One of the benefits is that your teeth will be whiter without expensive pastes. Use it instead of mouthwash (*Small print says mouth wash and gargle right on the bottle*). You can also add a few drops into your ears while in the shower and that helps keep bacteria out of your system.
2. **Let your toothbrushes soak** in a cup of Peroxide to keep them free of germs after being ill with a sore throat or cold. **Or just do this once a week to keep them germ free!**

3. **Clean your counters and table tops** with peroxide to kill germs and leave a fresh smell. Simply spray it on.
4. After rinsing off your wooden cutting board, pour peroxide on it to **kill salmonella and other bacteria**. *This tip can be very worthwhile to keep you and your family healthy.*
5. A friend of my family had fungus on his feet for years - until he sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry. **He had gone to Doctor after Doctor and tried many things and this is the only thing that worked!**
6. **Soak any infections or cuts in 3% peroxide for five to ten minutes** several times a day. One of my staff member's husband, who was in the Military, *has seen gangrene that would not heal with any medicine, but reported that it was healed by soaking in peroxide.*
7. Fill a spray bottle with a 50/50 mixture of peroxide and water and **keep it in every bathroom to disinfect** without harming your septic system, like bleach or most other disinfectants will.
8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold or plugged sinuses. It will bubble and help to kill the bacteria. Hold for a few minutes then blow your nose into a tissue. *I know this sounds gross, but would you rather have the cold or plugged sinuses?*
9. If you have a **terrible toothache** and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. *The pain will lessen greatly.* But do get to a dentist and have that fixed since many illnesses come from problems with infected teeth or gums!
10. And of course, this tip came from one of my hairdressers: if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages, but more natural highlights if your hair is a light brown, reddish, or dirty blonde. It also lightens gradually so it's not a drastic change. *(Sorry, MY hair needs more help to lighten than peroxide can muster!)*
11. Put half a bottle of peroxide in your bath to help **rid yourself of skin infections**.
12. My housekeeper also informed me that you can **add a cup of peroxide instead of bleach to a load of whites** in your laundry to whiten them. If there is blood on clothing, pour directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary. *(I have to take her word since I am not a domestic Goddess.)*
13. My housekeeper uses peroxide to clean my mirrors, and there is no smearing and it is **chemical-free which helps keep my home safer and green!**

I could go on and on. **It is a little brown bottle no home should be without!** With prices of most necessities rising, I'm glad there's a way to save tons of money in such a simple, healthy manner. Most doctors don't tell you about peroxide, or they would lose thousands of dollars because you will not have to show up in their office.

Be sure to pass on to your loved ones, friends, and associates. Keep in mind, I am not a Doctor and am not giving medical advice. I am just telling you what has worked for me!