

Uses for Peroxide with a word of Caution:

"In response to the article about peroxide. I have been a practicing dental hygienist for 40 years. In the mouth the 'flora' live in a symbiotic relationship. There has to be bacteria, yeasts, and fungi, and they keep each other in check. When one or the other is destroyed, the other two get too strong and cause infections. Peroxide does destroy one type and then you would get an overabundance of the others causing infections. Perhaps once every 3 days or more wouldn't be bad but not every day.

It's rather like overdoing an antibiotic (too long or too much). Then you get a yeast or fungal infection. Women know this well."

1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I do it < BR>when I bathe or shower.) No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouthwash. (not daily..see above caution)
2. Let your toothbrushes soak a cup peroxide to keep them free of germs.
3. Clean your counters, table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe or spray it on the counters.
4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
5. I had fungus on my feet for years - until I sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.
6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine, but was healed by soaking in peroxide.
7. Put two capfuls into a douche to prevent yeast infections. I had chronic yeast infections until I tried this once or twice a week.
8. 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.
9. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, plugged sinus. It will bubble and help to kill the bacteria. Hold for a few minutes then blow your nose into tissue.
10. If you have a terrible toothache and can not 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.
11. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages

but more natural highlights if your hair is a light brown, reddish, or dirty blonde. It also lightens gradually so it's not a drastic change.

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

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

14. Use peroxide to clean my mirrors with, there is no smearing, which is why I love it so much for this.