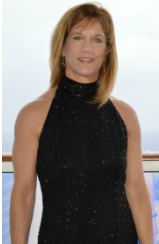


***"Find something you're passionate about and keep tremendously interested in it."
- Julia Child***

Julia must have been thinking about me when she said this. I found something I was absolutely passionate about: wellness, and I've not only stayed interested in it, but I continue to educate myself. One of the exciting things about wellness is that just because you learn something amazing on a topic doesn't mean that's the end of it. In February 2015, I wrote a newsletter on how I stayed healthy when everyone around me was getting sick by using 35% food-grade hydrogen peroxide. It was something about which most people were completely unaware and it garnered more responses and questions than any of my newsletters to date. Now there's more to share but since we're getting into the time of year when people seem to get sick, I'm going to summarize the most important points from that newsletter for my new subscribers. I'm also going to share some additional information I've learned about this amazing element.

It's almost the holidays and many of us use it as an excuse to overeat and get out of our regular routines. If you want to avoid falling into that trap, contact me to help you.

Yours in health,



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The Benefits of 35% Food-Grade Hydrogen Peroxide

What is
35% Food Grade



Hydrogen Peroxide?

Cancer and illness can't live in oxygenated or alkaline environments. So it seems to reason that if we can increase their levels in our bodies, our odds of getting cancer and other diseases would probably decrease. What's the easiest and most efficient way to get more oxygen in our cells?

The answer is 35% Food Grade Hydrogen Peroxide. This is ****NOT**** the peroxide you put on your skin when you have a cut. That's 3%. This is ****FOOD GRADE**** at a concentration of 35%. For more details, request my February 2015 newsletter. But here is a summary of that newsletter:

- You **MUST** know how to mix it and use it.
- It can kill viruses and bacteria that make us sick.
- There doesn't appear to be any known risks **IF** you use it correctly.
- It isn't tasteless and as you increase the dosage, it's pretty awful. I now mix it with drinks like my protein shake or coffee to disguise the taste.
- It can be used to treat many ailments from bacterial infections to headaches to sore throats.

- There are over 6,100 articles in European scientific literature attesting to the effectiveness of this powerful healing tool.
- Over the past 70 years, it's been used by an estimated 15,000 European doctors, naturopaths and homeopaths on more than 10 million patients to successfully treat almost every known disease.
- Most of our cells are starved for oxygen. Signs are headache, pain, fatigue, memory loss and a lack of focus. Deep breathing exercises will help, but it's not nearly enough to make a difference.

I've now learned that in addition to keeping us well, there are many other great uses for 35% food grade hydrogen peroxide.

- **Wash/preserve fresh fruit and veggies** – it helps wash away pesticides and other contaminants and extend shelf life. Mix 1/8-cup with 1 gallon of water and keep it in a spray bottle.
- **Preserve Meat** – If you're tired of your meat spoiling shortly after buying it, wash it with a solution of 1/8-cup 35% food grade hydrogen peroxide and 1 gallon of water, then put the meat in a zip lock bag to store it. **DO NOT use this solution on ground meat of any kind.**
- **Preserve lettuce** – To keep lettuce from going bad quickly, rinse it with a mixture of 1/2-ounce 35% food grade hydrogen peroxide to 1 gallon of water. Shake off the excess and store in a sealed container.
- **Wash hands** – most colds, flu and other viruses are spread by touch, making hand sanitizer the quick and easy solution to kill germs. Here's an option. Combine 1 ounce 35% food grade hydrogen peroxide with 16 ounces of water. You can also add it to the liquid hand soap you already have to help it kill germs.
- **General cleaning** – Chlorine, bleach and ammonia are toxic and should be avoided. 35% food grade hydrogen peroxide is a safe alternative. Use it to clean the refrigerator, sterilize toilets, eliminate kitchen odors and clean out your child's (or your) lunchbox. Dilution ratio: 1 cup to 1 gallon of water. For use in laundry, add 1/2 cup per load of wash. You can increase this a bit for a stronger bleaching effect on whites.
- **In the Dishwasher** – use 1/2 cup to sanitize your dishes and make them sparkle.
- **Mouthwash** – This mixture kills the bacteria that causes bad breath, helps whiten teeth and can help prevent tooth decay. **DO NOT SWALLOW.** Dilute 1 ounce 35% food grade hydrogen peroxide in 16 ounces of water. You can mix it in advance and leave it in a bottle in the bathroom for future use. Be sure to label it and keep it out of reach of children. Swish it around in your mouth for 1-2 minutes before you brush your teeth.
- **Foot Soak** – If your feet are tired at the end of a long day, add 2 ounces to 1 gallon of warm water, put your feet in and relax.
- **In the Bathtub** – Add 2 cups 35% food grade hydrogen peroxide to your tub after you fill it. Then add 1-2 cups sea salt and 1/4 to 1/2 pound Epsom salts for a great soak and to let it absorb into your body through your skin. The Epsom salts will help relax your muscles. Be careful not to get your hair wet, as it could become lighter from the peroxide.

You can also use 35% food grade hydrogen peroxide in your swimming pool and hot tub, your pet's bath and drinking water and for aquarium cleaning, but I'm not going to get into the details of those here. If you want more information, be sure to contact me.

So as you can see, 35% food grade hydrogen peroxide not only keeps you healthy, but also has a multitude of uses around your home. Please forward this information to everyone you know.

Have a very healthy month.