

## STORY AT-A-GLANCE

- Hydrogen peroxide sits inside and outside cells of your cells in low levels, ready and waiting to be generated in greater amounts as soon as a pathogen is detected by your immune system
- Nebulizing hydrogen peroxide into your sinuses, throat and lungs is a simple, straightforward way to augment your body's natural expression of hydrogen peroxide to combat infections
- In addition to having direct viricidal effects, iodine improves white blood cell function and thyroid hormone production. This provides a metabolic boost to white blood cells to increase hydrogen peroxide antimicrobial properties which is one way your immune system works to kill pathogens
- Vitamin C also increases hydrogen peroxide production when used at high doses, while vitamin A helps modulate your immune system
- Buy a desktop nebulizer and stock food-grade hydrogen peroxide, Lugol's iodine and some saline. That way, you have everything you need and can begin treatment at home at the first signs of a respiratory infection

Dr. David Brownstein, who has a clinic just outside of Detroit, has successfully treated over a hundred patients with what has become my favorite intervention for COVID-19 and other upper respiratory infections, namely nebulized hydrogen peroxide. He has published the results of his work in a study that you can [download](#) here.

Since I first wrote about it at the beginning of April 2020, I've received impressive testimonials of its effectiveness from friends and acquaintances who got severely ill and used it.

Brownstein is probably best known for his promotion of iodine and its supplementation. He was also an early adopter of vitamin D optimization and nebulized peroxide. He explains the background that led him to his current regimen:

*"The history goes back about 28 years when I began practicing holistic medicine. Of course, we would see people with influenza and influenza-like illnesses every fall and winter, so I started searching for things that would help people's immune systems ...*

*We initially started using vitamin C and vitamin D. I started to check vitamin D levels in 1992. What I found was the vast majority of my patients, well over 90%, were deficient in vitamin D, and those who had more chronic issues and were sicker in general, they usually had lower levels of vitamin D ...*

*Then I came across vitamin A. I originally read the research on how vitamin A helped third world countries when they had measles infections and helped ... [patients] recover uneventfully if they had enough vitamin A, so I quickly added vitamin A to the regimen.*

*A few years later, I learned about iodine. Iodine has direct viricidal effects. It has immune system effects. It helps the white blood cells produce hydrogen peroxide to fight viral and bacterial infections, as well as thyroid effects. Iodine got added to the regimen, and so the original treatment of our patients was vitamins A, C, D and iodine at high doses for about four days.*

*What we found was our patients did not develop pneumonia, did not get hospitalized, did not die from flu and other influenza-like illnesses at anywhere near the rates that they should have when you looked at the published rates of problems with these illnesses."*

## **Boosting Your Immune Function Is Imperative**

Interestingly, as explained by Brownstein, in addition to having direct viricidal effects, iodine also stimulates and supports the immune system. It increases the killing effect of hydrogen peroxide production in your white blood cells by improving white blood cell and thyroid function, which is one way our immune system works to kill pathogens. [Vitamin C](#) directly increases hydrogen peroxide production when used at high doses, he says, while vitamin A helps modulate your immune system.

*"Perhaps instead of just relying on masks and social isolation, we should be talking about the immune system," Brownstein says. "How do we support it? And I'd like to throw out the question: Since when did talking about supporting the immune system become illegal? Since when do you have to be quiet about it?"*

*Unfortunately, in this time and age, this is where we're at right now, and it's a sad time ... I've been writing a book on a holistic approach to viruses. And in this book ... I say that this illness is an example of what's wrong with our country.*

*The health of our country is in such decline, we finish last or nearly last in every single health indicator when compared to other Western countries, and this is why we've got hit so hard with this. And nobody talks about our health. All they're talking about is masks, social isolation and wait for a vaccine.*

*What about the next virus that comes around? What are they going to do about that one? And my comments on this warp speed vaccine to the world is, I hope it's safe*

*and effective, but I don't think I'll be first in line getting this thing, not when it's bypassing all the safety studies ...*

*What I'd be first in line with is trying to figure out how I'm going to support my immune system, so when I'm confronted with these different viruses — because after this one, there's going to be the next one — you're not going to depend on another warp speed project. You're going to depend on yourself to get over these things. We can do it."*

## **How to Do Nebulized Hydrogen Peroxide — the Basics**

Nebulized hydrogen peroxide is extremely safe. Brownstein has used it for 25 years with no ill effects being found. It's also incredibly inexpensive, and you can administer it at home, without a prescription. In my view, it is one of the absolute best therapies for viral infections like SARS-CoV-2 or even worse respiratory viruses that will likely be unleashed in the future.

You need to buy a desktop nebulizer (it needs to produce a very fine mist and desktop versions are stronger than handheld battery operated models). The one I use is the [Pari Trek S Compressor Aerosol System](#). The large battery option is unnecessary as you can simply plug in the device to run it when you need it.

Please understand, though, that the Pari Trek S is designed to treat asthmatics and as such only comes with a mouthpiece. While this would get the peroxide in the lungs where it is needed, it does nothing to reach the sinuses, which are also likely infected. This is why it would be worth pick up some face masks on Amazon to use instead of the mouthpiece as they are only about \$10.

It is important to acquire this BEFORE you need it, as the sooner you treat the infection the better your results will be, although the testimonials are unbelievably impressive even in late stage illness. It is not necessary to treat yourself preventively, but only if you are sick or exposed to someone who is.

While I've been using a 0.1% dilution, Brownstein uses an even lower concentration of just 0.04%. Neither Brownstein nor I recommend using commercial 3% hydrogen peroxide found in most grocery stores, however, as it has potentially toxic chemical stabilizers in it. Then take 3-5 ml and put that into the nebulizer and inhale the entire amount. You can do this every hour when you are sick until you start to notice improvement and then back down to every 4-6 hours and continue until you are over the illness.

Since you are not using full strength 3% peroxide and diluting it by 30 to 50 times, it is unlikely the stabilizers will present a problem, but to be safe it is best to use FOOD-GRADE peroxide. Also remember not to dilute it with plain water as the lack of electrolytes in the water can damage your lungs if you nebulize that. You will need to use saline or add a small amount of salt to the water to eliminate this risk.

Starting Peroxide Concentration	Hydrogen Peroxide	+	Water (Filtered)	=	Ending Peroxide Concentration
3%	1/4 tsp	+	7 1/4 tsp	=	.1%
12%	1/4 tsp	+	5 ounces	=	.1%
36%	1/4 tsp	+	15 ounces	=	.1%

Brownstein also dilutes the peroxide with sterile water and saline rather than distilled water. Using saline prevents the osmotic differential that can cause damage to lung cells. Brownstein dilutes the 35% food-grade peroxide as follows. When nebulizing, Brownstein also adds one drop of 5% Lugol's solution to the nebulizer as well.

- Dilute 35% food-grade peroxide down to 3% by mixing 1 part peroxide with 10 parts sterile water
- Take 3 cubic centimeters (CCs) of that 3% dilution and add it to a 250CC bag of normal saline. This brings it down to a .04% hydrogen peroxide concentration

## Sample Case History

Brownstein relates the case of a 67-year-old male patient. The man developed COVID-19 symptoms, and after seven or eight days could not breathe and went to the hospital where he was diagnosed with bilateral pneumonia. After two days of treatment, which included oxygen, he felt only slightly better, but was released from the hospital due to a shortage of beds.

*"They sent him home on oxygen and told him, 'Only come back if you can't breathe.' So he goes home, and he calls me on the phone, crying, 'I'm going to die. They sent me home to die.'*

*I said to him, 'You're not going to die. Do you have a nebulizer?' And he said, 'No.' And I'm like, 'We need to start nebulizing right away ... Send your wife over. We'll put a nebulizer in the car and tell you how to do it.' So, we mixed up the solution for him, and she brought the nebulizer home.*

*I called him up at the end of the day. He had done three nebulizer treatments, and he said that after the second nebulizer treatment his lungs started to open up. He felt about 70% better and didn't feel like he was going to die at that point.*

*He was still coughing and short of breath, but not like he was. After the third treatment, he said he was even better ... So, this nebulizer thing really does work.*

*The one thing I'd like your readers to know, the handheld nebulizers don't work as well. I had a handful of patients who were using a handheld nebulizer and trying it with the same solution.*

*They were calling me back saying, 'It's not working.' When they got a desktop model, a little stronger model, it worked. So, I encourage people not to use a handheld nebulizer. Use a desktop model. It's a little bit stronger."*

## **Nebulized Peroxide Typically Improves Symptoms Within Hours**

This story echoes the experiences of personal acquaintances who have tried the treatment. After two treatments, they felt significantly better. After the third treatment, their breathing was restored and they were well on their way to a full recovery.

You'd be hard-pressed to find another treatment that works within hours. Brownstein agrees that this scenario is consistent with what he has encountered among his own patients.

"Usually, everything feels better within a couple of hours of starting nebulizing," he says. When asked about how others in the medical community have responded to his blog posts about the treatment, he replies:

*"In the middle of the crisis as I was posting ... I started hearing from doctors all over the country, especially in New York and New Jersey. They were hospital physicians ... They didn't know what to do. The therapies weren't working.*

*No. 1, they want the therapy for their family, and No. 2, they want to help their patients. So, I was hearing from doctors. They were interested. I heard from a couple of local doctors who sent patients to us whom they couldn't help.*

*They had nothing to offer them ... and [those patients] got better ... It was really the first time I got a bunch of emails, messages and phone calls from doctors saying, 'Hey, tell me how it works. Tell me what you're doing.'"*

## **Hydrogen Peroxide Facts**

In my April 2020 article, "[Could Hydrogen Peroxide Treat Coronavirus?](#)" I reviewed some of the basic science of how hydrogen peroxide works, as well as some of the studies assessing its therapeutic potential.

The most relevant study<sup>2</sup> was published in March 2020 in the Journal of Hospital Infection. They studied 0.5% hydrogen peroxide, and found it killed human coronaviruses, including the coronaviruses responsible for SARS and MERS. Here are a few additional facts that explain how and why hydrogen peroxide works so well for respiratory infections:

1. Hydrogen peroxide freely crosses cell membranes and does not readily oxidize biological molecules, including lipids and proteins.<sup>3</sup> It does however react with iron. The presence of free, unbound iron in high concentrations in pathogens is what allows them to be selectively targeted by hydrogen peroxide.

High concentrations of iron result in a rapid breakdown of hydrogen peroxide into hydroxyl radicals and water. The hydroxyl radical, a potent oxidizing agent, kills any pathogens present. (Under normal, healthy circumstances, hydrogen peroxide merely breaks down into oxygen and water.)

2. Peroxide is generated by activated phagocytes (pathogen-killing immune cells) at sites of inflammation.<sup>4</sup> Phagocytes also contain high amounts of ascorbate (vitamin C), which directly donate electrons to peroxide to generate the pathogen-killing hydroxyl radical inside the infected cells. Vitamin C also helps generate increased amounts of extracellular hydrogen peroxide, which further boosts the elimination of pathogens.<sup>5</sup>

3. Hydrogen peroxide is continually generated inside all cells in your body, including the epithelial lining of your lungs. (Hydrogen peroxide is present in the air exhaled by healthy human subjects, and when inflammation is present, more peroxide is found

in the exhaled breath.<sup>6</sup>) The presence of excreted peroxide on these surface cells in the airways is part of a healthy, at-the-ready immune response.<sup>7</sup>

4. Aside from its anti-pathogen properties, hydrogen peroxide is also recognized as an important signaling molecule, both intracellular and extracellular, influencing and modulating multiple metabolic processes.<sup>8</sup>

In summary, hydrogen peroxide sits inside and outside your cells in low levels, ready and waiting to be generated in greater amounts as soon as a pathogen is detected by the immune system by NADPH Oxidase (NOX).

Its presence in your human body (at varying amounts depending on whether infection is present), and the lack of toxic metabolites, are indicative of its safety and nontoxic nature.

Similarly, as noted by Brownstein, hydrogen peroxide is extremely safe to use and nebulize at the diluted levels suggested. It's also effective. All pathogens studied to date have been found to succumb to hydrogen peroxide, albeit at varying concentrations and for different amounts of exposure.

So, nebulizing hydrogen peroxide into the sinuses, throat and lungs is a simple, straightforward way to augment your body's natural expression of hydrogen peroxide to combat infection.

"There are cheap and effective ways to treat patients suffering from [COVID-19], and we should be studying this. We should be allowed to report on it, and we should be allowed to study it. [If we were], we wouldn't have the travesty that's happened to our country." ~ Dr. Brownstein

While individual sensitivities to inhaled peroxide vary, even very low concentrations (below 3%) have been shown to reliably kill most pathogens.<sup>9,10,11,12</sup> Through trial and error, Brownstein found 0.04% was the lowest concentration at which patients report significant improvement, which is why he recommends that level of dilution.

## Summary of Treatment

To summarize, here's how I would treat myself or a family member:

1. At the very first signs of a respiratory infection, dilute food-grade hydrogen peroxide down to a 0.1% (my recommendation) or 0.04% solution (Dr. Brownstein's recommendation). If you want, you can add one drop of 5% Lugol's iodine solution, and nebulize using a desktop nebulizer.

2. Start taking quercetin and zinc, as an adjunctive therapy as soon as you know you have an infection, as the earlier you start the better. This treatment is likely ineffective late in the course of the illness as it works to inhibit viral replication. If the virus has already reproduced, it is too late and the horse is out of the barn.

The key is to have everything you need readily available. Have it in your possession before you need it. An ounce of prevention is worth a pound of cure, so procure the nebulizer, peroxide and iodine before you get ill.

If you're exposed to someone who is sick, you can use the nebulized peroxide as a prophylactic, but if you're healthy, it's not recommended to nebulize daily. For prevention, also make sure your vitamin D level is above 40 ng/mL.

In the later stages of disease, NAC may be really useful. The [MATH+ protocol](#) developed by Dr. Paul Marik uses methylprednisolone, vitamin C, thiamine (vitamin B1) and heparin. Heparin is administered because COVID-19 is a blood disorder too. There are clotting complications, and the heparin seems to improve that.

NAC also prevents platelet aggregation and abnormal blood clotting. It also reduces oxidative stress and increases glutathione levels, both of which play important roles in this disease. In my view, quercetin, zinc, glutathione, vitamin D and nebulized peroxide is a home run.

*"There are cheap and effective ways to treat [COVID-19], and we should be studying this," Brownstein says. "We should be allowed to report on it, and we should be allowed to study it. [If we were], we wouldn't have the travesty that's happened to our country."*

In his article he recommends having your doctor mix up hydrogen peroxide, but in a previous article he explains how *you can do it yourself safely by using 3% food grade hydrogen peroxide* available at health food stores such as Whole Foods or online (see links below).

#### **DIRECTIONS:**

1. To make the nebulizing mixture dilute 5 mL of 3% hydrogen peroxide in 100 mL saline <OR> 1 ounce of 3% hydrogen peroxide to about 16 ounces of saline.
2. Use 3 cc of the diluted mixture for each nebulization treatment.
3. Place the mask over your mouth and nose and breathe normally until the solution is gone, which is usually 10-15 minutes.

4. Repeat the 3 cc nebulization treatment hourly the first day, and 4-6 times a day until the infection is resolved.

***You can do this in conjunction with any recommendations your health care practitioner recommends.***

Some authors suggest stronger solutions for better antiviral effect up to 0.5% which would be about 15 cc of 3% hydrogen peroxide in the 100 mL of saline. If there is any burning sensation, back off to the more dilute solution.

If no saline is available distilled water can also be used to dilute the hydrogen peroxide. If food grade hydrogen peroxide is not available standard hydrogen peroxide that you can get at the drugstore could be used and then diluted as above, but is not as pure.

He believes that that having a nebulizer and hydrogen peroxide treatment at home would be the end of your family ever having to miss work or school because of a viral illness. It has worked in his practice.

It would be best to have these supplies on hand and ready to use at the first sign of a viral infection whether it be a cold, flu, or other respiratory viral infection. The sooner treatment is begun the less likely it will progress to more serious infection and illness.

### **Dr. Frank Shallenberger, MD**

March 9, 2020

Last week, I showed you why I'm not concerned about the Coronavirus. Yes, it's deadly in some cases. Yes, it can spread rapidly. But the treatments I told you about can take care of it.

You have to go to the doctor to get those treatments once you get sick. But what if there were a way to kill any virus – even the coronavirus – from the comfort of your own home? Well there is. I've told you about this treatment before, but with the current situation still causing serious concern, let's look at it again.

Can this treatment really cure coronavirus? Honestly, I haven't treated coronavirus yet. So I can't guarantee it. But this treatment is for viruses.

It works especially well on flu viruses — any kind of flu viruses. And it's worked on every virus I've used it on. So there's plenty of reason to believe it will work. And if you're quarantined at home, why not try it. It's easy, has zero side effects, inexpensive, and can be very effective.

## **Never Worry About Getting Sick Again**

In fact, with this treatment, you never have to worry about getting a cold or the flu again because you can cure it on your own?

Sounds too good to be true, doesn't it? You won't think so after you read this. In many ways, you already know about this treatment. That's because it uses common household hydrogen peroxide. You may have heard about hydrogen peroxide therapy. As I've told you in the past, thousands of doctors have used hydrogen peroxide for decades to conquer viral infections in thousands of patients all over the world. An old colleague of mine, Dr. Charles Farr, discovered the treatment close to 30 years ago.

Hydrogen peroxide consists of a water molecule ( $H_2O$ ) with an extra oxygen atom ( $H_2O_2$ ). It is the extra oxygen atom that makes it so deadly for viruses. But in order for you to understand why hydrogen peroxide therapy works so well, you have to understand what most people, including many doctors, fail to realize — viral infections are eradicated from the body not by killing the virus itself, but by killing the cells that produce them.

You see, viruses are not alive, so it's not possible to kill them. Viruses are just pieces of genetic code. In and of themselves, they can neither survive nor reproduce. Viruses need to infect cells. In the interior of a cell, a virus uses the cell's own DNA and RNA in order to reproduce. In other words, what a virus does to an infected cell is to control it and use it to manufacture new viruses. This new virus, in turn, can move out of the cell and go and infect other cells. The way to control any viral

infection is not to kill the virus, it is to kill the infected cells that have been turned into viral factories. And that's just what that extra oxygen atom on hydrogen peroxide does.

Healthy cells – cells that are not infected by viruses – are equipped to handle the extra oxygen atom that comes with hydrogen peroxide because they have healthy antioxidant defense systems. But once they are infected with a virus, they lose much of their defensive capability, and are then easily destroyed by hydrogen peroxide.

Hydrogen peroxide is so good at killing infections, it's what God designed your immune cells to use to kill and control infections of all kinds. When your immune cells are busy killing the infected cells that make viruses, they make their own hydrogen peroxide to do it. And that's basically how it works. Hydrogen peroxide therapy works by helping your immune cells do the job they were assigned.

## **Hydrogen Peroxide Is a Therapeutic Slam Dunk, But There Are Two Problems**

I have never seen it fail with any virus. I have treated everything from flu to encephalitis to viral pneumonia. And from influenza to hanta virus to West Nile virus — all with the same result: The infection clears, and there are no side effects.

There are only two problems with Dr. Farr's therapy. First, it's cheap. And worse than that you can't patent it because H<sub>2</sub>O<sub>2</sub> is a naturally occurring compound. That means that Big Pharma is not interested. And, since most doctors get all their information from Big Pharma, most of them have never heard about it. Second, it's an intravenous therapy. So you have to see a doctor to get it. But as long as you have a doctor who knows how to administer the treatment properly, you can literally knock out any viral infection you will ever get.

## How to Avoid the Doctor

Fortunately, there's a safe and easy way to get around the need for a doctor. And you don't have to stick a needle in your arm to make it work. There's a new way of administering hydrogen peroxide therapy that's almost as effective as the IV. And better than the IV method, this new treatment can be done at home. And it's ridiculously cheap — even cheaper than the IV.

It's called nebulized hydrogen peroxide. And this is how I learned about it.

A few years ago, I saw a patient with asthma who was taking the asthma medication that her doctor had been giving her in a nebulizer. A nebulizer is a device that is able to convert a liquid into tiny bubbles. I mean really tiny bubbles. Bubbles that are so tiny that they can be seen only under a microscope. When these bubbles come out of the nebulizer, they are so small that they look just like smoke.

The bubbles are so small that they can be inhaled deep down into the deepest regions of the lungs without any discomfort or irritation. It's a great way for asthmatics to get the medication they need to open up their lungs. But there's something else about nebulizers that I had never considered before — nebulizers have a systemic effect.

When I asked this particular patient why she didn't use the nebulizer treatments as often as she was supposed to, she said it was because of the side effects. And then she said something that really struck me. "Dr. Shallenberger, when I take the drug in the nebulizer, it makes me feel the side effects just as bad as when the doctors were giving me the same drug intravenously in the hospital. It's unbelievably strong, and it affects my whole body."

## Here's Why She Felt This Way

These tiny bubbles were not only delivering medicine to her lungs, they were also delivering the medicine to her entire body through her lungs. And they were delivering it in a way that was just as noticeable to her as when the same medication went directly into her veins. And that's when I had a thought. Why not use the nebulizer delivery system to deliver treatments not just to the lungs but to the whole body?

So I went to work, and began administering hydrogen peroxide to my patients through a nebulizer instead of intravenously. The first patient I used it on was me. I wasn't sick at the time. But I just wanted to make sure that the mixture I used was the right concentration for the lungs. I found the treatment extremely easy to do, and very comfortable. It was just like breathing the purest air you could imagine. And it was in no way irritating.

Then I found my first guinea pig — my wife Judy. Judy learned long ago that one of the “blessings” of marrying me was that she would often have the privilege of being experimented on. And so when she developed the first symptoms of a flu, instead of immediately plugging her into a hydrogen peroxide IV, I had her use the nebulizer for 10 minutes every waking hour.

Actually, she was happy to give this a try. She has very small veins, and it's hard for the nurse to start IVs on her. Using the nebulizer treatment, she was able to get rid of the flu within 72 hours. I knew I was onto something, because IV hydrogen peroxide doesn't work much better than that.

Next, I bought a dozen nebulizers and began offering the treatment to my patients.

Since then I have treated hundreds of cases of colds, flus, sinusitis, and bronchitis all with the same great results. And I found that the nebulizer treatments actually have an advantage over the IV therapy that I hadn't considered at first. And that is, that not only is the hydrogen peroxide disseminated into the entire body through the lungs, it is also going directly to the areas of the body that are most affected by viruses — the sinuses, throat, bronchial tract, and lungs.

## **Here's How You Do It**

Talk to your doctor about H<sub>2</sub>O<sub>2</sub> therapy. Your doctor can help you get a nebulizer. And ask them to prepare and provide you the hydrogen peroxide formula described below. You can find a doctor that uses hydrogen peroxide therapy by going to the doctor referral sections at [www.acam.org](http://www.acam.org) and at [www.oxygenhealingtherapies.com](http://www.oxygenhealingtherapies.com). Look for doctors that say they use oxidative medicine (this is another way to describe hydrogen peroxide therapy). When kept in the refrigerator, the formula will stay active for about 12 months. Sorry, it won't keep indefinitely. That's because the hydrogen peroxide will gradually convert into water over time. You can either just keep some on hand during the flu season, or have your doctor send you some as soon as it appears you need it.

Give this formula to your doctor: To a 100 cc bag of normal saline add 5 cc of pharmaceutical grade 3% hydrogen peroxide.

Just keep this in the fridge until you feel like you may be coming down with a virus. As with any viral treatment, to get the best results, it's important to use the treatment as soon as possible. And that's one of the other great advantages of the nebulizer treatment. If you start coming down with something on the weekend or a holiday, it's not a problem. You can start treatment without having to wait until your doctor's clinic opens.

The treatments are simple. Just attach a delivery mask to the nebulizer output (see the device's instructions for specifics). Then add 3 cc of the hydrogen peroxide mixture to the nebulizer. Place the mask over your mouth and nose and breathe until the solution is gone. It's as simple as that.

You can literally do this as often as you feel you need to. But, in most cases, I recommend that patients do it every hour for the first day, and then four to six times a day until the infection is completely resolved. In most cases, if you start the treatment early enough, before it has gotten a stronghold, this will be in two to four days.

I have also found these treatments to be useful for non-viral illnesses such as asthma and patients with chronic lung disease. In cases involving chronic lung disorders, such as interstitial disease, cystic fibrosis, chronic bronchitis, or emphysema, I will have the patient use the treatment two to three times per day indefinitely. Most of the time, they see a distinct improvement.

You also can use this treatment safely on infants and children of all ages, though they don't seem to be threatened by the coronavirus.

I honestly believe that having a nebulizer and the hydrogen peroxide treatment at home would be the end to your family ever having to miss work or school because of a viral illness. It certainly has worked that way in my practice.