

Chronic Conditions
Special Report #14

***Effective Oxygen
Therapy For
Chronic Conditions***

***...What Your Doctor Doesn't
Tell You!***

The Institute Of Nutritional Science

www.HealthyInformation.com

1-888-454-8464

AskTheDoc@HealthyInformation.com

This Special Report does not intend to diagnose disease, nor to provide specific medical advice. Its intention is solely to inform and to educate. The author intends that readers will use the information presented in this report in cooperation with the advice of a qualified health professional trained in such field.

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Dr. K. Steven Whiting, PhD



Dr. K. Steven Whiting

Dr. Whiting is an Orthomolecular Nutritionist. His degrees include a Masters in Psychology as well as a Doctorate in Biochemistry earned at International Universities.

Three decades of personal, practical experience in the field of human nutrition have earned him an international reputation, not only in the understanding of the human body and the profound effect that nutrition plays in protecting and preserving the body, but also in the outstanding results that he has consistently achieved while working with clients and patients on a global scale.

His commitment and dedication within the nutrition field has led him to extensive research into such chronic conditions as Heart Disease, Arthritis, Diabetes, Osteoporosis and Prostrate problems to name but a few. The result of this research has been pivotal in the development of nutritional protocols for the prevention, management and reversal of these conditions.

Studies he has conducted have led to a totally new system of weight management, based on '*Body Typing*', wherein HOW a persons body handles food is evaluated BEFORE they are put on a weight management program that's customized for them.

More recently, he has focused his attention on the human immune system. His subsequent research into deep viral infections has led to the use of oxygen therapy as well as other potent, all-natural immune boosters for the management of immune-compromised conditions.

Further, his work with AIDS and cancer patients, using meditation, biofeedback and visualization has received worldwide attention.

Dr. Whiting has served both as Consultant and Staff member to many of the leading alternative and complimentary hospitals in Europe and Latin America, where he has had the opportunity of applying his concepts to those individuals who were in most need. This has resulted in the development of nutritional support protocols for a variety of chronic health challenges.

Through his international affiliations, he remains current on the very latest progressive applications of nutrition for a wide variety of chronic degenerative disorders, for which orthodox medicine has offered little hope.

In 1991, Dr. Whiting founded *The Institute Of Nutritional Science*, an international organization, with offices in London, England, Den Haag, The Netherlands and San Diego, California. The purpose of The Institute is to gather information and conduct research on how natural supplements can prevent, manage or reverse disease conditions.

The Institute publishes *The Journal*, available by subscription, to disperse nutritional information, relevant to disease, in an easy to understand, user-friendly fashion.

As an author, Dr. Whiting has published a series of Self Help booklets and reports on nutrition and its role in preventing, managing and reversing disease. A text- book, entitled *Gaining and Maintaining Total Health*, and *Self Health –Your Complete Guide To Optimal Wellness*, which rapidly became a best seller after its first publication in 1996. He also authored *You Can Be ...Well At Any Age : Your Definitive Guide To Vibrant Health and Longevity*, is the most comprehensive work of its kind, containing over 250 protocols for a wide spectrum of human health challenges. His most recent work, *Healthy Living Made Easy*, is designed for the busy, stressful lifestyles we all live and how to ensure we are still able to hedge our bet against chronic diseases.

Author, Lecturer, Teacher, Product Formulator and Consultant, Dr. Whiting is dedicated to helping others in helping themselves toward a more healthful existence, through a better understanding of the nutritional needs of the body. He is the exclusive formulator of all the nutritional products for Curves Fitness Centers, the largest business of its kind in the world.

He is committed to empowering individuals with the very latest nutritional information, safe in the knowledge that this will serve to enhance both the quality and the quantity of life for everyone in the years ahead.

Effective Oxygen Therapy For Chronic Conditions

....What Your Doctor Doesn't Tell You!

Introduction

For decades, scientists have been searching for a cardinal cause of disease. If such a common link does exist, assuredly it would be from that point that a primary cure-all could evolve.

Philosophers have been telling us of the simplicity of life, yet science continues to choose complication over clarity. As researchers, we have gone to great lengths to study biochemistry and the many functions of the Micro Nutrients, Vitamins and Minerals, and we have found that their functions, within the human organism, are vast and essential.

But, while we have focused our attention on the minutiae, we have failed to observe the global. What is the single substance most critical to the sustaining of human life? What is it, that if we are deprived of, for even a few minutes, results in death? BREATH.

What is it, that is in the air, that is vital to the survival of every single cell of our bodies? OXYGEN!

Research into Oxygen Therapy is not new. Isolated scientists in various parts of the world have experimented with Oxygen: Breathing Pressured Oxygen (Hyperbaric), and Liquid Oxygen (Hydrogen Peroxide), to name just two.

Of these forms of Oxygen Therapy, the one that seems to hold the greatest promise is Hydrogen Peroxide. The body can benefit from Hydrogen Peroxide by applying it locally, bathing in it, ingesting it orally, and most recently we have found, infusing it intravenously.

Current research shows us that a variety of man's most feared ills are responding to the combined treatment of Oxygen and supportive nutrient therapy. Let's take a close look at why.

The whole concept of Oxygen as a therapeutic began to be realized with the monumental discovery by Nobel Prize winner, Dr. Otto Warburg, when he found that the Cancer cell's nature is basically anaerobic, just like most bacteria.

An Anaerobic Cell is one that survives, primarily, in the absence of Oxygen, or in a reduced oxygen environment. Many strains of viruses have also been found to have an anaerobic nature; which means that they also would be hindered, perhaps destroyed, in an Oxygen-rich environment.

In areas of low oxygen in the body, such as stagnating cells and regions of decay, viruses and bacteria tend to thrive! Recent studies we have undertaken have shown that the virus suspected of causing Acquired Immune Deficiency Syndrome (AIDS), as well as Herpes, Hepatitis, Epstein Barr, and Cytomegalovirus, join the group of viruses that are Lipid Coated.

It has also been shown that such lipid enveloped viruses are destroyed in the presence of concentrated Oxygen. Our research efforts struggled with the problem of how to bombard the invading cells and viruses with enough concentrated Oxygen to destroy them. Breathing techniques and Hyperbaric methods did not produce the results expected.

Then we tried Liquid Oxygen, commonly known as Hydrogen Peroxide (H_2O_2). Hydrogen Peroxide the discovery that Hydrogen Peroxide can be taken into the body either orally or by infusion, may prompt a new era in the practice of medicine. The results of current research in this field will affect the health and well-being of millions in generations to come.

Oxygen is the universal cleansing and purifying agent, and now we have a method of getting that Oxygen to each and every cell of our bodies. When we observe the profound effects that Oxygen has upon living tissue, we are struck with boundless speculation about the potential for this method of treatment and its effects upon the devastating diseases of mankind.

Hydrogen Peroxide is the only disinfectant we, currently, know that is made up solely of two natural elements, Oxygen and Water. In fact, the only difference between plain water and Hydrogen Peroxide is that the latter has an extra atom of Oxygen attached to the molecule.

Hydrogen Peroxide is made when Ozone (O^3) in the atmosphere comes in contact with water. Both Ozone and Hydrogen Peroxide kill disease organisms via oxidation, without harming healthy body tissues.

Hydrogen Peroxide is formed naturally in nature, and can be found in abundance. Water falling as rain, or snow, on its journey toward earth, passes through the Ozone in the atmosphere. This process forms the Hydrogen Peroxide compound.

Areas surrounding rapidly moving water, such as waterfalls and mountain streams, generate Ozone and Hydrogen Peroxide. The feeling of well-being we experience, when in such areas, comes from a combination of negative ions generated by the moving water, as well as the extra Oxygen produced by the same means. That is why so many people find breathing much easier when in such environs.

Many of the spiritual places such as the springs at Lourdes, France, and others, have been found to be very high in natural Hydrogen Peroxide. Pools that are filtered through ultra-violet light (producing Ozone), are not only very refreshing and healthy to swim in, but there is no need for harmful offensive chlorination of the water, since bacteria cannot survive and multiply in an Oxygen-rich water.

All fruits and vegetables, in their natural state, contain Hydrogen Peroxide. This is a reason why they serve so well as body cleansers and detoxifiers. Cooking or processing, however, destroys this enzyme activity.

What About Free Radical Danger?

Many critics of the use of Hydrogen Peroxide claim that since all Peroxides are Free Radicals, there is a serious danger in using Hydrogen Peroxide internally. While it is true that cellular damage due to Free Radical invasion is a source of concern, we have learned that not all Free Radicals are created equal.

A Free Radical is essentially an element which has an unpaired or extra electron. This makes the body behave in a very reactive manner. All Free Radicals are very short lived. Some types of Free Radicals can cause considerable harm over a period of time.

Many modern ills can be traced back to their insidious damage. One such condition brought about by Free Radical Damage is Atherosclerosis. Certain Free Radicals are absolutely necessary in the bodily processes which internally protect us from toxins. The body produces these Free Radicals in defence of invading substances.

Leukocytes produce Hydrogen Peroxide within themselves, in an area called a Peroxisome, at the instant that they engulf an invading body. The Free Radical produced by the breakdown of the Hydrogen Peroxide into water, an extra atom of Oxygen, enables that extra Oxygen to kill the invading virus or bacteria, and facilitates the Leukocyte in digesting and ridding the body of the dead cell.

Both beneficial and detrimental effects can be attributed to any substance or process; even a benign medium may be harmful if taken to excess. The Free Radical is no different. Some of these reactive elements are beneficial in their activities, others can release devastation upon living tissue.

We need to acknowledge appropriateness, and judicious application. Let's take a look at what happens when Hydrogen Peroxide is ingested orally: $H_2O_2 = H_2O + O^1 + O^1 = H_2O + O^2$ (water and stable oxygen)

The above equation shows that Hydrogen Peroxide breaks down into water and O^1 which due to its instability, immediately pairs up with another O^1 to form stable oxygen (O^2).

Of further consideration should be products that have found their way to the market, which are made from Chlorine Dioxide instead of Hydrogen Peroxide. The companies promoting such products are the first to denounce Hydrogen Peroxide as dangerous due to the forming of Free Radicals.

As you can see by the chemical equation above, this is not the case. Even if it were, it would then also be true of any preparations made with Chlorine Dioxide. While we are on the subject, let's look at what happens when Chlorine Dioxide is ingested orally: $ClO_2 = Cl + O^1 + O^1 = Cl + O^2$ (chlorine and stable oxygen)

Both products produce stable oxygen, but the problem with the above equation is that one of the end products is Chlorine, the same substance that we filter out of our water supplies because it is a known carcinogen!

Hydrogen Peroxide, on the other hand, ends up as two totally harmless, necessary substances, water and stable oxygen. It is for this reason that we do not recommend the use of any preparations containing Chlorine Dioxide.

Is Hydrogen Peroxide New?

During the past twenty years there have been hundreds of articles published in official journals and research publications regarding the use of Hydrogen Peroxide. Why now, after so long, is this vitalizing substance finally receiving its just recognition?

As with most alternative therapies, Hydrogen Peroxide has very little monetary gain for anyone considering research and development. Drug companies, by their own admission, are usually interested in that which can be patented and protected, so that their investment can yield a profit.

Dr. Edward Carl Rosenow, who was affiliated with the Mayo Clinic for over sixty years, worked out the cardinal causes of over thirty-five different diseases. Dr. Rosenow developed a technique wherein foreign invaders within the body could be controlled.

The "new" Hydrogen Peroxide treatments of today are a direct result of Dr. Rosenow's research. His philosophy was simple: he concluded that everything in nature has a purpose and a place. Micro-organisms do not have a place in invading and destroying healthy tissue within the body.

Our bodies have a natural defence system that is designed to protect us from these microbes. The system works as long as it is properly fuelled. Oxygen is the most abundant fuel of the Immune System. When the body's Immune System begins to weaken through lack of nutrients and life-giving Oxygen, it can no longer do its job effectively. In the absence of a strong defence system, the microbes can multiply unchecked, and unleash permanent, often irreversible damage to the body.

(For more information on The Immune System, refer to Special Report # 8 entitled Your Immune System – Why It Fails and How To Fix it)

Microbial proliferation can cause a deterioration of bone and other high Calcium tissues (Arthritis). When the microbial proliferation lodges within internal organs, it can cause Calcification through its wastes (Bile and Kidney stones). These rampant microbes, especially viruses, enter the healthy cell for the purpose of replication, and, in the process, cut off the blood supply to the cell. This sets up a condition whereby that cell can become malignant.

In 1983 there were over one-hundred articles published regarding Hydrogen Peroxide. We can thank those brave pioneers who took the final step and used Hydrogen Peroxide, because they found remarkable results from its use.

Dr. Bernard Edstrom conducted experiments in a hospital in Sweden, and, once again, the results have shown the benefits of an Oxygen-rich atmosphere.

Essentially, Dr. Edstrom created a controlled atmosphere which was very dry and oxygen rich. He maintained the temperature at a constant. Into this controlled environment he placed patients suffering from Rheumatic Fever and Rheumatoid Arthritis. At the end of a one-hundred day period, he observed that the patients' blood sedimentation was greatly reduced. The dark, muddy color of the blood had been replaced with a bright red color, indicative of a high oxygen content. The Oxygen saturation of the blood in the veins had increased from a previous 52 percent, to a better healthy 82 percent during that period.

The Arthritic patients experienced a greater freedom of movement, without pain during this period, and those with Rheumatic Fever were found to be free from any bacteria in the throat. The increased oxygen also dissolved the Calcium-based sediment found in the blood. It can be observed that had the Oxygen level of these patients been at an optimum level in their general health, the bacteria would have been destroyed as they entered the body, not allowed to multiply, as was obvious they had done. Liver function was increased markedly. The Liver requires an abundance of Oxygen to carry out its vast enzyme activities. Without this, the Liver cannot nourish other cells.

When scientists first studied the blood content of different native groups like the Hunzas, they were struck by the bright red color of their blood, indicating the high Oxygen content. These people lived primarily out of doors, were very active physically, and ate a diet consisting of, mostly, living foods in the natural state.

They also drank water that was rich in negatively charged Trace Minerals and Oxygen. These same native tribes have the lowest incidence of degenerative disease indicating that their Immune Systems are functioning well.

Further examples of the use of Hydrogen Peroxide abound in the medical journals. To say that the concept of oxygenation is a "new fad" is ludicrous. One of the earliest clinical reports of Oxygen usage was from the British Medical Journal, *The Lancet*, which cited the use of an intravenous injection of Hydrogen Peroxide for the management of Influenzal Pneumonia.

The results were so overwhelming that they were able to reduce the mortality rate from over 80% down to 48%. These figures were made even more astounding by the fact that this treatment was only used on the very sick, in fact, those that were given up for dead. The date of this Journal report was February, 1920.

Another extensive report appeared in the American Journal of Surgery, Volume 108, November, 1964, entitled Use of Intra-Arterial Hydrogen Peroxide to Promote Wound Healing. The conclusion of this rather lengthy study was that through the use of Hydrogen Peroxide, in cases of severe infectious wounds, the action of localized antibiotics was greatly enhanced and, through oxygenation of the tissues, healing was greatly accelerated.

Still another study which appeared in the Yonago Acta Medica, Volume 11, Number 3, 1967, sites the very positive effects that Hydrogen Peroxide has on destroying Maxillary Cancer. As an example, one group of 15 cases, which had tumors, 8 showed almost complete disappearance of the tumor, 6 partial reduction, and only one little change. This is just one of many scientific studies that show conclusively that Oxygen is a powerful anti-cancer factor.

(For more information on Cancer, refer to Special Report # 1 entitled Preventing and Conquering Cancer)

The modern interest in Hydrogen Peroxide and Oxygen Therapy in particular, may hold the answer to some of man's most debilitating and life-threatening conditions. The age of the antibiotic is nearing its end. The diseases of modern society do not respond to standard methods of treatment. Rather, they are metabolic in nature and will have to be approached from that angle. Metabolism is change, actions and reactions within the body, that produce the energies of life.

All processes of metabolism depend completely upon the presence of Oxygen in adequate abundance to carry out these functions.

Oxygen Balance In Life

As with all phases of life, there must be a balance, hot and cold, wet and dry, attraction and repulsion. The Oriental philosophies express this two-way flow as the yin and the yang, and it is similarly symbolized in the Eastern cultures.

The human body is no exception to this law of opposites interacting to form a balance. These opposites are created through magnetism. The four basic elements, which are responsible for all life including mankind, are Oxygen, Nitrogen, Hydrogen, and Carbon.

Along with minor elements, these are the building blocks of life. In looking at these elements, we find the magic of magnetic polarity at work, creating the push and pull, or yin and yang, of the opposites.

The two opposites in all animal life are classified as Anabolism and Catabolism. When we refer to metabolism we allude to both Anabolytic and Catabolytic functions. In looking at these basic elements of life, we see that Hydrogen is termed negative, or counteractive, in polarity; Oxygen and Nitrogen are of active polarity. Carbon, the binder, is neutral in its magnetic charge.

Putting this all together then, we find that Hydrogen is Anabolic in nature. Hence, it tends to solidify and concentrate. Oxygen is Catabolytic, and tends to dissolve and disintegrate. A combination of the two forces is absolutely essential to the continuance of the living animal organism. In the plant kingdom, functions are primarily Anabolic in nature since they are structured to harness the elements of life from the atmosphere and soil. Therefore, their predominant element is Hydrogen. In the animal kingdom, functions are primarily Catabolytic.

Since we have shown that Oxygen is the dissolver or cleanser of the animal metabolism, it should be quite obvious why an adequate supply of this element is fundamental to proper cellular function. The highway of the human body is the blood stream. It is by way of this internal freeway system that the body cells receive all their nutrients. It is through this means that the body transmits concentrated substances to other areas for use at appropriate times.

It is also by way of this transportation network that all toxins released as by-products from cellular metabolism are dumped, de-toxified, and removed from the body.

All toxic material, whether natural toxins from cellular activity, or foreign toxins ingested from our environment, must be neutralized rapidly and, in preparation for removal, reduced to harmless substances. Oxygen plays an important part in that process.

The average person maintains a Venal Oxygen Level of 60-70 percent. Chronically ill persons can have a depleted Oxygen level as low as 55 percent. It has been estimated that a minimum of 50 percent oxygen level is required in order to sustain life. All of these figures are too low!

If we examine the blood from any one of a number of native tribes, we will find oxygen levels of between 70 percent on the low side, to as high as 85 percent. Levels of 80 percent or more produce a dramatic increase in cellular activity yielding greater energy and a healthy "glow" that comes from a physical and mental state of well-being.

We feel it is important to note that many of these native peoples, possessing such high levels of blood oxygenation, are virtually free from Chronic Degenerative Diseases, and practice several simple activities that have been shown to promote these conditions.

First, they are usually very active. This promotes oxygenation through proper full breathing. Second, they eat an abundance of foods in their natural state: raw and unspoiled. Also, we have observed that fasting periodically is an accepted practice in almost every tribe studied.

Overeating is so common in our country that if we skip a meal, everybody thinks we're sick. There are many reasons for this trend of consumption. First, we simply have too much food at our disposal, and, using the old philosophy of "waste not, want not," we see nothing wrong with eating everything within our range of reach.

An abundant meal now and then is emotionally gratifying, and it can be socially agreeable, but three or four times a day, year in and year out, is more than our bodies can handle.

We must remember that anything that we ingest into our bodies from the outside world carries toxic substances with it. This includes food.

Even if the foods we eat are “pure,” the natural digestion and assimilation of that food produces natural toxins that must be dealt with.

Under moderate conditions, the body handles this process in a very effective manner, as it is meant to. However, when we overeat as a regular practice, our bodies never get the interim rest that they need to catch up. We load down the blood stream with a barrage of toxic material until the toxins begin to solidify.

When the toxic levels exceed the cleansing capacity of the kidneys, red blood cells are forced to carry these wastes around and around until a storage place somewhere in the soft tissues of the body is found. It is there that the toxins are deposited and remain.

Fasting is the simplest way we have of allowing the body to rid itself of overloaded blood cells. Fasting can be a very emotional and spiritually uplifting experience, as some have described. This is due to the rapid release of toxic materials that have been stored in the body. As soon as the blood stream is cleansed of the waste material, the red corpuscles have a greater ability to hold oxygen molecules. Then, when we take a deep breath, the oxygen is able to fill the blood, which affords the body of the benefits that come with deep oxygenation.

A NOTE OF CAUTION: Fasting is a simple process, but can be dangerous and uncomfortable if not done properly. For those who have had no experience with fasting, it is important to get expert advice in advance of a fasting program. We do not recommend fasting when chronic illness is present. Fasting is a preventive measure, not a cure-all.

The Interconnection of Oxygen With Other Nutrients

Many nutrients have been found effective in preventing or lessening the effects of invading micro-organisms. Dr. Linus Pauling, the Nobel Prize recipient, did a great deal of work in educating the public and professional community about the benefits of mega-doses of Ascorbic Acid.

Through his many books on Vitamin C, he has shown that doses, sometimes in very large quantities, arrest the common cold in a fraction of the time a cold usually runs its course through the body. Dr. Pauling showed that Vitamin C, if taken regularly, can prevent the cold from taking hold in the first place.

Dr. Robert F. Cathcart III, M.D., has had some very promising results in treating cases of AIDS with extremely large mega-doses of Vitamin C. The often fatal form of pneumonia, associated with AIDS, called Pneumocystis Carinii Pneumonia (PCP), has been arrested quite successfully by Dr. Cathcart through the use of Sodium Ascorbate. Dosages as high as 180 mg. per 24 hours, given intravenously, have sometimes been necessary.

What is the microbe/Vitamin C connection? OXYGEN!

Without adequate Ascorbic Acid, the body is unable properly to utilize Oxygen on a cellular level. Further research into the synergy of Vitamin C and hydrogen peroxide has shown that H_2O_2 is actually created by Vitamin C in the body.

Interferon has been shown to be an effective healer through its action upon the Immune System. The only drawback to this form of treatment seems to be the prohibitive expense involved with taking Interferon.

Studies have shown that much of Interferon's effectiveness seems due to the fact that it stimulates the production of Hydrogen Peroxide on the cellular level. This and other Oxygen intermediates, is a key factor in the reactivation of the Immune System, according to reports in the *Journal of Interferon Research Vol. 3, 1983*.

Organic Germanium has come to be known as a powerful healing support in recent years, primarily due to the work of Dr. Kazuhiko Asai, of Japan. In his book, *Miracle Cure: Organic Germanium*, Dr. Asai explains how this mineral compound directly increases the body's Oxygen supply.

Again we see the close connection with healing and those factors which are able to either increase the volume of Oxygen in the cells, or the utilization of Oxygen in the cells. Even Penicillin's effect upon infection has been shown to be largely due to the formation of bactericidal amounts of H_2O_2 when Glucose is oxidized by O_2 in the presence of Penicillium Notatin.

Having reviewed all this evidence, we must conclude that all the substances known that have a beneficial effect upon the body's ability to resist and fight disease invasions, can be linked to their role with Oxygen.

We must bear in mind that when the body is functioning in an optimum condition of health, Hydrogen Peroxide is produced by the Immune System, as needed, to destroy any invading microbes before they can multiply sufficiently to cause cellular damage.

Oxygen Depleting Factors

To anyone interested in our world, it is obvious that as our society advances commercially, we are paying the price in our environment.

Anyone living in or near a city of any size is exposed to more toxic materials in one day than his or her grandparents were in their entire lifetime. The human body is a marvel of creation, but even in all its adaptability, it cannot cope with such a rapid onslaught of insults. Many of these environmental factors have affected the availability of Oxygen to the body. At sea level the atmosphere is supposed to be about 20 percent Oxygen.

Air measured in many large cities around the world has shown an available Oxygen volume of less than 10 percent. Smog and other industrial pollutants have filled the air space with heavy toxins. The blanket removal of almost all plant life within miles of large cities has also contributed to the Oxygen-poor air that many city dwellers are forced to breathe.

The animal kingdom, man included, was meant to live in co-habitation with the plant kingdom. Animals all require Oxygen for life support, and they give off Carbon Dioxide as a waste product. Plant material, on the other hand, balances the cycle, by requiring Carbon Dioxide to function, and therefore gives off oxygen as a waste product of their metabolisms.

The Carbon Monoxide in engine exhaust, produced by inadequate combustion of any carbon compounds, is electrically unstable. In order to form a more stable compound, the Carbon Monoxide combines with Oxygen in the atmosphere to form Carbon Dioxide. This action lowers the Oxygen content of the air.

Similarly, when we inhale concentrated amounts of Carbon Monoxide, it seeks to stabilize itself within our bodies and it attaches to any available Oxygen, again forming Carbon dioxide.

We expel this through our lungs. This action lowers the Oxygen level within our bodies and accounts for a rapid depletion of Oxygen to the body cells.

Water normally contains abundant free Oxygen. This is one reason for advocating its consumption in high quantities. Our tap water, however, is all but depleted of oxygen, since it has traveled in pipes for long distances and has been stored even longer; aeration is not taking place. Additionally, Chlorine and other chemicals have been added, weighing down the water with toxins instead of Oxygen.

Our environment, in general, has become Oxygen poor. The coal miners of the mid-west used to take canaries down into the mine shafts with them. If a canary fell over dead, the miners knew that the air was bad and they got out in a hurry. Readers! Canaries are falling dead all around the world in every major city. Where can we go to get out? It's time to sound a universal alarm.

Other factors can be linked to general Oxygen depletion within the body as well. Mineral deficiencies are a major health problem issue. A great deal of health industry literature is focused on Vitamins. They are of significance, but similar attention should be given to Minerals, which are of equal value.

The body can live longer with a deficiency of Vitamins than it can with a deficit of Minerals. Both Vitamins and Minerals are essential to the body's digestive process, because they play a vital role in the formation of enzymes.

Additionally, Minerals help to keep the levels of various toxins a minimum within the body tissues. Lack of these minerals raises the toxin level and places the job of detoxification upon Oxygen. Perhaps, the greatest toxin-inhibiting mineral we know of is Potassium. This all-important nutrient is found primarily in fruits and vegetables. When we cook these, or process them in any way, we release much of the Potassium within them, and this contributes to lower serum Potassium levels.

Other minerals have a direct effect upon the Oxygen levels available to the body. An iron deficiency in the blood stream greatly reduces the blood's ability to transport Oxygen to body tissues. A lack of Cobalt, or a lack of Vitamin B-1, or B-12, prevents proper assimilation of Iron in the blood.

There is a need for a combination of Vitamins and Minerals. This is a major reason why we should never blindly fragment our nutritional intake. Because of the body's interdependency on trace Minerals and Oxygen at the same time, an ideal Oxygen supplement would have a properly balanced, broad spectrum Trace Mineral supplement added to the formula. This would greatly facilitate the body's ability to take up the Oxygen at the cellular level.

Overeating is yet another factor involved in Oxygen depletion. Overeating burdens the digestive system. The by-products of digestion need to be removed and dispersed. The digestive process is a procedure that works well under normal conditions, but it can become sluggish when overworked because of overburdening eating habits. We must also consider the vicious cycle of emotional distress. Negative thinking can affect the body in many ways, including hampering its supply of Oxygen.

During periods of emotional stress, digestion is impaired, causing increased fermentation and toxic materials that use up Oxygen at a rapid rate. Negative, depressed thinking can cause a disruption in breathing patterns creating shallow breathing which reduces Oxygen uptake by way of the lungs.

When the oxygen to the brain cells is reduced by these various means, we become lethargic and apathetic. In turn, that sets the stage for further degeneration of our thought processes. This is a cycle that can only lead to continued deterioration and disease. While on this subject, we should note that when an abscess, infection, or disease of any kind is present, the demand for Oxygen increases tenfold, since all available Oxygen will be diverted to battle the invading microbes.

Present Applications of Oxygen Therapy

Oxygen therapy is not new. Like many other methods of body-health support, it is being re-discovered. The primary use of Hydrogen Peroxide has been the oxidation of toxic materials within the body.

This had been accomplished by the intake of a purified form of Hydrogen Peroxide, directly, into the body either by oral ingestion or by intravenous infusion. In oxidizing body toxins, the load of bodily cleansing can be reduced, and this allows the body to heal itself and return to normal functions.

A variety of specific conditions have responded, favorably, to Oxygen treatment by way of Hydrogen Peroxide intake. The most obvious results of increased oxygen intake can be seen in those suffering from Candidiasis. Current conventional treatments for Candidiasis have traditionally been Antifungicides such as Nystatin. This form of treatment may prove more or less effective on a localized condition such as in the digestive system or applied as cream ointment in the vaginal area.

But what happens to the unfortunate soul who has this problem throughout most of the internal tissues of the body, a condition known as Systemic Candidiasis? Most recently, physicians have used a drug called Ketoconazole, which has been somewhat effective on Systemic Candidiasis, but there are several possibly serious side effects. Many patients receiving Ketoconazole still complain of symptoms of Candidiasis after as much as six months of treatment. Yet, this drug should not be administered much longer than three to four weeks.

Intravenous infusions of 35 percent Food Grade Hydrogen Peroxide have cleared up even advanced chronic cases of Systemic Candidiasis in about three weeks. It should be of interest to note that many cases of Candidiasis begin in the intestinal area. This is because of an imbalance of Candida and Lactobacillus within the intestinal tract.

Many factors contribute to this imbalance: over consumption of "dead" foods, indiscriminate use of antibiotics, and the use of birth control pills, to name a few. Oral ingestion of Hydrogen Peroxide is probably the fastest, easiest way of arresting this condition.

In stubborn cases, it may be necessary to infuse the Hydrogen Peroxide intravenously. This may be a problem for many sufferers because there are very few doctors in the United States who will use this form of treatment. Arthritis sufferers have found relief from pain and get relief of symptoms through increasing their bodily Oxygen levels by taking Hydrogen Peroxide. Stiff joints, too painful to touch, were mobilized through bombardment of Oxygen, both internally and externally.

By bathing in a mixture of water and Hydrogen Peroxide and the daily ingesting of oral doses of 35 percent Food Grade Hydrogen Peroxide mixtures, countless Arthritics now live a life free from pain and suffering.

(For more information on Arthritis refer to Special Report # 2 entitled How You Can Be Free of Arthritis)

Earlier, we mentioned the important discovery concerning the anaerobic nature of the cancer cell. In the presence of increased Oxygen, these malignant cells die. It is logical, then, to provide cancer patients with as much life-giving Oxygen as could be localized to the cancerous area.

Work being done, at many complimentary hospitals around the world, has shown that cancer patients respond well to treatments of Intravenous Hydrogen Peroxide.

After their first infusions, these patients describe a sensation of warmth, sometimes heat, in the areas of concentrated malignancies. Using Hydrogen Peroxide in combination with other Immune System stimulants such as Tumorex, Laetrile, Thymosin, DMSO, Hydrazine Sulfate, and Isoprinosin, Cancer patients have achieved much success in controlling their conditions.

Since the beneficial effect of Oxygen in cases of Cancer is obvious, would it not therefore be prudent to keep the levels of Oxygen in the blood as high as possible in order to retard the development of malignant cells?

The 1980's have brought society the most deadly, devastating disease known to modern man. A disease that attacks the very heart of the body's defense system and renders it helpless.

Of course, we are talking about Acquired Immune Deficiency Syndrome (AIDS). This, more than any other medical condition, has forced the medical profession to look at their own limitations.

Since 1981 when the disease was first charted, countless people have lost their lives. Many medical researchers doubt that a "cure" from conventional methods of medical practice and technology will occur in the very near future. As of this writing, several dozen AIDS patients have been satisfactorily controlled, and are leading normal lives again.

One of the methods most successful in this reversal has been a combination of stress reduction, visualization therapy, and the hyper-oxygenation of their blood!

Research into the behaviour of the AIDS virus has shown that it, too, is lipid coated and anaerobic in nature. It would stand to reason then, that this virus would respond in a similar manner to the other anaerobic viruses such as Hepatitis, Herpes, Epstein Barr, and the Cancer cell.

Currently, three forms of oxygenation are being used clinically with those suffering from AIDS. In Germany, several research scientists are using concentrated Ozone bombardment of the blood. In this process, the patient's blood is removed. Ozone is then forced into the blood under pressure, and then returned to the patient. This process must be repeated numerous times until all signs of the virus in the bloodstream are gone.

Both other forms of Oxygen Therapy in use for AIDS involve the absorption of oxygen water (Hydrogen Peroxide). This is accomplished either by intravenous infusions or by oral consumption of diluted Hydrogen Peroxide solution.

Treatments for Chronic Degenerative conditions such as Cancer, Arthritis, and AIDS, will be exceedingly slow being instituted in the United States. The FDA has a long tedious process by which a new form of treatment must be tested before approval can be gained.

Unfortunately, people continue to suffer and lose their lives while this process is going on. While the FDA claims to be acting in the public interest with their extensive scrutiny of potential treatments for disease, it is interesting to note that they failed to follow this same procedure in their handling of many drugs.

Ways You Can Use Hydrogen Peroxide Yourself

Both Ozone therapy, and intravenous infusions of Hydrogen Peroxide, require the use of specialized equipment in the hands of trained technicians and are, therefore, out of the reach of most people.

You will find it difficult, perhaps impossible, to find a physician in the United States that will be willing to use either method of treatment even if the techniques were known.

These methods are generally available in Mexico at holistic health centers, and throughout Europe.

In the United States, a method of oxygenating the body is not only available to everyone but it is very simple to do. Before beginning the use of Hydrogen Peroxide orally, it is important to know the type of Hydrogen Peroxide to use. The common Hydrogen Peroxide found in every store is, usually, an industrial, somewhat impure, solution designed for topical external use.

We do not recommend that anyone take this form of Hydrogen Peroxide internally. There is a pure form of Hydrogen Peroxide, generally known as 35 percent Food Grade Hydrogen Peroxide available. This mixture is highly purified, and, when diluted properly, can be taken internally without contamination.

There are two ways to buy 35 percent Food Grade Hydrogen Peroxide. For external use, such as local applications, or in bathing, 35% Hydrogen Peroxide is the most economical since you can dilute it down yourself, for example in the bath water. The pure undiluted form is available in pints, quarts, and gallons. This pure, undiluted form can also be used for internal consumption, but it must be diluted to the proper ratio. It is here where people can potentially run into trouble.

Pure 35% Hydrogen Peroxide is extremely concentrated and can burn the living tissues of the body on contact. Any mixing of 35% Hydrogen Peroxide for internal use must be done very carefully. Further, in order to obtain the full oxygenation effect from the Hydrogen Peroxide, it cannot be mixed with anything else other than distilled water. Those who mix it with fruit juice or other substances, are releasing most of the beneficial Oxygen by so, doing even before they have the opportunity to put the glass to their lips.

The reason why people have tried to mix Hydrogen Peroxide with a variety of substances is in an attempt to hide the almost unbearable taste that is experienced at higher dosages. Anything upwards of 15 drops, or more, becomes very difficult to swallow as anyone who has attempted this will attest.

For these reasons, we do not recommend trying to mix 35% Food Grade Hydrogen Peroxide yourself. Even if you are extremely careful and get the proportions correct, the taste of such a mixture is often so unbearable that one cannot take it long enough to really do them any good.

Fortunately, there is a much simpler, safer, more convenient way of taking Hydrogen Peroxide orally.

You can obtain a pre-mixed product which has been chemically buffered to release the Oxygen over a 15 minute period rather than a 15 second period as is the case with the pure 35% Hydrogen Peroxide diluted in distilled water.

This fine product has already been diluted and flavoured for ease of consumption, and by an acceptable means which does not cause the pre-release of the beneficial Oxygen. Further, each ounce of this mixture is equivalent to 20 drops of 35% Food Grade Hydrogen Peroxide.

Tolerance levels of Hydrogen Peroxide vary from person to person, and when you begin taking oral Hydrogen Peroxide it is a good idea to begin slowly and work up to an amount you feel comfortable with.

Depending upon the reasons for which you are using Oxygen, you can safely stay on the premixed formula as a daily health supplement due to its buffered condition.

There are three rules to remember when taking Hydrogen Peroxide:

1. Always make sure you get 35 percent Food Grade Hydrogen Peroxide for any use concerning the body.
2. NEVER take Hydrogen Peroxide internally without diluting, unless you take the pre-mixed Oxygenated Aloe Vera version which is already properly diluted and should be taken as is, out of the bottle. Call The Institute if you have a problem finding this special blend in your area.
3. Always take the Hydrogen Peroxide solution on an empty stomach. The best time is upon arising in the morning and before bed-time at night. If you wish to take it more often a general rule would be 30 minutes before a meal or 3 hours afterwards.

As the percentage of Hydrogen Peroxide increases, it is a good idea to increase the amount of liquid in which you dilute it. Distilled water is the best mixer.

It is important to note that, as with any form of detoxification, in some people the body will be throwing off high amounts of toxins. This can cause some to feel unwell during the first few days. As the toxins are eliminated, however, the temporary discomfort should subside.

For this reason, we recommend that high amounts of fluids be taken during this program. If discomfort continues, it may be necessary to remain on a lower dose, for a longer period of time.

In addition to consuming the above mentioned solutions, Hydrogen Peroxide may be absorbed into the body by several other means.

Some of these methods are especially good for certain conditions.

BATHING:

Soaking in a tub of warm water containing 35 percent Food Grade Hydrogen Peroxide can be very beneficial for many conditions, most especially Arthritis. Use 6 ounces of 35 percent Food Grade Hydrogen Peroxide in a bathtub of water. Soak for a minimum of 20 minutes.

Make sure that the areas affected are submerged in the water. This method of absorption is also good for a variety of skin conditions including Eczema, Psoriasis, and Athlete's Foot.

DOUCHE:

Vaginal conditions respond well to a douche made from 40 drops of 35 percent Food Grade Hydrogen peroxide and distilled water. Try to hold the mixture for as long as possible.

ENEMAS:

Caution must be used here. The tissues and lining of the lower bowel are very sensitive, and the mucous coating can be destroyed if the solution is too strong, or administered too frequently. It is best to seek the advice of a professional who is knowledgeable in this field for dosages and procedures.

Further Uses of Hydrogen Peroxide

In addition to the obvious benefits obtained from ingesting hydrogen peroxide, this wonderful substance can be used in a variety of other cleansing, purifying ways.

The following are some effective ways hydrogen peroxide has been used to better the quality of life.

1. Food Purification.

By mixing 1 ounce of 35 percent Food Grade Hydrogen Peroxide with a gallon of water, the solution is a perfect rinse for all types of foods. Vegetables and fruits can be washed and purified by this solution. Meats and fish can be rinsed in this mixture, and it will remove bacteria and odor.

2. Mouthwash.

There is an excellent mouthwash available contain high amounts of Oxygen in a base of soothing Aloe Vera. This super oxygenation product kills most bacteria on contact that lead to oral hygiene problems. This is accomplished by fresh Oxygen rather than potentially harmful alcohol. Gargle with this mixture twice a day. Not only will it freshen your breath, but studies have shown that it has a beneficial effect upon plaque and tarter build-up.

3. Swimming Pools. By using Hydrogen Peroxide in the swimming pool and spa, there is not only the benefit from being immersed in the water, but harmful, offensive Chlorine will no longer be necessary to keep the pool pure.

The average home pool can be started with 6 to 10 gallons of Hydrogen Peroxide, then an addition 1 gallon per week. The greater the use, the more Hydrogen Peroxide will be needed. A test kit is also available for using in pools maintained with Hydrogen Peroxide. Call or email The Institute for more information about this.

4. Agriculture. Commercially, 35 percent Food Grade Hydrogen Peroxide has shown that it acts as a plant protector. We use a very mild solution of one teaspoon of 35 percent Food Grade Hydrogen Peroxide in a gallon of water to spray house and garden plants. The plants seem healthier and less susceptible to diseases. Cut flowers tend to last longer when treated in the same manner.

5. Household Cleanser/Disinfectant. The common 3 percent Antiseptic Hydrogen Peroxide is an inexpensive way of cleansing and deodorizing many household areas.

Some uses have been in the dishwasher, sinks and drains, and a wipe-down for kitchen and bathroom fixtures, and in the shower to keep down the mould and mildew.

I am sure that many other uses for this great cleanser will be developed as time progresses. Use your imagination and you may come up with many exciting ideas. If you discover one, please write in and we will pass it along to others.

Conclusion

The use of Hydrogen Peroxide for a variety of conditions is catching hold more and more as time passes. Unfortunately, pressure is being applied to many suppliers to restrict the sale of 35% Hydrogen Peroxide for human uses. It would be best to be buying it for your pool.

I believe that we have only scratched the surface of Oxygen Therapy and use. More information will undoubtedly be forthcoming on a regular basis. The era of conventional medicine is rapidly fading, because the great challenges that remain to the health of mankind no longer respond to that conventional line of treatment.

Even in our modern age, change comes slowly, partly because of politics, and greatly due to economics. But change, nevertheless, is imminent.

It is my sincere feeling that oxygen will play a valuable part in the medicine of the future.

OXYGEN IS LIFE!

Each of the formulas and protocols detailed in this Special Report are available exclusively from Phoenix Nutritionals.

Contact www.PhoenixNutritionals.com or by telephone at

1-800-440-2390

or email Questions@PhoenixNutritionals.com

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