

PureOxy Life™ Hydrogen Peroxide

Informational Guide

Important Disclaimer

This information is provided for educational purposes only. It is not intended as medical advice. Always consult with a licensed healthcare professional before using hydrogen peroxide for personal health. PureOxy Life™ makes no claims of treatment, cure, or prevention of any condition. Use at your own risk.

Personal & Household Uses (3% Food Grade Hydrogen Peroxide)

- **Foot Soak / Athlete's Foot Relief:** Add 1 cup to 1 gallon of warm water, soak feet 10–20 minutes.
- **Facial Freshener:** Apply diluted solution (1–3%) with cotton pad after cleansing skin.
- **Mouth Rinse:** Dilute to 1% and swish for 30–60 seconds. Do not swallow.
- **Dental Care:** Soak dentures in 3% solution for 20–30 minutes, then rinse thoroughly.
- **Deodorizing:** Apply 3% solution to underarms with cotton pad.
- **Vegetable Wash:** Mix ¼ cup with 1 gallon cold water. Soak produce 15–30 minutes, rinse well.
- **Kitchen Cleaner:** Use 3% solution in a spray bottle for countertops, fridge, and sinks.
- **Laundry Brightener:** Add 6–8 oz of 3% to laundry instead of bleach.
- **Douche:** Historically, 5–6 tablespoons of 3% hydrogen peroxide added to 1 quart distilled water. Use with extreme caution and ***consult a healthcare provider before considering.***
- **Enema:** Historically, up to 6 tablespoons of 3% hydrogen peroxide added to 1 quart distilled water. ***This practice carries health risks; consult a medical professional.***
- **Bath Soak (Detox Bath):** Add 1 cup of 34.5% hydrogen peroxide (carefully pre-diluted) to a full bathtub. Avoid soaking after 6–7 pm, as increased oxygen absorption may cause wakefulness.

Household & Garden Uses

- **Pet Odor Neutralizer (Skunk Spray):** Mix 1 quart 3% hydrogen peroxide + ¼ cup baking soda + 1 tsp mild soap. Wash pet, rinse well, avoid eyes.
- **Houseplants:** Add 1 oz of 3% to 1 quart of water; mist leaves or water soil.
- **Mold & Mildew Control:** Spray affected area with 3% and allow to air dry.

- **Hot Tubs / Pools:** Some people use hydrogen peroxide in their pools / hot tubs. However, standard 3% household hydrogen peroxide is not EPA-approved as a stand-alone sanitizer. See our website for more information.

Historical Information on Internal Use (Not Recommended)

Some alternative health practitioners and authors have published protocols describing the internal ingestion of food grade hydrogen peroxide. PureOxy Life™ does not endorse or recommend these methods due to potential health risks, including severe burns, internal injury, or death if improperly diluted.

References:

- *The One-Minute Cure: The Secret to Healing Virtually All Diseases by Madison Cavanaugh (2008).*
- *Oxytherapy.com archives (author unknown).*
- *Dr. Edward Group, DC*

These sources claim that when 34.5% food-grade hydrogen peroxide is diluted in water and consumed in drop-based regimens, it releases oxygen in the body, which is suggested to help with various conditions. Reported reactions include nausea, fatigue, diarrhea, and flu-like symptoms. For further information on this, please consult your medical care provider.

Critical Warnings:

- Never consume undiluted hydrogen peroxide.
- 34.5% food-grade hydrogen peroxide is caustic and can cause burns to the mouth, throat, and digestive tract.
- Ingestion can be fatal if improperly handled.
- These practices have not been evaluated or approved by the FDA.

Safety & Storage

- 34.5% Hydrogen Peroxide is a strong oxidizer. Direct contact can burn skin and damage eyes.
- Always wear gloves and eye protection when handling concentrated solutions.
- Keep out of reach of children.
- Store in a cool, dark place in original container.

FDA Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Disposal

If you need to dispose of 34.5% Hydrogen Peroxide, always dilute in down to a 3% concentrate. Once safely diluted, it may be poured down a sink with water running. Never throw hydrogen peroxide in a dumpster, trash compactor, or other waste receptacle, always rinse empty bottles before throwing them away. 34.5% Hydrogen Peroxide can start a fire with it reacting to certain minerals. Never mix with any other chemicals. If you are unsure, please contact PureOxy Life for further disposal information.

Sources & References

- Cavanaugh, M. (2008). *The One-Minute Cure: The Secret to Healing Virtually All Diseases*. Medstone Publishing. [One Minute Cure](#)
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