

## Nebulized Hydrogen Peroxide

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Maneuvering through the challenges of the past few years has meant an exploration of issues, ideas, and technologies that would likely not have occurred otherwise. It seems that challenges are good motivators.

This series of e-resources consists of a gathering of 'tips & tricks' learned along the way. There will be revisions and additions to this series as new information and challenges present themselves.

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### Included in the 'Tips & Tricks' series ...

- Nebulized hydrogen peroxide
- Emergency and disaster-proofing gear: Canadian sources
- Owning a gun in Canada
- Chlorine Dioxide Solution (CDS)
- Survival tips – urban v rural situations

## Nebulized Hydrogen Peroxide

### What is nebulized hydrogen peroxide?

A nebulizer is a small, easy-to-use, and inexpensive medical appliance that turns a liquid substance into a very fine breathable mist that can be inhaled deeply, straight into the sinuses or lungs.

This mist puts a high concentration of nebulized liquid into direct and immediate contact with targeted tissues (like lungs, bronchial tract, sinuses, mouth, or throat). The alternative is swallowing a liquid that must traverse (and survive) your entire digestive and circulatory systems before arriving at the target area. At a low concentration, 3% or less, nebulized hydrogen peroxide is generally considered to be risk free.

Since the lungs are richly supplied with blood vessels, a mist taken into the lungs can also help transfer a medical substance directly into the bloodstream for systemic spread throughout the body.

- When the nebulized liquid is hydrogen peroxide (either 3% straight, or diluted with a salt solution), a nebulizer can be a very effective method for dealing with respiratory ailments like the winter cold virus and even much more serious respiratory ailments.
- Other liquid substances can be combined together with the hydrogen peroxide solution (iodine, an essential oil)
- A treatment can be self-administered quickly, inexpensively, and conveniently in the privacy of your own home

[Nebulizing Hydrogen Peroxide for Respiratory Health.](#) Dr Jockers.

[Using Nebulized Peroxide to Combat Respiratory Infections: A Special Interview with Dr. David Brownstein.](#) Dr. Joseph Mercola.

[Nebulization of Hydrogen Peroxide: The Solution for Colds, Flus and Respiratory Infections?](#) Lisa Kowalyk. LivLong. November 26, 2021.

[Nebulizing with Peroxide and Iodine.](#) Oskar Thorvaldsson. Dr Clark Store. September 14, 2022.

## Nebulized Hydrogen Peroxide

### What you need

You can easily purchase all you need locally, inexpensively, and without needing a prescription or a visit to a doctor -

- A nebulizer (a larger desktop model or a smaller hand-held battery model like the examples shown below, both available retail or online at WellWise / Shoppers)
  - [MedPro Compressor Nebulizer](#) (desktop)
  - [MedPro SONAIR Mesh Portable Nebulizer](#) (hand-held)
- Hydrogen peroxide (3% maximum concentration, food-grade preferred but not necessary)
- A saline solution, or salt and purified water, to dilute the hydrogen peroxide if desired
- Lugol's iodine (2% or 5%) if you choose to combine with the hydrogen peroxide
- A good quality essential oil for combining, if wished, with the hydrogen peroxide

### Using nebulizing hydrogen peroxide

Treatments are quick and easy to do –

- Get your nebulizer going at the first sign of respiratory distress
- For the first day of symptoms, 5 – 15-minute treatments can be done hourly or every 4 – 5 hours until you begin to feel better
- Once feeling better, treatments can be tapered back to several times a day for several days, or until symptoms disappear

[How to Nebulize Hydrogen Peroxide.](#) Get Better / Wellness. November 5, 2022.

[4 Nebulizer Treatments We Can Do at Home to Stay Out of the Hospital.](#) Jacqueline. Deep Roots At Home. Updated December 19, 2023.

## Nebulized Hydrogen Peroxide

### General materials

[Curing viruses with Hydrogen Peroxide](#) – Can a Simple Therapy Stop the Pandemic? Thomas E Levy, MD JD. Townsend Letter.

[Hydrogen Peroxide Nebulization and COVID Resolution – Impressive Anecdotal Results](#). Thomas E Levy, MD JD. Townsend Letter.

Dr. Joseph Mercola and Dr. Thomas Levy are two highly respected proponents of nebulized hydrogen peroxide. Both consider this treatment an absolute 'must-have' for every household.

- [Video: Dr. Thomas Levy and Dr. Mercola discuss nebulized hydrogen peroxide](#). Brand New Tube. October 5, 2021.
- [Book: Rapid Virus Recovery](#) by Dr. Thomas Levy. Free download. See particularly pp. 181-6 for a detailed description of nebulized hydrogen peroxide.
- [Commentary: Hydrogen peroxide nebulization and COVID resolution. Impressive Anecdotal Results](#). Dr. Thomas Levy. May 10, 2021.