

HYDROGEN PEROXIDE SOLUTIONS

TIPS, TRICKS, AND SECRETS FOR

❧ HEALTHIER LIVING ❧

WITH THIS ALL-NATURAL FORMULA



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SOLUTIONS FROM SCIENCE

HYDROGEN PEROXIDE SOLUTIONS

**Tips, Tricks and Secrets For Healthier Living
with this All-Natural Formula**

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INTRODUCTION

When you first get off the grid and start stocking up on survival supplies, you might be surprised at what kinds of thrifty, helpful substances are worth stocking up on. Hydrogen peroxide is one of those substances.

You should be stocking up on hydrogen peroxide because it is a multi-purpose substance with five distinct crisis uses that can help you survive. It will easily replace some of the more expensive supplies or solutions that you might have had your eye on.

Though hydrogen peroxide can be found in nature, it is rarely found in the same concentrations that are necessary for true effectiveness. For example, honey naturally contains hydrogen peroxide. That's one of the reasons that honey is capable of providing so many healing benefits. Natural rainwater also contains some hydrogen peroxide.¹ However, it *is* useful to know where and how hydrogen peroxide occurs in nature so that you would be able to take advantage of what you can find if the need arose.

This is not a substance that you're going to be able to easily or safely create on your own; thus, this guide isn't full of tips that would guide you through some sort of long-term scenario lasting for years—a scenario where modern technology becomes completely unavailable and that places society in some sort of history-changing collapse. Creating hydrogen peroxide requires materials and substances that are less available and more expensive than the substance itself, and none of them would be freely available after a massive collapse of such proportions.



Fortunately, while such scenarios are possible, they're not the most likely scenarios. Instead, this book will give you a way to make the most of preparedness measures for situations that last for a few months to one year. It also gives you a thrifty way to meet multiple needs should you need to start watching every available bit of cash in a societal or personal economic crisis. We'll be able to show you how a large bottle of peroxide worth \$2.99 at the drug store can replace several more expensive items in your home that might be costing you far, far more money. So while you can't easily reproduce this simple substance out on the farm or use it in every crisis, it's still an important addition to your personal survival stockpile. We'll also show you ways that you can combine hydrogen peroxide with other common household items to create powerful new solutions to various off-the-grid problems that you may be facing.

Hydrogen peroxide has been with us since the 1800s, so it's certainly a substance that our forefathers (and foremothers) would have used and embraced during their daily lives.

Our grandmothers knew so many helpful uses for hydrogen peroxide. They wiped down counter tops and sterilized cutting tools, cleansed cuts and scrapes, and disinfected household items. As word traveled of its amazing versatility, everyone from health-care professionals to beauty consultants began finding new and fantastic uses for this wonderful household product.²

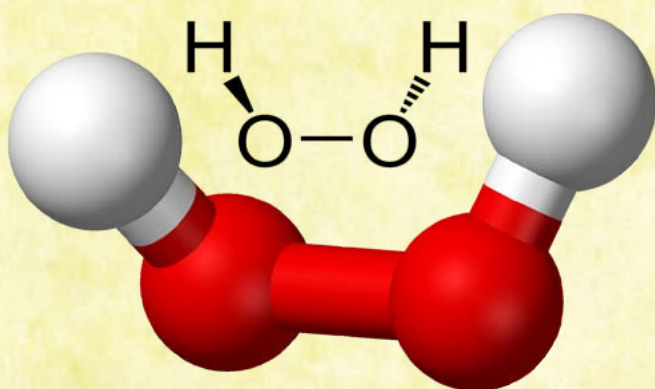
There are many forms of hydrogen peroxide, each available at different concentrations. Different concentrations do have different uses. The most commonly available household form is the 3 percent concentration that you see in the brown bottles at your local drug or grocery store. For survival purposes, it can be purchased in bulk. There is also a 35 percent "food grade" hydrogen peroxide, which is used to sanitize



equipment that is used to prepare food. Other grades include chemical, industrial, and highly explosive military grades and are not generally available and are unsafe for common use.³

You should never drink hydrogen peroxide at any grade for any reason. There are many experimental remedies being tested that involve injecting small quantities of hydrogen peroxide into the body to cure HIV, Alzheimer's, cancer, and other tough, deadly diseases. However, hydrogen peroxide is technically a poison. It kills normal cells as readily as it might destroy cancer cells or bacteria. Therefore, while hydrogen peroxide remedies are amazing and exciting, this guide won't focus on any of them. They are dangerous, and while we are happy to focus on off-the-grid home remedies, we do not want to encourage anybody to take risks with their life and health. These remedies merely demonstrate the raw power of this natural, simple substance.

With those formalities out of the way, let's take a look at some of the specific uses for hydrogen peroxide and how it can help you enhance and succeed in your off-grid lifestyle.



❧ PART 1 ❧

USING HYDROGEN PEROXIDE
FOR
**OFF-THE-GRID
MEDICAL CARE**



The most well known use of hydrogen peroxide is in the treatment of open cuts and wounds. It's used as an initial treatment to flush out infectious agents. When the wound stops bubbling, the wound is clean and hydrogen peroxide therapy should stop. If you apply too much hydrogen peroxide, you will kill some of your own cells and slow down the healing process. You should then apply an antiseptic like iodine or vinegar and possibly an antibiotic ointment (such as Neosporin). Then you should bandage the wound and keep it clean.

You also need to judge how deep the wound is. Very deep gashes or puncture wounds should not be treated with hydrogen peroxide. It is only safe for superficial wounds. Again, you could end up killing vital tissues inside of the wound.



DENTAL HEALTH

Hydrogen peroxide makes an outstanding addition to any dental health regime and can tide you over when there is no access to a dentist at all. Gargle and rinse (no swallowing!) to wash coffee and tea stains off of teeth, to get to spots you can't reach with brushing or flossing, to combat bad breath, to eliminate canker sores, and to safely fight tough gum diseases like gingivitis and periodontitis. A regular regime of hydrogen peroxide can give gums the breathing room they need to start growing back if they've been torn apart by gum disease, and it can stop further damage from occurring.

At 3 percent strength, you do not really have to dilute hydrogen peroxide to use it this way as long as you are very careful to avoid swallowing. Rinse your mouth several times after use and spit out the remains when you are done. **Be very careful**



never to take any higher grade of hydrogen peroxide orally. It could prove fatal to use even “food grade” hydrogen peroxide in this fashion. Fortunately, 3 percent strength is what’s commonly sold in stores.



If you mix hydrogen peroxide with baking soda, you can create your own natural, inexpensive, and highly effective toothpaste. You can mix it with a little mint or spearmint to give it a nice flavor if you so desire. It is certainly a thriftier approach to toothpaste than purchasing it in tubes. In addition, this method gives you fluoride-free toothpaste. There is plenty of evidence to suggest that fluoride is incredibly dangerous, and if you’re aware of the dangers and have been looking for a way to circumvent them in dental health, you have just found your answer.

EAR INFECTIONS

Hydrogen peroxide is wonderful for ear infections. It can help kill the fungal infection that causes swimmer’s ear. In addition, if impacted earwax is causing you pain or discomfort, you can sometimes use it to soften the earwax enough to let it fall out of your ear naturally rather than having to go to a doctor to have it removed.

Using hydrogen peroxide for ear problems is easy. You simply lie down and pour the hydrogen peroxide into your ear. Listen to it bubble, pop, and fizz as it kills off infections. When you don’t hear it bubbling any more, turn your head onto a towel and let the



remainder drain out. If you start this regimen when your ear first begins to itch, you may ward off an ear infection before it becomes serious.

However, you need to know your own body before you proceed. If you have a perforated eardrum, the hydrogen peroxide can damage it. This is also a procedure that works best on adults—be careful about using it on children. You should also be aware that certain ear infections can become too severe for hydrogen peroxide to reach or cure. If you start to feel pain in your face or jaw and you have the option, it's probably time to go to the doctor for something stronger. Ear infections can work their way into the brain if allowed to go untreated. As with wounds, hydrogen peroxide is a light cure; it is not a cure for heavier, more dangerous conditions.

FUNGAL INFECTIONS

Entrenched fungal infections like athlete's foot respond very well to hydrogen peroxide treatment (though it is not as effective on nail fungus). The 3 percent strength is less effective than the 35 percent food-grade hydrogen peroxide for this purpose. Soak your feet in a mixture of the higher-grade hydrogen peroxide and comfortably warm water twice a day for at least five minutes. This will help relax tired feet too! After the soak, pat your feet dry and allow them to air out. Make sure you wear clean shoes and socks. It's also a good idea to clean your shower with food-grade hydrogen peroxide to kill any athlete's foot fungus that might be lurking inside¹.

BLISTERS

Blisters can seem like a small inconvenience, but they can turn into a life-or-death situation if you allow them to fester. Treat blisters like an open wound, with hydrogen peroxide, some sort of antibiotic ointment, and a clean dressing. Try not to burst or



drain the blister if you don't have to. Check the blister for red streaks on a regular basis, as this can be a sign of serious blood poisoning that needs immediate medical attention.²

ARTHRITIS AND RHEUMATISM

If you suffer from arthritis or rheumatism, you may find a great deal of relief from running a warm tub and adding a cup of food-grade hydrogen peroxide. Soak for as long as you like, and enjoy the relaxation and the sensation as it eases joint and muscle pain. If you only have 3 percent hydrogen peroxide available, be aware that this remedy would require several bottles to be effective.³

FIBROMYALGIA

If you're suffering from the pain and chronic fatigue of fibromyalgia, then you might find it beneficial to soak in a hydrogen peroxide bath just like an arthritis sufferer would. You can also add hydrogen peroxide to a vaporizer to increase the amount of oxygen in the air that you breathe. Use one and a half cups per gallon of water.⁴

HYDROGEN PEROXIDE GEL

There's one form of hydrogen peroxide that will actually stick on a wound or cut. This type of hydrogen peroxide is very useful for pet care as well, since pets often won't stay still long enough to let the peroxide do its work. They shake it off instead, usually as quickly as they can possibly manage. There are also some parts of the body—like the neck—where it's easy for



*Zim's Crack Cream
Hydrogen Peroxide Gel.*



hydrogen peroxide to just roll away. Yet hydrogen peroxide usually needs a little time to do its best work.⁵

You can buy commercially available hydrogen peroxide gels, or you can make your own. To make the gel, you will need aloe vera gel (available at most drug stores), one-third of a cup of glycerin (which is the active ingredient you'll find in most homeopathic ear remedies), 35 percent food-grade hydrogen peroxide, and a clean jar with a lid, like a mason jar. Start by mixing one and a half cups of plain aloe vera gel with the glycerin. Add eight teaspoons of 35 percent food-grade hydrogen peroxide to the mixture and stir until it thickens. Finally, scoop the mixture into the clean jar (or jars). Store in the refrigerator.⁶

REMEMBER YOUR SAFETY WITH HYDROGEN PEROXIDE!

Remember, while there are some controversial therapies that involve ingesting or injecting food-grade hydrogen peroxide into the body, this is not something you should attempt without a doctor's supervision, even during a survival situation.



❧ PART 2 ❧

CLEANING AROUND THE HOMESTEAD

WITH HYDROGEN PEROXIDE



Hydrogen peroxide can enhance your off-the-grid living situation by providing you with an effective and thrifty cleaning solution, freeing you from expensive and toxic chemical compounds. This is because it easily performs one of the most important functions of cleaning—disinfecting. Hydrogen peroxide easily kills any germs that may have accumulated on nearly any household surface.

“Consider how many different commercial products we purchase to clean and disinfect our homes at any given time. Hydrogen peroxide can replace bleach, tub and shower cleaner, mildew spray, laundry pretreater, tile and grout cleaner, oven cleaner, antibacterial treater, antimicrobial sprays, toilet bowl cleaner, window cleaner, and disinfectant sprays... Hydrogen peroxide can tackle each of these jobs but leaves behind no adverse chemical residue. It all evaporates away as harmless water and oxygen. You can’t get much more natural than that!”¹

Be aware that hydrogen peroxide acts as a bleaching agent for most substances, just as it does for hair. If you *want* to bleach something (for example, if you want to remove a stubborn stain from a counter top), this can be very helpful. If you don’t want to bleach something (a piece of dark clothing, for example), then be careful. Test the peroxide on a small, inconspicuous area of the material before you use it.

LAUNDRY

Hydrogen peroxide is especially great for bloodstains! You can pour it on a piece of clothing that’s been bloodied and watch the bubbles remove the stain as if by magic. It works well on grease stains too, for much the same reasons.² It is, of course, always safe to use this on whites, since whites respond perfectly well to bleaching.



KITCHEN AND BATHROOM SURFACES

You can put hydrogen peroxide directly into a spray bottle (sold at hardware or crafting stores) to clean kitchen and bathroom surfaces. You can also clean windows at the same time. Hydrogen peroxide won't streak the way that Windex or other chemically based window cleaners do.

When you clean with hydrogen peroxide, you don't just want to spray and wipe, however. You'll want to spray and leave the hydrogen peroxide to do its work for a few moments before ultimately wiping off each surface. That way it gets the time that it needs to kill all of the germs. You should be especially careful to give your hydrogen peroxide this time in the bathroom when you're cleaning toilets or mildew-covered showers.³



If you have rust stains in your sinks, you can use hydrogen peroxide to remove them. Spray the hydrogen peroxide over the rust stain and then add baking soda. Let it all sit for ten minutes, and then remove it all with a soft cloth. You can use the same mixture to get your sinks very shiny.⁴



Have you bought those expensive, toxic, smelly foaming oven cleaners in the past? Then you may be glad to know that hydrogen peroxide makes a highly effective oven cleaner as well, helping you to quickly eliminate food that's been baked inside.

FLOORS

Food-grade hydrogen peroxide is very good for mopping. One cup of 35 percent hydrogen peroxide in a bucket of very hot water can give you a good, shining clean that won't damage your floors or require any waxing.⁵



CLEANING TRASH CANS

It is no fun to get deep inside of a trashcan that has gotten dirty. Trash often slips past the bag despite anyone's best efforts, and the resulting gunk and goo is both unidentifiable and daunting. However, you can pour about an inch of hydrogen peroxide into your garbage can. Let it fizz until it is done. Then rinse out your trash can with a garden hose. You should find that you don't need any scrubbing at all to get everything out of it, and the resulting waste won't be toxic or dangerous to dump in your yard. If you do countertop composting, this method works quite well on home composting buckets too.⁶



CLEANING TOUGH CARPET STAINS

You can create a home carpet-cleaning solution by adding a castile soap like Dr. Bronner's with hot water and 35 percent hydrogen peroxide. This solution can be used in a standard carpet-cleaning machine to get your carpets far cleaner than they'd normally get. All sorts of things can lurk between the carpet fibers, and working with this solution will help you get out the worst of it⁷. This is especially important if you have babies, since they play so much on the floor. If you don't have time to clean the whole carpet but have a tough stain, you can also use the same solution directly on one spot. It's very similar to using the much more expensive product OxyClean®.

CLEAN INSIDE OF WATER BOTTLES, SPORTS BOTTLES, AND THERMOSES

It can be difficult to clean inside of water bottles, sports bottles, and thermoses because they aren't designed to accommodate a hand wielding a sponge. Sometimes these bottles can acquire a really nasty smell as a result, even if you regularly sterilize them or shake them around with soap and water. A three percent grade of hydrogen peroxide can help you kill the odor as well as whatever bacteria are causing those smells in the first place, making your thermos or sports bottle not only more pleasant to use, but safer as well.

PET ODORS AND STAINS

Hydrogen peroxide can be a lifesaver when it comes to pet odors and stains. Mix it with dish soap to help cover any smells and use it to get urine out of carpets or furniture. It's also excellent for aquariums and birdcages. Use the recommended mixture from the previous section on treating carpet stains.





If your pets have fleas, washing them in a one-to-one water and hydrogen peroxide solution (using 3 percent hydrogen peroxide) can help get rid of them. The peroxide will kill the fleas, eggs, and larvae. It will generally take several washes to get through the infestation entirely, but this is an effective method, especially when combined with dish soap. Make sure you wash your carpets and bedding with hydrogen peroxide too (as described earlier) to make sure that you get the

fleas that aren't on your pet when you give him or her a bath.

FIXING CLEANING SUPPLIES

Cleaning supplies have a habit of getting very nasty after a period of time. Dunking a grungy mop into a bucket of hydrogen peroxide mixture or washing out your sponges with a 3 percent hydrogen peroxide can help rejuvenate them. Using this method will help your cleaning supplies last longer so you don't have to pay for costly replacements.



❧ PART 3 ❧

GARDENING AND PLANT CARE WITH HYDROGEN PEROXIDE



When living off of the grid, an absolutely vital part of that lifestyle will be maintaining your own garden and crops. After all, what could be better than going out into your own back yard to pick vegetables and prepare them for a meal? Nothing tastes better, and nothing is quite as satisfying as knowing that your hard work has made a healthier and more delicious meal than anything that could be bought at a grocery store or restaurant. Amazingly, hydrogen peroxide can help you cultivate that garden!

Any kind of plant can benefit from regular doses of hydrogen peroxide, whether they are flowers, herbs, vegetables, or fruit. It doesn't matter if they're crops in the field, plants in raised beds, hydroponic plants, or plants living in greenhouses.



For those who may think that this seems an unnatural way to garden, here's an interesting and generally unknown fact about hydrogen peroxide: it occurs naturally in rain! Hydrogen peroxide is a natural part of earth's cleaning system.

*As rain comes through the earth's **ozone layer**, some of the molecules of water (H_2O) pick up an additional oxygen atom (O), becoming H_2O_2 – hydrogen peroxide! Oxygen is O_2 , while ozone is O_3 . Ozone is very **unstable** – that third oxygen atom moves on easily. So the water has no trouble picking up some single oxygen atoms.¹*



FERTILIZER

When most people think of fertilizers, what immediately comes to mind are sharp-smelling pellets that get scattered around on the ground. Perhaps if you are gardening off the grid, you also include manure and compost on your list of fertilizers. Little do people realize that hydrogen peroxide can also make a great fertilizer when mixed with water and poured onto plant beds or sprayed directly onto the foliage.

How is this possible? How can something used for disinfectant and cleaning be great for plants? After all, it can be deadly when consumed by humans! The answer is in the chemical structure of hydrogen peroxide itself. Hydrogen peroxide has an extra oxygen molecule compared to hydrogen dioxide (H_2O —good, old-fashioned water). That extra oxygen molecule, when it reaches the roots of the plant, helps them to grow faster and stronger.

SPROUTING SEEDS BEFORE PLANTING

Hydrogen peroxide can also be used to speed the process of germination of seeds, giving them a healthier, stronger start in life. As mentioned in the previous section, that extra molecule of oxygen in hydrogen peroxide is used by the plant and absorbed, helping it to utilize the nutrients stored in its seed faster and thus sprout earlier. All you need to do is soak the seeds in a 3 percent solution of hydrogen peroxide for thirty minutes, then rinse well with water and plant as normal. Furthermore, more seeds will germinate because the hydrogen peroxide will kill any pathogens that are on the seed coating.²





Remember, when you use seeds, it's important to reach for non-hybrid seeds that haven't been genetically modified in any way. Our [*Survival Seed Bank*](#) provides enough heirloom seeds for you to plant an acre's worth of garden. The seed from the resulting plants can be saved and used, year after year, to provide your family with nutrient-dense food that tastes great.

ROOT CUTTINGS

Another common means of starting plants is to soak the roots in water or place them in soil and allow them to grow shoots and leaves. For many plants, it's easier and



faster than trying to start from seeds, allowing many species to attain full size after one growing season. Furthermore, some plants have a difficult time being properly pollinated in order to reproduce, and cutting or grafting does away with that problem entirely.

Adding 3 percent hydrogen peroxide to the water in which the roots are soaked or to the water that is used for roots placed directly into soil is a great way to speed that process and strengthen the cutting at the same time.

HYDROPONIC GARDENING

As the temperature of water increases, the less ability it has to retain oxygen. Once it hits seventy degrees Fahrenheit, water begins to lose dissolved oxygen fairly quickly, and for anyone who maintains a hydroponic garden or a pond in the back yard, this can be a very serious problem for anything living in it.

Fortunately, hydrogen peroxide can help. That extra molecule of oxygen in the solution can and will increase the overall level of oxygen in the water, helping plants stay strong and grow faster during the summer months in warmer climates. With more oxygen, plants are better able to take in a nutrient solution, but at the same time, the water temperature remains warm enough to promote plant growth.³

AS A PLANT DISINFECTANT

As anyone who has ever seen black mold or mildew growing on leaves and stems knows, plants can get sick too. They can be just as susceptible to diseases as people can if they aren't properly cared for, falling prey to bacteria, fungal infections, mold, and mildew. Hydrogen peroxide is invaluable as both a preventative measure and as medicine for sick trees, plants, and shrubs.



Use a 3 percent solution of hydrogen peroxide to spray plants and help prevent these issues. Use it twice a week when living in a humid location and just once a week when living in an arid desert location. It's a good idea to avoid spraying plants that have damaged leaves or have just recently been transplanted to avoid harming them. It's also a good idea to spray just one leaf of a plant with the solution then wait a day to see if there are any adverse effects before you spray the entirety of the plant; but rest assured, most plants won't have a problem with it.⁴ Once you are sure the plant won't be harmed, be sure to cover both the tops and the bottoms of all of the leaves.

While you can spray plants that have mold visible on the stems and leaves, not all of the problems can be easily seen. Fungus and mold can live in the soil too, eating away your plant and destroying your hard work, all without your knowledge. Add hydrogen peroxide to the water that you pour into the soil, and you can prevent or eliminate this problem before it gets out of hand.

Hydrogen peroxide can be used for other disinfecting purposes. Trees that have had branches cut can develop infections at the wound sites, as they are vulnerable to the invasions of pests or fungus much the way humans are vulnerable to bacterial infections in our own wounds. Spraying the site with 3 percent hydrogen peroxide will help to protect your tree.

It's also common to see growths of mold or fungus in the greenhouse. It's a warm and very humid environment, often with puddles of standing water in dark corners where they can't be easily found. Hydrogen peroxide is a safe and effective way of controlling that growth, keeping your work space clean, and reducing the chances of you getting sick from exposure to fungus. You can kill the fungus without worrying about your food becoming contaminated with toxic chemicals.



WEED KILLER

While a little bit of hydrogen peroxide can be a good thing, a lot of it can kill a plant. For some, this is a better and more environmentally friendly way to kill weeds than relying on store-bought chemicals or going through hours of back-breaking work to weed by hand, especially if there is a lot of ground to cover.

Using a 10 percent solution of hydrogen peroxide is known to kill weeds. But be very careful when doing this! Be sure not to use it around other plants that you don't want to die, or you'll kill them too. After the weeds are dead, come back to very heavily water the ground.⁵ A 10 percent solution is extremely strong, and without a lot of water to dissipate it, any plantings that you try to grow in that soil may wither and die, poisoned by the hydrogen peroxide.

HOW MUCH TO USE

When it comes to preventative measures, you should use less hydrogen peroxide than when you are treating sick plants—half as much, in fact. Healthy plants are strong enough to stay stable and don't need the sucker-punch that a diseased or mold-riddled plant will need to get back up onto its figurative feet and recover. The charts on the next page will tell you how much hydrogen peroxide you should use in a solution for watering and misting:



TO USE FOR WATERING HEALTHY PLANTS

Water Amount	Amount of 3% Hydrogen Peroxide	Amount of 35% Hydrogen Peroxide
1 cup	1 and ½ teaspoons	7 to 10 drops
1 quart	2 tablespoons	½ teaspoon
1 gallon	½ cup	2 teaspoons
5 gallons	2 and ½ cups	3 tablespoons plus 1 teaspoon
10 gallons	5 cups	6 tablespoons plus 2 teaspoons
20 gallons	10 cups	¾ cup plus 1 tablespoon plus 1 teaspoon
25 to 35 gallons	12 to 17 cups	1 to 1 ½ cups

TO USE FOR SPRAYING SICK PLANTS

Water Amount	Amount of 3% Hydrogen Peroxide	Amount of 35% Hydrogen Peroxide
1 cup	1 tablespoon	¼ teaspoon
1 pint	2 tablespoons	½ teaspoon
1 quart	¼ cup	1 teaspoon
1 gallon	1 cup	1 tablespoon plus 1 teaspoon
5 gallons	5 cups	6 tablespoons plus 2 teaspoons
10 gallons	10 cups	¾ cup plus 1 tablespoon plus 1 teaspoon
20 gallons	20 cups	1 and ½ cups plus 2 table spoons plus 2 teaspoons



Be very, very sure of what concentration of hydrogen peroxide you are using before you mix it with your water. Most drug stores will sell 3 percent hydrogen peroxide, but always double-check the labeling. You wouldn't want to accidentally add too much of the 35 percent mixture, as that would most likely kill your plants—and do so very quickly!⁶

HOW TO APPLY HYDROGEN PEROXIDE TO YOUR GARDEN

Good news! There's nothing special needed to mix hydrogen peroxide with water and then apply it to your garden. Whether you're the sort of gardener who only owns a few houseplants or one who has a full range of gardens in your back yard, you can do it with relatively cheap equipment ranging from a bunch of plastic buckets to a liquid fertilizer sprayer readily available at any lawn and gardening center.⁷

Possibly the cheapest way to mix is with a bucket, but this is recommended for the smaller gardens or for a few outdoor potted plants. Trying to carry enough water to sate a large, thirsty garden would be backbreaking, hours-long work!

A lawn sprayer is nothing more than a canister – usually made of plastic – that holds chemicals inside of it. A hose is attached to the spray nozzle, and when you turn on the hose, the water mixes with the chemicals (or your hydrogen peroxide), and it comes out diluted. Various sizes are available at almost every hardware and gardening supply store.



YARD CLEAN UP

Because of its properties, hydrogen peroxide is fantastic for killing germs and bacteria. For someone living off of the grid, this is good news when it comes to cleaning up without the use of harsh, unnatural chemicals that are bad for the environment. It has the power to neutralize many dangerous contaminants and encourages many others to break down into harmless compounds. For example, sulfur-containing by-products of many manufacturing processes can be difficult to dispose of. Treating them with hydrogen peroxide can help to eliminate their worst traits by changing their chemical composition.

Another prime example is the treatment of waste and sewage spills. In the event a septic tank should overflow, a lot of hazardous waste can go into the ground, and that pollutes the soil and underground water. This is a deadly and dangerous problem that is commonly associated with factory farming, where improper waste management of the animals' excrement runs off into the ground, causing algae blooms in lakes and destroying soil composition. Hydrogen peroxide works to encourage the breakdown of waste into usable compost. Furthermore, when you use hydrogen peroxide and rinse it down the sink or flush it away in the toilet, it won't stress a septic system like chemical-ridden, store-bought sanitizers will.

Hydrogen peroxide is also fantastic for cleaning the mold on shady decks and porches. It will eliminate algae and scum at the edges of ponds and pools, and it can also be used to clean gutters and rooftops.



❧ PART 4 ❧

USING HYDROGEN PEROXIDE
FOR
**GROOMING AND
PERSONAL CARE**



Hydrogen peroxide has been shown to have vast amounts of uses when it comes to cleaning, medicine, and gardening, but it can also be used for personal care and grooming. Acting as a bleaching agent and as an anti-microbial agent, hydrogen peroxide is invaluable for bleaching and lightening the skin, hair, nails, and teeth. It can also be used to clean more delicate, everyday items in the home where you can't just dig in with a scrub brush because that would either damage or destroy it.

HAIR BLEACHING

Perhaps one of the best-known uses of hydrogen peroxide is for hair bleaching. Even people with very dark hair can bleach it with a 3 percent hydrogen peroxide, although there is a word of warning for those individuals with very dark hair. Hydrogen peroxide can initially turn dark hair a shade of orange, but continued applications will continue to lighten it to blonde.



To begin, it's best to find a dark spray bottle rather than a clear one. When exposed to the light, hydrogen peroxide breaks down very quickly, and bleaching hair is a process that can take some time to complete. Make sure the bottle is as clean as possible to avoid any chance of a contaminant coming into contact with the hydrogen peroxide, and spray the parts of your hair that you would like to bleach. If you would like to bleach all of it, then spray it down thoroughly.



It's also possible to bleach more than just the hair on your head. This will work for arms or eyebrows, or anywhere else on the body where you would like to lighten the hair. Just be careful not to spray it into your eyes. It's better to use a cotton ball for your eyebrows and do not, under any circumstances, try to lighten your eyelashes.

If you only want to lighten the hair just enough to bring out the natural highlights, avoid using the mister and go for a cotton ball instead. Rub it along the hair in one direction, from scalp to the tip of the hair, in the sections where you would like it lightened.

After that, leave the hydrogen peroxide in your hair for about forty minutes to let the oxidization process do its work. Going out into the sunlight for a few hours can help speed the process along somewhat, and once you are satisfied with the color, rinse it out with cool water.

Results won't be immediate, and when it comes to bleaching your hair, it's better to do it as a slow, gradual process over the course of several days rather than dumping on a bottle of hydrogen peroxide and letting it sit overnight. It'll be better for both your hair and skin.¹

SKIN BLEACHING

As we grow older, our skin often takes on darker pigmentation, and these spots are often called age spots or liver spots. In actuality, they have no connection to our livers, as they are caused by a breakdown in the skin pigmentation due to sun exposure. The medical term for them is *lentingines* and they commonly occur after the age of forty. The medical profession would like to try to lure people into using harsh chemical peels, laser treatments, or freezing with liquid nitrogen to be rid of these spots, but there is a safer and less expensive way, and that's through hydrogen peroxide.²



Using hydrogen peroxide on age spots is a process that will take time—over several weeks, in fact— and it's recommended that you use a solution of 12 percent hydrogen peroxide, which can be readily found in beauty supply stores. This is also a process that is better done with smaller age spots.

As a side note, it should be mentioned that hydrogen peroxide is also great for treating freckles in much the same way. Over the course of several weeks, with regular applications, you can lighten their appearance significantly. This process can be also used for other areas of the skin where there's an unwanted darkening, such as stains beneath the arms or on darker scars.

Before you begin, make sure to distinguish between age spots and other darker marks on your skin, like moles. As you prepare for this, make sure that you won't risk spilling any of the hydrogen peroxide on a colored surface. At a 12 percent concentration, it's fairly strong, and it may bleach and ruin anything it comes into contact with. Once ready, use a cotton ball to swab over the spots, being careful not to drip the hydrogen peroxide into your face or other sensitive areas. Hold it there until you can begin to feel a stinging sensation, then remove it and rinse with cool water. Repeat the process once every three days for several weeks until the spot is gone.³

NAIL WHITENING AND FUNGUS TREATMENT

If your fingernails have grown yellow and darker but the nail beds still look healthy and pink, this has probably been caused by smoking or by applying layer after layer of nail lacquer or polish without any break in between. Nicotine stains the nails, as does frequent nail painting. Fortunately, there is a way to get rid of that yellowish stain, and yes, it does involve hydrogen peroxide!





The first step is to put together a mixture that is composed of two and a half tablespoons of baking soda and one tablespoon of hydrogen peroxide. Mix it together in a small bowl until it's a slushy mess. Then, dip a small cotton ball or a cotton swab into the mixture and apply to the underside and top of each nail. Allow it to sit for at least three minutes, then rinse your nails in warm water until all of the mixture is gone. Repeat this process daily until your nails have turned white again.⁴

Some people are unfortunate enough to suffer from nail fungus. The medical term for this is *onychomycosis*, and the symptoms include the nail becoming thick and brittle and developing a white, black, yellow, or green discoloration.⁵ This is a fairly common affliction that can come from many sources, and it is very contagious. It can come from sharing nail clippers or nail scissors, can be found lurking on the floors of public bathrooms or showers, and it can get into the nail beds if there's so much as a hairline crack in the nail. Although it most often affects the toenails, nail fungus can affect the fingernails too. Unfortunately, it's often difficult to cure, since the underlying infection is in the nail bed itself, which is difficult to reach with the nail sitting on top of it.



Treating nail fungus can take a long time, even with the use of hydrogen peroxide, so don't expect immediate results. However, it can be treated with home remedies instead of relying on drugs or harsh chemicals. Soak the hand or the foot in a 3 percent hydrogen peroxide solution on a daily basis for ten to fifteen minutes each time. If at any point you feel stinging, the mixture is too strong. Dilute it with an equal amount of water. Continue to do this until the fungus is gone.⁶

TOOTH WHITENING AND HYGIENE

There are many commercials and advertisements on televisions, in the newspapers, and all over the Internet about the effectiveness of teeth whitening products purchased over the counter. However, did you know that the most common ingredient among them is hydrogen peroxide? It's true, and you can easily replicate the effects with your own homemade teeth whitening treatments. Although the hydrogen peroxide should never be swallowed, it's perfectly safe to use; in fact, many dentists use it as a part of their professional teeth-whitening solution.

To whiten your teeth and kill bacteria in your mouth, all you need to do is take about two tablespoons of undiluted hydrogen peroxide (be sure it is the 3 percent solution!) and swish it around like a mouth rinse for about thirty to sixty seconds. Immediately, there should be foaming in your mouth as the hydrogen peroxide reacts with any bacteria or contaminants in your mouth. Be aware that the foaming will cause the liquid to expand in your mouth. Also be very, very careful not to swallow the mixture! This could make you sick. Once the time is up, spit out the hydrogen peroxide and rinse out your mouth with regular water.⁷ Repeat this on a daily basis, and soon you'll be noticing an improvement in the health and whiteness of your teeth.





ACNE TREATMENT

Already known to be a disinfectant and cleanser of wounds, hydrogen peroxide can also be used to treat acne flare ups. Bacteria simply cannot survive when brought into contact with hydrogen peroxide, and that includes the bacteria that cause painful zits and pimples. Using hydrogen peroxide as a home remedy is far cheaper and safer overall than any prescription treatment that could have unseen side effects. Just be aware that hydrogen peroxide can dry out the skin when used on a regular basis.

To treat acne, first wash the face with a gentle, mild soap to get rid of any oil, residues, or makeup that could interfere with the hydrogen peroxide's effectiveness. Avoid the use of any harsh soap, as it could cause an adverse reaction or dry out your skin excessively. Take a cotton ball or a cotton swab that has been dipped in a 3 percent solution of hydrogen peroxide, and apply it to the affected areas of the skin. Don't use a stronger solution. This could cause unwanted bleaching of the skin or painful stinging. Furthermore, avoid healthy areas of the skin, since the drying effects of hydrogen peroxide can cause normal, healthy skin to appear red and blotchy. Allow the hydrogen peroxide to dry on your skin, and then apply a mild moisturizer to help keep your skin from drying out. Repeat the procedure twice daily until the acne has cleared up.



CONCLUSION

It's amazing how simple and inexpensive off-the-grid living can be. Hydrogen peroxide's many uses are just one of many secrets that we've been able to uncover during our journey to become one of the most trusted experts on off-the-grid living in the nation. However, there is so much more to learn if you want to live a successful off-the-grid lifestyle. Hundreds of tips like these are also available in our [*Big Book of Off the Grid Secrets*](#). You'll learn how to secure food, water, power, housing, and more in the event of any economic collapse, EMP event, major disaster, pandemic, or other crisis. The world's future may look uncertain, but yours doesn't have to.



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