

Hydrogen Peroxide (HP) Nebulization for Respiratory Virus Prevention and Treatment

Regular over-the-counter 3% hydrogen peroxide can be utilized. However, a preparation of greater purity (“Food Grade”) can be used and is probably the best option if HP nebulizations are intended to be performed indefinitely for good health maintenance.

For most adults, the 3% concentration can be utilized in the nebulization chamber undiluted. This optimizes the degree and rapidity of antiviral and pathogen-killing effect. For some, the 3% concentration results in too much stinging/burning in the nose. Such individuals can dilute the HP with saline (water OK but less optimal) until they find their highest concentration that can be inhaled in complete comfort. Sometimes a 10-fold dilution (0.3%) or even a little more dilute will be needed for some sensitive individuals.

When nebulizing for viral prophylaxis, as when living in the same household with someone who has already contracted a cold or flu, 2 to 3 minutes of nebulization 2 or 3 times a day should give good protection. If a very dilute solution of HP is being used, longer times can provide comparable protection.

When a runny nose or slightly sore throat is already present, it is recommended that 10- to 15-minute nebulization sessions be undertaken 3 or 4 times daily or until a symptomatic relief is realized. Many individuals report symptom improvement within an hour or two after the first treatment. It is advisable to persist in these treatments several times daily for at least 24 to 48 hours after feeling normal in order to prevent infection relapse. Even advanced coronavirus cases with very low blood oxygen levels have responded well, although 30-minute nebulizations three times daily were needed to resolve the infections over a 5-day period.

For individuals who want the continued benefits of HP nebulizations, often reflected in remarkable improvements in bowel and gut function, 2 or 3 minutes of nebulization daily or several times a week can be done. Responses will vary with the individual. As it is a completely non-toxic therapy, nebulization can be administered as desired unless persistent irritation is felt in the nose and throat.

Tabletop nebulizers and hand-held nebulizers can be used. The larger units are just air pumps/compressors, inexpensive, and durable. No specific brand is recommended. The hand-held devices are good, but cost more and tend to be delicate and break easily.

Most nebulization chambers accommodate between 5 and 10 ml of your desired concentration of HP (3% or less). If desired for even greater therapeutic impact, 1 drop of nascent iodine and/or 1 to 3 drops of magnesium oil (saturated magnesium chloride solution) can be added as well. Many nebulization videos are available on www.YouTube.com.



More information is available in a free eBook download (“Rapid Virus Recovery”), available in English and Spanish: www.rvr.medfoxpub.com

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