

# Hydrogen Peroxide

*(Mass Report – Marjorie Dorfman)* Did you know that hydrogen peroxide is the only germicidal agent in the world composed only of water and oxygen? There are more uses for this killer of germs than one can shake a stick at. Read on for more on this amazingly useful product that all of us probably have at least one bottle of either in our medicine cabinets or under our kitchen sinks. Here are 40 uses for hydrogen peroxide that may amaze you.

## 1. Wound Care Disinfectant

The most common use of hydrogen peroxide.

## 2. Cure Athlete's Foot

Spray feet (particularly between the toes) with a mixture of 1 part hydrogen peroxide and 1 part water.

## 3. Eliminate a sinus infection

Make a nasal spray comprised of 1 tablespoon 3% hydrogen peroxide mixed with 1-cup non-chlorinated water.

## 4. Kill fingernail fungus

Soak your nails in 50% hydrogen peroxide and 50% water for 10 minutes a day.

## 5. Soothe a toothache

Rinse with hydrogen peroxide twice a day.

## 6. Eliminate bird mites

Spray some hydrogen peroxide on your skin several times daily.

## 7. Cure recurring yeast infections

Use as a douche by mixing capfuls of 3% hydrogen peroxide with distilled water once or twice a week.

## 8. Use as an enema

Mix 1 tablespoon into a quart of warm distilled water.

## 9. Treat ear infections

To alleviate symptoms and help to clear up an ear infection, put 6 -8 drops of hydrogen peroxide in each ear.

## 10. Remove earwax

Two applications of first a few drops of hydrogen peroxide in each ear and then after a minute or two, a few drops of olive oil. After another minute, fluid can be drained to remove earwax.

## 11. Help soften corns and calluses

Make a foot soak from equal parts hydrogen peroxide and warm water.

## 12. Disinfect contact lenses

Hydrogen peroxide is used as a disinfectant for contact lenses because it breaks down the proteins that form on the lens as a natural response from the eye's immune system.

### **13. Prevent Swimmer's Ear**

Prepare a bottle of equal parts hydrogen peroxide and vinegar and after swimming, put several drops in each ear.

### **14. Clear up acne**

Apply hydrogen peroxide using a cotton ball over the face 2 to 3 times a day.

### **15. Get rid of a head cold**

Lie on your side and put a few drops of hydrogen peroxide in your ears. Wait until the ensuing bubbling slows down and then drain your ears.

### **16. Use as a mouthwash**

Mix 1 part hydrogen peroxide to 1 part water.

### **17. Disinfect toothbrushes**

Dip toothbrushes in 3% hydrogen peroxide to kill bacteria.

### **18. Use as toothpaste**

Mix enough hydrogen peroxide with baking soda to create a paste.

### **19. Use as a tooth whitener**

Rinse with 3% hydrogen peroxide each day being extremely careful not to swallow any. Also rinse your mouth after spitting it out!

### **20. Whiten your nails**

Soak fingertips and toes in hydrogen peroxide to naturally whiten your nails.

### **21. Lighten your hair**

For a highlighted, unbleached look, use a spray bottle and apply 1 part hydrogen peroxide and 1 part water over damp hair and leave it to soak for about 15 minutes before applying a final rinse.

### **22. Clean your refrigerator**

Spray with hydrogen peroxide along the interior and let it soak for a few minutes before wiping it off.

### **23. Sterilize counter tops**

Spray liberally with hydrogen peroxide and let it sit for a few minutes before wiping clean.

### **24. Clean your sponges**

Mix 1 part hydrogen peroxide to 1 part warm water to eliminate unpleasant odors.

### **25. Clean your cutting board**

Spray hydrogen peroxide on board and let sit for a few minutes. Then wipe it off.

### **26. Clean your dishwasher**

Spray the insides with 50/50 mix hydrogen peroxide/water and allow to soak. Run the dishwasher through one cycle prior to adding dishes.

### **27. Sanitize your dishes**

Add 2 ounces of 3% hydrogen peroxide to each dishwasher cycle.

### **28. Add more power to your dish-washing detergent**

Simply add 2 ounces of hydrogen peroxide to the bottle.

### **29. Clean grout in your home**

Apply hydrogen peroxide liberally to affected areas.

### **30. Clean your toilets**

Pour hydrogen peroxide into the bowl and for optimum results, let sit for 20-30 minutes. Then scrub the bowl.

### **31. Clean your shower curtains**

Hydrogen peroxide will remove mildew and soap scum. Wash curtains in machine with 1 cup 3% hydrogen peroxide and normal detergent.

### **32. Make your mirrors and windows sparkle**

Use a spray bottle comprised of a mixture of half water, half 3% hydrogen peroxide.

### **33. Whiten your clothing**

Hydrogen peroxide works as bleach. Simply add some into your white wash laundry cycle.

### **34. Detoxify your bath**

Soak for 20 minutes in 2 quarts of 3% hydrogen peroxide mixed into warm bath

### **35. Clean your vegetables**

Use a spray bottle filled with 3% hydrogen peroxide.

### **36. Eliminate unwanted odors in your home**

Spray the walls with a 50/50 mixture of 3% hydrogen peroxide. Be careful with light colored carpets because of its bleaching properties.

### **37. Clean dinghy floors**

Mix ½ cup hydrogen peroxide with 1 gallon hot water.

### **38. Clean your pots and pans**

Create a mix of hydrogen peroxide and baking soda and rub onto pans. Let sit for a while and then scrub off.

### **39. Revitalize your plants**

Mix ½ cup hydrogen peroxide with 1 gallon of water and spray liberally over the plants.

### **40. Remove yellowing from lace curtains or tablecloths**

Soak for at least an hour in a sink filled with cold water and 2 cups of 3% hydrogen peroxide. Rinse in cold water and air dry.

- See more at: <http://massreport.com/hydrogen-peroxide-40-amazing-uses/#sthash.pYC00EGI.dpuf>