

## How to Do Nebulized Hydrogen Peroxide — The Basics

Nebulized hydrogen peroxide is extremely safe. Brownstein has used it for 25 years with no ill effects being found. It's also incredibly inexpensive, and you can administer it at home, without a prescription. In my view, it is one of the absolute best therapies for viral infections like SARS-CoV-2 or even worse respiratory viruses that will likely be unleashed in the future.

You need to buy a desktop nebulizer (it needs to produce a very fine mist and desktop versions are stronger than handheld battery operated models). The one I use is the Pari Trek S Compressor Aerosol System, which is available on Amazon or less expensively on eBay. The large battery option is unnecessary as you can simply plug in the device to run it when you need it.

Please understand, though, that the Pari Trek S is designed to treat asthmatics and as such only comes with a mouthpiece. While this would get the peroxide in the lungs where it is needed, it does nothing to reach the sinuses, which are also likely infected. This is why it would be worth pick up some face masks on Amazon to use instead of the mouthpiece as they are only about \$10.

It is important to acquire this BEFORE you need it, as the sooner you treat the infection the better your results will be, although the testimonials are unbelievably impressive even in late stage illness. It is not necessary to treat yourself preventively, but only if you are sick or exposed to someone who is.

While I've been using a 0.1% dilution, Brownstein uses an even lower concentration of just 0.04%. Neither Brownstein nor I recommend using commercial 3% hydrogen peroxide found in most grocery stores, however, as it has potentially toxic chemical stabilizers in it. Then take 3-5 ml and put that into the nebulizer and inhale the entire amount. You can do this every hour when you are sick until you start to notice improvement and then back down to every 4-6 hours and continue until you are over the illness.

Since you are not using full strength 3% peroxide and diluting it by 30 to 50 times, it is unlikely the stabilizers will present a problem, but to be safe it is best to use FOOD-GRADE peroxide. Also remember not to dilute it with plain water as the lack of electrolytes in the water can damage your lungs if you nebulize that. You will need to use saline or add a small amount of salt to the water to eliminate this risk.

Starting Peroxide Concentration	Hydrogen Peroxide	+	Water (Filtered)	=	Ending Peroxide Concentration
3%	1/4 tsp	+	7 1/4 tsp	=	.1%
12%	1/4 tsp	+	5 ounces	=	.1%
36%	1/4 tsp	+	15 ounces	=	.1%

Brownstein also dilutes the peroxide with sterile water and saline rather than distilled water. Using saline prevents the osmotic differential that can cause damage to lung cells. Brownstein

dilutes the 35% food-grade peroxide as follows. When nebulizing, Brownstein also adds one drop of 5% Lugol's solution to the nebulizer as well.

- Dilute 35% food-grade peroxide down to 3% by mixing 1 part peroxide with 10 parts sterile water
- Take 3 cubic centimeters (CCs) of that 3% dilution and add it to a 250CC bag of normal saline. This brings it down to a .04% hydrogen peroxide concentration

## Summary of Treatment

To summarize, here's how I would treat myself or a family member:

1. At the very first signs of a respiratory infection, dilute food-grade hydrogen peroxide down to a 0.1% (my recommendation) or 0.04% solution (Dr. Brownstein's recommendation). If you want, you can add one drop of 5% Lugol's iodine solution, and nebulize using a desktop nebulizer.
2. Start taking quercetin and zinc, as an adjunctive therapy as soon as you know you have an infection, as the earlier you start the better. This treatment is likely ineffective late in the course of the illness as it works to inhibit viral replication. If the virus has already reproduced, it is too late and the horse is out of the barn.

The key is to have everything you need readily available. Have it in your possession before you need it. An ounce of prevention is worth a pound of cure, so procure the nebulizer, peroxide and iodine before you get ill.

If you're exposed to someone who is sick, you can use the nebulized peroxide as a prophylactic, but if you're healthy, it's not recommended to nebulize daily. For prevention, also make sure your vitamin D level is above 40 ng/mL.

In the later stages of disease, NAC may be really useful. The [MATH+ protocol](#) developed by Dr. Paul Marik uses methylprednisolone, vitamin C, thiamine (vitamin B1) and heparin. Heparin is administered because COVID-19 is a blood disorder too. There are clotting complications, and the heparin seems to improve that.

NAC also prevents platelet aggregation and abnormal blood clotting. It also reduces oxidative stress and increases glutathione levels, both of which play important roles in this disease. In my view, quercetin, zinc, glutathione, vitamin D and nebulized peroxide is a home run.

*"There are cheap and effective ways to treat [COVID-19], and we should be studying this," Brownstein says. "We should be allowed to report on it, and we should be allowed to study it. [If we were], we wouldn't have the travesty that's happened to our country."*