

Nebulized Peroxide

Distilled Water-16 oz

1 teaspoon -Good Quality Salt

3/4 teaspoon-Food Grade Hydrogen Peroxide 12%

- **Fill a 16 ounce pint jar (e.g. a Ball jar) with distilled water. Do not use tap water!**
- **Add a level teaspoon of good quality salt (pink Himalayan from a reputable source) to the water and stir to dissolve. It may take a few minutes. You now have a jar of “normal saline” which is defined as .09% sodium chloride (salt), which translates to 9 g/L. A teaspoon is a little less than 5 g and the 16 ounce jar is about half of a liter.**
- **Next add 3/4 of a teaspoon of the hydrogen peroxide into the jar which now consists of a normal saline solution. *** You now have 0.1% hydrogen peroxide diluted in normal saline.**
- **LABEL THE JAR WITH CONTENTS AND DATE. Keep in the fridge since there are no stabilizers in the solution. It should last at least a year and be much more than you will actually need.**
- **This should ideally be used as soon as you get an upper respiratory infection but should still work very well even if used later on in the infection process.**
- **Suggested amount to use during each nebulizing session is about 5 mL.**
- **Nebulize until that amount is gone.**

- If the symptoms are bad, nebulize every hour and then once you start feeling better, every 4 to 6 hours.
- Remember to use the nebulizer face mask, since it is crucial to inhale the solution up your nose.

Buy nebulizer from: Healthylivin.solutions

Food Grade Hydrogen Peroxide 12%: <https://vivadoria.com/>

(there are other brands of nebulizers and hydrogen peroxide; I do not order from amazon)