

Recipe for Nebulizer Hydrogen Peroxide for Upper Respiratory

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.

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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.

[Hydrogen Peroxide](#) Link

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