

Uses of Hydrogen Peroxide

Hydrogen peroxide has the chemical property of H_2O_2 . It is a strong oxidizer often used as a bleach or cleaning agent. Use it to whiten clothes, fight infections, and make toothpaste and oral rinse, in addition to the uses below.

Purchasing Hydrogen Peroxide

Hydrogen Peroxide comes in a few different grades, the most common being 3.5% pharmaceutical grade (PG) sold in your local stores. It can be used as an oral rinse but should not be ingested. A 6% grade is used in beauty shops to color hair and shouldn't be used internally. Higher grades like 30-32% are used to clean electronics and automotive parts. Hydrogen peroxide has a shelf life, so make sure you rotate your stock.

Whiten Clothes

Add a cup of hydrogen peroxide to your laundry. It gets rid of stains in clothes and carpet. Just pour directly onto the spot, let it sit for a few minutes and then rub and rinse with cold water. Repeat if necessary.

Foot Fungus

Spray a 50/50 mixture of PG hydrogen peroxide and water on feet and let dry. Repeat.

Infected Cuts

Soak healing cuts in a 50/50 mixture of PG hydrogen peroxide and water for five to 10 minutes several times a day. Reports that soaking wounds in hydrogen peroxide has healed gangrene, boils, and skin infections. It is best to use clean water for wound flushing. AFTER the wound starts to heal, use PG hydrogen peroxide solution to help fight infection.

Sinus Infections

A tablespoon of PG hydrogen peroxide added to 1 cup of distilled water (non-chlorinated) can be used as a nasal spray. For more severe sinus infections, increase the amount of hydrogen peroxide in the mixture.

Toothpaste & Mouth Care

Hydrogen peroxide is a great tool for oral care. Use it to create mouthwashes, relieve toothaches and make your own toothpaste. Start with a bit of baking soda and slowly add PG hydrogen peroxide until it creates a paste. Hydrogen peroxide is antiviral, antibacterial and anti-fungal, so it makes very efficient toothpaste. Periodically soak toothbrushes in a cup of PG solution to keep them free from germs.

Food Cleaner

Add ¼ cup PG hydrogen peroxide to a full sink of cold water and allow vegetables to soak and clean before preparation. You can also rinse your meat off before cooking.

Clean Mold

Use a hydrogen peroxide spray to wipe up mold in the fridge or in your house since it is anti-fungal and antibacterial. Don't wipe it dry - let it evaporate. After a week or two, see how fresh the house smells without that bleach odor.

Clean Animal Smells and Shampoo Pets

PG hydrogen peroxide and baking soda, a little dish soap, mixed together will get rid of cat urine smell and skunk. Dog shampoo works great instead of dish soap.

Ear Problems

Use PG hydrogen peroxide to "boil out" ear infections and treat "swimmer's ear". Using an eye-dropper, place 6 to 8 drops in the affected ear.

Kitchen

After rinsing off your wooden cutting board, pour hydrogen peroxide solution on it to kill salmonella and other bacteria. Clean counters and table tops with peroxide to kill germs and leave a fresh smell. Put a little on a dishrag when you wipe, or spray it on the counters. Use it to clean mirrors - no smearing!