

Peroxide Nebulized - Dr. Thomas Levy Cardiologist

Amended by **Dr. Rafael F. Cruz MD Office 812-913-4416 Kentuckiana Integrative Medicine**

www.regenmedky.com

[Disclaimer: The suggestions below are **NOT** FDA Approved. They have not been evaluated by the FDA and are not supported by the FDA. These suggestions are controversial and are NOT necessarily supported or endorsed by Dr. Cruz. However, many people report benefits from these strategies so we felt they should be shared for public consideration. The effectiveness can be judged by the public as these suggestions are not harmful. These suggestions are **NOT** designed to treat cure or diagnose any particular illness, but rather to *perhaps* assist with “Colds” and or GI **symptoms** and *perhaps* boost immunity by optimizing your vitamin levels. These suggestions are NOT medical advice and DO NOT replace the advice of your trusted physician with whom you should consult **BEFORE** trying our suggestions. **[USE SUGGESTIONS AT YOUR OWN RISK. *Provided for informational purposes ONLY.*]**

Simple, Inexpensive, and Perhaps Effective Peroxide [H₂O₂] Protocol

[Hydrogen peroxide and viral infections: - PubMed \(nih.gov\)](#)

[Is there scientific evidence of the mouthwashes effectiveness in reducing viral load? A systematic review - PubMed \(nih.gov\)](#)

Early Onset and Treatment of Viral Infection Symptoms

Preparations of pharmacological purity such as “**Essential oxygen food grade 3% peroxide**” can be obtained from www.amazon.com. Food grade 3% peroxide can be used for nebulizing. You may also add 3-6 drops of iodine to your food grade 3% peroxide, saline mixture for *perhaps* a stronger effect when nebulizing.

Temporarily, regular off-the shelf 3% hydrogen peroxide has been used by some with success and is encouraged by Dr. Levy. Short term use of standard peroxide for 1- 2 days is probably safe; **however, over the counter peroxide has stabilizers which may be harmful according to some sources.**

For most adults, the **3% Food Grade Peroxide** concentration can be utilized undiluted in the nebulization chamber of your nebulizer machine. However, straight 3% peroxide maybe too strong for some individuals so diluting the peroxide with distilled water or saline to 70% water and 30% peroxide or even a 50:50 mixture maybe a good place to start. **According to Dr. Levy, the undiluted 3% peroxide optimizes the degree and rapidity of anti-viral and anti-pathogen effect.** For some, the 3% Peroxide concentration results in too much stinging/burning in the nose and throat. Such individuals can dilute with normal saline or distilled water until they find their highest tolerable concentration. **Nearly everybody can tolerate a 50/50 combination of the 3% hydrogen peroxide and distilled water or saline. However, still lower concentrations can be utilized with a beneficial effect when experiencing cold symptom.**

How to Use a Nebulizer [Cool Mist Air Compressor] by Dr. Cruz <https://youtu.be/ZwQuuPXpUY>

When a runny nose or slightly sore throat is already present, it is recommended that 10-15 minute nebulization sessions be undertaken roughly four times daily or until a symptomatic relief is experienced. Many individuals report significant improvement only a few hours after the first or second nebulized treatment. **It is advisable that someone who feels like they have a cold continue these treatments several times daily for at least 24 to 48 hours after you feel everything is completely normal in your sinuses, nose, and throat.**

From Silvia Maggini et al. in [Immune Function and Micronutrient Requirements Change over the Life Course - PubMed \(nih.gov\)](#) “Various micronutrients are essential for immunocompetence [immune system health], particularly vitamins A, C, D, E, B2, B6, and B12, folic acid, iron, selenium, and zinc. ***Micronutrient deficiencies are a recognized global public health issue, and poor nutritional status predisposes to certain infections. Immune function may be improved by restoring deficient micronutrients to recommended levels, thereby increasing resistance to infection and supporting faster recovery when infected.*** Diet alone may be insufficient.” From Michael Gleeson [Immunological aspects of sport nutrition - PubMed \(nih.gov\)](#) “Dietary deficiencies of protein and specific micronutrients are well known to be potential causes of immune dysfunction and an adequate intake of some essential

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minerals including iron and zinc and the vitamins A, D, E, B6 and B12 are important to maintain a healthy immune function."

Micronutrient suggestions for Adults: [Check with your physician before trying these supplements]

Click here for suggestions listed below:

<https://us.fullscript.com/protocols/rcruz-immune-boosting-supplements>

***Vitamin C 2,000 mg 4x per day x 10-14 days if sick; maintenance 2,000mg per day.**

[Vitamin C benefits the immune system per National Institute of Health Studies – <https://www.ncbi.nlm.gov/pmc/articles/PMC5707683>]

***Vitamin D3 20,000 iu per day x 10 days** (or consider Vitamin D3 Injection available at our office) then take 5,000 iu per day during fall-winter & 2000iu/day in Spring & Summer.

[Goal for your blood vitamin D level is 60-80 which several sources report offers protection against heart disease, allergies, cancer, infections etc. [Note and Caution: A small percentage of people experience heart racing with Vitamin D3 even at the low dose of Vitamin D3 2,000 iu/day]

***Nutrient 950 has N-Acetyl-Cysteine NAC 500mg plus many immune boosting ingredients and is an excellent multivitamin [2-4/day]**

[NAC- N-Acetyl-Cysteine 500 mg 2 x per day helps to replenish the most powerful anti-oxidant of the body Glutathione]

***Theracurcumin** is a powerful anti-inflammatory-immune system booster used at MD Anderson Cancer hospital

***Chelated Zinc gluconate or acetate 25-50 mg per day x 14 days**

***Quercetin 500 mg per day *Vitamin A 10,000 iu per WEEK *Life extension 2 per day**

*Coldeeze cough drops have zinc and are soothing.

***Gargling with peroxide iodine mixture** may help at first sign of sore throat-cold **[\[In Vitro Bactericidal and Virucidal Efficacy of Povidone-Iodine Gargle/Mouthwash Against Respiratory and Oral Tract Pathogens - PubMed \(nih.gov\)\]](#)**

***Lugol's Iodine 5 drops in saline can be substituted or added to peroxide.**

Prevention/Maintenance:

Since Peroxide 3% is a completely non-toxic therapy, nebulization can be administered as often as desired.

Per Dr. Levy If done on a daily basis at least once, a very positive impact on bowel and gut function will often be realized by perhaps killing the chronic pathogen colonization present in most noses and throats stops the 24/7 swallowing of these pathogens and their associated toxins. **Note: Too much peroxide may cause oral yeast, but others report it removes oral yeast.** If daily prevention is not a practical option, the effectiveness of this treatment is optimized when somebody sneezes in your face or you finally get off of the plane after a trans-Atlantic flight. Don't wait for initial symptoms. Just nebulize at your first opportunity.

Recommended Equipment from Medical Equipment Store, Your pharmacy or Amazon:

1] Pulse Oximeter to monitor your oxygen level which should be > 92%

2] Nebulizer machine with mask

A nebulizer and pulse oximeter are very common and inexpensive devices; probably \$40-80, and a one-time purchase should be your only monetary outlay for the good health of your entire family. Various models are widely available on www.amazon.com and elsewhere; just make sure they can emit very tiny bubbles in an extremely fine mist. Also, it is probably best that your nebulizer operates on standard household **120-volt AC** as opposed to a battery pack that will invariably run down and constantly require recharging or replacement. **Also purchase a pulse oximeter to monitor your oxygen level which should always be greater than 90-92%. If your oxygen level is trending to lower than 90-92% at rest or with exertion contact your LOCAL doctor or EMS-Paramedics.**

Final Note: This fact and protocol sheet does not contain a copyright, and a patent has not been applied for. Therefore, I [Dr. Thomas Levy] encourage the reader to disseminate the contents far and wide to as many people as possible because you now have a simple, inexpensive, and effective way to conquer the symptoms of most viral infections according to PubMed Researchers.

Yours in good health,

Dr.Thomas E. Levy, MD, JD and Dr. Rafael F. Cruz, MD