

HYDROGEN PEROXIDE PROTOCOL

As recommended by

Dr David G. Williams

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IMPORTANT

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Introduction

The Hydrogen Peroxide protocol outlined below is suggested by Dr David G. Williams, and is based on "many years of experience and reports from thousands of users."

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16 Day Protocol

Start the programme using 150ml (5 ounces) of distilled water.

Increase the amount of water as the amount of drops increase.

Day	No of Drops of 35% (In a glass of water)	Total No of Drops Per Day (Must be spread over 3 x of the day)
1	3 drops, 3 times per day	9
2	4 drops, 3 times per day	12
3	5 drops, 3 times per day	15
4	6 drops, 3 times per day	18
5	7 drops, 3 times per day	21
6	8 drops, 3 times per day	24
7	9 drops, 3 times per day	27
8	10 drops, 3 times per day	30
9	12 drops, 3 times per day	36
10	14 drops, 3 times per day	42
11	16 drops, 3 times per day	48
12	18 drops, 3 times per day	54
13	20 drops, 3 times per day	60
14	22 drops, 3 times per day	66
15	24 drops, 3 times per day	72
16	25 drops, 3 times per day	75

After the 16 day protocol has been completed then progress onto the maintenance protocol.

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Maintenance Protocol

The frequency of Hydrogen Peroxide dosage should be reduced as follows:

Dosage	Frequency
25 drops	once every other day for 1 week
25 drops	once every 3rd day for 2 weeks
25 drops	once every fourth day for 3 weeks

If, after increasing the dose, you feel nauseous drop back the dose to a level that you are comfortable with.

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Serious Conditions

Dr Williams recommends that for more serious complaints the individual should stay at 25 drops, 3 x daily, for 1-3 weeks. Then reduce to 25 drops, 2 x daily until the problem is resolved.

This may take 1-6 months, so persevere.

Once free of complaints you may taper off by taking:

25 drops once every other day, 4 times.

25 drops once every third day for 2 weeks.

25 drops once every fourth day for 3 weeks.

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Maintenance Dose

Dr Williams believes that a good maintenance dose would be 5-15 drops per week, depending on how you feel.

Those with chronic systemic Candidiasis may need to start with 1 drop 3 times a day, then 2 drops 3 times a day before starting the above schedule.

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Vit E

Taking vitamin E (either through foods or supplements) will help your body make better use of the extra available oxygen.

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Acidophilus

It is also highly recommended that an acidophilus pro-biotic is taken to help re-establish the beneficial bacteria in the lower bowel and also help in the internal production of hydrogen peroxide.

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Dr William Campbell Douglass

One doctor who has considerable experience in working with bio-oxidative therapies is William Campbell Douglass MD, and in his book, "*Medical Miracle*", Douglass suggests that anyone who wishes to take hydrogen peroxide internally should never exceed the recommended dose of 10 drops of undiluted 35% hydrogen peroxide, 3 x daily (this is more than the doses recommended by Dr Williams).

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