

Ricardo Rubie

HOW  
OZONE  
DETOXIFIES

A medicinal sports and energy  
centered use of hydrogen  
peroxide & Ozone

marvels

Odracir Irusimo author of medicinal

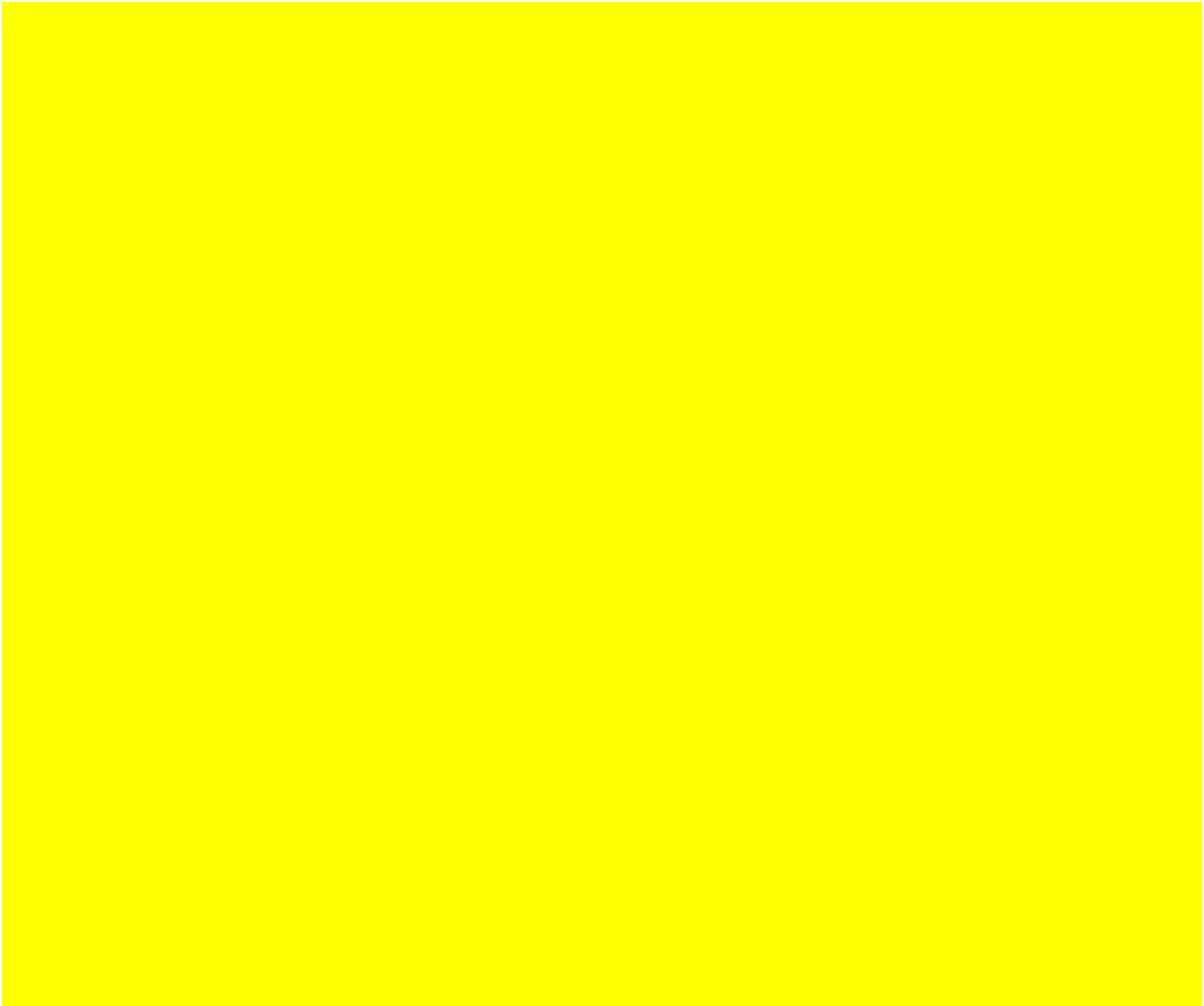
CLAN BOOK

A WHITE NINJA

- NIFTY FIFTY -

HYDROGEN PEROXIDE AND  
OZONE IN THE BODY

A medicinal sports and energy centred use of  
hydrogen peroxide



Nifty Fifty between fifteen & fifty pages of knowledge, assimilated from large text and brought to a standard where the juice is maintained yet the reading time is reduced drastically to save you learning a whole bunch of stuff that has no use to the practical laymen.

All peroxide in this book is to be measured at 12% which is the highest strength available to the public when I wrote this.

All ozone density in the book is to be measured at 600mg Per hr

## **Introduction**

This book is designed to give a brief overview of ozone & peroxide in the body & to give a brief look at nutrient combinations,

congruent to take ozone with and to show peroxide exists naturally.

Secondly to elaborate on the modality and interference, which both ozone & peroxide have in the body, with regard to psychical performance, albeit the performance of ones physiology, in regards to healthiness concerning the psyche and the physical, as well.

This work has been assimilated, from more expansive guides on ozone and peroxide, and so is written in an abstract schemata, in essence, this is to illuminate, the nature of what the teaching expounds on, without the excruciating pain of reading through an additional five hundred pages, which many in ill states of health cannot manage and nor could those caring for them, in which ever ways they chose to care, most cannot stomach such a literal (from the Latin word meaning “written”, and “to write”) onslaught neither, so I thus abstracted and assimilated this book, to provide the juice, as it is easier for the reader to digest and attain the core concepts, vs having to read a bulky piece.

On behalf of medicinal marvels, I humbly publish this piece, and may it help those, who need it, affordably, from the comfort of their own homes.

As it has helped me and my family also.

**Dr. Odracir Irusimo**

**White Spider Ninja clan books**

**Medicinal marvels vol. 1**

®

## Chapter One

### H2O2

Hydrogen peroxide, also known as, H<sub>2</sub>O<sub>2</sub>, is an oxidising agent which, disintegrates microbes of their mitochondrial ability to respire, by over oxygenating them, to the point of oxygen toxicity. However, what is toxic to the microbes, with underdeveloped mitochondria, is perfectly okay to the individual providing you take the correct dose.

The mitochondrial capability of microbes and cancer cells are around eleven fold less developed, and thus when abundant oxygen seeps near enough to them, it will toxify them, by overloading their ability to process the oxygen and the result is those disease cells die.

The mitochondria of a healthy cell, is its energy center, like a battery it crates the energy for that micro organisms, living processes, if the mitochondria is disabled it cannot live. Healthy tissues will utilise the ozone for immune processes and detoxification as well as, this in effect bring disease cells and tissues, near and nearer to sickness and their own demise, where as healthy cells and tissues are brought nearer and nearer to health and enlivened, this means the sickness and the healthy tissues and cells and separated further and further from each other, the disease loses its host and the host thrives in progressively healthier, intrinsic conditions, regarding anatomy.

The accumulation of excessive oxygen, which is a toxin to anaerobes and deleterious microbes (“micro organisms”) and not to us humans, can make our internal environment healthier, by the second, while disrupting and

rupturing any harmful microbes environment simultaneously, separating ill health and the host apart.

The result is, you get a physical kick and rush of mental clarity and oxygenation, and as a yeast, virus bacteria or microbes host, you now become increasingly uninhabitable to them, which is a lovely turn of events.

Tumour cells are perceived via microscope as being green, and have features, which are equivalent to that of plants cells, which are deemed much lower life forms than mammals are, this is why oxygen singlets, works so well, because a plant always has to get rid of oxygen as a waste product of metabolism.

Plants respire and get energy from carbon and acidic gases, which are toxic to humans, as we excrete carbon and carbon dioxide as our by products, and as human, we cannot thrive on carbon dioxide and acidic gases, on the contrary we need oxygen (an alkaline gas), but a plant is the the other way around.

The yeasts and bacteria which often find a niche in the body to incubate in, have their environment change to one which is inhabitable to them or highly in-congruent. As cancer cells, which closely resemble plant cells, are in need of acidic low oxygen environments, it means giving the body optimal alkaline oxygen rich environments, effectually, remove their foundation.

Oxygen in excess, will kill not only plant cells, but lesser microbes cells, such as those in cancer tissue, because they have a decreased capacity to use oxygen, and too much oxygen will quickly poison them. A plant cell has **eleven times less** the mitochondrial ability to process oxygen, then a human does, and that roughly mirrors the oxygen a tumour cell's mitochondria can metabolise also, where as, healthy non tumour cell's, can deal with the increase of oxygen, so tumours die and healthy cells are untouched albeit unharmed.

Given to much oxygen, a plant will suffocate and eleven times quicker than a human would, as humans can tolerate breathing much more oxygen than a plant has the ability to endure, this is why anaerobic virus, yeast & cancer cells, that like environments plants would favour (low in oxygen), have

their cellular envelope and mitochondria destroyed by oxygen but healthy tissue is, contrastingly, unaffected.

A dose dependant approach shows 90 % reduction in the rate of activity and reproduction of cancer tissue. Less specific doses show a 40 – 60 % percent decline in cancer functionality (*published 1980 by Marie Theresa Jacobs school of German medicine*).

Whilst we are lower on oxygen, tumour (and malignant) cells of cancer, do well, and thrive, but when we become highly oxygenated (oxygen is what plants are said to give of as a by-product also known as a **waste product** ), we are effectively giving them a dose of their own waste, to them, oxygen is toxic, at such high levels, they react like most plants do in a highly unfavourable condition, they wither away and they die-out, just like we would, if we had been force fed our own waste.

Thus, effects of feeding the cellular excrement (waste product) of plant metabolism to cancer cells, which are nearly identical to plant cells, except their vacuole, (a kind of nutrient storage sac, or colon) , is that they literally suffocate, *burdened by their own toxicity & are unable to obtain enough energy to sustain their life processes.*

As almost any life-form does given its own excrement to breath beyond their ability to process, they suffocate because oxygen is toxic if not metabolised and they have underdeveloped mitochondria to metabolise an abundant affluence of oxygen.

## **Differentiating Oxygen and Ozone**

Ozone is not just oxygen, yet a doctor has had his clients do deep breathing for fifteen minutes per day and got very favourable results, ozone is slightly different most oxygen is a conjoined (di atomic, structure, “di” means “two”, “atomic” means to do with “atoms”, so its two oxygen atoms, represented as the symbol O and the number 2, O means oxygen and O<sub>2</sub>

means there are 2 oxygen, the complete symbol for oxygen looks like this “**O<sub>2</sub>**”.

Ozone is O<sub>3</sub> (“O” is for oxygen) and 1 (“1” is the number of atoms) anything more than one atom is called a molecule, so O<sub>1</sub> (only one atom) is not called a molecule, as O<sub>2</sub> is, it is called a singlet, as this word implies there is but one atom.

O<sub>1</sub> (also known as ozone) is so unstable it happily reacts with any medium it can, oxygen is very conducive to humans, we use O<sub>2</sub> all day to remove our lactic acid, and other acids, carbon-dioxide, pyruvic, and various other acids and toxins.

Where as O<sub>1</sub> reacts more readily and so can detox and remove more acidic products than could O<sub>2</sub>, because O<sub>2</sub> has already joined another oxygen it is not ready to warm up to new chemical bonds, where as ozone came along, solo, and so wants to get something going with any congruent bond it can make.

This type of singlet oxygen, or O<sub>1</sub>, has been coined, active oxygen, because of its highly active nature in contrast to balanced oxygen.

### **H<sub>2</sub>O<sub>2</sub> and the active oxygen.**

**Hydrogen peroxide is like water chemically it very similar but set apart from the rest of H<sub>2</sub>O, by the fact it has one additional oxygen on it's structure. H<sub>2</sub>O is two hydrogen atoms and one oxygen atom's, H<sub>2</sub>, means to hydrogen, and O means oxygen.**

**H<sub>2</sub>O<sub>2</sub> (H<sub>2</sub> means two hydrogen's) and O<sub>2</sub> means two oxygen's, meaning hydrogen peroxide is more oxygen rich, this can however oxidise skin, whitening it and bleaching it as well as bleaching hair.**

Hydrogen peroxide exists in the thyroid and Peroxisomes, white blood cells which destroy any harmful virus, bacteria, fungus, yeast and boost overall immunity as they also disintegrate various chemicals which may be inhaled, (breathed in), from car fumes, to tobacco and cleaning products, painting and decorating products and so on.

Peroxides in the thyroid protect the brain from inhaled toxins, and circulatory toxins, as well, this has been known for over one hundred years, that hydrogen peroxide exists naturally in the body and serves to protect it, as an immune promoter.

Ever wonder how white cells can just engulf and destroy all kinds of viruses, and bacteria and fungi and yeasts and other pathology including environmental toxins, there's a good portion of your answer, right there, peroxide.

The iodine and peroxide in the thyroid combine to destroy invaders, iodine alone can kill over 97% to 99% of the microbial spectrum harmful to humans, the humans will actually encounter, peroxide also has approximately 99% harmful "microbial kill spectrum", the thyroid combines these two and even manages to protect against environmental toxins, via this combination.

Thus giving hydrogen peroxide to tumour cells highly disrupts and rapidly destroys them, yet all healthy tissues, (non cancerous tissues) are left ***intact and unharmed*** .

### ***Peroxide vs chemo***

Peroxide which leaves healthy cells and tissues healthy, as they were, is a step up from chemo, which was developed as a war machine, to practically kill enemies, and after the war machines was then developed into the chemo machines (for radiologists) and then the microwave (for food) there from. Pratically in this context means to by pass physical material and to effect the core of a physical mass, so enemy troops could be hit through hills and trenches, frying their organs and cells, with out having to ***engage*** them directly.

This is why the microwave cooks your eggs or whatever you prepare in it from the core first, once the surface is warm the center is piping hot, because the pranic waves cook from within first and then the outer layers are effected secondly.

The body does not produce this kind of microwave to keep healthy, it makes hydrogen peroxide, so at least one is in accordance with the human body and natures laws and orders (note how micro waves have a nozzle like any other weapon of war, to direct that energy at humans is potentially fatal, and kills them from within, first a larger version directed at humans was developed for the trench cold war, the hospital took it, to cook humans tissues, rather indiscriminately thereafter, the difference being H<sub>2</sub>O<sub>2</sub> is very selective and only kills cancer, yeast and virus or fungi tissues and cells). The reason the hospital took the machine is because hospital services are in fact military, medics go to war, and the modern theatre of hospitals was developed during warring periods, to patch people up and get them back into the battle, this is the reason a chief of the hospital is still today officially called a medical attorney general, “general” as in “war general”, pertaining to military.

The consensus is still patch people up and get them back to work, but true healing is not their concern, because they have no protocol for health, it doesn't exist.

Peroxide is on the other hand able to be intelligently used by the body meaning we humans have intelligent processes which choose what to do with peroxide, the body is already manufacturing it, the healthiest plants aloe Vera, moringa, seaweed, and even fruits like lemon “most people take this when they have a cold” contain abundant quantities of peroxides, as will be elaborated on later, essentially the things that get us healthy have this and the body seems to do much better for ingesting peroxides, endemic in such plants and fruit listed above.

Today chemo therapy is a tool, which indiscriminately cook human tissues, meaning if its healthy tissue it cooks, it and if it's cancer, it cooks it also, the chemo machine is so indiscriminate even the doctor and radiologist using it, duck behind a lead oxide screen, because lead soaks up and blocks out so much radiations, x rays, infra-red, ultraviolet rays are all

radiation lead effectively blocks, even most computer screen are (13% lead oxide for this reason) (it was the only thing Clarke Kent could not see through, no wonder sci fi geeks go haywire), but putting human flesh through microwaves in this way, is not good for their health, a modality, which is killing everything healthy or not going to likely produce overall health, because you need what immunity you can get and thus destroying healthy tissue unecarrily is a bad idea, if the cancer is the problem then a modality, which isolates cancer is the answer.

### Peroxide vs anti biotic

When compared to antibiotics, which indiscriminately kills healthy and good gut flora bacteria (the ones that churn and digest the food in the intestine to provide you with the nutrients (these gut flora are beneficial and symbiotic in their relationship with the host human), which we have to digest our food and prebiotics (a pre biotic just means fibre), which the probiotics (gut flora) feed upon, this thus weakens the immune systems and the bad microbes you want gone are able to adapt to antibiotics and live quite comfortably on them, whilst the healthy tissues suffer, because you starve them of probiotics flora and boost the fungi food source simultaneously, this is where peroxide brings a flip to events, which antibiotics modalities just do not possess.

The stomach performs the most immune function a day because putting large quantities of indiscriminate albeit foreign matter, known commonly as food, which human may consume a whole pound of or more, per day the potential to have foreign bacteria (or microbes) enter the body via food and then get to a cellular level, is immense, and perhaps is why 70-80% of the immune system is actually in the gastrointestinal tract, stomach acid kills, and the more mashed up your food (masticated or juiced) the more the acid can access the surface area of the food.

We will take from an animals flesh ( e.g. chicken) meat, an animal teat or udder (e.g. milk), produce from another country (e.g. bree) and even animals beneath the sea (e.g. oysters), all this we will put in our stomachs, so the bacteria, we could possibly acquire from eating is expansive, so the immune systems central locality to where that food goes makes a good deal of sense.

As antibiotics are normally taken orally, they severely impair the immune system and via that impair the whole body and make it susceptible to more disease and more microbe invasion, one reason is antibiotics are made out of fungus, penicillin, is from penicilium and mushroom which is a fungi, alcohol an antiseptic is made from yeast, given fungus to a fungus, may not sound like a effective way to kill fungi, but it is what millions do anyway, taking two fungi and making them fight each other, does not yield results like taking the human body intelligence and giving the body what it normally would use, namely peroxide, and because the human body already knows what to do with peroxide, it works more effectively against fungi and yeast and infection.

Harmonising with the bodies intelligence and you lessen the work you have to do and the hurt you have to.

However hydrogen peroxide as mentioned does not only supply tissues more oxygen, alone, but has the double effect of killing any microbes harmful to health and tumour cells, and yet microbes which, are deleterious to health, have not ever developed an immunity to H<sub>2</sub>O<sub>2</sub>, nor the ability to process oxygen at the levels healthy normal living tissues are able to, thus you may win quickly by taking peroxide with any kind of gut, ulcer, and low stage gut cancer, even stronger cancer can be killed with peroxide, the window of use and dose are the limiting factors, also highly effective with infections, where mainstream modalities fail.

Ulcers requires certain prerequisites to thrive and a cancer culture also and those prerequisites are disrupted and falter beneath a cascade of active oxygen, such as hydrogen peroxide and ozone.

(ozone can kill anthrax, as can peroxide, and colloidal silver)

Leaky gut syndrome, is normally due, to helicobacter pylori (H. Pylori for short) and this microbe disables stomach acid which serves primal function as a immune aid as most foreign microbes on food do not withstand its acidic onslaught.

H. pylori then moves through the gut, once the acidic nature of the stomach juice is weakened, by H pyloris alkalising excrements, to more alkaline potentials of pH , H. Pylori then sets, “barbs” to latch on at specific areas of

the intestinal tract, after it passes through the stomach, and excretes waste known as endotoxins, which break the single cells, lining the digestive walls and this is capable of upsetting, potentially, every aspect of bodily function, from brain to thyroid, this causes brain fog and cloudy thinking, like living in a daze with difficulty orientating one's self, with short attentive spans and difficulty focusing.

As food, has not been exposed to enough stomach acid to kill pathogens, because *H. pylori* alkalises the stomach, so it can pass through, into the intestine, where it is safe from stomach acid, they can slip through, the gut lining, they enter the blood and go anywhere the blood goes, reduced stomach acids, means poorer digestion and proteins, which are too large, due to improper digestion, may pass through the gut and enter the blood, due to the chinks in the intestinal single cell wall, which endotoxins create, allowing these proteins to pass, animal proteins which are not digested properly, have been attributed, as the causes of mad cow disease and in humans, is known as, "encephalopathy", this is where neurons are exploding from the vacuoles outward until and spongy brain occurs, with visible holes through the brain's tissues. The reduced stomach acid, environment *H. pylori* sets up, just means these particles are bigger than normal and the *holy* intestinal walls, means they are getting into the blood anyway, despite their size.

Allergens and various factors of food, aside from proteins (and microbes, such as prions), which are not processed correctly, also impede body function, glutenin is a common allergen found in oats and grains and mycotoxin (a fungus, which is a kind of spore that grows commonly on commercial grains) enter the blood and casein, which is contained in dairy products also enter they cause cloudy thinking and brain fog.

Hydrogen peroxide, can kill, *H. pylori* and seal these holes, quickly and effectively and by doing so return the stomach acid to normal, so it can fend for itself. The quickest I have personally seen this work on a near and dear family member, is within around 12 hours, or slightly less, this dear family member, had triple antibiotics for over a year and in just one night, he took a cap of peroxide mixed in a glass of water, and the very next morning he took one more cap of peroxide mixed in water, that was it he never took

another dose before he went to the doctor, around six days later, and the doctor confirmed he was indeed clear, they were, previously, having concerns the H. pylori could develop into a malignancy (stomach cancer).

The first 8oz glass of water he took right in front of me and the second he took the following day once he got up and never took it after there for the following days leading up to his check up.

*The dose we done was one 8oz glass of normal tap water from the fridge ceramic filter with one cap full of peroxide roughly 2.5ml (or a teaspoons worth), he also slept like a charm that night and when ever taking it before sleep he sleeps so peacefully.*

Also his eye was going blurry before taking, 12% food grade, human grade peroxide, and his ankle was injured half a year back, all of these healed up, fully within these six days, because the H. pylori, which damages the single cell wall of the intestine was killed so the food could be digested and the permeable (leaky gut) could clear up on it's own, meaning foreign products were not able to latch the back of the retina, the ankle and thyroid, as they seemingly had been doing prior taking the peroxide.

I am not anti antibiotics, I just noticed, that over the course of a year while he got sicker they were ineffective (and quite detrimental), and yet the peroxide done it's service in a window of use that's less then 12 hours. Would you rather have the one which wreaks havoc for over a year and does not solve any issue or the one which solve the issue in less then one day, I have a problem solver mentality toward ill health, so I prefer getting people truly healthy.

Once H pylori is gone the alkali conditions that irritated the stomach (intestinal tract) making the ulcers appear, begin correcting themselves, as the climate changes, the ulcers will vanish, soon after.

Ulcers are clearly caused by a kind of irritation of intestinal tissue linked to H. pylori, which makes them flare up, the way they do, correct the irritational and the microbes and all goes back to normal.

**Aryurveda, “if there is a mechanism the pathology can occur in reversing the pathological mechanics reverses the pathology”.**

**Modern medicine, “most degenerative diseases are irreversible”.**

**A Rothkranz interview on ozone says, spot injections of medical grade ozone, into cancer tissues, show them literally exploding under the microscope they pop instantly, the same is true of 0.314% H2O2 BP grade, with spot injections.**

Once endotoxins enter the blood, they are free to latch to anywhere the blood stream takes them, this includes all organs and of concern the eyes, thyroid and brain are noted to be highly symptomatic of this, meaning that they show the signs of the damage being done by their malfunctions albeit malfunctioning, which is known as a symptom.

Endotoxins break intestinal cells and thus allow foreign matter, which does not normally enter them enter in, and thus can cause problems for the eyes, neurons and brain and thyroid areas, which are sensitive to this kind of intrusion.

Endotoxins is like microbe version of sulfur, in that it does not allow growth and repair and does not help to process minerals and nutrients, it breaks open cell structures to invite pathogenesis and is not a device of the cells nutrients meaning the body is not six percent endotoxins, it is like the opposite of sulfur, which is the second most abundant nutrient in the body after water.

However H. Pylori is obliterated by taking hydrogen peroxide orally, in water, though the doses must be congruent to the body, dear family member stated on the dose I was taking and so only had it twice.

## PEROXIDE & MICROBES

Because plants mitochondria is said to be eleven fold less developed, when it comes to controlling oxygen metabolism, it stands to reason that when killing tumour cells of a growth, that the level of peroxide (& ozone) that is destroying the tumour, is safe and continues to be a safe dose, until eleven fold that dose is reached, because then you'd exceed and bypass healthy tissues ability, to moderate their own oxygen metabolism.

Another phenomena is peroxide exists in the thyroid gland and it is the main chemical iodine in the body connects with to usurp all, bacterial, viral and various other microbes and many of the harmful chemicals and toxins (organic and inorganic) as well.

Being hyperactive oxygen singlets bind all the above, as stated with an underdeveloped mitochondria the singlets kill them. Hyperactive oxygen singlets bind chemicals, which do harm, also those found in polluted city air.

The hyperactivity of the oxygen singlets contained in peroxide automatically usurps harmful chemicals thorough interacting with them they become molecularly altered to smaller molecules, which are electable, via the kidneys, so that they are no longer present to harm he body chemistry.

Almost any harmful germ is susceptible to peroxide, this includes viruses and bacteria, they all have drastically underdeveloped oxygen breathing apparatus (known as mitochondria).

That is also to say, if you regularly intake cigar and polluted air smoke, you'll develop a mucosa film (also known as a lining, coating or sheet). This mucosa film is a way to prevent utter usurpation of the peroxides of the peroxisome, which are the white blood cells of the thyroid that use peroxide to do their functions, which is immune defence of the total body system. Peroxisomes engulf and deteriorate any microbes and many toxemia, as well, but they are sometimes out numbered, when taking peroxide they increase in numbers.

The B-killer cells and T cells also message each other, about when to use a peroxide carrying peroxisome on a pathogen.

## PEROXIDE & AIDS

Given peroxide, thyroid production of white blood counts may increase as much as forty thousand fold, as shown in lab analysis and results in peroxide given to AID afflicted patients in a Kenyan clinic. Peroxide was used, in the place of medical ozone machines, because peroxides more affordable.

Peroxides association, primarily involves, immune cell, white blood cell and thyroid tissues, where peroxide is a crucial component. Peroxide is abundant in those humans who are healthy, whereas unhealthy humans are low in peroxide.

When peroxide was given to AID patients in Kenya they showed a decline of over 80% PCR the fragments of dead genes associated with AID's (auto-immune deficiency syndrome) damage, within one year. PCR counts, overall, they improve greatly over the course of a year on 6% (six percent) food grade hydrogen peroxide, while not all reacted equally to the peroxide given to them, meaning some PCR drops were more favourable than others were.

The consensus is peroxide was a massive help to the patients in Kenya overall, and had the patients had a consistent supply of money and they could regularly have their treatments they would have done even better one patient stopped coming for almost a year and revisited when he had money because he knew the peroxide had worked for him.

It seems correcting/boosting auto immunity goes a way towards, correcting auto immune deficiency, go figure.

### Peroxide in the blood

The functionality of H<sub>2</sub>O<sub>2</sub> allows for the body's natural, white blood cells to gather peroxide and top their reserves of to levels most pathogens cannot stand, be they pathogenic microbes or chemical, causing their neutralisation at greater rates thus upholding overall health.

Even when eye tissues are affected and brain functionality, which are abnormalities not specific to the intestinal tract where the peroxide resides in, they are none the less given a boost of white blood counts, which alleviate their symptoms.

Peroxide is able to uphold health anywhere the blood can reach, meaning the brain and eyes and feet are not exempt. An example is a guy I knew, who took hydrogen peroxide and his athlete's foot fungus disappeared in between one and two days, whereas previously athlete's foot fungus had persisted over thirty days, before taking peroxide.

Peroxide affects an area, which is not in direct proximity to the stomach.

Cytochrome -C is an organelle of the body, which latches onto peroxide and brings it full fledged through the blood around the body and through the heart and lungs where it becomes a catalyst giving off a boiling action, next it dissipates and the peroxide becomes oxygen and water, but prior to this it's quite stably moved around the blood. This means peroxide can get anywhere in our bodies, if it is required to do a function.

Iodine is another way peroxide moves by binding tetraiodothyronine (thyroxine for short) also known as T4 and with T3 also (triiodothyronine) peroxide moves around the whole body starting from the thyroid, interacting anywhere peroxide is required, this is one way the thyroid protects the brain.

Passive smoke may cause the loss of voice for a few moments in non smokers, because the iodine and thus the peroxide balance is chemically disrupted rendering that area affected and vocal function disrupted. Thus as they breathe in the smoke they chug, where the coughing action would synergistically force more smoke past the thyroid into their lungs.

The thyroid is being protected from this type of breathing and the fumes is one which harms the thyroid, in this instance.

There are other processes in binding iodine to peroxide, such as glutathione transferase enzyme (which contains selenium). B vitamins also link peroxide to iodine, cobalamin (vitamin B12) and niacin (vitamin B3) and riboflavin (vitamin B2) are among prerequisites for peroxide to bind to iodine. The best way to get all of these is to take it with chlorella, or to have fresh fruit or vegetable juice and or smoothies, before or after taking peroxide.

Autoimmune disease of the thyroid, occurs, when imbalances cause the peroxide to not connect properly to the iodine making the peroxide inorganifiable as an immune component.

This may have multiple causative factors and various, intervals whence the modus operandi, configuring iodine & peroxide are disrupted, albeit, not present the prerequisites of peroxide iodine synthesis are many fold as you can see in the paragraphs above.

For example it could be due to lack of transferase or to lack of TPH (thyroid producing hormone secreted by pituitary gland of the mid-brain or from various other points of the body both above and below the thyroid gland itself).

Thyroid activity can go the other way and become over-active and attack tissues that are not normally considered to be of any threat.

**Gargling a teaspoon of H2O2 in an 8 oz glass of water three times a day can alleviate a throat tumour with in just three weeks completely.**

## *Chapter 2*

### *OZONE*

Ozone is another modality of oxygen singlet delivery and activity and works in a similar fashion to peroxide. For example spot injections directly into cancer and tumour cells of ozone exploit their underdeveloped control over oxygen metabolism, thus killing them as peroxide does.

Much like hydrogen peroxide the oxygen from ozone does this without harming healthy tissues, yet seems to have a smaller half life, meaning ozone will dissipate out of the body faster then peroxide.

Despite ozone having a comparatively small half life, verses peroxide, ozone is less harsh, than hydrogen peroxide, making ozone more tolerable and so easier to use comfortably.

Ozone, is much safer, compared to peroxide because there is more room for error, when dosing ozone then there is room for error, when measuring and dosing peroxide.

## **Ozone reaction overview, what is does**

Ozone is over all, an oxygen singlet, which scavenges harmful free radicals and also microbes and inorganic harmful toxaemia (such as formaldehyde, cadmium (found in car batteries), acetone found in bleach, butane found in lighter fuel, hydrogen cyanide from executive gas chambers, all of these are in common tobacco, and pollutants, which enter the blood transdermally, via ingestion but also via inhaling.

Inorganic chemicals & pollutants, become less complex, once interacted with, by ozone, and are reduced to more simplistic chemical structures, with less ions, atoms and molecules, which are easier to eliminate from the biochemistry, with greater ease.

Formaldehyde becomes water and carbon dioxides and oxygen (C<sub>2</sub>O & H<sub>2</sub>O & O<sub>2</sub>) (primarily), this is a preservative and doesn't help living tissues at all, because, to preserve (embalm) a living tissue would inhibit all enzymes, there in, to a degree effective enough that no bacteria could erode it any time soon, this means enzyme which keep humans living would be impeded this way also, when there finally becomes no enzymology, those tissue cease to be alive, formaldehyde is in tobacco.

**FORMALDEHYD E** Formula HCHO

Reaction with Ozone:  $\text{HCHO} + 2 \text{O}_3 \text{ ----> } \text{CO}_2 + \text{H}_2\text{O} + 2 \text{O}_2$ .

Number of O<sub>2</sub> molecules consumed per molecule of compound = 1

<http://educate-yourself.org/ozone/ozonereactionswithcommonchemicals29sep06.shtml>

(Many more of ozone's reaction occurrences, are listed on the above link and I suggest to gain insight, into how effective ozone is, browse through some of them, because they are easy to read and give beautiful insight into the effectiveness of ozone) .

Ozone is often sold as a water steriliser, because of regulations, Ozone generators are commonly brought through aquatic shops and also farming and agriculture centres.

Though the most **affordable** and effective ones for humans use purpose are from aquariums shops, or ebay.

**On the high side of cost, medicinal quality ozone products, come from specialists directories, these have an oxygen feed tank supplying pure oxygen, via the ozone device, pure oxygen fed ozone has no nitrogen bubbles and so does not cause embolisms, when intravenously injected.**

This allow ozone to be injected into the blood and to purify, raw milk, which also bubbles under nitrogen, but not pure ozone.

*Therapists are all over London who give ozone intravenously and some even do spot injections but they want a consultation, I found a women in Finchley who did not require the consultation fee, and who was willing to get straight to the ozone therapy part.*

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### **Ozone costs vs quality**

Aside from intravenous ozone its more affordable to acquire a water steriliser model for less than £ 100 (albeit less than \$ 100), via the online shops auction site normal give the best prices.

While various outputs of ozone exist, the best ozone device to buy, are those with the “highest output level”, shown as **m g / per hour** (or ozone density conveyed in mg).

Higher ozone density and ozone m g / per hour, work the fastest and start from as little as 1 milligram of ozone output per hour, which is ridiculously

useless, intolerably so. If you want results start from 200mg of ozone per hour (200m g / per hour albeit an ozone density of 200m g / per hour).

My 600 mg/per hour & 400 mg/per of ozone output per hour; displaces bad odours from the body when taken in to bath water for only fifteen minutes or so, the oxygen in the water destroys the microbes, which smell and detoxify the skin to.

Ozone is also applicable to take with, and highly recommended, in drinking water, as it is known to sterilise water, ozone applied to water is a process know as “ozonation” (it means using ozone to effect something), when ozonating water the half life of ozone is short, after fifteen or twenty minutes, it becomes scarce and is gone soon after this time frame expires.

Drinking water is ozonated by regulatory standards before crossing state lines, but dissipates by the time it reaches your shelves, in the shops, also its only ozonated to small quantities compared to what you could achieve privately at home.

I have a steel straw, a novel yet cheap item, it doesn't leach plastics, which ozone also dissolves. as I don't want to swallow any plastics, because they upset thyroid functionality, as they mimic the effects of hormones found in thyroid tissue and produce complications in thyroid activity.

I use my steel straw to suck near and on the ozone diffuser stone, as it produces my ozone bubbles, this way I not only sip and drink correctly to get most water absorption, hence the straw, it prevents gulping and poorly absorbing the water, which is a problem I do not have with my steel straw, but what is more I take in more ozone by sucking up ozone before it has the chance to dissipate, this can cause nausea and is not recommended but emphasises, how quick you should get to the ozone, as dissipation happens quick.

My ozone, is not medical grade ozone and thus has a nitrogen gas exuding from the diffuser stone, this ratio of nitrogen to ozone gas is around fifty/fifty and may be more and less in certain brands, especially cheaper models may put out as much as sixty percent nitrogen gas, do not inject this kind of ozone, nitrogen bubbles cause embolism (a tiny bubble which once

in the blood can be fatal, it is why nurses make sure there is no air in a syringe).

### **Summary of cost vs quality**

You can buy, ozone makers, very cheaply around 18GBP at the moment with delivery and it will work more effectively than some models, which I have seen, of the same exact make for over one hundred GBP, listed on some there website, so price comparison is a must and buy where market competition is highest, to ensue an abundance of choices for your consideration. (I got mine from ebay)

### **Hydrogen peroxide alkalising benefits**

Hydrogen peroxide is capable of taking hydrogen ions which are causative of the majority of acid in the body and making them into H<sub>2</sub>O hydrogen dioxide, which are neutral and thus balance the acids out within the blood. Acidic states are endemic of low energy levels slowed recovery time periods and also phlegm and mucosa, which, allow microbes to gestate.

The reason hydrogen peroxide can do this, is due to, acid having lowered oxygen levels, which encompass microbes, which die given sufficient oxygen to optimise health of blood and by and by the tissues which healthy oxygen rich blood frequently contacts, at the chemical level.

Because what ever is in blood effects the tissues, most local to it, for example, tobacco effects the lungs and oxygen rich alkaline blood effects the tissue proximal to it also.

Where this is of particular benefit for use, is where sports have fatigued ones muscles, so they are sore from practice yet these sore muscles are going to be put to use soon after, they work and accumulate lactic acid, pyruvic acid, carbolic acid and hydrogen ions, which are, what the acidity table measures when referring to pH (hydrogen ions).

pH means proportion of hydrogen ions , seeing as all acid is quantified in this most common scale of pH (proportion of hydrogen), not surprisingly this is a fundamental acid to balance out, in the blood, even though the strongest acids in the body are hydrogen based even they, can be balanced

out given the correct biochemical conditions to become neutral, with a pH of 7 such as water.

Hydrogen peroxide takes acid away from muscles intern increasing the muscles alkalinity, which may bring as much as nine fold the oxygen to those muscles. Peroxides removes waste during and after exercise faster due to the increased oxygen, which is attributed to higher levels in alkalinity induces. Because post exercise recovery, is largely attributed to repaying, albeit balancing, “oxygen debt” a higher quantity of richly oxygenated blood, to contacts the muscle tissue being used and clear their acid burden, decreases recovery time. Hydrogen peroxide is able to considerably (improve), decrease recovery periods, vastly and also enhance the energy expenditure each individual exercising, is capable of producing from the outset, via decreasing oxygen debt and acid accumulants.

### **A constitution on water**

Bear in mind water is not wholly H<sub>2</sub>O, as found in a standard chemical charts, because when in the body and out of it (i.e. in a glass of water), less than half a glass of water is actually wholly comprised of H<sub>2</sub>O, hydrogen dioxide, is in fact what balance water shows up as chemically as a general consensus.

While water is only shown as having, two components hydrogen and oxygen, they vary in their structures through out water, if water was hydrogen dioxide only all distilled water would have a pH of 7 where as most distilled water is around 5 (acidic) and that very same distilled water can be cooled, refrigerated, when cooled the water may become an (alkali).

Here are variations, which may occur and do occur in water with the hydrogen (H) and oxygen (O) atoms, forming both singlets and molecules in and among the medium of water to effect overall pH.

H and O occur in many various forms in water;

H<sub>2</sub>O is neutral, has a pH 7 and takes two hydrogen's to an oxygen atom to produce neutrality.

OH is alkaline, has a pH above 7 and takes one hydrogen ion, to one oxygen atom to become alkali.

H<sub>2</sub> and H are acidic and have a pH below 7 they are singlet (and rarely doublets of hydrogen, unless you use an ionizer)

O<sub>2</sub> are loose oxygen diatomic molecules, two oxygen's per molecules, they are alkaline.

As shown above hydrogen and oxygen occur in a glass of water molecularly as well as separately and only the ratio of loose hydrogen and loose oxygen and how they interact is what determines overall pH.

Commonly water is believe to be purely H<sub>2</sub>O though a glass of water is not even predominantly H<sub>2</sub>O, a ten ounce glass of water is approximately less than ten percent of it is hydrogen dioxide (or H<sub>2</sub>O) the calculus of pH is explained in Sang Wang book reverse ageing (see citations).

This is why water pH ranges from 5 to 8 pH from various sources, if it were only H<sub>2</sub>O, it would always be neutral, 7.

These chemicals are not fixed because they are able to interchange and interact readily, so they oscillate between one chemical composure to another never fixed and constantly changing.

When cold more oxygen can permeate water, (oxygen is alkaline) so alkalinity goes up, thus pH goes up. Because the change in pH is due to more oxygen in water that oxygen changes the chemical compositions. Water oscillates due to various factors, and is not of a fixed pH nor is water of a fixed chemical make up, in this instance cold encompasses more oxygen and so the alkalinity increases, this means cold water encompasses more ozone, and that peroxide has a longer half life when cold or when frozen.

When hot and warmed, loose (unbounded) hydrogen ions are more readily available, and thus water is more acidic.

When cooled and cold alkalinity increase and water chemical composition becomes has more alkaline molecules these are OH, H<sub>2</sub>O and O<sub>2</sub> but not H singlets (or doublets).

If you warm oxygen, they will rise out of the water and that will leave an abundance of hydrogen making it acidic. If you cool acidic water, it allows oxygen to settle and the oxygen links onto the hydrogen increasingly more so alkaline conditions are made.

The only acidic chemical in water, is hydrogen, where as oxygen is the only alkaline chemical that water has.

Warming water makes oxygen float off the surface into he surrounding, leaving greater concentrations of hydrogen, thus it gets acidic.

To bring more oxygen through water increases the alkalinity, in water ionisers the oxygen permeates water so thoroughly that chemically, due to lack of molecular bonds, hydrogen has to dissipate and float away, leaving oxygen rich alkali water in its stead.

OH is hydroxyl ions, they have oxygen attached, with hydrogen acid, so are far more balanced and alkaline, enough to increase energy levels, noticeably and thus good to start sport with, these levels topped up because alkalinity means more oxygen can be contained in water and more oxygen means oxygen debt is easier to balance and recovery time decreases.

Chemically the space needed to be either acid or alkaline, it depends which ratio the quantities of hydrogen & oxygen are endemic.

Because we covered that hydrogen is acidic, if there is a surplus of this then the hydrogen ions will increase acidity and acidic water contains less oxygen, from the start. If you drink oxygen deficient water when exercising you will not alleviate lactic acid accumulation efficiently compared to drinking oxygen rich water, because oxygen is what chelate's and breaks down lactic acid (chelate means bind to and move).

The pH is what gives water an ability to uplift and invigorate with energy (cool or cold water), or sap energy, e.g. acidic water (warm or hot water), which will bind oxygen, from blood and thus deprive tissues, of there own

oxygen supply (oxygen deficient water may usurp oxygen before it works for the athlete).

Excessive oxygen, not having to be obtained, via the lungs, but ingested and thus coursing through the blood, via the gastrointestinal tract, can provide as much as 40% more of the much needed oxygen, than breathing alone and the health benefits of this are far stretching, additionally this is active oxygen we are talking about ingesting.

Water may also have loosely unbound oxygen singlets, charted chemically as O<sub>1</sub>, they are called singlets because they are single oxygen's, no other chemicals are attached to them.

Because water oscillates chemically, it constantly shifts the pH balance and is never truly stable, because it is an adaptational substrate.

Like air only three times denser, notice how on warm and hot days the air seems less replenishing, during activity, yet come night fall the air is cool and alkaline and you can run twice as far and feel more energised, this is because the air is cool and alkaline, what is more the plants respire at night giving off their most oxygen and even ozone is released then, purifying the air chemically, this is why athletic performance peaks during the night time hours, compared with running and training during the daylight hours. A few other factors take place, during the night, for instance the body uses for magnesium at night, which helps muscles relax and prolongs activity.

If water is left in the sunlight, drinks of water become sharp and heavy, and almost tangy, tasting like dead and stagnant water, which saps the drinkers energy, and may even seem to slightly rob energy and deprive, vitality, initially, rather than install energy and vitality.

On the other hand, when drunk cool (such as from the fridge) cold water, always has the quality of rejuvenation, this is because cold drinks are more alkaline and therefore contain more oxygen.

Because hot and cold effect chemicals (thermal energy transmutes into chemical energy, shifting oxygen out from the water, leaving abundant acid hydrogen ions in their place) a warm drink is chemically different to a cold one, even if the drinks are from one source (e.g. the same jug of water).

Light, has the ability to impart heat, shining sunlight on a glass of water warms it up, exciting the oxygen molecules, which quickly depart from the water, this water now has changed chemically and possess more hydrogen ions and less oxygen, because temperature makes chemicals more active (when increased) and less active when the temperature goes down, generally.

Water left in the sun, has an increased ability to leach, if in a bottle, it leaches the plastics into it faster then if it is cold, because the hydrogen ions are acidic and can thus chemically dissolve the plastics faster.

Where water becomes warmer there is decreased resistance potential, meaning the chemical potential that's resists chemical change is diminished and thus chemical changes do occur.

Further, because hot water is able to invoke this chemical change, this is why hot water removes dirt from your hands better, then if it is cold water. Hot waters ability to dissolve chemicals, when drank is due to the increased acidity of hot water, acid is astringent and dissolve dirt the same way warm water dissolve toxins in the bodily tissues when drank.

Whether acid is balanced by alkaline minerals, or by oxygen makes little difference to energy levels, because alkaline potentials encompass as much as nine fold the oxygen, and increased oxygen changes water to an alkaline substrate fast, so they are highly synonymous, meaning increase oxygen and alkalinity are not very different in terms of oxygenation in the biochemical make up of the the body.

Adding lime juice to cold water, will detoxify you by its acidic nature, once the acid is burnt up, alkali minerals present will balance the detoxified matter thereafter, this is why lemon and lime teas are so common when one has the common cold, it gets the sickness out then fortifies the immune system after.

Having hot drinks with lime, will detox you more and in the long run make you feel more refreshed, but warm and hot water with lime will sap you more initially, because of its heightened acidity.

Before going to sleep at around 10PM drinking hot tea (warm or hot water) with fresh squeezed lime juice will flush more toxins, into the blood stream and the body naturally does this at around 10PM anyway, (due to circadian rhythms, when adrenal function slows down) around the time when people normally sleep, allowing greater purification, because astringent chemical detoxification is what hot water does chemically and thermally in body tissue.

Warming water brings the chemicals, to become more active, known and measured as thermal activity.

Colder temperatures, makes oxygen, latch to hydrogen in water, so warm temperature does, the opposite. Oxygen's split and evaporate when water is warmed up, hydrogen concentrated, as the result, hydrogen molecules and singlets start to predominate.

Meaning H<sub>2</sub>O becomes H and separate is O<sub>1</sub>, where by oxygen singlets, having chemical room in warm water, begin to evaporate and waft away, off from the surface of the glass of water, as is characteristic of warm air to do so, oxygen goes up and rises when warmed.

The OH ions becomes H<sub>1</sub> and separately O<sub>1</sub>.

The hydrogen may become H<sub>2</sub>, if you use warm water in an ioniser, and remains as H<sub>1</sub> otherwise, also, all loose H, H<sub>1</sub> and H<sub>2</sub> ions in water are acidic.

This means warming water, increases acidity and diminishes oxygen content thereof.

Now, if left in the sun and you drink water and feel like its leeching toxins as it goes down you and not replenishing you, you know why now, you are perceiving the acidity that water possessed.

Also you know why you like a cold drink, when its warm outside, rather than a hot or warm one.

Temperature could come form a kettle also, which is electricity but electricity, could also be quantified as light depending on how objective you

want to be and from, which branches of science you use to fashion that objectivity.

Which for simplicity sake, I am going to not go too deeply into, because it is off topic, but if you like you could look up hyper, quantum and metaphysics of sciences concerning light.

## ***Electricity, Electrons, Electric, all***

### ***Electable***

Because when speaking of electricity, the chemicals of water are all only able to shift, via the electrons shell casing.

Bonds of electrons occur chemically, but only at the electron level, if you examine the word electron, you fundamentally see that, it is comprised from the word elect.

Elect means to give up, and as such, chemicals have to give up their energy and their individual structures (to effect change) and their nature to become a different chemical, without giving up, or electing, chemicals never interact, nor do they change and life would not exist as it does.

When we elect politically, we give up our servitude and rights to a structural systemic, we elect and we are governed by it accordingly (rights in the legal ease sense of the word).

When chemicals elect, as such, they are governed by the bonds they make as well.

Electron shells are the only level a chemical interacts on, because it may revert to its original chemical structure several times over, such as water vapour, becoming clouds of rain and sea water to vapour once more, the nature of liquid and gas are comprised and de-comprised in multitude.

We may elect a governance and revert to another after the election has ran its course.

The concept of electron shells, is the body of the chemical, is flowing in a nature, which is quantified, as in accordance with electricity, the word city means to have certain duties that must be fulfilled and elect means to give up, so giving up the nature and individual structure, of the (chemical) body, to fulfil certain duties, is the root of the words at play here, and as such, the words imply and express, that electrons are electronic and electronic devices, do flow and generate currents and currents by their electronic nature produce thermal energy (heat).

If you know of something, not comprised of chemicals, perhaps that is not electronic, but if you know everything is comprised from chemical materials, then you know now by the inherent nature of chemicals that it has electronic energy.

Light may interact with water and produce chemical shifts, because the energy of light causing elections (chemicals give up their structures).

A way of looking at that, is the sun is helium ions, via fusion and fission (atoms bond and separate in the sun, crating intense nuclear energy emissions) becoming thermal energy albeit light, that light interacting, with you water on a sunny day, is just another chemical election occurring, 150,000 km away effecting more chemicals electricity.

The energy from the sun is warm and saps you, if you get in it too long and thus the water, becomes chemically reflective of that suns energy and saps your energy as well, water is an impressionable medium and conducts chemicals electricity easily.

(the sun is chemicals and the atomic linking and severing of linking at the atomic level, instead of the electron shell produces the energy from the sun, which inherently atomic in nature, that atomic energy brings more chemical changes here on earth, thus light can be quantified chemically if not atomically, all light this is, science means that which can be measured, and this is a measurable branch of science, once pushed under the rug, called metaphysics, the word meta means beyond and physics is that which pertains to the psychical, so metaphysics means beyond the physical, also known as quantum physics).

Electrically the body works (exercise) and makes acidity, which inhibits electricity flow (bipolar electricity albeit positive and negative energy).

This means the chemical process essential for living and continuing prolonged workouts, is inhibited, because electricity is not flowing conductively to produce the right body environmental conditions.

Acids are abundant and they need to give their chemical structures up and become bonded to oxygen to replenish energy and vitality, this occurs on the electron level, emphasis on the word elect.

Given ozone and peroxide the nature of water, which becomes flooded with toxins reverts to a more alkaline and highly oxygenated one where toxins are neutralised because they **give up** their chemical toxicity and the acids, which accumulated, via working out are bonded with oxygen at their *electron* shells and *relinquish (albeit it give up )* their acidity and become a balanced pH chemical structure, with alkaline and oxygen, which supports the bipolar function of the body chemistry, once more.

Water is a liquid and becomes a gas, once thermal energy promotes the election (albeit giving up) of its chemical structural nature, gas is the result of thermal energy, which is a kind of electricity, water vapour gas, elects its loosely bonded structure, to become heavily concentrated with electrical energy, enough to comprise a liquid and now rain can be born, via the election, this election may even become a vessel for lightning, which is further just a more rapid and apparent version of election of chemicals, which occurs because the sky is negative when the clouds are full of ozone and peroxide, and the earth is negative, thus they elect to one another in a discharge seen as lightning.

The purpose for elaborating is to show, further, the greater inherent structure of chemical interactivity, so you get the best understanding of what oxygen, items such as ozone and peroxide will do in the bodily structure of things.

Electrons and disease

Knowing exercise flushes toxins, because it produces acidity, thus alkalinity will balance those toxins, even if, you are not flushing them via exercise.

Acidity reduces oxygen, because alkalinity replenishes oxygen, tumour cells cannot live in excessive oxygen and especially active oxygen ( $O_1$  or  $H_2O_2$ ) they are killed by the frequency of electricity, which oxygen singlets electronically, conduct on and thus once conducted by oxygen singlets they will short circuit and die. Hudla Clarke made device due to this kind of oversatnding of chemical potential, which zaps people and the discharge reduces injury and pain, allergies, and everything else where a change in zeta potential could help.

The nature of cancer and tumour cells and tissue are to operate in a acidic state, an environment, where oxygen is low and to conduct electron shells, in carbon molecules and chemicals, because like plant based life forms, tumours require having carbon, and carbon dioxide and carbolic acids and acids oxygen deprived environments to grow in, they will not grow and produce in a body which has enough active, albeit, singlet oxygen, because they have to give up their acidic products, which the body considers waste, if it is to be healthy.

Carbolic and carbondioxide abundance and oxygen and singlet oxygen, albeit, peroxide shortages are symptomatic of sick bodies, which cancer can function in, as healthy tissues are apt to conducting eleven fold the active and singlet, albeit, peroxidative stress that unhealthy tumours can undergo and thus,cancer needs you to help make its environment.

### ***Pharma Drama***

Cancer in a petri dish, is known to not being able to survive with out certain conditions and if the conditions are not provided the cancer dies, even when the cancer is inside of you, changing these internal conditions will kill it still, peroxide and ozone kill cancer, outside the body so does colloidal silver, as does zapping it, but doctors keep trying to refine drugs and place them on cancer which does not kill them, this is why pharmaceuticals have not produced a cure for it, if the scientists could have just one day to play around and get this thing killed they would have had success, but they are

not freelancers, they have orders and contractors and this is their business, even urinating on cancer can kill it, raw vegetables juiced can kill cancer, but refined processed pharmaceuticals sprinkled on petri dishes full of cancer, do not get as far as any of the later will, to increase your frequency to a level where the electron exchange zaps the cancer drink raw vegetable juice and blend fruits and vegetables as well, take ozone and chlorella and peroxide, these are tried and tested methods, Max Gerson cured around 40,000, who were terminal and sent home to die, a touch of peroxide, raw flax seed oil, and daily vegetable juice, he presented these to congress, his daughter has since cured many more using just vegetable juice, salad, fruits, flax oil (cold pressed) and peroxide, drinking only distilled water also, so a juicer, a blender some peroxide and flax oils is the cure which pharmaceutical companies cannot supply you, the word Pharmakiea, means adulterated poison, or witches brew, or magical herb (all herbs are poison) no wonder refining a herb until it is void of nutrients is not worked yet, and seeing that raw vegetables are not poisons and fruit is not and peroxide also is not, it is apparent why they have had no success (not interns of finance but in terms of a cure).

Every drug they make is a plant, which is refined much like sugar to be deleterious and a stimulant and then a sedative, once you have the crash, they only use vegetation, the origin of the word implies they use herbs, check it for congruency, even mushrooms for penicillin are vegetation, alcohol from plants, it all comes from vegetation, or animals reared ("pharms" have animals) on vegetation (insulin), to make poisons, the benefits of any drug is likely to be outweighed by side effects, but not the modalities which actually have worked for people time and time again, like vegetable juices, just some food for thought.

Tumours need chemicals that can be quickly given up and elected to becomes chemicals which they consider waste and the tumours will then die out and have their functionality hinders while the elections of chemicals promoting that to occur nourishes you albeit the sick cancer sufferer.

Peroxide has been effective and ozone has been effective, in study, as a modality in treating such disease, because, it interfaces the water of the blood chemically and next blood interfaces the muscles and organs tissues

of the body and they have their compositional make ups, shifted, to becomes make-up, which cancer lacks the electronic chemicals of the acidic, carboic composition, that it required to procreate.

## 02 Rich or 01 Richer

The kind of water you drink, is of great attribute to health, albeit, deleterious health, because a water with excessive acidity, does cause the blood to elect, its oxygen's, to counter the effects from acidity and this not only taxes oxygen, it also taxes alkaline minerals, which makes oxygen increase and thus you lose minerals, this leaves you more acidic, even after the drink has left your system, you are prone to lacking oxygen and fatigue more quickly, due to the deficit. The solution is to imbued the water, with an abundance of oxygen of the active kind, namely ozone and also peroxide.

The problem with soda and the like, is you become a body, which cancer will flourish in at-least you move to ward that direction, by reducing the minerals and nutrients, which increase oxygen and the maintaining oxygen deficient states the biological evaluation of a cancer looking at you is you might make a pretty good host.

Effecting water this way by over-standing, its structure means cold water is alkalising and thus ozone, in cold water is maintained at large quantities and for longer periods than in warm water.

Likewise with peroxidative products, if keep cold the life span may be five fold then when they are warm, if frozen over fifteen fold as long, peroxide loses half a percent of its strength per moth, if keep out of electrons from light it gives up less of its strength and last longer and if kept cool it last progressively longer, freezing peroxide is the best way to save its life span and use it for saving yours.

See citation listings for studies on where ozone has been used and a book listing more fabulous studies where peroxide and ozone have helped and been verified in sickness and ill health.

(from Ed Abe flood your body with oxygen, abstractly assimilated)

When focussing on water electrons, the electricity is either positive or negative, H is a plus, meaning positive and oxygen is a minus, meaning it has a negative electrical structural charge to impart on another chemical, in short, electricians will tell you when a minus and plus go together you get electricity, (like between positive earth and negative sky you get lightning) or when a positive and negative conduct one another, there is a current flow and chemically, in chemistry, this holds true, a plus (positive) and minus (negative) conduct the conduction, make a bond this is the bonding electrons shells, do because they are electronic, it is in their name electron.

Electrons flow better on water, then through most other media, because the water is electronically adaptive, giving up electrically, thereby.

We do not commonly think of chemicals as being electric, but nor do we think of water as being anything of the numerous variations of hydrogen and oxygen, we presume they are all hydrogen dioxide and forget the hydroxyl ion, and the loose hydrogen's and loose oxygen's, because water is not normally mostly hydrogen dioxide, it is a multiplicity of H & O singlets and molecules and it fluctuates constantly.

Because of the plus and minus chemical (which interface via electrons), water has the perfect balance to make electricity, occur with ease. Energy as a electrical current on a battery, requires a negative and a positive and hydrogen ions have a plus symbol on them, while oxygen are a minus symbol this is the reason electrical flow occurs. The body is predominantly water, so transmuting electricity, in this fashion, is its basis for chemical exchange to take place. It is difficult to look at ozone in water, without looking at the whole structure of water, with the ways it incurs chemical activity, because ozone disperses, into the blood, albeit the water element of the body, by electronic discharge. Because ozone discharge is electronic, it is necessary to elaborate slightly on electricity (giving up one thing to become another).

Because acids, have a positive charge, they become conducted by ozone, and give up their acidity, environments, surrounding cancer tissues and cells (which they perish as the result). Electrically it is quantifiable, to show how cancer is destroyed, in aspects of electronic energy, as well as, the chemical

aspect of energy, because they both are views of energy, geared towards measuring reactions are carried out, and always interconnect.

Ozone increase the body millivolt by slightly less than one millivolt, whereas peroxide, increase the millivolts, by around 1.14(MV).

### **The Objective of analysing water electronically**

Studying energy for electrical purposes as and for chemical purposes is why they are separated to specialisation, if you want to do chemistry, you do not need to know the electrician's mental-memodex and if you want to electricity, you do not need to know the chemistry mental memodex, interrelated, you just need to know where to complete a circuit, but in the anatomy, the electricity and chemistry are integral. For instance a low voltage is where mucosa forms and drains chemical exchange rate, depletes oxygen, and when bacteria have a more sturdy basis to build their homes, by increasing the colloidal frequency, this is the electrical energy around each nutrient and atom, or ions, microbes are repelled, or cannot easily take root nor survive, all life requires certain conditions and the higher colloidal frequency and zeta potentials are not congruent to any thing encompassing ill health.

Colloidal means below 1000 nanometres and frequency means the rate it oscillates at (wiggles back and forth) the stronger frequency hardly allows any pathology, if the colloidal frequency is strong enough pathologies embedded in tissues for many years, like toxins stored in fat tissue, are shook loose from their lipid homes and exit through the blood and kidneys, this is a way that chronically obese people have slimmed down by juicing vegetables, because the millivolts on plants falls directly into your own make up and their ionic and colloidal nutrients and minerals act as conduits, to propagate stronger vibrations, which en-charges, the body with an increased current, making all reactions chemically occur faster, including oxygen exchange and metabolism, so juicing and eating living plants, makes the energy levels of all bodily functions, more conducive, versus eating anything which has been cooked, chlorella which is dormant, is activated by water and peroxide or ozone, for instance, this has so many minerals, electrons, take root and more rapidly bring increased frequency,

improving health of mind set and emotions and ease of the entire body, as well as energy and repair tissues faster, chlorella is called a “whole food”, it is possible to survive on it alone, with no other food, this shows it is very balanced and conducive to living, most people would still eat varied diets though.

Because we are trained and tort (albeit taught) on social budgets, meaning those who work, pay for us to learn, we learn to further work, it is a circuit albeit a cycle and thus the whole knowledge of any aspect of what we learn, can, given enough exploration, intra-layer all other aspects, but that is not crucial to getting work prolonged and done socially and thus we are not taught like this. So it may take a while to see why interrelating is important to over standing, for instance English help one learn science and maths, the word chlorine, can be explained by an English and history studies, of word chlorine, this branch of academics is called “etymology”, the word chlorine, originated in France where a scientist, put the vapour from chlorine in a flask, the vapour was green, and the word for green was chlorine, he put iodine in a flask, it was purple or violet, the word iodine means purple or violet in France, this way history and English interlayer to provide the reason a chemical from the science lab has its name, further art diagrams may help with science, the subjects are not truly separate, they are however taught separately, yet inter-layered one can know enough of any of the core subjects and re-assimilate the information to a mentally digestible format, and still be academically correct, even the word science means to measure so you would then be aware all you do is to measure atoms and chemicals or their physics, when applying what you know it is important to interrelate towards your goals and this is what makes learning more expansive and evolving rather than static, if your start to study etymology you will learn things faster, weather you want to study law or science.

If you proceed to higher knowledge and physics and metaphysics, they are such areas of knowledge, where separation between subjects is subjective and depends on the objective of subjecting subjects, and we more naturally learn by. Fully knowing what a word means then loosely being able to recall it and then attempting to unconfidently learn the context which it operates in, e.g. by breaking the word metaphysics down ( *meta* means beyond and *physics* pertains to the physical) you save a lot of mysticism

about what it actually entails, just by knowing its etymology, its the study of that what goes beyond of physical, basically.

When you can intra connect all things, you can assimilate the knowledge, relevant to what you are trying to uncover, and not pay attention unto anything else, this subjectification is specific to your goals and thus serves to benefit you, through your assimilated intellect, and for me this is the object of giving a more expansive overview of how chemicals interact.

Such as how ozone and peroxide destroy harmful microbes, or electronically increase vibration, so they cannot take root to begin with and why, the frequency of drugs, will be ineffective they are heavily acidifying, lowering frequency and having low colloidal vibration will not eradicate pathologies which crave such potentials, ultimately their electron nature is not geared towards health. Ozone on the other hand does increase colloidal vibrations and is an electricity geared to ward expansiveness and alkalinity and is shown to increase vibration almost a whole millivolt and does this safely, see citation on statistics of safe ozone use.

The word empirical, means you know a thing is true, because you have seen it occur enough to verify it, just by watching it occur over and over, like the sun rises in the east.

Why not look at modalities, which have worked and see what they do electronically and chemically (or any empirical way you can measure their interactions or their successfulness) and chart what is inherent, about the modalities interface, when you have your data, you will have made an empirical observation, that observation, has to be non biased, to be of any meaningful benefit, so rather than iterate further, I list documentation in the citation below and let that documentation do the conversation, so you know you are not being mislead and you can then look as far into that documentation, as you like, rather than me trying to convince you and you saying it is all a hoax, because I did not write the documentation and as I am not its author I a not responsible for its contents.

### **Peroxide is necessary naturally.**

It is also been known over a hundred years, that hydrogen peroxide is necessary to be healthy and lower levels are associated with diminishing health (thyroid connect peroxide to iodine naturally) the peroxisome is a peroxide carrier and a vital white blood cell as an indicator of health.

The oxygen singlets are vital to health, but breathing oxygen is not as effective, because this oxygen is stable and as such so balanced it won't react, albeit interact, with the disease efficiently, pH gradient of acidic waste, where as oxygen singlets have the electrical potential to contract with highly acidic matter, where as balanced oxygen has less of the minus (negative) potentials around it's electrons shell and by not interfacing acidic, matter will not be able to off the conditions diseases favour.

The electron bonds of certain chemicals cannot readily offset and bacteria and microbes, because the electron signature is not there in them to complete that transaction efficiently, the electron shell of peroxide & ozone wants microbes but the electron current of O<sub>2</sub> want normal healthy tissues primarily.

### **Peroxide power and palatability**

Peroxide has no taste, as per-say, it is distilled water predominantly and around 11 to 12 percent is peroxide, any higher strength is reserved for those with appropriate licences in the UK since September 2014.

Chemist are mainly stocking the brown peroxide with additives not very suitable for drinking, only the clear human food grade peroxides should be taken orally.

Peroxide may not have any taste, yet does oxidise tissues, which are of a high viscosity, low colloidal nature and with low bio voltage, the richer the

tissues oxygen levels the less this effect occurs because the electron attraction is not there, do not take pure peroxide undiluted, if you are particularly toxic then start on lower levels such as 3% and 6% peroxide, such strengths are available from most chemists and pharmacies (I buy mine at Amazon and ebay).

The food grade, human grade (also BP and pharmaceutical grade and medical) peroxide, with no additives, which are clear pure transparent liquids are becoming more scarce and costly then they use to be on high-street shops, and it is both cheaper and easier to buy peroxide online for this reason.

Peroxide can be diluted to a minute strength and does not harm nor effect the individual much and slowly increased, until effects are perceivable and then slowly incremented higher, until the desired effects are achieved there is no limit to the duration peroxide can be taken safely, the protocol for health, with peroxide, ensures, you do not have the herxheimer reaction.

It is important to go slowly to start with, because the toxins may choose eliminatory routes, such as lung tissue and begin to put toxins out via the lungs and the eyes and any other orifices, where toxins may escape, so detoxifying slowly to ensure the proper routes of elimination are cleared sufficiently, is crucial and not to be overlooked.

Going to fast, may result in toxins blocking these courses of elimination, such as eyes and ear and lungs and kidneys and giving to many toxins to the liver (a burdened liver makes people cruel and angry) to process and the result could be discomfort (varying levels, which is called the herxheimer effect), this however is not technically classified as a side effect, because detoxification is what peroxide is about, so the discomfort of toxins leaving the body is the effect, and cannot be pushed to the side.

### **Peroxide vs Alcohol**

If you go to fast, you will be put off by the herxheimer detox reaction and that will be because you never made the peroxide palatable.

If you took pure alcohol, to start with, it would ruin you and you would think, it was yucky after throwing up once, but easing on to the drink worked for most, peroxide is little different from alcohol and if you drink either pure at 100 percent the effects could be fatal, however, thousands fold more die from the drink then the later and thousands less have been saved from drinking booze vs drinking peroxide. Both alcohol and peroxide are medical tools for cleaning and sterilising in sanitary maintenance and disinfecting of wounds and equipment alike.

They are both produced naturally, in the body, but drinking alcohol hardens arteries and makes limbs fall off, de mineralizes the neurons and causes blindness, hearing and smelling and tasting problems, when the neurons respective to such are demineralised excessively.

Peroxide does uproot toxins and these toxins may have a far reaching range of effects, but respect peroxide like you should respect alcohol and drink it responsibly and the effects are that de-mineralised tissues, may be oxygenated and have vitality restored, poisoned toxic tissues, may have their toxins uplifted and flow though the blood out the body and microbes, such as yeast & cancer cells (rather then fed, which alcohol does,) may be killed and sexually transmitted disease is destroyed by active singlets of oxygen, contained in peroxide.

Peroxide may boost every system the body has and increase the overall voltage potential of the body's electricity energy, as a whole the voltage of ozone and peroxide are the highest among oxygen modalities, I have seen.

See the bale shown by the hyper-link  
[educateyourself.org/chlorinedioxidebasics004sep12sht ml](http://educateyourself.org/chlorinedioxidebasics004sep12sht.ml)

Alcohol will de-mineralize the neurons minerals, and conduits that conduct electricity are what these minerals are for, (the wires in this keyboard have minerals in them, which conducts electrical energy signals), the minerals in the neuron conduct electricity flow and demineralisation, inhibits that reducing the body's electricity potential and the lower the body electric, the more the disease states will favour it.

Minerals are so vital to the neuron, transmitting signals, to do their function, they have been dubbed neurotransmitters by science, decreasing minerals

and decreasing neuron transmission are not drastically different and do not need to be complicated as such. A crucial difference, I also like to point out is, if the cancer is yeast based or you have a yeast infection alcohol is none the less used, yet yeast makes alcohol and actually alcohol, can thus, give yeast a kick, albeit spur yeast on and make yeast conditions worse (bad if you have cancer), thrush or any kind of yeast infection.

Peroxide will not feed yeast, it destroys yeast and yeasts do not adapt to peroxide, when given alcohol, as an antibiotics, you may often hear the microbes or the yeast have adapted and the antibiotics are not effective, if you took peroxide in stead, because, it is not a yeast (nor microbe) based item, it is not assimilable by yeast and microbes, to do their bidding, like creates like.

It is like fighting nicotine addiction with an e cigarette or nicorette gum, eating nicotine will not alleviate an addiction to it, they are synergist to the addiction, pitting one yeast, in the conditions another yeast is thriving in, is not logical, if you want to be healthy correcting the imbalance and reversing the modus operandi is the sensible thing to do.

Alcohol and tobacco addiction is disused in my next book on vegan diets.

Peroxide is a choice, which does not need you to fight a virus, with a virus nor a yeast, with another yeast, peroxide is a modality to health on its own, given to a virus or yeast peroxide will take it out, because peroxide is healthy, in and of itself vs (albeit rather unlike) alcohol.

### ***The Peroxide protocol for health***

In an 8 ounce glass of water, having an eighth of a teaspoon, is an okay dose, to start on and incrementally, up the dose by an eighth of a teaspoon every three to five days, until you reach one whole teaspoon. Increase the dose accordingly, to how fast, your body accustoms itself to your new protocol is crucially noteworthy, if you start throwing up, on your current dose, do not up it.

Like wise, if you are drinking booze and puking, you would (if being responsible) not drink more booze, if you are puking on the current level of peroxide, you do not drink any-more until you adjust. If you have not ever drank booze, you are probably best off on only peroxide any-ways and if you decide to drink booze one day, you will know how to sensibly drink now (to a decent extent).

Even if you threw up on sweets a day after Halloween, it would be a good idea to not have any-more and if you had gone raw vegan and got the herxheimer effect, you would not eat while throwing up and the same goes for a fresh juice fast.

Taking a dropper bottle, is the best way to get a consistently accurate dose, 40-70 drops gives a teaspoon once you choose a dropper bottle, use it always through the protocol, if you have to change to a new one get the exact same size (i.e. Go from a 30ml dropper bottle to another 30 ml dropper bottle of the same make) this way the dropper gives the exact amount each time you utilise it to measure a dose, with in the cup water (8oz).

An 8 ounce glass is 250ml, the kind of glass commonly used in orange juice commercials is what an eight ounce glass looks like, if you are not sure what the 8 ounce glass is, get a measuring jug made of glass.

Taking 1 drop to start with and upping it by three drops, every three to five days, into an eight ounce glass of water and taken three times each day until you achieve, fifty drops per glass (taken three times a day).

Because, you could only get 11.99% and 12% peroxide legally, if you are not a company with the correct chemical industrial and business licensees it is going to be best to get the twelve percent peroxide, because its far more economical and peroxide does lose strength by around half a percent per month, so a weak variety will diminish quicker and upping the dose won't change that, eventually, thus you'll have use of the stronger peroxides, even if you neglect to use it up quickly.

When you get to fifty drops per day and have developed the necessary tolerance to take that dose, you could go from three glasses of peroxide to four glasses of peroxide each day.

When a symptoms goes away, you could go from there, continue to take the dose you are on and gradually decrease it until you are off the peroxide, the increase and decrease are always slow and follow the same pattern you started on, if you wish to come off peroxide, reverse the whole entire protocol to work down and off the peroxide.

Go from four glasses of water a day to three (while at fifty drops presuming to got to fifty drops a day) and each three to five days, go down, from fifty to forty seven drops and from forty four (44) drops go to 41 drops and so on.

1 drops per glass three times a day for three to five days

3 drops a glass three times a day for three to five days

6 drops a glass three times a day for three to five days

9 drops a glass three times a day for three to five days

12 drops a glass three times a day for three to five days

15 drops a glass three times a day for three to five days

18 drops a glass three times a day for three to five days

21 drops a glass three times a day for three to five days

24 drops a glass three times a day for three to five days

27 drops a glass three times a day for three to five days

30 drops a glass three times a day for three to five days

33 drops a glass three times a day for three to five days

35 drops a glass three times a day for three to five days

38 drops a glass three times a day for three to five days  
42 drops a glass three times a day for three to five days  
45 drops a glass three times a day for three to five days  
48 drops a glass three times a day for three to five days  
50 drops a glass three times a day for three to five days  
\*50 drops a glass four times a day for three to five days

**When and if you wish to stop peroxide go from**

**How ever many drops a day you are taking and reduce the dose by three drops every 3 to 5 days .**

**Presuming to got to taking \*50 drops in a glass four times per day**

\*50 drops a glass four times a day and from there work down three drops every three to five days.

50 drops a glass three times a day and from there work down three drops every three to five days.

47 drops a glass three times a day for three to five days  
44 drops a glass three times a day for three to five days  
41 drops a glass three times a day for three to five days  
38 drops a glass three times a day for three to five days  
35 drops a glass three times a day for three to five days  
32 drops a glass three times a day for three to five days  
29 drops a glass three times a day for three to five days  
26 drops a glass three times a day for three to five days  
23 drops a glass three times a day for three to five days  
20 drops a glass three times a day for three to five days

17 drops a glass three times a day for three to five days  
14 drops a glass three times a day for three to five days  
11 drops a glass three times a day for three to five days  
8 drops a glass three times a day for three to five days  
5 drops a glass three times a day for three to five days  
2 drops a glass three times a day for three to five days  
1 drop a glass three times a day for three to five days  
and stop when your ready to.



### ***Stringency of the Peroxide protocol***

This way to allow the debris and accumulated toxemia to settle into various “pockets” of the tissues and this is vastly, favourable to stirring up all kinds of pollutants and toxins, which have been mostly undisturbed for months, years and even decades.

If you stir the toxins, which have accumulated in the body tissues with peroxide to then come off peroxide, cold turkey, would remove the toxin flushing modality and a surplus would be left in the blood that previously was deeply embedded in protective tissues.

The excess toxins will find new tissues, effecting the tissues, albeit organs and different effects may creep through as symptoms.

Because once stirred, the blood brings toxins, from different areas to new locations of the tissue and with it, bring those affected tissues new problems, which are issues those areas never had previously.

The more healthy and less toxic you are the less symptoms you can expect and the more you could take peroxide, without discomfort (albeit with lessened discomfort).

The Stringency of the protocol should be applied to achieve and maintain health and not toyed around with, because if health is the goal, cheating the protocol becomes nonsensical.

By going at a patient pace, you will allow the toxins to settle slowly, thus maintain clean lymph and blood and various other tissues.

Thus you won't contract, albeit provoke, new symptoms nor problems, all this is achieved by just going slow, no tough guy stuff exists when taking peroxide.

On my first dose with 35% food grade I missed, because of that, I come to know that even as a raw vegan, peroxide is not to be scoffed at and it certainly cannot be rushed, although I do better with peroxide than of those around me taking it.

I ate raw onion and beetroot and cabbage for around two years and still threw up by misdosing the peroxide, the stuff I ate, makes normal people's eyes water, walking in the room, I believe if you are going to do a modality do it all the way and see what I can do, but peroxide is just going to make you puke again and again, if you attempt to abuse it, go slowly!

Peroxide can be very harsh and the effects of taking it on a stomach, which is full (or not completely empty) is also an issue the higher the dose gets.

I am used to detox reactions and while puking, had great mental clarity and no fear. I slept and ate like a charm, soon after, it does help the digestive mantle and calms the neurons, even if you are normally very calm.

I had massive energy and mental clarity, yet I threw up, like when I juice raw onions in a glass and drink it quickly, I have the mental clarity and also decent energy (this was more on the energy level) and eventually I throw up and have to go slowly, raw onions have a whole lot of peroxides in them as well, and like H<sub>2</sub>O<sub>2</sub> you can become accustomed to raw onion peroxides and not get the tears, squinting or the runny nose, providing your diet has been clean.

### **Peroxides in nature**

I use the example of onions, because they contain peroxides, naturally and also soak up poisons and toxins in the environments, when cut and have been used to soak toxins for centuries, peroxides are naturally occurring, even in plants especially bulbar root vegetables and the skins of citrus fruits.

Peroxides concentrate naturally, where the bacteria of the soil they sit in could infect them, requires such resilience and this does serve to keep them healthy, while the leaves above and not in direct contact, with the soil, have far less peroxides in them, because the microbial and fungal threats are far less apparent above the (dirt) soil.

In citrus, the fruit may fall and need time to decompose, the flesh of the fruit, that the minerals are prepared to the seeds, to fall out the skin and enter into the soil.

The peroxide make it so animals, will not eat them (peeling a strong healthy orange makes a citrus spray which gets in the eyes, making them sting, those are peroxides, the healthiest citrus fruits have the most of these, the GMO and depleted soil grown ones in super markets these days are very low in peroxides and they scarcely have this effect, some of them look like they started to rot before they left the tree they were spliced to) and they are anti-fungal and antiseptic, anti microbial and thus do not rot before, the good nutrients leak into the ground, fertilising the soil so when the seed lands on it, the mud is already prepared for its growth, so the seed may grow.

The skin of citrus, is where the most nutrients are concentrated, yet comprises the least mass of the fruit, aside from the seeds themselves, which also have peroxides and abundant nutrients.

### **Peroxide in the blood**

By taking peroxide, as shown above, the water element of the blood, becomes enriched, by oxygen an alkaline component of water. Because the body constantly moves toxemias, from tissues, by various acidic compounds of which, lactic, carbolic, pyruvic and variations of hydrogen acid, are among these compounds.

Because the body is always respiring and these are the by products of respiration, peroxide is always able to improve performance.

Acidic accumulation decrease and oxygenation increase this is how peroxide boosts performance, of the overall system, producing waste, the clean up makes them, able to function effectively and efficiently more so, as a holistic totality.

This water element of the blood in the body is then refreshed and buffered by the peroxide to bring tissue more energy and vitally and bring more toxemias out from them to be eliminated, Intern and thus maintains, healthy cyclic eliminatory excretions, but at increased rates and intervals while simultaneously providing energy.

This tips the scales, towards removing more waste than is accumulating, which is exactly where you want to be when you bring up the health of the overall physiology. Literally peroxide effectively, cleans the blood, tissues and lymph, but must do this slowly, because these toxins can swamp the blood and suffocate and toxify every other orifice, which the swept up toxins, can find their way into and thus you have to be very moderate and go very slowly, kicking up dirt a little piece at a time, if you put your stick, into a still pond or swamp and stir it around, all the dirt flies up at once,

that's effectively what taking too much peroxide does to the body and the blood.

If all the toxins, which peroxide will stir up and flush out, all entered into the blood, at once you would have no fresh healthy blood (pertaining to your standard of clean blood) left to permeate, the tissues with.

By eating food, which is cooked and food and snacks, which are processed, entailing, fried, baked and roasted and boiled and microwaved and deep fried and brazed and toasted, foodstuff, refined to become white, from their initial brown & green hue (such as grain and flours and sugar) as well as animal product, which are pasteurised, effects bones tissues and softens them because they all demineralise (leech nutrients from the body).

Because of the interconnected natures of blood and bone, leeching minerals or demineralisation once the blood loses minerals, it gets them from tissues and tissues get minerals from bones, meaning the entire body loses minerals, eventually, all tissues begin losing minerals and you have to sleep and stop eating, while the body rebuffs, this does not happen with raw vegan foods.

The conditions inside the body, become so, null they cannot produce reactions enough and this kind of chemicals climate is known, as an enzyme deficiency, enzymes make chemicals connect but require chemical conditions to be proper themselves.

Enzymes given time, begin to recreate a space, where chemicals, can begin to function once more, but this is normally the space where feeling overly full occurs and the space where sleep after overeating is and this is why these feeling and conditions occur.

You get sleepy after you over eat, because you lose minerals, down to the very levels of the neurons themselves, the eye neurons, lose minerals and thus can not keep the eyes open and every other system and organs of the body is taxed by the minerals loss.

Calcium leaves bones, to buffer the accumulated waste and calcium, also exists in muscles, so they lose that prime neuron transmitter and you get

fatigued and the organs, since both voluntary muscle and neurons have a minerals lack, they lack the environment to function and thus the bones compensate and you sleep while this occurs. Hormones are secreted like adrenaline which makes digestive energy but taxes organs to function this way over prolonged periods, and the minerals are not restored so no improvement in health can truly occur from cooked things alone.

If you try to overexercise, like this, common symptoms are a stitch, because the muscles, either lack calcium there (which they need to contract) or they have a magnesium deficiency, which they need to relax and soften before re-contracting, lastly the water balance for neurons to firing the transmitters into is depleted by soaking up the dehydrated products meaning the muscles are also working without sufficient water and oxygen, as oxygen is an integral part of the blood water aspect, so acidic waste can burn muscles easier, starch metabolism requires twelve fold the magnesium to calcium, magnesium is depleted twelve fold more rapidly in consumption of processed foodstuff.

2,400 fold the RDA of magnesium, could be got from raw green leafy veg, such as kale, but when cooked that quantity of magnesium declines to around less than five fold the RDA of magnesium, which is still very good compared to eating refined flours, which will tax magnesium utterly.

Without both Mg and Ca the body muscles do not move and will not work, because magnesium and calcium are synergistic and the muscle is (like all neurons) bi polar and pertains to having two different polarities, without one the imbalance induces either a lack of hard sharp contractions or an excessive contraction that does not relax such as a cramp because only magnesium is ever normally lacking, calcium is the masculine work mineral and magnesium is the feminine principle synergistic mineral.

The pain felt when you become full are demineralisation aches, from neurotransmitters that have difficulty managing peristalsis, when you eat raw vegan these aches are almost impossible to have, and in two years I have never had them, not once. Prime examples of this depletion is sleepiness, on thanksgiving, when everyone nods off at the dinner table, after over indulging.

Large occasions are the best examples, because there are more people to correlate data with and watching their speech (slur) moods (erratic) and comparing those to what they do normally, wash the plates (not smash them) are prime examples of the eternal climate change gone wrong.

The slur means the liver is becoming toxic, the correlation a layman could use is when you drink, you (most laymen) know liver failure and toxicity result from drink, and when drunk they slur.

Many know any pharmaceutical is liver toxic and when overdosing they slur, another example is mixing two liver toxins prescription drugs and alcohol they also slur.

Another example is when taking legal drugs, which all poison the liver to some degree, people slur when they have had too much, if eating and overindulging produces a slur, the liver is toxic.

If you need more information, you must be scholarly and go look at the D3 meridian in TCM and the route it runs and look at the liver toxicity and speech patterns, orange juice help the liver metabolise toxins and is used to perk up drunkards.

### **Raw vegan vs Peroxide**

#### **( - ) alkali minerals v s alkali blood ( - )**

Blood as shown two paragraphs above, gives the quality of its watery make-up to the flesh, which also imparts it to the bones, which means, acid blood rich from wastes and acids, such as high hydrogen ions quantities.

Reduces alkalinity of tissues, which become adversely acidic and thus brings the acidity to the proximal localised, albeit intra-connected bone tissues, and thus, the acid make up depletes the alkaline minerals.

The bones give up their minerals because they are usurped by acid conditions in the blood, if the blood is abundant with alkaline minerals however, then minerals will not be usurped chemically by the blood, as pairs of colloiddally strong alkali minerals have mirroring electron shells, the

potentials repel and so do not bump into each other, in effect the bone retains its minerals and so does every other tissue of the body.

By creating alkaline blood with peroxide (if not via alkaline diet) the potentiality of the blood itself is alkaline and thus deals with acid from the food we eat, so alkaline minerals do not leave our blood and bones and flesh to enterprising the acidic foods we ate.

Peroxide thus preserves alkaline minerals of the body, be they form neurons (needed for seeing and hearing) albethey, for muscles needed to move (locomotively), while mineral retention and healthy tissues conditions are primarily endemic of alkaline polarity, both are thus maintained and upheld by either peroxide or alkaline diet (raw veganism).

This means bones are going to be stronger, because they have minerals, the difference between cooked food and raw vegan, even for one day shows you the difference in bone strength attainable, by eating raw vegan, it is quite drastic in terms of bone toughness and demonstrates the effects of proper enzyme conditions and mineralisation on the bodies health overall.

If you attempt going raw vegan to see for a day, I suggest smoothies consisting of fruit and veg, I have seen many far reaching results from the diet, which are looked at in my other books and overviews of how they work, which in essence fruit and especially vegetables have abundant peroxide contents, but when you heat them, you electronically increase chemicals to denature the peroxides, nutrients and enzymes.

The pyrokinases and urea and phosphoric acids, which are observed and seen commonly on rheumatoid arthritic sufferers are the results of eating animals, who soak and harbour much environmental toxins endemic to where they live (albeit lived).

Now these toxins seat in your organs and flesh and bones and tendons and ligaments and this is why the inflammatory agents are localised there, to prevent toxins and poisons, which the blood had to dump out in the first place from re-infecting the (still and) steadily burdened toxified blood.

Once these toxins get into connective tissues, the conditions commonly are joint pain and stiffness these are problems ozone can normally alleviate, if

you stick at it and it is quite cosy, as a solution vs other modalities such as raw vegan, which many have trouble adjusting to.

The diet becoming highly alkaline and alkalising, so having a lime and lemon, which have abundance of potassium, which is alkalising and where 70% of daily energy goes, into taking potassium from the kidneys to balance blood pH potentials.

Limes and lemons, become a good fruit to take because, its acid is astringent and so burns up waste and toxins, which leech out and rather than taking the minerals from weak and dried up depleted or burdened tissues, the lemon now has its alkaline minerals, offered up to you and this chelate's the toxins liberated by the acid (citrus acid to begin with).

Thus citrus is synergistic, the acids remove waste and the alkaline minerals clear the waste out the body system via elimination, eventually they thus increase alkalinity.

### **Alkaline blood vs alkaline minerals in summary**

You could take dirty blood with toxemias and clean it out with peroxide daily, additionally you could also have highly acidic blood from over exertion and poor diet and after a workout where lactic pyruvic and carbolic acids are highest.

To increase alkalinity and oxygen and prevent mineral loss from tissues, neurons and bones, as well as organs, while simultaneously removing toxemias stirred up by exercise, all with taking peroxide and ozone.

Ozone is way more palatable and the dose of peroxide depends on what you can stomach. Both are useful modalities and combining both produce no ill effects they would not have, if misused alone albeit due to operator error.

Ozone is best if you want just one to start with, if you must travel peroxide is best because ozone requires power and if you are hiking you could have

peroxide after lunch, where as with ozone you would need a power outlet, to plug it into.

### **Peroxide is a**

Disinfectant, antimicrobial, antiviral, anti-fungal, anti-parasitic, anti-inflammatory, anti pyruvic, demulcent, analgesic, adaptogenic (anti-stress) oxidant, which increases anti oxidants over time, anti tumoral and overall immune stimulant & immune enhancer.

### **Ozone is a**

Disinfectant, antimicrobial, antiviral, anti-fungal, anti-parasitic, anti-inflammatory, anti-pyruvic, demulcent, analgesic, anti-stress, oxidant which increases anti oxidants, over time, anti tumoral and overall immune stimulant and enhancer.

### **Conclusive notes**

Water is not equal there are three aspects to water and H<sub>2</sub>O, is the one most people seem to be aware of, the other two are OH and H.

In water its the balance of these aspects, O and OH, which determines the pH of water, even light can change the water chemically as can temperature effect the chemical make up of water quality.

The quality thereof how water effects us when ingested, also changes, blood chemistry accordingly, and the nature of blood within varying temperatures.

Cool temperatures prolong exercise, sweltering heats increase acidity and deprive oxygen in both blood and water alike, chemically albeit biochemically, oxygen is deprived from hot water and abundant is cold water.

Thus peroxide and ozone are utilisational tools, to maintain high alkalinity and oxygen and reduce the acidity in blood and water, when it is drank.

Even highly acid water with lots of H<sup>+</sup> content may become alkaline with high O<sub>2</sub> or O<sub>1</sub>, which means bonding to and thus reducing H<sup>+</sup> contents,

which revamps the body systems, via the blood high levels of oxygen and prolongs exercise quality.

### **Sub-notes**

Microbes thrive in environments low of oxygen singlets especially (only obtained in raw fruit and vegetation) and oxygen doublets secondly , microbes thus need low vibrational, acidic, viscous, damp and warm an stagnant places to live optimally, certain toxins actually help them upkeep their habitats.

Microbes cannot metabolise Oxygen singlets, thus are poisoned by the interaction with singlet oxygen and they die leaving the healthy cells, albeit tissues intact and healthier intern.

This means dirty sick blood, may become healthy and pure by chemically becoming altered, with alkalising and oxygenating and de – viscosifying and colloidally increasing the bloods frequency.

By ozone and peroxide alkalisation, minerals are conserved and not usurped, minerals which may reduce the effects of microbes and tumoral pathogenesis, which could promote overall well being, if preserved.

Singlet oxygen is highly radically active and not like the balanced out version of doublet oxygen or O<sub>2</sub>, which we breath.

Balanced O<sub>2</sub>, which floats through the air, is a slower and weaker chelator, plants give of peroxide mostly and night and the air is more alkaline, while they are doing this at night time.

As ozone is mostly produced at night (unless you live by the sea) we miss these alkalising invigorating effects (albethey benefits) in our standard daily living, most the the world ozone is from the sea, that is a reason ocean water has cured many people.

Mental clarity and relaxation and calm are the effects of taking peroxide safely also, as it is with breathing ozone, on a calm night when when pollution in the air has settled and broken down.

Ozone is predominantly produced via the oceans and and they encompass seventy percent of the world surface, the balance comes from greenery, such as grass and trees and energy events like lightning and storms, which

produce elevated ozone (athletes should try running during a storm the effects are apparent).

Moon and sun light also produce ozone, this is a self clean modality of nature and takes care of pollutions and smog in a multitude of varieties, thus is quite bio conductive albeit organifiable.

The sun has light energy which hits the oxygen and splits them atmospheric oxygen into singlet of ozone up to as much as 021 has been recorded in and above the clouds, this used the UV from the sun light up so we are not affected by it, this also culminates as clouds and perspires ozone on us, more so during storms and heavy rain, which is why you some times smell a unified aroma after intense rain has occurred or a storm, the air has been purified and the pollution is gone, rain storm photocopiers and freshly cut lawns all smell of ozone as does oceans spray from clean waters.

In Japan for skin cancers, the Japanese use UV lights like the UV the sun produces, these UVC bulbs the Japanese use ozonate the skin, provide vitamin D stimulate the pineal gland, and ozonate the air in the room, alkalising it and reducing odours, the oxygen is the air split like the sun does to oxygen in the atmospheric layers of gaseous oxygen, the ozone from the split oxygen helps kill cancer as does the vitamin D. UVC is another way of ozonating drink and the air, though less effective then the peroxide and ozone does give vitamin D which can greatly shift the mood and effect though patterns in strange ways, only one seller on Amazon had UVC bulbs and only a hand full on ebay. UVC lights will tan you, even through denim jeans and some people get heightened sensitivity on ESP levels to to the interference vitamin D has on the pineal function, with D calcification, some people like it some do not.

### **A sub-note on DMSO**

#### **Variations, which are effects to take peroxide with**

DMSO is a crucial nutrient and after H2O we are 6% sulfur (which DMSO is) the second most abundant nutrient in the body after water.

This nutrient makes tissues, able to take in, more of any nutrients and also makes environmental pollutants and chemicals more readily absorbed and thus should not be taken lightly.

Do not have DMSO, while using a harmful toothpaste, with an hazard warning saying to contact environmental health once you swallow pea sized amounts, Sulfur makes all tissue six fold more permeable and a toxin can slip though easier to the cell level, as well as a nutrient.

Do not drink alcohol mixed with DMSO and so on, only nutritious living natural fruits and vegetables and pure clean and distilled water should be had with DMSO, aside from that algae and perhaps vegetable juices freshly juiced by you and raw vegan healthy smoothies (70% veg -plus).

But with Ozone and peroxide DMSO can bring them six fold faster and deeper into tissues so you get quicker results and DMSO itself is a valuable nutrient second to water.

For those seeking to optimise health there are 72 minerals and over 2,000 amino acids and many fats to obtain, the soil is deficient and buying & supplementing all these is not optimal, this DMSO enables what nutrients you have already in the food to get six fold faster and further absorbability by the cells of the tissue of the organs of the body.

Because it is known to make you take up six fold, of whatever you choose to take it with, having only highly natural and nutritious substances is what is prudent to do with it, this includes ozonated water and hydrogen peroxide in water.

The regular doses you make ozonated water and the regular hydrogen peroxide doses taking a teaspoon of DMSO per glass (always one teaspoon and always per one eight ounce glass because the ratio of DMSO to water which constitutes the body is always honoured there in and not exceeded).

You may be able to get more effects quicker from ozone and peroxide, DMSO also anti inflammatory, for any conditions where inflammation is a problem, this is a very handy & useful substance, acids & pollutants from between joints dissolve quicker into it because it is a solvent, water and peroxide are also solvents (so the body should be seventy percent solvent DMSO just increases the bodies ability as a solvent).

You may need to tone down the peroxide and DMSO, but ozone and DMSO should give you no trouble and are highly effective when combined, it is an item to bear in mind, also peroxide is more palatable with DMSO.

After a car wreck and the like DMSO, has been used to relieve swelling in the spine which in fifteen minutes leads to pressure induces paralysis, rubbed on tumours it targets cancerous cells and makes them more easy to target by the immune system and ingested peroxides and ozone, and also relieves swelling and internal pressure of almost any sort conceivable. DMSO has not only prevented paraplegic affliction, it brings any medicine (anything, even non medicine) it is combined with straight through the skin and muscles below, if for instance one had stomach cancer they could rub this on their tummies and it would go through, rubbing it on with peroxide once I come out the bath is a favourite of mine and also rubbing it on with magnesium flakes (magnesium hexahydrachloride) feels lovely and is very relaxing replenishing and healthy, magnesium is one of five nutrients which an abundance of prevent most disease and illnesses from occurring. DMSO means I get to take medicine through my skin and it feels very lovely indeed.

Because my part of London has a lot of crap in the water supply, I use car battery (deionised water) and if not distilled water to a 2 to 10 ratio per any bath I have with DMSO, cheaply attained from "asda", buying a water distiller helped, without distilled or deionised water the DMSO would weaken all my bones and give my digestive issues, the magnesium can still be used and the peroxide in the bath though.

### *Sub-note on chlorella (blue green algae)*

When taking chlorella add two drops of peroxide and the chlorella becomes active and absorbable tasting more like green juice should taste and feels and it looks more vibrant, do not worry about oxygen damage because the antioxidant content of chlorella is one of the higher among plant life commonly ingested.

This also extends to spirulina and holds true, if you use ozone to liven them, however they becomes hyperactive with ozone and bubbles and froth of a spore like image nature resembling algae in nature, when its on water.

Hyperactive and livened algae is undoubtedly more effective than when taken normally in smoothies and such like, thus an economical, efficient

and ultimately effective bio – absorbable way to take them.

I have put as much as a whole cup in smoothies and got little discernible effects, after only two drops per pint in my chlorella, I had the best boost I have had ever from taking it and with ozone the chlorella was just as strong. The algae is alive but it is dormant and needs to be woken up.

Another note on algae and peroxide efficiency and economy is peroxide makes many supplements work faster and harder, thus maximises the potency & thus economy of chlorella supplementation, this fact about peroxide also applies to certain tablets and legal drugs.

To bring that one step further add a teaspoon of DMSO, this way you get way more absorbability of all 72 minerals from the algae, as well as their various essential fats and proteins.

[AKA Essential Fatty Acids] all amino acids and all the vitamins and several electrolytes, its the most proteinaceous of plants, perhaps aside from seaweeds and with a few drops of peroxide this is a good thing to have DMSO with. (I have been raw vegan and noticed I am sensitive to certain areas of tap water, so far only in parts of London, on the outskirts the water is okay and does not bother me and no where out of London has ever given me trouble, tap water is flushed at least five times before we drink it from the tap, the recycling uses chemicals which are harmful to human a distiller is the only way to get all these chemicals out the water and have just pure water, I would only take DMSO with deionised or distilled water, personally I suggest anyone not sure to take on teaspoon per morning and one at night, if they wish to do so, or just apply it topically to reduce pain and inflammation and as an analgesic (painkiller).

If you put chlorella in water, while ozonating the water, the chlorella will grow and overflow the container, albeit glass, you are ozonating into.

The chlorella will spore and will escape and be on the floor/table /surface on which the ozonating container of water has been placed.

To prevent this from occurring ozonate the water and mix the chlorella (a teaspoon is the normal dose to take) soon after the water is ozonated.

Alternatively mix the algae just as you are about to switch off the ozone appliance this way the chlorella will not overflow and will be heavenly vital and full of vital life force energy, drink as soon as possible.

Because the poring effect does not occur with Hydrogen peroxide and the chloerlla water is still highly active and more nutritious because of its bioavailability, but also peroxide commonly makes supplements more potent this means you'll need less of anything you take it with.

Hydrogen peroxide burns, which are rubbed with DMSO go away quicker than anything I've come up with or read and personally verified empirically by doing it on my own skin with peroxide and DMSO and drinking DMSO and peroxide also.

I stumbled on this remedy to peroxide on skin when I was in the bath one day.

### **Bibliology.**

#### **Mr Oxygen - Flood your body with oxygen**

(Whole book collectively assimilated knowledge)

bibliology for ozone on HIV, Cancer and Lyme by varying institutes (p)

To assimilated the majority of the information encountered in this book.

#### **Sang Whang - Reverse ageing -**

Make-up of water p19-22, p58 arthritis, p62-63 skeletal mineral usurpation by blood

**Resources &**  
**Sources to buy from**  
**England**  
**DMSO**

DMSO **1000 litres** on e bay, is the best price and quality I have seen, you may have to request HPDE plastic and perhaps amber glass, which is slightly more, but worth the extra money. They also have a website where you can buy the Laguna brand of DMSO 99.97, pure DMSO undiluted and there you can select amber glass.

**H<sub>2</sub>O<sub>2</sub> Peroxide**  
**(hydrogen peroxide)**

Hydrogen peroxide, the best I have seen is from **APC pure** but brought via their e bay shop which is cheaper than buying from their website direct and delivery is both faster and cheaper also and they have better communication via e bay should you run into any problems with them.

Ozone is best from health first on e bay and the analogue hand crack ozone generators from china and the “UK” quote on quote models, which are just china models brought in bulk by people from England and they say England in bold letters when advertised, but say made in china when you look at them and I took them apart they have the exact same components. They are fragile, once brought decide where to keep them and hang them up, they are marvellous for the money though and you can get free 1 year warranty with UK seller easier (very fragile be warned!).

**Chlorella**  
**(nu-kraft)**

Chlorella from Nu-kraft on e bay is the best raw, shell desiccated chlorella I have seen in England (and spirulina for that matter) but the absolute best I have heard and read of is Celltech blue-green algae, but its not available via most websites and it not cheap either.

**Distiller**

**(makewaterpure)**

Distillers from **[makewaterpure.co.uk](http://makewaterpure.co.uk)** are possibly the best among the choice for those who live in the UK, with a warranty free and quick delivery and good communication reliable equipment providing you follow the instructions.

(with DMSO I only think Fi-Ji, distilled and perhaps Good R.O water should be used and de-ionized water perhaps).

I recommend the books in the bibliography, highly, given the topics discussed are highly relevant.

Thanks for reading hope you enjoyed the book.

[if you can't trust the water distil the water]

**Dr. Odracir Irusimo**  
**Ninja clan books**

### Citation

**The German Medical Society** published " Adverse Effects and Typical Complications in Ozone Therapy " by Marie Theresa Jacobs in January of 1980.

One – thousand therapists treated 384,775 patients with ozone with a minimum of 5,579,238 applications and the side effect rate observed was only .000005 per application! Ninety percent of the therapists reported the treatment was effective. This is one of the lowest side effect rates in existence. The 1980 report also stated " the majority of adverse effects were caused by ignorance about ozone therapy (operator error ) ". The university of Innsbruck 's forensic institute published Marie Theresa Jacobs dissertation quoting this in The Empirical Medical Acts of Germany

**1980, Aug 22nd — Sweet F, Kao M S, Lee S – CD (Dept. of obstetrics and Gynaecology, Washington University School of Medicine , St. Louis, Mo) and W. Hagar (St. Louis Air Pollution Control) published in science Vol. 209:931 – 933, U.S. peer reviewed scientific journal — " Ozone selectively inhibits human cancer cell growth " .** They announced evidently the mechanisms for defence against ozone damage are impaired in the human cancer cells. . . . All of the cancer cells (lung, breast, uterine and endometrial) showed marked dose – dependant growth inhibition of ozone at .3 and .5 ppm while the normal cells were not affected . " Evidently cancer cells are less able to to compensate for the oxidative burden of ozone than normal cells " . They also stated that " Ozone inhibits cancer 40 – to – 60 percent, and up to 90 in a dose dependent manner, yet there is no response from mainstream medicine " .

Also in Italy, Dr. R. Matasi of the division of vascular surgery at the Santa Corona Hospital in Milan treated 27 Herpes patients with intravenous injections of oxygen and ozone. All patients healed completely after a minimum of one to a maximum of five injections. Five years later 24 of the 27 were outbreak free. Re infection was suspected in the other three.

**Encyclopedia of chemical technology Volume 16 Third Edition John Wiley & Sons.** – " The symptoms of breathing high concentrations of ozone are acute; these appear to be no chronic effects among normally healthy people because the body has the ability to repair such damages. No free radical reaction which directly involve ozone have been observed. During the 80 year history of its large scale use there has never been a human death attributed to it " .

**1991 Oct 1** — **The peer – reviewed journal of the American society of haematology** published the ozone \ HIV work of MDs Wells, Latino Galvachin and Poiesz. — *Their article inactivation of HIV Type 1 Inactivation by Ozone In Vitro appears in blood journal, Volume 78 Number 7, Oct 11, 1991, pg. 1882 describing the research coordinated by Dr. Bernard Poiesz State University of New York at Syracuse Research Hospital. — They performed 15 replications of an ozone study that interfaced ozone with HIV factor 8 infected blood. The ozone completely removed HIV from the blood 97 – to – 100 percent of the time yet was non toxic to normal healthy blood components.* Ed McCabe Announced this study back in 1988 in his oxygen therapies book.

ODRACIR IRUSIMO



