

HEALTH

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Ask Emily

By Emily Thacker

Dear Emily: Is hydrogen peroxide safe for sinks and drains? – M.D., Flemington, NJ

Dear M.D.: Yes, hydrogen peroxide is safe for sinks, drains and plumbing fixtures. In fact, pouring left over or used peroxide down your drain will help rid plumbing of bacteria and kill odor.

Dear Emily: You have written several books on different and amazing ways to treat everyday maladies both safely and naturally. How do I know which natural health option is best for me? – N.D., Canton, OH

Dear N.D.: What a wonderful question! Yes, I have written several additional books on traditional, natural healing methods and remedies highlighting everything from vinegar to baking soda and now hydrogen peroxide. Many readers are unsure about which product to use in a given situation. To help you decide which product may work best for you as a home remedy or cleaning solution, try referring to the list in the Appendices on page 166 of my latest book *The Magic of Hydrogen Peroxide*. And don't forget to let me know of any new and amazing uses you discover on your own!

Emily Thacker is the author of over 17 books. Her best-selling books about common household products have appeared in newspapers and publications across the U.S. including USA Today, USA Weekend, Parade Magazine, The History Channel Magazine and The Saturday Evening Post.

If interested in Emily's latest book and a FREE Special Bonus please see the article on this page titled "An Ounce of Hydrogen Peroxide is Worth a Pound of Cure."

An Ounce of Hydrogen Peroxide is Worth a Pound of Cure

Hydrogen peroxide is trusted by every hospital and emergency room in the country for its remarkable ability to kill deadly germs like E. coli and the swine flu virus. In fact, it has attracted so much interest from doctors that over 6000 articles about it have appeared in scientific publications around the world.

Research has discovered that hydrogen peroxide enables your immune system to function properly and fight infection and disease. Doctors have found it can shrink tumors and treat **allergies, Alzheimer's, asthma, clogged arteries, diabetes, digestive problems and migraine headaches.**

Smart consumers nationwide are also discovering there are hundreds of health cures and home remedy uses for hydrogen peroxide. A new book called *The Magic of Hydrogen Peroxide* is now available that tells you exactly how to use hydrogen peroxide by itself... and mixed with simple everyday kitchen items... to make liniments, rubs, lotions, soaks and tonics that treat a wide variety of ailments.

It contains tested and proven health cures that do everything from relieving **chronic pain** to making **age spots** go away. You'll be amazed to see how a little hydrogen peroxide mixed with a pinch of this or that from your cupboard can:

- **Relieve the pain of arthritis, rheumatism and fibromyalgia**
- **Treat athlete's foot**
- **Clear up allergies and sinus problems**
- **Soothe sore throats**
- **Fight colds and flu**
- **Help heal boils and skin infections**
- **Whiten teeth without spending a fortune**
- **Destroy harmful dental bacteria and heal gingivitis**
- **Help heal cold sores and canker sores**
- **Clear up foot and nail fungus**
- **Relieve the sting and pain of insect bites**
- **Soothe sore feet**
- **Relieve ear aches**
- **Soothe muscle aches**
- **Enable minor wounds, cuts and scrapes to heal faster**
- **Refresh and tone your skin**

- **Clear up acne, rashes and age spots**
- **Help heal yeast infections**
- **And much more**

Besides killing E. coli and the swine flu virus, hydrogen peroxide also destroys botulism, salmonella and other harmful organisms. It works by making viruses and bacteria self-destruct on the cellular level. Amazingly, for something so powerful, hydrogen peroxide is safe. That's because after it makes germs self-destruct, hydrogen peroxide breaks down into harmless water.

The Magic of Hydrogen Peroxide book is a valuable health improvement treasure that also shows you how to make tons of household cleaners that work better and more economically than expensive store-bought products. It's a safe powerful alternative to harsh chemical cleaners. Discover easy-to-make formulas that:

- **Kill germs on kitchen counters and surfaces**
- **Sterilize dishes, cups and kitchen utensils**
- **Make a powerful scouring powder that works wonders on kitchen sinks, refrigerators and ovens**
- **Disinfect and deodorize coffee makers, tea pots, blenders and food processors**
- **Sanitize wood cutting boards and wooden spoons**
- **Clean out and disinfect clogged drains**
- **Make hardwood floors, tile floors, grout and linoleum gleam**
- **Get rid of harmful bacteria on fruits, vegetables and meats with this safe and effective food rinse**
- **Eliminate nastiness from toilet bowls, bath tubs, showers and shower curtains**
- **Sterilize and purify toothbrushes and dentures**
- **Clean and disinfect pet stains**
- **Remove mold and mildew from basement walls, roofs and other surfaces**
- **Disinfect diapers, pacifiers and baby toys**
- **Remove wine, ink and blood stains from clothing, carpets and furniture**
- **Boost laundry detergent power and restore brightness and color to fabrics**

- **Streak-free-clean your windows and mirrors**
- **Clean and deodorize your car**
- **Eliminate skunk stench on pets and foul odors from litter boxes, old tennis shoes, etc.**
- **Rid pets of parasites and bacteria**
- **Make indoor and outdoor plants flourish with a surefire fertilizer and insecticide all rolled-into-one**
- **Keep hands germ-free without expensive hand sanitizers**
- **And much more**

The Magic of Hydrogen Peroxide contains many more amazing health remedies, cleaning formulas and gardening mixtures. In addition, it also gives you a list of qualified physicians who use hydrogen peroxide in their practices to treat serious ailments. Also included FREE with each book are useful tips and home remedy formulas using vinegar, garlic baking soda and teas.

To get your copy of *The Magic of Hydrogen Peroxide* direct from the publisher at the special introductory price of \$19.95 plus \$3.98 shipping and handling (total of \$23.93, OH residents please add 6.5% sales tax) simply do this:

Write "Hydrogen Peroxide" on a piece of paper and mail it along with your check or money order payable to: James Direct, Inc., Dept HP559, 500 S. Prospect Ave., Box 980, Hartsville, Ohio 44632.

You can charge to your Visa, MasterCard, Discover or American Express by mail. Be sure to include your card number, expiration date and signature.

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This was excerpted from an advertorial in USA Weekend.

LETTERS

Hydrogen Peroxide treats athletes foot

When I read, treat athlete's foot, I had to try it. I have been fighting with this for 4 months. I tried every kind of salve from the drug store with no luck. But when I put hydrogen peroxide on my feet it has started to go away. So now I need two books on hydrogen peroxide. One for my best friend... They are like having a doctor in your home.

- M. R.
Sun Prairie, Wi.

It Saved my Dog!

Did you know if a 50# dog gets into D-Con rat poison a 1/4 cup of hydrogen peroxide will induce vomiting and save pet? Learned this YESTERDAY.

- S. J.
Coral Springs, Fl.

Indigestion goes completely away!

When I get indigestion, I take a cloth or paper towel, soak either one, pat of wipe the stomach area, and lower abdomen with hydrogen peroxide. Anytime I do this, within 5-10 minutes the indigestion goes completely away! Just a few wipes.

- B. L.
Silver Springs, Fl.

NEWS & RESEARCH

The Merck Manual is the 'gold standard' of treatment guidelines for physicians. It recommends using a 3% solution of hydrogen peroxide, diluted half and half with water, as treatment for trench mouth.

*Testimonials are atypical, your results may be more or less. ©2015 JDI HP139S14