

A Closer look at
Intravenous
Hydrogen Peroxide ©



H2O2

by Gordon Josephs, DO, MD(H)
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GENERAL INFORMATION ABOUT THE AUTHOR

Dr. Gordon Josephs graduated from the Philadelphia College of Osteopathic Medicine in 1965 with the degree Doctor of Osteopathy. He practiced as an osteopathic physician for some 25 years, in Selden, New York, in the U.S. Air Force Medical Corps., and in Scottsdale, Arizona. He has been a general practitioner, an emergency physician for the government, and owner/surgeon for the Vasectomy Center located in Arizona's Valley of the Sun.

At this time Dr. Josephs is licensed as a homeopathic physician in Arizona. There are only three states which presently license doctors as homeopaths. To become a homeopathic physician in Arizona, one must first be a licensed osteopath (DO) or licensed allopath (MD), take many hours of courses in homeopathy and other alternative medical care subjects, and ultimately pass the examination of the Arizona Board of Homeopathic Medical Examiners. A licensed Homeopathic Physician in Arizona, may write drug prescriptions, may perform minor surgery, and may treat using the entire range of alternative medical care as well. Thus an Arizona homeopathic medical license is one of the broadest medical licenses in the United States.

Although Dr. Josephs may prescribe prescription drugs, he is committed to using natural remedies wherever possible. Dr. Josephs is best known for providing chelation therapy through a number of offices located throughout Arizona, his principal office being in Scottsdale. At the time of this printing, Dr. Josephs is Vice President of the Arizona Homeopathic Medical Association, a member of the American College for Advancement in Medicine, the American Preventive Medical Association, the American Academy of Anti-Aging Medicine and a member of the International Bio-Oxidative Medical Foundation since 1989.

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BY GORDON JOSEPHS, DO, HOMEOPATHIC PHYSICIAN

INTRODUCTION

In 1988, satisfied chelation patients began sending me lots of referrals. My patients particularly began sending me a lot of people with emphysema, asthma, and chronic lung disease. Well chelation therapy does have a benefit for these people, but chelation is best known for heart and circulation problems. I needed something that particularly worked well for lung problems.

I heard about intravenous hydrogen peroxide, and I heard that it was terrific for lung disease. I also heard that you had to be very careful, that the therapy could be dangerous. I heard conflicting stories from doctors, but none of these doctors actually used intravenous hydrogen peroxide. My search for the truth led me to a meeting of IBOM, the International Bio-Oxidative Medical Foundation, presided by Dr. Charles Farr, MD, Ph.D., in Oklahoma City.

I went to Dallas to an IBOM meeting for several days. There I was taught exactly how to safely administer hydrogen peroxide intravenously. I was taught a specific protocol. At the meeting, IBOM doctors were speaking from experience about the various things for which they found peroxide useful. To my very great amazement, I learned that peroxide was good for a great many things beside lung problems.

GENERAL INFORMATION ABOUT PEROXIDE

There are lots of studies which demonstrate that peroxide does the following:

Peroxide stimulated the immune system.

Peroxide killed a dozen different pathogenic bacteria, and killed many viruses, and yeast and fungus too!

Peroxide even improved circulation and unblocked arteries, like chelation did!
It caused debris deep down in the lungs to be expelled!
It got rid of all kinds of chronic pains, but nobody was certain why.
It oxygenated the body, better than if you got into a \$100,000 hyperbaric oxygen chamber!
Peroxide even destroyed some cancerous tumors!

And the list of things went on and on. I'd bore you to tears if I read off the list. It turns out that there are over 6000 articles in the medical literature about peroxide.
So if peroxide does so much good, why isn't it being used more by doctors? The answer has to do with money and stupidity.

For example, drug companies would like doctors to prescribe a \$60 antibiotic, not a dollars worth of peroxide! You have to understand that the drug companies fill the medical journals with expensive, and really slick advertising. Because of these ads, doctors perceive that drugs are the state of the art. Nobody advertises hydrogen peroxide. Peroxide is not patentable. Who's going to promote peroxide when anyone and any drug company can make it?

Then, some doctors are just plain stupid. They don't even wash hands between examining patients, which was proven to reduce hospital infections by Dr. Semilweise a hundred years ago. It took doctors 40 years to accept the electrocardiogram as useful!

Well, it's been over 60 years since peroxide was found to be miraculous. In 1929 there was a worldwide flu epidemic. There was no drug to kill the flu virus (and there still isn't), so some people with poor immune systems died from it. 84% of those who developed influenza pneumonia died.

Well in 1929, doctors took patients dying from influenza pneumonia, and for the first time in history gave them intravenous hydrogen peroxide. 48% of them lived! Yes, I'm telling you that there's been an antiviral remedy for over 60 years, and doctors seem ignorant of it all.

Dr. Charlie Farr, who I consider my guru, did a great study on flu victims just a few years ago. He gave 44 patients with the flu a peroxide treatment, and told them to return the next day if they were not better. Seven returned (note: all seven that returned had a prior history of lung problems). He gave them a second peroxide treatment and told them to return if they were not better. Two returned, and they required a third dose. How's that for anti-viral action? You see, if you come early to the doctor with a virus, it can be knocked out.

ASTHMA, EMPHYSEMA, AND CHRONIC LUNG DISEASE

Well, what about emphysema, asthma, and chronic lung disease? It turns out that

IV peroxide can do something special, something that no other substance I know of can do. It can clean the lungs! Ask a pathologist what color a baby's lungs are. He'll tell you they're pink. At autopsy, 50 or more years later, those lungs are gray-black. .. filled with soot and grime, from the air we breathe, that could not be eliminated by the body. It's harder to transfer oxygen from the air you breathe through soot-covered air sacks. Well here's great news ...

Intravenous peroxide burns the soot and debris, and lifts it off the surface of the air sacks. Then you cough this gunk up, get it out of your body, and you can breathe easier after that. Nothing else in medicine has this action.

This miracle isn't always met with joy. All the patient knows is that they took a peroxide treatment and began coughing more than ever. They've got to understand that this coughing is good. The coughing can begin right as the peroxide IV is dripping, or after the IV has been completed. This reaction to peroxide may occur for three to six treatments, after which it ceases. The job is done! The air sacs of the lungs have been cleaned.

The coughing doesn't always occur. Instead of coughing, the loose debris is often brought up in the sputum (the mucus and phlegm in the throat), and then swallowed, without the patient even being aware of it.

HOW MANY TREATMENTS ARE NEEDED FOR LUNG PROBLEMS?

For asthma, emphysema, or chronic lung disease, peroxide treatments should be taken once per week for at least ten treatments. It takes some time for the changes to occur in chronic disease. You must not say to yourself, "Well, I'll just try two or three treatments, and see if it's any good for me." That's not how peroxide works. And frankly, I don't really want you to start peroxide unless you intend to finish a reasonable series. That's because I don't want anyone condemning peroxide unless they've given it a proper try. Peroxide is good therapy, used correctly. For asthma, emphysema, and chronic lung disease, this means taking at least ten treatments over ten weeks.

HOW MANY TREATMENTS ARE NEEDED FOR MOST PROBLEMS?

Now maybe you've heard that peroxide could fix you up in just one or two treatments. Well that can be the truth ... it just depends upon what disease we're talking about. For example, I had a man come to me who was suffering with temporal arteritis.

Temporal arteritis causes terrible, one-sided head pain around the eye and the temple. I had a man come to me who had been to dozens of doctors and top notch pain centers. He was loaded up on every manner of drug. A smile came over this man's face as the first IV was dripping. He could feel his pain going away. He took a second treatment, and it was gone! That was six months ago, and he hasn't been back! So you see, for some things it can be a matter of a couple treatments. I hope that you will meet personally with me or with your "peroxide" doctor, and discuss how many treatments are likely to be needed for your condition.

WHAT DIAGNOSES RESPOND TO PEROXIDE?

Let me tell you about some other random cases, and how peroxide worked. First, let's talk about shingles (also called herpes zoster). Just one or two treatments taken for a couple days in a row, and one more a week later generally does the trick! I had a patient with AIDS and shingles. It took about six treatments over the course of two weeks, not bad considering a battered immune system. Sometimes the pains that may linger after shingles (post herpetic neuralgia) responds to a peroxide series. I think it's because there's still live virus deep in the nerve root.

I believe that Bell's Palsy (of the face) is also from a virus similar to shingles, because my peroxide treatments have relieved the condition over a week or two. For colds, or the flu, I've already told you that one or two treatments are generally sufficient.

I had a woman with malignant melanoma with metastasis to her lymph nodes. She was in awful pain. She wanted one treatment every day. When she got it, she felt no pain, was active and busy. Without a daily treatment, she was miserable and could not Function.

A lot of chronic painful conditions respond to peroxide. I believe that all chronic pain comes ultimately from insufficient oxygen getting into the effected area of the body. Peroxide gets the oxygen into the tissue and the pain leaves. Nevertheless, the official line is that we don 't understand why peroxide helps chronic pain. There's no telling the best way to give the peroxide for chronic pain. One might need it once a week or once a day. I've recently learned that slowly infusing the peroxide all day long, using an infusion pump, can get rid of constant pain much better than just a short IV (my thanks to Dr. Jesse Stoff for that finding).

For disorders of blocked arteries, such as angina pectoris, or peripheral artery blockage in the legs, Dr. Charlie Farr says that one peroxide each week, plus two chelation treatments each week, works the best. I think that's a perfectly fine schedule, and about ten weeks of treatment should be considered minimal. 15-20 weeks would be really good.

If your immune system is down, and you get sick a lot, take one treatment a week for ten weeks or twenty, (you'll need a variety of nutritional supplements too). Here the peroxide stimulates the production of T-helper cells and causes white cells to make interferon, and lots more.

Let's talk about chronic fatigue syndrome. Chronic fatigue is not one disease. It more than likely is a name given to hundreds of not-yet-diagnosed problems in a person. What I mean is that there may be someone with undiagnosed parasites, dragging their body around, exhausted. Well that's chronic fatigue. And so is undiagnosed Epstein-Bar virus infection, and so is malabsorption with mineral deficiency. My point is that there obviously is no magic bullet remedy for what is called chronic fatigue, because the causes of chronic fatigue are varied. The underlying cause of each individual's chronic fatigue needs to be determined and treated with the most suitable remedy or remedies. Peroxide is likely to help many chronic fatigue patients, because peroxide has so many actions.

For IBOM's list of diagnoses for which peroxide has been found useful, please see INDEX A at the end of this booklet.

IS PEROXIDE THE MAGIC BULLET?

Well if there were a magic bullet, it might well be IV peroxide, because peroxide has so many different actions. It can kill considerable numbers of viruses, bacteria, fungi, yeast, parasites, and even some tumor cells! It can boost the immune system by improving the number and quality of various blood cells. It can improve circulation, improve heart function, and provide oxygen to the brain. It can relieve pain. It can destroy toxic environmental chemicals inside your body and quiet allergies. Can you think of anything more likely to help an unknown, undiagnosed, hidden illness?

MIXING OTHER SUBSTANCES IN THE PEROXIDE IV

It was once believed that the doctor could not add any other substance into the peroxide IV bottle. It was believed that either the peroxide would be destroyed, or that the added substance might be destroyed. Recently, however, studies have determined that certain vitamins and minerals can be added into a peroxide infusion. Sadly, vitamin C cannot be added. Fortunately, magnesium can be added.

Magnesium is my personal favorite mineral (if there is such a thing). That's because magnesium lowers blood pressure, relaxes artery walls and thus promotes increased circulation, reduces angina chest pains, reduces irregular heart rhythms, relaxes muscles, alleviates muscle cramps, reduces anxiety levels, and increases energy production in every cell in your body! Also, for reasons that we do not yet fully understand, magnesium reduces the likelihood of infusion site discomfort, arm pain. As far as I'm concerned, I'm going to add magnesium to just about every peroxide IV I can.

Other trace minerals can be added to a peroxide IV also. And B-Complex Vitamins and B-12 can be added. So now it is possible to give the patient more for his money. With one treatment infusion, the doctor may be able to accomplish more, by providing the body with needed nutrients as well as peroxide.

ISN'T PEROXIDE HARMFUL?

Peroxide is extremely well tolerated by the human body. This may come as a surprise to you. After all, if peroxide kills so many things, then why doesn't it kill us? The answer is the enzyme CATALASE. Catalase, found throughout the human body, causes hydrogen peroxide to change into harmless oxygen and water. Viruses don't have catalase, so the peroxide destroys them. Humans have catalase in their cells, and are not destroyed by peroxide.

When you get an infection, your white blood cells surround the germs and kill them. Well exactly HOW does the white blood cell kill germs? Let me tell you something that 9,599 out of 10,000 MDs don't know. Your white blood cells produce a little hydrogen peroxide, and they bathe the germs in the peroxide, and this kills the germs! It has always been peroxide that naturally cured infection in your body!

Did you know that hydrogen peroxide is made in the atmosphere, and that it comes down in our rainwater, and it kills off a certain amount of living organisms in the soil? If it were not for this peroxide, the earth's surface would be putrid from bacterial overgrowth. What I'm trying to convey to you, is that peroxide is a wonderfully natural, beneficial molecule.

This is not to say that peroxide cannot be harmful. Humans can tolerate just so much of the stuff, and that's why you should have peroxide treatments only from a well trained physician. As far as I'm concerned, if the doctor hasn't studied the IBOM protocols, he's not prepared to do a good job with peroxide.

POSSIBLE SIDE EFFECTS

There are some POTENTIAL side effects to IV peroxide. I say potential because, in truth, I hardly ever see undesirable side effects. But I want you to know about them. Here in Arizona, where my office is located, intravenous hydrogen peroxide is considered experimental. I may give you peroxide treatments, but I must follow all the rules and regulations for doing experimental medicine. Foremost is that you be fully informed about what I am about to do, and that includes understanding potential side effects. So here goes.

The most common side effect is vein inflammation, right where the IV is going in your arm. There can be pain, and if it occurs, there's little to do except change the location of the needle. If you have a big vein, such as in the elbow crease, that's a great place to place the IV. The bigger the vein, the less likely any discomfort. Magnesium is added to the IV and this reduces the likelihood of any pain also.

You can get a red streak up your arm, starting right where the needle is inserted. There are two kinds of red streaks. One kind of streak is completely harmless and goes away within 20 minutes of finishing the IV. The other red streak means that the vein is getting inflamed, and we've got to change the needle insertion.

A few people get a chest sensation, with a shortness of breath feeling after the infusion has been running for a while. It was thought that this was oxygen bubbling off in the lungs ... but that's not so. We don't know what causes this sensation, but we know that it's okay to continue the infusion. I prefer to slow the infusion down anyway, or discontinue it, if you've had most of the treatment.

Another side effect is chills. You can feel a little chilly because peroxide can throw off temperature regulation for a short while.

The next side effect is called a Herxheimer Reaction, also called a die-off reaction. Actually, it's a good sign, but you don't think so when it's happening. If you've got a lot of candida (or yeast) or a lot of infection, when the peroxide kills the yeast, your body will react to the dead, disintegrating yeast until it is eliminated from the body. You can have chills, nausea, body aches, weakness and headaches during this time. It can happen following one, two, or three treatments, and then it ceases. You can't predict in whom it will happen. If you get a Herxheimer reaction, why not look on the bright side? Your candida is on the way out! You are about to feel better.

Finally, because peroxide intensifies the anticoagulant action of the drug Coumadin, the doctor has to reduce the Coumadin dose if you're taking it.

That's pretty much the downside of peroxide therapy. Question: If there was nothing wrong with you, and you took peroxide therapy for no reason at all, would it be harmful? Absolutely not! It would act like a tune-up to your body.

PEROXIDE IN AUSTRALIA, ENGLAND, AND FOREIGN COUNTRIES

Here in the USA we use a concentration of peroxide which has been shown to be very safe. But higher concentrations (as much as four times higher) have been used both in the USA and in foreign countries. The results using higher concentrations seem to be better, and I'm often tempted to use them. The problem is that higher concentrations can irritate and cause sclerosing of veins. Sclerosing means that

the inflamed walls of the veins develop a scar tissue within them, which makes them tender to the touch, and hard or ropy. The condition could go away in a few weeks or may never go away.

Now a patient with cancer may say, "Look, I want the strongest dose that you think may help me. My life is on the line, and I don't give a damn about some tender, hard veins". On the other hand, a person with shingles or the flu, may not care to risk permanent change in a vein, just to improve the likely outcome of their temporary dilemma. Here in Arizona; I'm sworn to go with the safer protocol... unless you sign a written waiver, saying that you understand the risk, and you desire to take the risk.

SIGNING INFORMED CONSENTS

Regardless what concentration of peroxide is to be used, you are going to have to sign a permit before the doctor is going to perform IV peroxide on you. That's because the bulk of doctors in the USA consider peroxide non-customary, experimental, unnecessary, weird, strange, or unusual therapy. So the doctor who gives peroxide needs to protect his reputation by getting full-disclosure releases called informed consents. I've always been honest with my patients, and told them that my permits basically say, "/ can do anything / like to you, but you can't, do anything to me!" At my office you'll be asked to sign no less than two consents!

WILL INSURANCE OR MEDICARE PAY?

No! Most medical insurance companies, including Medicare, have been financially depleted by paying for large numbers of expensive surgeries and procedures. Segments of the health care industry profit from these surgeries and procedures, and they are politically powerful. Physicians who review claims for insurance companies often favor the extremely expensive or risky procedures while refusing payment for a more beneficial, far less expensive, and often safer therapy. While insurance companies do not specifically exclude peroxide therapy in their policies, patients often have to resort to the courts in order to collect their insurance benefits ..

HOW TO BEGIN PEROXIDE THERAPY

Each state is different, but in general, if you're going to start peroxide therapy, you're going to have to follow some rules established for receiving an experimental therapy, because that's what peroxide is usually considered.

That means that you will likely need a history and a physical exam which goes somewhat beyond just your chief complaint. Some lab work or other tests might be needed also. You should obtain your past medical records which support your diagnosis, so that repeating tests becomes unnecessary and the diagnosis becomes clearer.

Now, if you've got the flu, for example, well then you've got the flu and there's no time nor reason to do a pile of tests. A short examination and history is all you'll need before sitting down for your treatment. But for any chronic illness, the doctor will want to talk to you for a while, and design a plan for treating the problem, using peroxide, and anything else which might be useful.

Now that you know the facts, I hope that you will schedule an appointment with your peroxide doctor real soon..

Index A

DIAGNOSES TREATED BY VARIOUS CLINICIANS USING I.V. PEROXIDE WITH VARYING DEGREES OF SUCCESS (c/o I.B.O.M.)

Asthma
Emphysema
Chronic Obstructive Lung Disease (COPD)
Cardiovascular Disease
Cerebrovascular Disease
Alzheimer
Peripheral Vascular Disease

Arrhythmia (Irregular heart rhythms)
Influenza
Herpes Simplex (Cold Sores)
Herpes Zoster (Shingles)
Temporal Arteritis
Migraine headaches
Cluster headaches
Vascular headaches
Coronary artery spasm with angina
Chronic Epstein-Bar Virus infection, infectious mononucleosis
Diabetes Type II
HIV Infections
Hepatitis
Parasitic infections, various
Fungal infections, various
Bacterial infections, particularly chronic unresponsive infections
Candidiasis
Chronic pain syndromes, various
Pain of metastatic cancer
Environmental allergies
Early multiple sclerosis
Rheumatoid arthritis