

Nebulized Hydrogen Peroxide—The Most Effective Therapy for Acute COVID-19

Nebulized hydrogen peroxide, originally pioneered in the early 1990s by Dr. Charles Farr, is probably the single most effective intervention for those who have acute COVID-19. It's my favorite intervention for acute viral illnesses in general, and I strongly believe it would prevent the majority of people from dying from COVID-19 if used. If you use the search engine on [mercola.com](https://www.mercola.com) to search for "nebulized hydrogen peroxide," you will find a very detailed explanation of why this therapy works and how to do it. Alternatively, an instructional video can be found on [Bitchute.com](https://www.bitchute.com), as YouTube has censored it.

In terms of mechanics, it's highly likely that the peroxide forms a very powerful signaling function that stimulates the immune system to defeat whatever viral threat it's exposed to. Your immune cells actually produce hydrogen peroxide. This is in part how they kill cells that have been infected with a virus. It appears that nebulized hydrogen peroxide merely enables your immune cells to perform their natural function more effectively.

In addition to being highly effective, it's inexpensive and has no side effects when used at the very low doses recommended (0.1 percent, which is 30 times less concentrated than regular drugstore 3 percent peroxide).

The key is to have your nebulizer already purchased and ready to go so that you can use it at the sign of first symptoms. You can also use it concomitant with vitamin C, as they likely have a powerful synergy and use different complementary mechanisms.

There are basically two types of nebulizers: small handheld devices that use AA batteries and devices that you plug into the wall. The ones you plug into the wall are far more effective, so be sure to use one of those. The PARI Trek S is my favorite and used to be available on Amazon but now requires a business account. So you can order it at [justnebulizers.com](https://www.justnebulizers.com) and say Dr. Mercola recommended it, as the device requires a physician order. I don't receive any commissions for orders.

Starting Peroxide Concentration	Hydrogen Peroxide	+	Water (Filtered)	=	Ending Peroxide Concentration
3%	¼ tsp	+	7¼ tsp	=	0.1%
12%	¼ tsp	+	5 ounces	=	0.1%
36%	¼ tsp	+	15 ounces	=	0.1%

Figure 7.1. Hydrogen Peroxide Dilution Schedule.

As for the hydrogen peroxide, since you are diluting it by 30 to 50 times (see [figure 7.1](#)), stabilizers are not likely to present a problem, but to be safe, your best bet is to use *food-grade* peroxide. Also, do not dilute it with plain water, as the lack of electrolytes in the water can damage your lungs if you nebulize it. Instead, use saline, or add a small amount of salt to the water to eliminate this risk.

You need about one teaspoon of salt in a pint of water or a half a teaspoon in an eight-ounce cup. This will create a physiological solution that will not harm your lungs when you inhale it. You could use regular table salt but ideally, use a healthy salt, such as Himalayan, Celtic, or Redmond salt.