



DR. THORP'S SALINE/HYDROGEN PEROXIDE NEBULIZER PROTOCOL



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(This protocol was adapted [from Dr. Mercola and Dr Brownstein's nebulizer protocols.- see below](#))

Make Saline Mixture

- **Two cups of water** (473.2 ml). Some suggest boiling water but not necessary.
- **1 teaspoon of salt** (makes a 0.9% 'normal saline' solution of 0.9%) may use any salt or even pink Himalayan salt that takes a bit longer to dissolve with stirring.

To a small "sealable" container, plastic or glass, add water and salt. Stir well until dissolved. Pour into a clean jar that has a tight-fitting cap.

Add To The 2 Cups Saline Water:

3% food grade hydrogen peroxide. Make sure it contains no additives or stabilizers. [Amazon carries 3% hydrogen peroxide and water with no additives](#). Must be FRESH, and when opened, must be capped tightly and maintained in the refrigerator or it will decompose to water and be ineffective.

- **1 tablespoon** (15 ml) 3% food grade hydrogen peroxide.
This will yield a 0.095% saline-hydrogen peroxide solution, similar to Dr Mercola's recipe.
- 1 tsp (~ 5ml) 3% food grade hydrogen peroxide to 2 cups saline solution
This will yield .032% saline-hydrogen peroxide solution, similar to Dr Brownstein's recipe.

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How To Use

- **Make sure solution is well mixed before using.**
- Add 5 mL, which is 3-4 droppers full or about 1 teaspoon hydrogen peroxide and saline solution.
- Put the mask on and breathe in the nebulized hydrogen peroxide solution.
- Start nebulizing with hydrogen peroxide as soon as you start feeling unwell.
- Use it for 5 to 15 minutes every hour until you start feeling better. You may likely feel better within the first day.
- Once you are better, reduce nebulizing to every four to six hours until a few days after you are completely well.

To read more on Dr Mercola and Dr Brownstein's protocols, check out [this link](#). Just like Dr Thorps protocol, be sure to cap mixture tightly and store in the refrigerator. Dr Mercola's protocol recommends a 0.1% hydrogen peroxide-saline solution (yields 2 tablespoons, you may double recipe if desired or make a fresh batch as needed).

- • ¼ tsp of 3% hydrogen peroxide
- • 7¼ tsp saline solution (see above recipe)

Dr Brownstein's protocol recommends a 0.04% hydrogen peroxide-saline solution

- (yields 1cup, 1tsp)
- • 2/3 tsp hydrogen peroxide
- • 1 cup saline solution (see above recipe)
- • If desired, for further efficacy against covid, add 1 drop Lugol's iodine to nebulizer solution before each use.

