



# **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](#) )

## What You'll Need:



### Two cups of water (~473 mL).

Boil water before using to remove contaminants.



### One teaspoon of salt.

Use pink Himalayan or sea salt for purity.



### 3% FOOD GRADE hydrogen peroxide.

Ensure it contains no additives or stabilizers.

### **MUST BE FOOD GRADE.**

(Amazon carries **3% FOOD GRADE** hydrogen peroxide and Water with no additives).



### One Nebulizer.

## Step 1 - Make 0.9% Normal Saline:

1. Add two cups of water and 1 teaspoon of salt into a mixing container.
2. Stir the solution until salt completely dissolved.
3. Pour solution into a sealable glass jar with a tight-fitting cap.

# DR THORPS' SALINE/HYDROGEN PEROXIDE NEBULIZER PROTOCOL CONTINUED

## Step 2 – Make a 'Saline-Hydrogen Peroxide' solution:

1. Add freshly opened 3% FOOD GRADE hydrogen peroxide to your jar of normal saline.
  - a. Adding 1 tablespoon (~15 mL) 3% FOOD GRADE hydrogen peroxide will yield a 0.092% saline-hydrogen peroxide solution, similar to Dr. Mercola's recipe.
  - b. Adding 1 teaspoon (~5 mL) 3% FOOD GRADE hydrogen peroxide will yield a 0.031% saline-hydrogen peroxide solution, similar to Dr. Brownstein's.
  - c. NOTE: 3% **FOOD GRADE** hydrogen peroxide must be fresh. Once opened, the solution must be capped tightly and refrigerated, or it will decompose into water and become ineffective. DISCARD after 14 days.

## Step 3 – Nebulize the 'Saline-Hydrogen Peroxide':

1. Ensure solution is thoroughly mixed.
2. Add 5 mL (about 3-4 full droppers or about 1 teaspoon) of saline-hydrogen peroxide solution to your nebulizer.
3. Turn on the nebulizer.
4. Place the facemask over your nose and mouth.
5. Being slow, deep breaths for 5 to 15 minutes. Repeat, as needed, up to four times daily, until symptoms improve.
  - a. You may notice significant improvements within the first day of use.
  - b. Once you are improving, reduce nebulizing frequency, as needed, for several more days until symptoms fully resolve.

