

Uses for Peroxide:

There is an inexpensive way to clean and sanitize your household without harmful chemicals. It is less than \$1.00 for a large bottle – Peroxide (3%). I have not yet tried all of these but I have tried several and they do work. Please be careful if you use it on certain materials to test it before using.

- 1- After using a cutting board, rinse with warm water then pour peroxide over it to kill bacteria.
- 2- Use a capful of peroxide to rinse out your mouth. Hold it in your mouth for several minutes to whiten teeth and kill germs.
- 3- Soak your toothbrush in peroxide to keep it clean and free of bacteria. If the cold or flu are making the rounds in your house, be sure to clean the toothbrushes each time they are used to keep from re-infecting yourself.
- 4- Spray a 50/50 mixture of water and peroxide on your feet to control fungus. It is very good to treat athletic feet with it. If you are washing tennis shoes, first spray this mixture inside the shoes before washing.
- 5- Soak infected infections or cuts in 3% peroxide several times a day to aid in healing.
- 6- Some people use peroxide when they have a toothache and can't get to the dentist immediately. Just hold a capful of peroxide in your mouth for about 10 minutes then spit it out. This can lessen the pain.
- 7- I put a ½ to one cup of peroxide in each of my loads of laundry instead of bleach. If there is stains, such as blood, pour it directly on the stain let stand for a minute, rub and rinse with cold water. (Be sure to test the fabric first) Repeat until stain is gone. I have used it on cotton and polyester mix and it worked great.
- 8- It is also great to use to clean mirrors. This is great to help keep down bacteria in the bathroom.
- 9- Add ½ bottle of peroxide to your bath to help clean and disinfect your skin for cut, infections, boils, fungus and other skin problems.
- 10- Peroxide is a great cleaner to use in your kitchen. After wiping your kitchen counters, use a cloth or paper towel, pour some on your counter and spread over the whole counter. Wipe until it is no longer puddle and let dry. This will disinfect your cooking areas.

Do you have other suggestions that are tried and true with this wonderful inexpensive disinfectant? Share them with us if you wish and we will send them on to others!