

Natural Remedies for COPD...

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Earth Clinic readers have told us (Earth Clinic) that their favorite home remedy for COPD (Chronic Obstructive Pulmonary Disease) is the Hydrogen Peroxide Inhalation Method. Some readers experienced wonderful results with this natural remedy in as little as two weeks. In fact, for the past 10 years, Bill Munro's Hydrogen Peroxide Inhalation Method has been one of Earth Clinic's most popular natural remedies for many different ailments. Other nebulizer treatments are helpful as well, such as DMSO, Colloidal Silver, and MSM.

Symptoms of COPD...

You may have COPD and not know it. Over 24 million people in the U.S. have COPD, but more than HALF of those people do not know that they have this very serious problem. If you are experiencing these symptoms, get diagnosed and then take action before more damage is done to your lungs. Otherwise, COPD will continue to get worse, until you need to be attached to an oxygen tank in order to breathe at all.

Are you experiencing these symptoms?

- Frequent coughing, with or without mucus;
- Feeling out of breath more and more often;
- Wheezing;
- A tight feeling in the chest.

Bill Munro's Hydrogen Peroxide Inhalation Method...

Bill Munro developed the Hydrogen Peroxide Inhalation Method when he learned he had melanoma and prostate cancer many years ago. He wanted to get oxygen 'inside' to treat his cancers. After treating himself for a while, his PSA blood tests showed that he was clean of the cancers. Research suggests that viruses cannot survive in an oxygen-rich environment. If you have COPD, more oxygen is just exactly what you need. Many Earth Clinic readers with COPD reported success following this method. The link following will show you exactly how to use Bill's method, which is at: http://www.earthclinic.com/remedies/hydrogen_peroxide_inhalation.html
Important Note: Please do follow the instructions. Do not overdo on the "more is better" theory. It isn't. Both Bill and his wife safely inhaled hydrogen peroxide daily for at least 9 years, enjoying improved overall health. Their blood oxygen levels remained in the high 90s.

Normal blood oxygen levels are 95-100%.

Below 90% is considered hypoxemia, leading to an asthma crisis, sleep apnea, pulmonary infection, etc.

A blood oxygen level below 80% is a critical situation that could result in a damaged brain or heart; respiratory or cardiac arrest can occur at this level of low blood oxygen.

What is COPD?

COPD is a killer – the third leading cause of death in the U.S. The National Institutes of Health states that, "COPD has no cure yet, and doctors don't know how to reverse the damage to the airways and lungs. However, treatments and lifestyle changes can help you feel better, stay more active, and slow the progress of the disease." COPD is one of the most frustrating health issues that people deal with. It's very disabling, as reduced lung function makes it impossible to handle normal activities. To make matters worse, those afflicted with COPD may also have one or more other chronic illnesses. Most of those with COPD have emphysema and chronic

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bronchitis, both included under the general term COPD. Over time, the airways narrow, making it more difficult to breathe.

Emphysema refers to damage to the walls between many of the air sacs in the lungs. Instead of many tiny air sacs, the person now has fewer, larger air sacs. This reduces gas exchange within the lungs. In other words, the lung's ability to take in oxygen and remove carbon dioxide is far less than is needed for proper breathing and good health. There is not enough oxygen and too much carbon dioxide.

Chronic bronchitis refers to the lining of the airways being always irritated and inflamed. The lining gets thicker and thick mucus makes it hard to breathe.

COPD and Viral and Bacterial Infections...

The most common cause of COPD exacerbations is viruses, particularly the flu, rhinovirus or adenovirus. Mycoplasma and chlamydia are bacteria that can also be responsible for lung infections. These organisms cannot thrive in an oxygen-rich environment, such as that created by inhaling hydrogen peroxide following the suggested method. If You Smoke, Quit! Smoking is the leading cause of COPD. While there are other risk factors, such as pollution, second-hand smoke, family history or chemical fumes, smoking is the most important risk factor by a wide margin. Don't be one of the people sneaking into the garage for a cigarette and then hobbling back to the oxygen tank in order to get a breath of air. If you don't quit now, you will be forced to when you're totally bed-bound and cannot breathe at all without the oxygen tank.

Hydrogen Peroxide Inhalation Method by Bill Munro...

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http://www.earthclinic.com/remedies/hydrogen_peroxide_inhalation.html

The hydrogen peroxide inhalation method from Bill Munro is one of the most popular natural cures on Earth Clinic for over 10 years! Our articles on this include detailed instructions on the hydrogen peroxide inhaling method and testimonials from hundreds of our readers who have tried this cure for viruses, COPD, lung issues, chronic coughs, asthma, cancer, herpes, and more. Interesting in viewing detailed instructions of the hydrogen peroxide inhalation method on YouTube? See Deirdre Layne's video on the subject. Deirdre is the Founder and CEO of Earth Clinic and has been using the inhalation method for over a decade for early onset of viruses.

MEDICAL DISCLAIMER:

All material on these pages is published for discussion purposes only. It should not be relied upon, in whole or in part, as the basis for any medical decision. Consult a physician regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition. Note: We do not suggest the use of peroxide higher than 3% solution for this inhaling method. H₂O₂ is dangerous at dosages higher than 3% if not properly diluted.

Bill Munro from Waterford, Michigan wrote: "I have been inhaling 3% peroxide for over 13 years, and I had a bout with Melanoma and Prostate cancer at the same time. At no time would I let anything like a salve be on my open Melanoma because that would take away the oxygen needed to heal from the outside. The peroxide I inhaled would supply the oxygen on the inside. I increased the times that I inhale the peroxide into my mouth to 7 or 8 times a day. I used a nasal spray pump (directed into the mouth). With each inhale I would pump the pump about 10 times. This went on for four months. I now pump 5 times with each inhale and 7 inhales every day. My PSA blood tests say I am clean now." Bill believes that you need to give the peroxide at this

dosage (5 pumps, 6 times a day) 2-4 weeks to see results for viruses that have been in the bloodstream for some time (ie., lingering viruses). Cancer takes about a month, but you would need to continue the therapy for 3-4 months. Apparently any and all viruses cannot survive in an oxygen enriched environment. If you try Bill's technique for cancer, general health, sore muscles, etc., please let us (Earth Clinic) know how it goes. We don't know unless you tell us! Thanks. One more note: Bill tells us that any time he has a muscle spasm from working too hard in the garden, he takes out his pump and inhales peroxide. Within one minute, the muscle spasm stops -- it's that fast!

Bill's Hydrogen Peroxide Inhalation Method Instructions:

1. Buy a small nasal pump at your local drug store. A generic nasal decongestant should do the trick... just make sure it pumps a fine mist.
2. Buy 3% Hydrogen Peroxide. The 3% hydrogen peroxide that you find at your local drugstore does contain additives and is not recommended for internal use, but this is what Bill has used for the past 12 years. Please do your research on this subject. Food Grade Hydrogen Peroxide (35%) is dangerous if not properly diluted. In fact, one reader had a frightening experience with food grade. Here are 2 interesting articles for follow up info on food grade peroxide: <http://www.dfwx.com/geodiscuss.html#foodgrade> and educate-yourself.org/
3. Empty out the contents of the nasal pump and sterilize the bottle with hot soapy water. Make sure you then rinse out all the soap.
4. Fill the empty, sterilized nasal pump with 3% peroxide.
5. Point bottle at the back of your throat and, on a sharp inhale, pump the spray 6 times. **DO NOT INHALE IT UP THE NOSE!** People misread Bill's instructions from time to time and spray it up the nostrils! It is to be sprayed in the Mouth only, directed toward back of throat). The video demo site reflects 3 cycles of exhale air, with pump & inhale, and then expel of any foam.
6. Do this 4-6 times a day. If you are trying the to get rid of a virus, pump every 2 hours or so. It should take about 36 - 48 hours to get rid of a virus. If it's an insipid virus that's been in your blood for some time, it may take up to 2 weeks. For other conditions like cancer, well, we're not sure. We are waiting for more reader feedback to come in to Earth Clinic, so please make sure you let us know how it goes! Note: Before you start this technique, see how little of the peroxide you are actually inhaling by pumping into a teaspoon. It's a tiny amount. Also, watch the video demonstration at: http://www.earthclinic.com/remedies/hydrogen_peroxide_inhalation.html

Bill Munro was kind enough to let us copy his amazing testimonial on hydrogen peroxide from his website. Hydrogen Peroxide is the most over looked chemical used by man. New uses of it are coming to light every day. Bad bugs be they, in your garden or your body, they cannot live in an oxygen rich environment. At 69 years old my muscles were so tight that to get out of bed I would lay on my stomach and back out on to the floor, push down on the bed and stand up. I knew there was something to correct this bad situation. One morning while having coffee with a friend, I noticed he had brought a small stack of books with him. Being curious, I asked if I could look at the books. The one that stood out to me was "O2xygen Therapies". As I was scanning it, it became more interesting to me. I asked him if I could take it home. It was a week before returning the book. Being convinced Hydrogen Peroxide was what I was looking for, it was now going to into my system? The book gave three choices. Put 8 to 10 drops in an 8 oz cup of water and drink it, four times a day. Next was, put a pint of 35% in the bathtub and soak for 1 hour once a week. Or go to a doctor for intravenous infusion once a week. None of these had any appeal to me. After a week or two I decided that the easiest, and most efficient way was to inhale the 3% peroxide into my mouth and on into my lungs. I just happened to have a small Nasal Spray Pump. I dumped the contents out, put in the 3% peroxide as it comes from the

drugstore. Now, how many times do I pump? I settled for one pump per inhale, and 4 times a day. That went on for about a month. As I was laying down for a short rest, I noticed that I was breathing freely. No forced inhale or exhale. That was the first thing that I noticed while inhaling the peroxide. I then changed the time when to inhale the peroxide. Now I inhale 2 times in the morning and at night. While deep inhaling I pump the pump as many times as I can, usually 8 to 10 pumps each inhale. Another thing I noticed was, I sleep all night with my mouth closed. I used to have heart aches that were very uncomfortable, no more.

Bill further said, my wife and I have been inhaling peroxide for 9 years now and no colds, sore muscles, aches or pains. I take no medication or vitamins. I am less than two years to 80 years old. My lungs don't give out when I work in my garden or other things around the house. My house is 160 years old, so the work never stops. Peroxide keeps our oxygen blood count in the high 90%'s. One of the first people that used the peroxide as I do was very interesting. He had a low self-esteem. I found out that he was on kidney dialysis. I discussed the peroxide several times with him. Finally one day I went to his house with a nasal spray pump. He opened it and poured out the contents and filled it back up with 3% peroxide. He sprayed it in to his mouth and into his lungs. I said you know how to do it, and I left. Three days later I called him to see if anything had happened. He said that he could breath easier. Four days later he called me, he was so excited all he could say was "It's working, It's working". I asked "What did it do?". He said he was waking up about an hour and a half before normal and that he was coughing up all the bad stuff that was in his lungs. He went back to bed and when he woke up, he said he had not felt that good in years. From that time on his spirit was always good and his voice was up beat. A couple of people told me after four or five years of using the peroxide they stopped. I ask why and both said they did not get sick, and they don't think it was working. You can make that judgment. One friend of ours goes to the doctor for pacemaker check ups and the doctor tells him the peroxide will not help him but it will not do him any harm. He is using his second pacemaker. He has told me several times; if it were not for his inhaling the peroxide he would not be here today (as noted by Bill Munro, update Note: Mr. Munro passed away in January of 2014 at the age of 90).

Emphysema...

Excepts from Dr. Andrew Saul DoctorYourself.com articles...

My aunt needed oxygen to put on her socks. A severe case of emphysema, which a lifetime of smoking had failed to cure, was the reason. She was just one of an estimated 16 million Americans suffering from Chronic Obstructive Pulmonary Diseases (COPD), all primarily caused by tobacco use. The fourth leading cause of death, COPD kills over 100,000 annually. That number is increasing; medical research has contributed virtually nothing to stop it. (http://www.nhlbi.nih.gov/meetings/workshops/copd_wksp.htm). But you can stop it by stopping smoking, and by stopping other people from smoking, and by stopping non-smokers from "involuntary smoking," also known as breathing second-hand smoke. (<http://www.doctoryourself.com/tobacco.html>) OK, the lecture is over, and now for the part that you tuned in for: what can be done for the disease itself? I think the following are worth trying:

1) Vitamin E helps the body, especially the heart, to do more work on less oxygen. This has been known for some 50 years. Suggestions for use and adjusting dosages are posted at: http://www.doctoryourself.com/vitamin_e.html (Note from FactorReady: site mentioned recommends natural E (D type not synthetic DL version) and includes following paragraph:

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A person in good health may wish to begin with a supplemental amount of 200 I.U. of vitamin E per day and try it for a couple of weeks. Then, 400 IU might be taken daily for another two weeks. For the next two weeks, 600 I.U. daily, and for the next two weeks, 800 I.U. per day and so on. One ultimately takes the least amount that gives the best results. This approach is essentially that of Richard A. Passwater and is provided in more detail in his book *Supernutrition* (1975, Pocket Books).

2) Carotene (found in orange and green vegetables) and lycopene (in tomatoes) are powerful antioxidants. At least some of the damage of emphysema is caused by oxidants such as free radicals. While vitamin E is your body's number one antioxidant, vegetable juices will provide a great variety of others. Carotene is also available in a supplement capsule form.

3) Pricey though it is, I would recommend coenzyme Q-10 for COPD sufferers, at least 300 milligrams daily, divided into six 50 mg doses. This is a hospital-friendly supplement, as there are no known negative side effects and therefore no basis to deny it to any patient. My crash course on "The Art of Inpatient Negotiation" is posted at the following web site:
<http://www.doctoryourself.com/hospitals.html>

4) Some emphysema is due to inflammation. Vitamin C at saturation doses fights chronic inflammation better than and more safely than anything else I know. Yet just ask anyone you know with emphysema this simple question: Have you tried it yet? Saturation of vitamin C is easily reached through frequent oral doses, and is fully described in these articles:

<http://doctoryourself.com/titration.html>
<http://doctoryourself.com/vitaminc.html>
<http://doctoryourself.com/vitaminc2.html>
http://doctoryourself.com/ortho_c.html
http://doctoryourself.com/klenner_table.html

Frederick R. Klenner, M.D., author of or mentioned in the above papers, was a board-certified chest specialist. His policy was literally, When in doubt, take a huge amount of vitamin C. He wrote, "Some physicians would stand by and see their patients die rather than use ascorbic acid. "Vitamin C should be given to the patient while the doctors ponder the diagnosis." Very ill patients may need a vitamin C intravenously. How to get your doctor to order this: <http://www.doctoryourself.com/strategies.html>

5) Chiropractic adjustment, while certainly not a cure for emphysema, may help with relaxation reduce some shortness of breath symptoms. Learning stress reduction can also a big help. For more about your Unsung Lungs:

ASTHMA

<http://www.doctoryourself.com/asthma.html>

COUGHING

<http://www.doctoryourself.com/coughing.html>

LUNG CANCER

<http://www.doctoryourself.com/riordan1.html>

http://www.doctoryourself.com/cancer_hoffer.html

TUBERCULOSIS

<http://www.doctoryourself.com/news/v2n18.txt>

Natural Breathing Factors...via: FactorReady.com...Summer 2016

<http://www.doctoryourself.com/news/v2n1.txt>

Especially:

<http://www.doctoryourself.com/gersontherapy.html>

<http://www.doctoryourself.com/gersonspeech.html>

Both of these articles discuss the nutritional therapy of Max Gerson, M.D., which was demonstrated effective on TB even before it was with cancer.

Andrew Saul is the author of the books *Fire Your Doctor! How to be Independently Healthy* (reader reviews at <http://www.doctoryourself.com/review.html>) and *Doctor Yourself: Natural Healing that Works*. (reviewed at <http://www.doctoryourself.com/saulbooks.html>)

PS from FactorReady.com: Also see drwhittaker.com concerning COPD. His recommendations include: A liquid form of potassium iodide called SSKI, which has been in continuous clinical use for more than 100 years. The suggested dose is 3–6 drops in water 2–3 times a day (be aware that continuous use of SSKI requires periodic monitoring of thyroid hormones). The best natural mucolytic he advises is N-acetyl cysteine (NAC) 1200mg is recommended in divided doses daily. He further recommends Magnesium (500mg 1-2 daily), Fish Oil (2000-5000mg daily) and use of Vitamin C (500-1000mg several times daily). He highly recommends inhaled Glutathione via a Nebulizer (prescription required) and is available from compounding pharmacies. The usual starting dose is 300 mg of glutathione (200 mg/cc, draw 1.5 cc and place in nebulizer) twice a day. Note: Patients with cystic fibrosis and other respiratory disorders can benefit from this therapy; however, it may cause broncho constriction in those with sulfite-sensitive asthma.

Special Note: After learning of the many and varied healthful uses of organic virgin coconut oil, and reading of some outer skin and internal use and nasal applications, we personally now use it for all of those. A small amount of this God given substance in each nostril definitely soothes and facilitates breathing in our opinion, and seemingly reduces mucus interferences and heavy chest sensations. Try this inexpensive general home health remedy (and internally take 3-4 tablespoons per day of this healthy type fat as well). Be aware too, that organic natural Apple Cider Vinegar and Baking Soda also fall into the many home health uses category, so do research these items too (especially in regard to their ability to raise body tissue pH to healthier levels).

Special Note: you should definitely explore TheV-Meds.com web site, and their homeopathic and all-natural formulated Nano-Mist technology. Their user submitted reviews and testimonies are indeed impressive. Users appear to have gained considerable improvements from various breathing related issues. Their products are also available at amazon.com.

Disclaimer: You should only use Home Remedies after proper research and medical guidance. You accept that you are following any advice or recommendations at your own risk and will properly research and consult your healthcare professionals accordingly. So, Stay Well, Stay Prepared and Stay Prayed Up! And do visit our web site at FactorReady.com and review the information on Health & Emergency Tips & Resources posted there.

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