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Version: 170116-1133-djrzulf-eng – for updates check here <http://alt-e.eu/oxygen/>

Polska wersja językowa: <http://alt-e.eu/dotlen.pdf>

Public research on internal use of hydrogen peroxide.

Przemysław S. Knych

*Niesiemy nowe nie po to, by mącić umysły, lecz by je oświecać;
nie po to, by niszczyć naukę, lecz by ją prawdziwie podbudować.*

Galileusz, 1564-1642

Changes:

- *Electricity and oxygen as healing process.*

This work it's about consuming and using hydrogen peroxide 30% pure (called also Perhydrol 30% pure). It contains experience of me and of other people that using this daily.

!!! WARNING !!! USING OF HYDROGEN PEROXIDE IS FORBIDDEN FOR PEOPLE WITH TRANSPLANT !!!

More oxygen from internal consumption. HOWTO of internal use of hydrogen peroxide.

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For updates you can follow my facebook page about updates here:

<https://www.facebook.com/djrzulf/posts/1126127384101014>

- **Polish group using hydrogen peroxide:** <https://www.facebook.com/groups/dotlen/>
- **Facebook:** <http://fb.com/djrzulf>
- **Skype:** djrzulf
- **Email:** przemyslaw@knycz.net
- **Donate my research:** <https://zrzutka.pl/urahf3>

If you plan to heal with this methods I suggest you to take blood test: **CRP**, **CD57** (Natural Killers), **OB**, blood smear and for men **PSA** and **free PSA**.

Introduction.

We observing very fast increase of neurologic disease – official medicine doesn't told you straight that it's connected with reduced absorption of oxygen. But you shouldn't worry – you can drink few drops of hydrogen peroxide mixed with glass of water and your healing process will speed up.

This work is about my experience, my friends and other people from Internet with hydrogen peroxide.

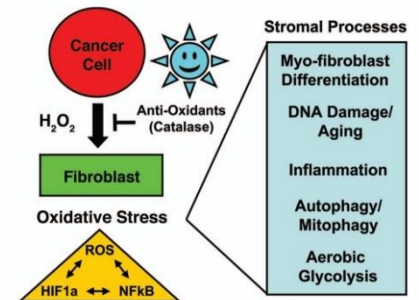
Thanks.

I have many support information from my friend that started to use it. I started to use it at 13.09.2016 and I got back strength and power to life. As you can see updates – I'm still living and my health goes better.

Where is the logical fault of research?

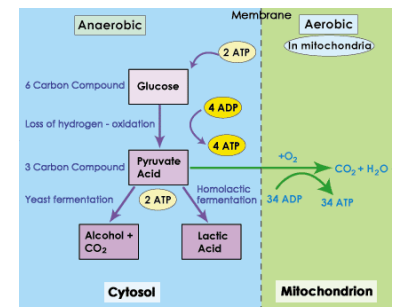
Hydrogen peroxide and cancer.

"In 1889, Dr. Stephen Paget proposed the "seed and soil" **hypothesis**, which states that cancer cells (the seeds) need the proper microenvironment (the soil) for them to grow, spread and metastasize systemically. In this hypothesis, Dr. Paget rightfully recognized that the tumor microenvironment has an important role to play in cancer progression and metastasis. In this regard, a series of recent studies have elegantly shown that the production of hydrogen peroxide, by both cancer cells and cancer-associated fibroblasts, may provide the necessary "fertilizer," by driving accelerated aging, DNA damage, inflammation and cancer metabolism, in the tumor microenvironment. By secreting hydrogen peroxide, cancer cells and fibroblasts are mimicking the behavior of immune cells (macrophages/neutrophils), driving local and systemic inflammation, via the innate immune response (NFkB). Thus, we should consider using various therapeutic strategies (such as catalase and/or other antioxidants) to neutralize the production of cancer-associated hydrogen peroxide, thereby preventing tumor-stroma co-evolution and metastasis. The implications of these findings for overcoming chemo-resistance in cancer cells are also discussed in the context of hydrogen peroxide production and cancer metabolism."¹



Cells metabolism.

As you know our cells take energy with aerobic respiration - oxidation releases **carbon dioxide** as a waste product and anaerobic respiration² - glycolysis produces **lactate**.



Otto Warburg research about metabolism of tumor cells.

"In this contribution we discuss the question of whether tumor cells in living animals can be killed off through lack of energy, and the related question of how the tumors are supplied with oxygen and glucose in the body. We assume it is understood that tumor cells obtain the energy required for their existence in two ways: by respiration and by fermentation. In respiration they burn organic materials to carbon dioxide and water; in fermentation they split glucose to lactic acid. All tumors so far tested behave fundamentally alike. There is no essential difference between the cancer cells of transplanted rat tumors and spontaneous tumors, sarcoma and carcinoma cells, and the tar carcinoma, and Rous sarcoma produced by filtrate. The fermentation of tumors was first found with cut pieces of tumor in vitro. I C. and G. Cori 2 demonstrated it in living animals as well. They determined the glucose and lactic acid in the axillary veins of hens having in one wing a Rous sarcoma, and found in 100 cc. of blood 23 mg. less glucose and 16 rag. more lactic acid on the tumor side than on the normal side. A corresponding experiment with a human forearm tumor showed in 100 cc. of blood 12 rag. less glucose and 9 rag. **more lactic acid** on the **tumor side**."³

Summary of this – tumor cells use anaerobic metabolism, so how it can create the hydrogen peroxide? It's not logical.

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3180186/>

² https://en.wikipedia.org/wiki/Cellular_respiration

³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2140820/pdf/519.pdf>

Source of hydrogen peroxide.

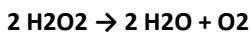
Your immune system have cells called neutrophils which can produce free oxygen species or hydrogen peroxide to kill the pathogens⁴. The hydrogen peroxide in tumor cell was produced by neutrophils to kill the damaged cells (which using anaerobic metabolism), so sorry dr Paget, your **hypothesis** is wrong.

Antioxidant system in our body.

So let's take some information from medical sources what can be interested to understand how this process works at our body (I think it could works similar at our organisms).

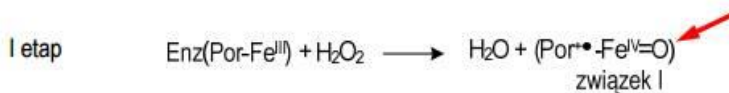
Catalysis⁵:

„A catalyst works by providing an alternative reaction pathway to the reaction product. The rate of the reaction is increased as this alternative route has a lower activation energy than the reaction route not mediated by the catalyst. The disproportionation of hydrogen peroxide creates water and oxygen, as shown below.

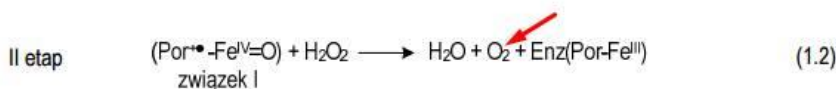


But catalysis have to stages⁶:

Stage 1 – which creates atomic Oxygen:



Stage 2 – which creates molecule Oxygen:



After that – the antioxidant defense system (**ADS**) is activated to defense reactive oxygen species (**ROS**) and you can see It's very important to add to your diet more antioxidants – L-ascorbic acid (C vitamin) and A+E vitamins with normal food. So you can see it's easy – catalase and ADS can handle without problems with this.

Electricity and oxygen.

Seems that additional electricity in our body and when we have more oxygen at our blood - our organisms creating nitrats (builder of proteins). Professor Nieumywakin research it - Nitrogen from the air heated up to the temperature of 1000 Celsius join with oxygen creating nitric oxide. When to this environment you add electric discharge - the nitrate is created. So you have additional source of protein - only if you have more than normally oxygen (from internal). Seems that this works very simply. I used portable TENS stimulator for 3.5 week in 10-15 hours sessions without any side effects and after 3 days I've noticed that my muscle are bigger – my muscle doesn't tense – I'm only pass electricity via my body.

Attention, electrostimulation is forbidden if you have any metal in your body or if you have peacemaker for your heart, so beware.

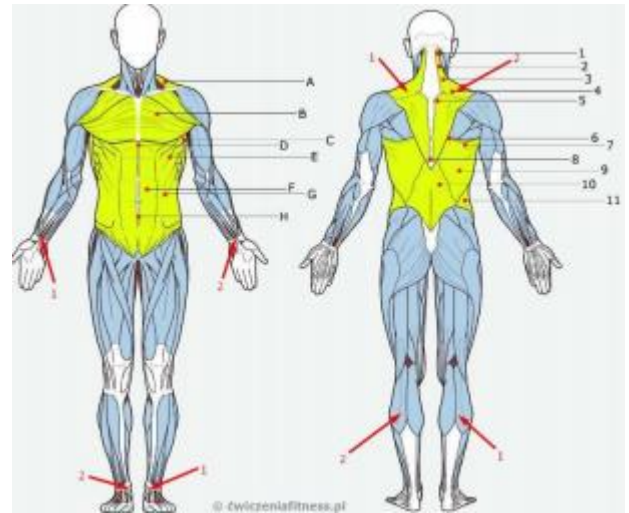


⁴ <https://www.youtube.com/watch?v=yicmRt1IQDs>

⁵ <https://en.wikipedia.org/wiki/Catalysis#Background>

⁶ <http://zbc.ksiaznica.szczecin.pl/Content/21119/Praca%20dokt.%20J.%20Mi%20C5%82ek.pdf> (Polish only)

You should use TENS pads with this configuration as mentioned on this image: right hand – left leg; left hand – right leg – it's recommended when you want sitting (with book or computer) or stay in bed. Second configuration is recommended when you want go to work or do something in home: left *trapezius pars descendens* – right *gastrocnemii*; right *trapezius pars descendens* – left *gastrocnemii*.



Very important is that any **muscle should not tense**, if you have any tension, please change place of TENS pad.

Setup device with minimal sense of electricity. Usually portable devices have limit to 30 or 60 minutes program, so you must feel when it ends to resume the program – find your favorite.

Experiments on myself.

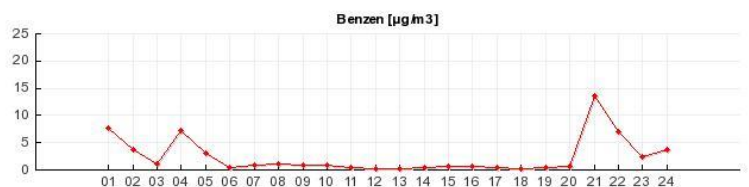
Black points at back.

Modern science told you, that it's not a cancer or that it's a initial tumor cells that it should be removed by surgery. Yes. You can remove but with Perhydrol 30% without side effects.



We need oxygen?

Of course! You can live without oxygen approx. 1 minute. Check research about pollution and toxins in air – our possibility to take oxygen from air is below official records and when we get old there are smaller.



So as you can see – we should blame ourselves for this situation. At Poland we have very bad air – you can check meteo-station that inform about PM's and other stuff.

For example check here **PŁOCK**: At 2nd of October it suppose it was some o lake of toxins of something, but you can check here: <http://sojp.wios.warszawa.pl/?page=raport->



godzinowy&data=02-09-2016&site_id=16&csq_id=1414&dane=w2)

The max allowed of benzene is 5 ug/m³... **Damn, stop poison us!**

This filter is whole dirty after a week of using at Gliwice⁷.

Smog at Poland at Silesia region⁸ - this is the main source of problems with health.



Preparing.

Cautions of use.

I don't write that is full safe to work with Perhydrol 30% but it's not so scary as all told us. Please beware if you open big bottle of Perhydrol 30% which was from taken from freezer (it will be liquid at -20 Celsius!) it can release oxygen – beware of eyes and lounges. But if you work with little bottle and drops maker you need only to beware of your skin – please if you touch your hand with Perhydrol, clean it from hand by clean water (please no stress, you will have only white marks after).

Using.

You should start with 1 drop of hydrogen peroxide 30% to glass of water. Profesor Nieuemywakin told that you should not join it with meals, but since 18.11.2016 and I don't have any side effects (your intestines creating hydrogen peroxide also), so digestion going whell.

Warnings with your medicines.

You should beware if you take any medicines (special attention with cardio medicine).

Herxheimer effect.

After start you will have a Herxheimer effect⁹. You can have headache or other bad feelings (it's based on your health condition) but it pass in few days, so don't worry.

Drink clean water.

Remember that you should drink about 2L of clean water (without chlorine).

At the end.

I'm a IT engineer studying physiotherapy on second year it's wurd, that your doctor didn't tell you, that you can heal with it.

Heal yourself!

Na zdrowie (na_ 'zdrov'je)!

⁷ <https://goo.gl/2Pr0zU>

⁸ <https://www.facebook.com/media/set/?set=a.1216647148382370.1073741842.100001112891870&type=1&l=ba758b503e>

⁹ https://en.wikipedia.org/wiki/Jarisch%E2%80%93Herxheimer_reaction