

Most of us, including myself, have not taken care of our bodies as a **Temple of the Lord**. God created each of us in His own image each distinct at the foundation of the World as in the Bible Genesis 1 and 2. We then are born through the miraculous and marvelous process of the seed of man and egg of woman joining in the woman's womb to birth the human body which is you and me. As a human each of us possess **God's Image** and **His Spirit** but the World now becomes our backyard and playground of experiences through our **Soul** which is our **Mind, Will, and Emotions**. Sooner or later we each are exposed to **Truth or Fear** and **Good or Evil**. At creation we had a perfect beginning which became contaminated through the physical properties and teaching, or lack of, from our parents, and they from their parents, and their parents from our grandparents, and so on through the generations back to **Adam and Eve** who sinned in the **Garden of Eden**. Sooner or later, we have to clean up our act in life if we want to at least enjoy what is known in Psalms 90:10, *"As for the days of our life, they contain seventy years, or if due to strength, eighty years, yet their pride is but labor or sorrow; for soon it is gone, and we fly away"*.

Today I would like to take a look at our **Health** realizing that the **Scripture does not directly talk about healthcare** but does address health and healing. There are definitely many biblical principles that we can follow regarding this topic. Health is important to the Lord, and it is essential for a healthy walk with Christ. God made your body, Jesus died for your body, and He expects you to take care of your body. As I got older, I acquired more knowledge, understanding, and wisdom, particularly of my Father God but of my own body as to how I was abusing it by eating the wrong foods and drinking the wrong liquids. My wife and I were exposed to good health teaching at MD Anderson Cancer Clinic when she was in treatment for cancer. Principal to this teaching was the eating of organic foods and drinking of purified water. Exodus 23:25 says, *"But you shall serve the Lord your God and He will bless your bread and your water; and I will remove sickness from your midst"*. Notice the first and most important principle in this verse is to serve the Lord your God, then what you eat and drink, then comes His healing power which came by His telling Linda three times He would heal her, and He did. This is a massive subject to discuss but I mainly wanted to provide some thoughts to you on maintaining your immune system which is the "control room" of the body for insuring both physical and mental health.

In 1994 I began taking an assortment of organic vitamins, minerals, and supplements. Since then, with annual blood tests, I have paid attention to the measurement parameters in the blood, as well as the quantity measured, then added or increased dosages of vitamin and mineral types. I also sought out and read medical health articles related to my age and any unnatural occurrences in my body. Of course, some sort of physical activity is necessary and refraining from drugs including prescription if possible, smoking, and minimal use of alcohol to achieve reasonable results. There are ways that God provides to us when unforeseen **plaques** and **pestilences** occur around us that we could not have prevented. Recently our Nation and the World has been overwhelmed by a **plaque** of an infectious disease caused by a bacteria spread from animals to humans, or manmade as some are saying. Psalms 91:3-7 provides an assurance to us about Gods Word *"For it is He that delivers you from the snare of the trapper, and from the deadly **pestilence**. He will cover you with His pinions, and under His wings you may seek refuge; His faithfulness is a shield and bulwark. You will not be afraid of the terror by night, or of the arrow that flies by day; of the **pestilence** that stalks in the darkness, or of the **plaque** that lays waste at noon."* The **plaque**, which with I choose to describe it, has a pneumonia type factor so it could be considered a **pneumonic plaque** as it attacks the respiratory system. Early in year 2020 having been educated by medical journals and those healthcare professionals that I trust; I began adding and increasing supplements to my daily intake. For example, Zinc, Vitamin D3, K2, Thiamin, Selenium, Niacinamide and increased dosages of Vitamin C,

Potassium/Magnesium, Omega, and Probiotics all as suggested by trusted medical professionals. But then in June 2020 I learned of the power of **3% Hydrogen Peroxide (HP)** in treating respiratory diseases. Doctors wrote of their success in treating pneumonia through an IV protocol. Others recommended using a Nebulizer to vaporize the HP for treating other lung diseases such as flu, pneumonia, as well as the current plaque. I use a Nebulizer that evaporates the HP by drawing the air across an enclosed capsule containing a teaspoon of HP and then through a tube to a mouthpiece through which I inhale and exhale. A ten-minute treatment usually introduces the quantity of HP to my lungs. In the beginning I done multiple treatments in a day but currently one year later I find one treatment per day as sufficient. Consider that in this process the HP enters the lungs to kill any bacteria that is present, then is carried by the blood to other parts of the body also. This is a natural transport system since the purpose of the lungs is to take in **Oxygen** to the blood and exhaust **Carbon Dioxide** from the lungs with the blood furnishing **Oxygen** to the cells of the body and the carrying **Carbon Dioxide**, a waste product, from the cells. A major portion of diseases enter the body through the mouth and nose, so the HP attacks any germs at the source. Also, I started using HP as my mouthwash 20 years ago after brushing my teeth. I see where today dentists are using HP in the mouth before dental procedures.

Following is an article as written by Thomas E. Levy, MD, JD on his observations of using HP in the cure and control of respiratory diseases. Also be aware that I offer this program as a treatment not as a medical professional but as a user for the benefit of my own personal health.

Dr. Thomas E. Levy is board certified in internal medicine and cardiology. He is also an attorney, admitted to the bar in Colorado and in the District of Columbia. He offers his free book as noted and summarizes a short version of the book below:

[Free Medfox Book | Thomas E. Levy, MD, JD](#)

Recently I took some time off to visit family and friends in Cali, Colombia. During a trip a year and a half ago, I had met a friend of my wife who was in the early stages of what appeared to be a cold, but also possibly an early influenza. My wife said it looked like a typical case of "grippe," the Colombian term for an acute febrile respiratory infection that often proceeds to full-blown influenza. As I had already been experimenting on myself for nearly a year with the nebulization of a number of agents in various combinations for my own chronic sinus and throat problems, I had my nebulizer with me to help me deal with the many pathogens one often encounters in traveling. And I also had my bottle of over the counter 3% hydrogen peroxide (HP) with me.

Already convinced of the ability of nebulized hydrogen peroxide to rapidly resolve any acute upper respiratory infection, typically viral, I immediately offered our friend the use of my nebulizer. At the time she started inhaling the 3% HP mist, she was literally coughing every 10 seconds or so. After a few minutes of the nebulization, her coughing began to decrease dramatically, along with the appearance of being more relaxed and at ease. She continued the nebulization for 15 minutes or so. When I talked to her the next day, she was coughing very little and had slept exceptionally well. However, it was clear she did not have a 100% clinical resolution, so she returned for another treatment. By the following morning, she was completely well. After she told me of other family members dealing with the same respiratory virus, I decided to leave the nebulizer and bottle of HP with her when I returned to the United States.

Roughly three months after my return, the pandemic had hit, and COVID was rapidly spreading across the entire planet. Fast forward another year, and I had the pleasure of visiting with my wife's friend again on a return trip to Colombia. The story she related was stunning! I had instructed her earlier to feel free to use HP nebulization for any cold, flu, or upper respiratory tract infection. And that is exactly what she had done. Over the course of this past year, she treated 20 different individuals with COVID infection. Most of these individuals were already significantly ill with their infections when they first came to her. Seven of the 20 cases had decided to be tested for COVID, and all of them tested positive. The rest had not taken a test, yet they had similar clinical profiles, and they could reliably be assumed to be dealing with COVID infections in the setting of a pandemic. Of particular note is that some of the patients had such advanced infections that severe respiratory difficulty was apparent. In a similar setting in the United States early in 2020, all of the patients having such severe shortness of breath would have been promptly intubated and given mechanically assisted ventilation on respirator machines.

As she already had some experience with treating colds and flu among friends and family with the HP nebulization, along with what had worked well in her own personal experience, she began all of her "COVID patients" on the following protocol of HP nebulization:

1. Several milliliters of undiluted 3% hydrogen peroxide was placed in the nebulization chamber that was connected to a tabletop air compressor/pump-style nebulization machine.
2. Nebulization was initiated with a mask covering the nose and mouth to deliver the nebulized HP into the nose, sinuses, throat, and airways.
3. Each nebulization was continued for a full 30 minutes. Three treatments a day were given for a full five days.

All of the patients reported significant improvement after the completion of the first 30 minutes of nebulization, including near-immediate improvement in the ease of breathing by those who had the most advanced infections. Some noted nasal and throat irritation with increased mucus production, but all declined the option to dilute the 3% solution as they expressed the desire to resolve their infections as rapidly as possible. After the first two days of nebulization (6 treatments for a total of 180 minutes) all patients felt much better, well on the path to complete resolution of their viral symptoms. At that time some opted to take a 50% dilution (1.5% HP) for the remaining 9 treatments over the last three days. At the end of 5 days, all 20 patients appeared to have achieved complete clinical cures.

Of note, very little to no vitamin or mineral supplementation was taken by this group of patients. And the few who supplemented took substantially lower doses than taken by many in the United States. For example, a typical maximal supplemental dose of vitamin C in Colombia is 500 mg, and even the cost of this makes meaningful supplementation simply not a realistic possibility for most Colombians. Properly administered HP nebulization overcomes this lack of supplementation access, and it is the only therapy that can resolve COVID as a monotherapy that possesses all of the following characteristics:

1. Readily available worldwide.
2. Available over the counter without a prescription, and not requiring a doctor visit.
3. Exceptionally inexpensive.
4. Easy to self-administer without the need for a clinic or hospital.
5. Functions well as a monotherapy, not requiring the administration of other drugs or treatment protocols.
6. Nevertheless, functions in synergy with other treatment protocols and never acts counter to any of them.

To be clear, I have not had the opportunity to personally observe or hear about **very advanced** COVID cases treated with HP nebulization and nothing else. However, as described above, when a patient has had typical COVID symptoms along with steadily increasing shortness of breath, an otherwise imminent death clearly appears to be preventable with a vigorous protocol of HP nebulization most of the time. That certainly appears to be the lesson to be learned from these cases of COVID in Cali, Colombia. This information from my friend in Cali expands even further on the data and evidence presented in my latest book, **Rapid Virus Recovery**, which was written to spread the word that COVID need not keep so many people around the world paralyzed in fear. It is now clear that 3% HP nebulization for 30 minutes in a total of 15 sessions over a 5-day period can effectively treat nearly all cases of COVID, **regardless of how advanced the infection is when the patient is first seen**. Of note, the duration of the successful nebulization sessions for the Colombian patients extended beyond the recommendations in the book. As such, these results mandate that optimal HP concentration should be 3% for most individuals, and nebulization sessions should extend past 15 minutes at a time for many individuals. Lesser concentrations and durations may well resolve COVID, but minimizing morbidity, including the horror of not being able to take a full breath, should be a primary goal as well, and it should be achieved as rapidly as possible in all such patients. Make no doubt about it, 3% HP nebulization can rapidly eliminate the COVID pandemic worldwide if enough people find out about it and start doing it. **Rapid Virus Recovery** is available now, in both English and Spanish, as a **free download**. Please feel free to download it for yourself, and take a moment to pass along the link to as many friends and acquaintances as you can.

This Post on nebulization is offered as written. Although I have been nebulizing for over a year with success, every person's body and reaction can be different so pursuing this treatment has to be a personal decision.