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English version: <http://alt-e.eu/oxygen.pdf>

Private experience in the use of internal hydrogen peroxide.

Licensed physiotherapist

Przemyslaw S. Knycz

*We carry the new not to confuse minds, but to enlighten them;
to destroy science, but to truly uplift it.*

Galileo Galilei, 1564-1642

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Foreword

I was born in July in 1982. My health was disrupted in the 1990s when I was bitten by ticks in the Masurian forests. This was one of the major adverse health breakthroughs in my life. After this event, I started getting frequent upper respiratory tract infections treated with various types of antibiotics, which led to many health problems for me, such as frequent diarrhea, heartburn, all kinds of skin allergies, until finally, at the age of 11, I was told by my doctor "bronchial asthma," the symptoms of which at that time were effectively suppressed with the steroid Berotec (*fenoterol*), but thanks to this remedy I lived to the present day.

In 2015, I began my medical studies in Physiotherapy, where I began to explore human anatomy and physiology and all the ins and outs of the fields of physiotherapy, which led, among other things, to this paper (as well as earlier versions) and others on the topic of health, available for download from my website <http://www.alt-e.eu/>. Over time, there have also been my speeches on topics of health in general, which were recorded courtesy of colleagues in the ISP industry (I happen to be a computer engineer with 15 years of experience, running a company that provides Internet access services using various technologies).

Everything I described here, I carried out on myself or is the experience of people who, since December 2016, when I started the Facebook group "**Public research on the internal use of oxygenated water**"¹, shared their experiences in comments or posts. I know many of these people personally, so I don't think they are lying, but after all, this is a study of a man who drinks peroxide water and still hasn't poisoned himself.

If you want to join the group, you need to enter the magic password, it is hidden in the text and consists of the following

Of three words.

I would like to thank my family for their high degree of patience with me, especially my wife and children. They have all been the driving force behind my actions, and thanks to them, this study has seen the light of day.

On July 12, 2018, I defended my bachelor's thesis in the field of Physiotherapy entitled. "**Lyme disease as a complex diagnostic and therapeutic problem**"², in which I collected all the available information on the disease and links, available in the medical literature.

A previous version (170101-1316-djrzulf) of this paper is available at <http://alt-e.eu/dotlen-170101.pdf>, I'm keeping it because someone may like the previous form.

If anyone denies the information given in this study, I am very much all for it. Everyone has the right to die according to procedures. I would like to inform you that I am not a fan of Jerzy Zieba or other naturotherapists, I am a fan of thinking, thinking about the human being as a whole, as I was taught by great lecturers during the course of my studies.

It has always been my idea to share my knowledge, especially when I joined the PLD Linux project, however, I would like to point out that the idea of Open Source is the idea of "*free as in freedom*", not "*free as a beer*", and this kind of ideas have a chance to exist only with proper financial support, so if *in any way* the information contained in this paper helped you to identify a health problem, and moreover, helped you in any way to get out of it, feel free to use the link <https://rzutka.pl/urahf3>, admittedly, this is not content from a book like "Hidden Therapies" by Jerzy Zięba for 90 PLN. However, if you find that you will not contribute to the drop, nothing will happen, after all, I will not be offended and will not remove this study, but

¹ <https://fb.com/groups/dotlen/>

² http://bit.ly/Knycz_Fizjoterapia_Borelioza

A nice gesture on your part would be to share this study further or like my page

On Facebook <https://fb.com/AlternatywneCentrumZdrowia>.

In the study, I use the terms oxidized water, hydrogen peroxide, perhydrol, hydrogen peroxide or H₂O₂ interchangeably. If I use the term oxidized water without concentration, it is understood that I mean the concentration of 3%, if I use the term perhydrol without indicating the concentration, or hydrogen peroxide, I mean the concentration of 30% and the pure species for analysis.

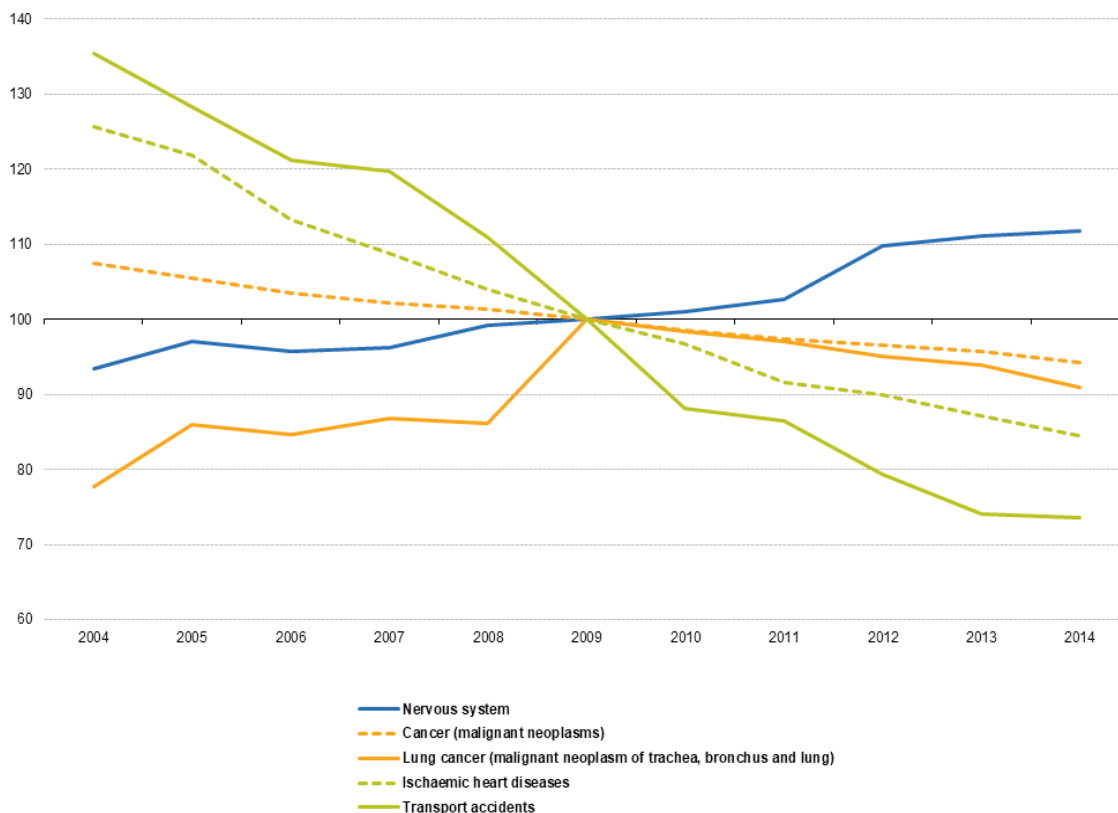
The first part of the magic password is "oxygeni."

To make it a better read, in addition to the original titles of the works, there are links to click on right away.

So here we go, enjoy your reading.

1. Introduction

The increase in neurological diseases these days is quite alarming. This is shown quite clearly by statistics from the European Commission .³



Note: 2004, 2005 and 2010, provisional. 2011-2014: for the age standardisation, among older people, the age group aged 85 and over was used rather than separate age groups for 85-89, 90-94 and 95 and over.
Source: Eurostat (online data codes: hlth_cd_asdr and hlth_cd_asdr2)

Image 1 - Source EC: Cause of death statistics.

Neurodegenerative diseases such as *multiple sclerosis (MS)*, Parkinson's syndrome, and Alzheimer's are clearly beginning to dominate the statistics. In addition, there is an increase in cardiovascular-related diseases, as again shown by CSO statistics⁴.

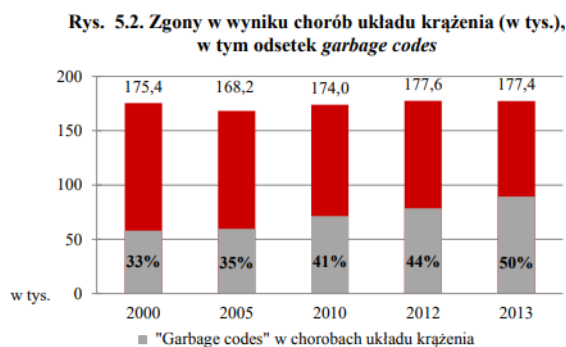


Image 2 - Source: CSO

³ European Commission *Causes of death statistics 2017* (http://ec.europa.eu/eurostat/statistics-explained/index.php?title=Causes_of_death_statistics/en)

⁴ Main Office Statistics *Statistics deaths i mortality z due to diseases system Cardiovascular. 2016* (http://stat.gov.pl/download/gfx/portalinformacyjny/pl/defaultaktualnosci/5468/22/1/1/statystyka_umieralnosci_w_wyniku_c_bang.pdf)

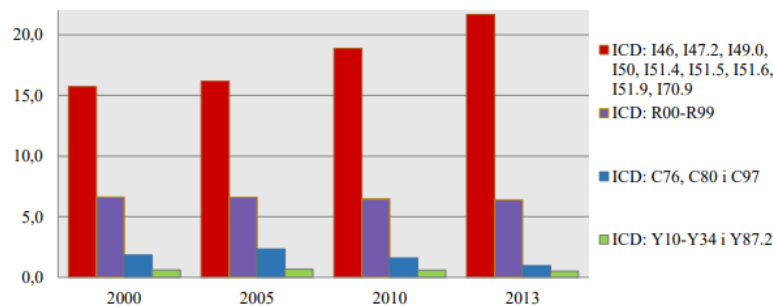
Rys. 5.3. Odsetek *garbage codes* w latach 2000 - 2013 (lista podstawowa)

Image 3 - Source: CSO

Strokes or heart attacks are occurring in younger and younger people. Why is this happening? Why does no one see that there is a common denominator of diseases that are beginning to accelerate noticeably? Perhaps it is considered too trivial and obvious a reason?

"A 2005 study by the *World Health Organization (WHO)* on the topic of the impact of pollutants, shows increased mortality with exposure to particulate matter at concentrations for $PM_{2.5} > 35 \mu\text{g}/\text{m}^3$ and $PM_{10} > 70 \mu\text{g}/\text{m}^3$ in annual exposure and $PM_{2.5} > 150 \mu\text{g}/\text{m}^3$ and $PM_{10} > 75 \mu\text{g}/\text{m}^3$ in daily exposure. Today's 2016 air surveys in Poland leave no illusions that the situation will improve over the next decade, when the problem has been known for thirteen years and no effective systemic solutions are being implemented, and it is easy to see how polluted air is impairing the quality of life of our society. [...]

During the last winter in 2018, at low temperatures, the above standards were exceeded many times, while on other days where the temperature was higher, the standards were exceeded about twice. We do not have studies that will clearly illustrate the mortality statistics at such high particulate matter intensities, however, it should be assumed that these statistics will not be decremented."⁵

You are probably wondering where the idea of drinking hydrogen peroxide came from? And here I will surprise you - I trusted a friend who told me "try it from 6 drops of 30% hydrogen peroxide 2x a day", and when I found out that this is no placebo effect, I began to explore the subject, how does it work? Why were we told like a mantra all through medical school that hydrogen peroxide, based on the latest research, has harmful effects on tissues and is being withdrawn from medical facilities? Could it be that they got the research wrong? That's why I decided to trace why modern scientific research indicates that it is a poison. Spending some Sunday on PubMed - NCBI⁶ and browsing through the many scientific papers on the subject of cancer, I came across quite a few references to the term "oxidative stress," which led me to Paget's paper, in which this statement was used for the first time.

⁵ Przemyslaw S. Knysz *Lyme disease as complex problem Diagnostic and therapeutic.* 2018 (http://bit.ly/Knysz_Fizjoterapia_Borelioza)

⁶ <https://www.ncbi.nlm.nih.gov/pubmed/>

1.1. Oxidative stress

In 1889, Paget analyzed 735 cases of breast cancer where he found hydrogen peroxide in the cancer cells. Finding H₂O₂ in the cancer cell, he put forward the "grain" hypothesis⁷ cancer⁸, which illustrates the metabolism of the cancer cell shown in image no.

4 According to this theory, the cancer cell produces hydrogen peroxide, with the goal of causing oxidative stress in healthy cells to damage its DNA and ... lead to tumorigenesis. Somewhere along the way I came across Warburg's research on the subject of cancer cell metabolism⁹, in which he analyzed how a cancer cell feeds itself. The research discovered the following regularity:

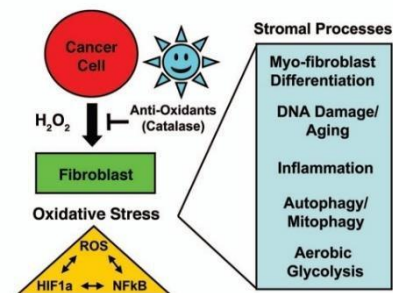


Image 4 - Source: Hydrogen peroxide fuels aging, inflammation, cancer metabolism and metastasis

"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 fore-arm tumor showed in 100 cc. of blood 12 rag. less glucose and 9 rag. more lactic acid on the tumor side."

In summary - blood drawn from the vein on whose side the cancer was located contained less glucose and more lactic acid compared to blood drawn from the vein on whose side the cancer was not present. Warburg's findings show that cancer cells obtain energy during the process of anaerobic glycolysis - hence the loss of glucose and increased lactic acid.

When we think about it more deeply, we come to the conclusion that there is a logical fallacy - how come a cancer cell produces hydrogen peroxide, when Warburg's findings show that they do not use oxygen in metabolism? How come both scientific papers won the Nobel Prize? No one noticed that the conclusions going from these works are contradictory?

1.2. Cell metabolism

The metabolism of cancer cells can also be seen brilliantly in positron emission tomography (PET/CT) imaging. It involves the administration of glucose labeled with radioactive fluoride, and because cancer cells consume more glucose than healthy cells, they are clearly visible on the imaging technique¹⁰.



Image 5 - Source: Shri Ram Murti Smarak Institute of Medical Sciences, Bareilly

⁷ M. Lisanti,, U. Otschoorn, Zhao Lin, et al. "Hydrogen peroxide fuels aging, inflammation, cancer metabolism and metastasis". (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3180186/#R1>)

⁸ Hydrogen peroxide fuels aging, inflammation, cancer metabolism and metastasis

⁹ O. Warburg, F.Wind, E. Negelein The metabolism of tumors in the body. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2140820/pdf/519.pdf>)

¹⁰ <http://www.srms.ac.in/>

Knowledge presented in physiotherapy studies, physiology lectures explains process of obtaining energy by the cell - it has two glycolysis at its disposal: aerobic and anaerobic.

"The production of energy in the cell is the essence of internal respiration, or intracellular respiration. The process of intracellular respiration takes place in two phases. In the first phase - anaerobic - and in the second - aerobic. In the anaerobic phase, energy is obtained by glycolysis from the main nutrient glucose. The conversion of glucose to pyruvate is accompanied by the formation of two ATP molecules. This does not require the presence of oxygen. In the aerobic phase, oxygen is required to further extract energy from pyruvate through its breakdown into carbon dioxide and water. In the absence of oxygen in the cell, only anaerobic glycolysis occurs, ending with the conversion of pyruvate to lactate."¹¹ . It is worth adding that aerobic glycolysis provides us with a total of 36 ATP molecules.

1.3. Hydrogen peroxide in the body

"Neutrophils destroy microorganisms by producing free oxygen radicals with the help of dihydronicotinamide adenine dinucleotide phosphate - NADPH (dihydronicotinamide adenine dinucleotide phosphate). During so-called explosive respiration, NADPH strips one electron from an oxygen molecule and a free radical anion is formed.

Hydrogen peroxide not only has a germicidal effect on its own, but in a reaction catalyzed by iron ions, hydroperoxide (HO) is produced - the most potent oxidant.

This anion has a weak bactericidal effect, but under the influence of enzymes is formed a potent Hydrogen peroxide and molecular oxygen."¹²

So hydrogen peroxide is not produced by the cancer cell, but by neutrophils, which produced it to fight it. That is, it is possible that Paget noticed the process of destroying the cancer cell due to the action of hydrogen peroxide, I just think that they were mistakenly associated facts because he thought that it was the cancer cell that produced it and attacks the host organism.

1.4. Antioxidant processes

To eliminate them, the *antioxidant defense system ADS*¹³ (*antioxidant defense system*) is activated, which protects cells from the action of ROS (*reactive oxygen species*), well this mechanism is covered in the chapter "Antioxidant defense system". So it looks like free radicals will be dealt with by ADS and the appropriate enzymes (including catalase).

1.5. Antioxidants cause cancer

The ingrained belief that exists in modern society that antioxidants can protect us from cancer is due to advertisements served up by the modern media. In contrast, studies that show on a mouse model the introduction of antioxidants draw quite the opposite conclusion.

"Antioxidants are widely used to protect cells from damage induced by reactive oxygen species (ROS). The concept that antioxidants can help fight cancer is deeply rooted in the general population, promoted by the food supplement industry, and supported by some scientific studies. However, clinical trials have

¹¹ W. Traczyk *Human physiology in outline*.

¹² *Human physiology in outline*

¹³ A. Czajka *Free radicals oxygen a mechanisms defenses The body.* 2006
(http://www.nowinylekarskie.ump.edu.pl/uploads/2006/6/582_6_75_2006.pdf)

reported inconsistent results. We show that supplementing the diet with the antioxidants N-acetylcysteine (NAC) and vitamin E markedly increases tumor progression and reduces survival in mouse models of B-RAF- and K-RAS-induced lung cancer."¹⁴

Man not mouse, someone will say, of course, but many physiological mechanisms work very similarly. Logic dictates that since antioxidants reduce the availability of oxygen in the periphery, and this can lead to tumorigenesis. I'm not going to encapsulate here the advantages of using any antioxidants¹⁵, but as you can see, this knowledge is inconsistent - some claim that antioxidants save us from cancer, and some believe that they cause cancer... So who to listen to? Well, I believe that in part each of these scientists is right, except that no one takes into account the aspects of oxygen availability, because some scientists believe that oxygen is harmful. How to live, Mr. Prime Minister?

1.6. Harmfulness of oxygen

It is impossible to see that we are dealing with a religious circle dividing into two camps - scientists who believe in the harmfulness of oxygen and proclaim that oxidative stress causes cancer and scientists who deny it, claiming that oxygen is the most important factor of life and has nothing to do with cancer.

Then ask the following questions: Why are Polish hospitals hooked up in ICUs with pure oxygen run through a distilled water scrubber for people to breathe after various health incidents? Why do you see in cardiology or neurology wards people connected to the same set up, sometimes even for more than a week?

At a clinical internship at a hospital during my studies, we had the pleasure of being in the neonatal ward, where the head nurse told a story from 13 years ago, where a newborn baby was born with a score of 1/10 on the Apgar scale and the doctors gave him no chance of survival. They made a decision in the ward to start an oxygen tent and his condition improved significantly. What's more, she used the term "oxygen heals," but also pointed out that, unfortunately, probably due to the high concentration of oxygen in the tent, his vision was damaged. Nowadays, such a procedure is different, due to the fact that pure oxygen passed through a distillation scrubber and is administered directly into the nostrils, so there is no exposure to it through the organ of sight, and there is no dryness of the mucous membranes.

Tracing the harmfulness of oxygen further, I came across a very interesting study this time on the pharmacological ascorbate and its ability to mediate colon cancer cell division.

"It has been hypothesized that cancer cells demonstrate increased steady-state levels of mitochondrial reactive oxygen species (ROS) including superoxide (O₂⁻) and hydrogen peroxide (H₂O₂). [...]

The results of the current study demonstrate that pharmacological ascorbate is capable of inhibiting the reproductive integrity of colon cancer cell lines (HCT 116 and HT-29) by a mechanism that is mediated by H₂O₂ using concentrations that are easily achievable with the IV administration of ascorbate in clinical trials with pancreatic cancer, lung cancer, and brain cancer patients done at The University of Iowa Hospitals and Clinics. Previous publications have shown that in general pharmacologic concentrations of ascorbate

¹⁴ V. Sayin, M. Ibrahim, E. Larsson et al. *Antioxidants accelerate lung cancer progression in mice*. 2014 (<https://www.ncbi.nlm.nih.gov/pubmed/24477002>)

¹⁵ T. Byers, G. Perry *Dietary carotenes, Vitamin C and Vitamin E as protective antioxidants in human cancers* (<https://www.annualreviews.org/doi/abs/10.1146/annurev.nu.12.070192.001035?journalCode=nu>)

also selectively kill cancer cells vs. normal cells . Therefore the current results continue to support the potential clinical utility of pharmacological ascorbate as an adjuvant in the treatment of colon cancer."¹⁶

Where is oxygen used in therapies? For example, in a hyperbaric chamber, as an oxygen mask is worn in addition to raising the pressure. People who receive this type of treatment note after several sessions an improvement in concentration and memory, an improvement in vitality.

1.7. Hydrogen peroxide is good

Before I started using perhydrol, I was instructed that it is a strong oxidizer that causes damage when in contact with the skin, and should be poured with goggles and gloves. Somewhere along the way during my experiments with the chemical, when I transferred from a 1L container to a small 100ml bottle, I did not notice that a sizable amount of the substance spilled on my palm on the inside, as the reaction is not immediate. After I finished pouring, I carried the small bottle to the kitchen. After about 5 minutes, I felt an incredible pinching on my hand, all the way down to the bone. I looked at my hand, it was all white, with the biggest reaction being on finger II and III. Immediately I put my hand under cold water, the pinching momentarily intensified, and then began to subside.

I thought to myself that surely my fingers would fall off, well, since I had oxidized them, they would die right away. I watched this hand for two hours and was shocked that after an hour the reaction visibly decreased, and then disappeared completely after the second hour, and in the whitened areas, the color returned to the original, and in addition I noticed that in these areas the skin was smoother. Then I repeatedly poured perhydrol on my dry hands - first 1 drop, then 10 drops. I also did experiments, first soaking my hands in water and then pouring similar doses. Each time the effect was the same - smooth and regenerated skin. It is worth noting that the whitening effect on the hands does not occur when the hands are heavily damp. I show the experiment with the skin of the hands in a short video on my Youtube channel¹⁷ . So how to explain that it did not lead to permanent damage to the epidermis? Is there any limit to the oxidation of a living organism?

My experiments with soaking feet with perhydrol show that keeping feet in a solution of 2L of warm (not too hot) water and 125ml of 60% hydrogen peroxide for an hour does no harm. The effects during such an experiment are available on my short video¹⁸ .

The following photos show what are popularly known as "moles," some also call them "hepatomas." At a clinical practice in the oncology surgery department, I asked about these hyperpigmentations and received the answer that "black-brown skin hyperpigmentations are benign tumors."

In an experiment, I used hydrogen peroxide 30% pure for analysis, a few drops on a cotton swab and ran it not only directly over the lesion skin, but also hooked up healthy skin by some margin. Practically after a few seconds, this lesion reacted by staining white, while the skin next to it did not react at all. After a few minutes there was a reaction on the healthy skin (slight redness), however it subsided after about 15 minutes. The white reaction on the skin lesion, on the other hand, lasted for several hours. Every few days I treated the area in the same way as I described above and the effects can be seen in the photos below.

¹⁶ K. Brandt, K. Falls, J. Schoenfeld, et al. *Augmentation of intracellular iron using iron sucrose enhances the toxicity of pharmacological ascorbate in colon cancer cells* 2017
(<https://www.sciencedirect.com/science/article/pii/S2213231717306444?via%3Dihub>)

¹⁷ <https://www.youtube.com/watch?v=YZC910W2hA>

¹⁸ <https://www.youtube.com/watch?v=XBgtKvZ44Oo>



Image 6 - Source: own materials

Perhaps the above reaction is related to the fact that since, according to Warburg's findings, cancer cells do not use oxygen, it may be toxic to them?

Experimenting further, I applied this time on another skin lesion, which did not protrude. Here the reaction was a little different. I applied 4 drops of hydrogen peroxide 30% to a cotton ball, smeared it across the spot and there was no reaction. So I decided to apply the cotton ball to the spot for a longer period of time. After 3 minutes, I felt a pinching sensation and noticed that the lesion turned white, so it lasted longer than with the stand-off. Interestingly, the day after this treatment they were already all detaching and reacting directly to contact with the substance. Unfortunately, there was a great deal of dryness of the skin due to which I moistened the area before each contact with perhydrol. The bottom one reacted quite strangely, as three days later black-brown dots appeared around it, which looked like it wanted to move out to another place. I make no secret that this reaction was quite surprising. The stages of application can be seen in the photos below.



Image 7 - Source: own materials

1.8. Hydrogen peroxide is bad

Wherever you type in, whether in PubMed or in a Google search, you will find many studies that show the harm of consuming hydrogen peroxide in higher concentrations. A study that Hatten¹⁹ conducted proves that ingesting high concentrations of hydrogen peroxide increases mortality.

"In the 10-year study period, 41 of 294 patients (13.9%; 95% confidence interval 10.2% to 18.4%) with symptoms after high-concentration peroxide ingestion demonstrated evidence of embolic events, and 20 of 294 (6.8%; 95% confidence interval 4.2% to 10.3%) either died or exhibited continued disability when the poison center chart was closed. Improved outcomes were demonstrated after early hyperbaric oxygen therapy. Endoscopy revealed grade 3 or 4 lesions in only 5 cases."

That is, the consumption of concentrated hydrogen peroxide in large quantities can be harmful, while it is impossible to see that no studies are available for the phenomenon that not only I have noticed on my body, but also people actively participating in the Facebook group²⁰ - I give here 2/3 to it: "vitae".

In the course of my research, I came across a very interesting case described by the ERT team of a case of ingestion of 100ml of perhydrol²¹.

"A Basic Medical Rescue Team of 3 paramedics was dispatched in code 1 to a 27-year-old man who accidentally consumed about 100 ml of perhydrol. The substance was in an energy drink bottle, in the patient's home. At the time of the arrival of the Emergency Medical Service, the patient was vomiting (!) - according to the family, the patient drank 1 liter of milk and about 0.5 liters of buttermilk after consuming the substance, and began to provoke vomiting (vomiting fresh blood and clots).

The man reports burning in the mouth and pain in the epigastrium aggravated when swallowing; psycho-motor agitation. As he reports he is not treated for any diseases, no allergies, takes no medications, last meal about 7 hours earlier. [...]

The patient stayed in the ED for several hours for observation, a phone call was made to the acute poisoning center, which also recommended observation - especially for neurology; all parameters normal, in laboratory tests significantly elevated liver enzymes (was this related to substance ingestion?), he did not consent to hospitalization. At discharge, the patient reported feeling well, burning sensation in the mouth significantly reduced, vomiting had stopped."

Regarding this incident, the question must be asked - why was the esophageal and gastric examination not performed? How come the patient was discharged without symptoms? So was he poisoned or not poisoned? Maybe he was lucky, because the case described by Ciechanowicz²² suffered more serious consequences and are very well documented.

"A fifty-four-year-old woman, previously untreated, was admitted to the Toxicology Clinic of the Medical Academy in Gdansk due to accidental ingestion of 100 ml of perhydrol. The substance was in an unlabeled bottle, in the patient's home. On admission to the Clinic, the patient was conscious, with full verbal-logical contact, heart rate 76/min, CTK 120/60 mmHg, MAP 80 mmHg,

¹⁹ B. Hatten, L. French, B. Horowitz i et al. *Outcomes After High-Concentration Peroxide Ingestions* 2017 (<https://www.ncbi.nlm.nih.gov/pubmed/28153539>).

²⁰ *Public research on internal use of hydrogen peroxide* <https://fb.com/groups/dotlen/>

²¹ K. Kotlinski *Poisoning perhydrol w practice lifeguard paramedic.* 2015 (<http://paramedicpoland.blogspot.com/2015/07/zatrucie-perhydrolem-w-praktyce.html>)

²² R. Ciechanowicz, J. Sein Anad, Z. Chodorowski et al. *Acute hydrogen peroxide poisoning complicated by air embolisms The central nervous system - a case report.* 2007 (http://www.wple.net/plek/numery_2007/numer-4_5-2007/339-340-ciechanowski-perhydrol.pdf)

BR 16/min. The patient reported a burning sensation in the mouth and pain in the subcostal region and epigastrium exacerbated by swallowing. During hospital observation, vomiting of fresh blood and clots was noted several times. Similar symptoms were also present at home before the arrival of the ambulance. Gastroduodenofiberoscopy performed showed erosive gastritis and the presence of numerous ulcers covered with brown clots. The esophagus, pylorus and duodenal pad appeared normal. After the next few hours, initially discrete and then increasing qualitative disturbances of consciousness appeared. Neurological examination revealed features of fresh left-sided hemiparesis with marked Babinski sign on the same side. Loss of auto- and allopsychic orientation was accompanied by significant anxiety and psychomotor agitation. Despite the absence of visible gas congestion on central nervous system (CNS) tomocomputed tomography (CT) scan, the patient underwent an urgent hyperbaric therapy (HBO) session according to USN Table 6. After the procedure, there was a marked improvement in her clinical condition, as well as a return of verbal and logical contact and resolution of the left-sided Babinski's sign. After another 7 sessions of HBO, complete resolution of the symptoms of hemiparesis was achieved. A follow-up head CT scan showed no abnormalities. Contrast-enhanced transesophageal echocardiography at the end of a prolonged Valsalva test excluded the presence of a patent foramen ovale (PFO). A follow-up gastroduodenofiberoscopy performed approximately 6 weeks after the poisoning described the presence of an irregular Z-line in the esophagus, which could correspond to Barrett's esophagus. Histopathological examination of biopsy specimens taken from the gastroesophageal border showed only normal mucosal tissue. [...]

Applications

1. The appearance of neurological symptoms in patients poisoned with hydrogen peroxide solution may suggest the presence of central nervous system gas congestion.
2. The preserved continuity of the atrial septum does not exclude the possibility of cerebral vascular oxygen emboli.
3. The absence of features of air embolization on head CT scan does not exclude the diagnosis of oxygen embolism.
4. The occurrence of severe clinical signs of air embolization of cerebral vessels in the course of hydrogen peroxide poisoning should be an indication for hyperbaric therapy."

2. Hydrogen peroxide - poison or cure for the 21st century

I personally know of one case who consumed 35ml of perhydrol and described his impressions of consuming such an amount as follows (original spelling)²³ :

"Heyehe well half a glass I drank I felt like asterisk after drinking the magic drink ... smoke went up my ears. My head was blown off like after a hundred feta ... it made me sick , cold sweat on my forehead ... in my esophagus and intestines ants ... and when I felt better it was like someone scrubbed my brain. Strength as after the magic drink of asterix ... but had a loathing a few weeks ... But there is power in it!!! I laughed a little at it but now I praise myself and do not overdose."

I myself have been taking for some time in a direct way, where I prepare some saliva in front of my tongue, drop a few drops of perhydrol there, wait until it starts to foam, then with this foam I rinse my mouth for about 30 seconds, and then swallow it. I documented this experiment on video²⁴ .

I started consuming hydrogen peroxide 30% with six drops to 250ml of water twice a day on 12/09/2016, and since then I have been practically using in different doses and different concentrations depending on the classic symptoms of hypoxia, such as drowsiness, frequent yawning, darkness in front of the eyes or dizziness (especially when getting up from a lying position or from a chair, also known as orthostatic disorders, related to centralization of pressure and outflow of blood from the higher parts of the body). I began experimenting with taking a solution of hydrogen peroxide 30% with food in December 2016, where I first started consuming dinner by drinking a solution of 250ml of water with 10 drops of perhydrol in small sips, which did not cause drowsiness after consumption. The phenomenon of "fatigue" after eating is more accurately described by Enders²⁵ :

"However, a surge of energy should not be expected immediately after finishing a meal. At this point, many people feel rather tired. Because, after all, the food has not yet reached the small intestine at all, but is still being prepared for further processing. Although we no longer feel hungry, because we have a stomach stretched under the influence of food, but we are just as sluggish and sluggish as before the meal, and meanwhile we still have to gather strength for the arduous mixing and grinding. For this purpose, more blood is directed to the digestive organs. The brain, the researchers point out, is then supplied with a weaker blood supply, which is why we feel fatigue."

Enders' book provides a very thorough description of the workings of the digestive system based on the latest medical knowledge and the effects of bacteria (not just gut bacteria) on our bodies, plus it is written in very accessible language.

And speaking of the gut, it is worth noting that there is research on the topic of Lactobacillus bacteria, which are known to produce lactic acid, but also produce hydrogen peroxide²⁶ .

So what is it really like with this hydrogen peroxide? Maybe it is as Paracelsus said "Everything is poison and nothing is poison, for only the dose makes the poison" (*Latin: Omnia sunt venena, nihil est sine veneno. Sola dosis facit venenum*).

²³ Public research on application internal water oxidized
(<https://www.facebook.com/groups/dotlen/permalink/497706970581537/>)

²⁴ <https://www.youtube.com/watch?v=TPbPDewT7EU>

²⁵ Giulia Enders *Internal History. The intestines - the most fascinating organ of our body*. 2014

²⁶ D. Eschenbach, P. Davick, B. Williams *Prevalence of hydrogen peroxide-producing Lactobacillus species in normal women and women with bacterial vaginosis*. 1989 (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC267286/>)

3. Smog and air - the main source of our problems

I don't know why smog is only talked about in winter, "Don't leave home because the air is poisonous" campaigns are done, when one also encounters standards exceeded by 100% in summer. WHO in 2005 set particulate matter standards at the following level:

Guidelines	
PM_{2.5}:	10 µg/m³ annual mean 25 µg/m³ 24-hour mean
PM₁₀:	20 µg/m³ annual mean 50 µg/m³ 24-hour mean

Image 8 - Source: WHO

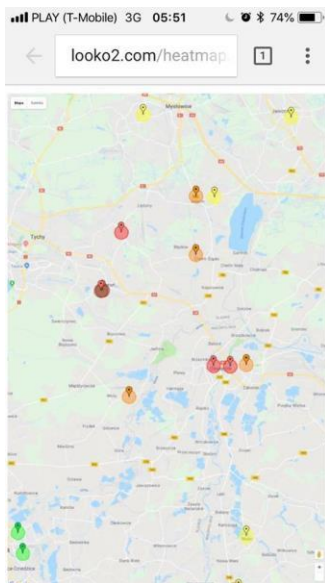


Image 9 - Source: own materials 21.04.2018

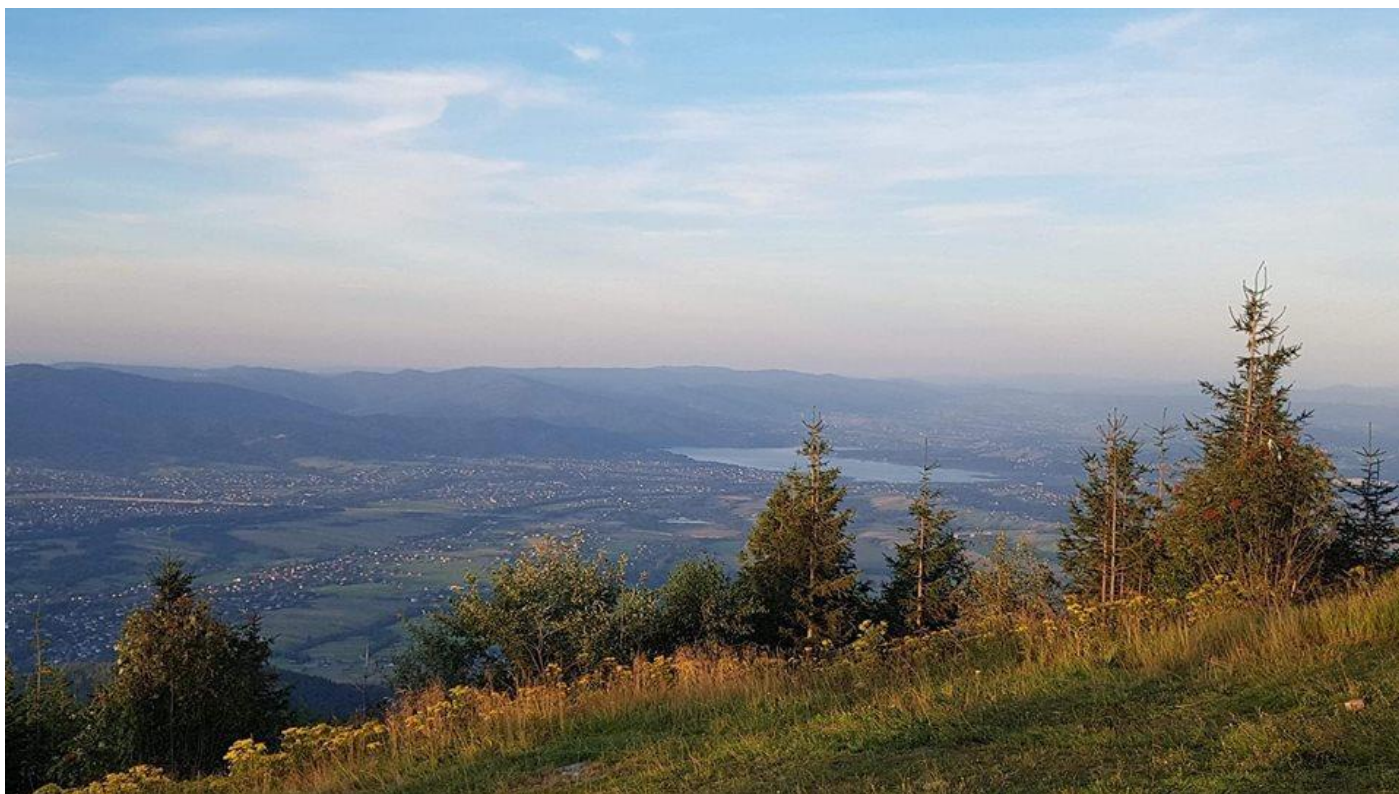


Image 10 - Source: own materials 16.08.2018

Instead of fighting with pharmaceuticals against frequent migraines, which are not uncommon just when the sensors exceed alarm standards, just go to the mountains above 1,500m above sea level, go into the forest and breathe fresh air - get oxygenated, because most of our problems are due to hypoxia in the system.

Another thing affecting our health is benzopyrenes (C₂₀H₁₂). The results of benzene measurements in Plock dated 02.09.2016²⁷ :



Image 11 - Source: Provincial Inspectorate of Environmental Protection in Warsaw

What happens when the norm is exceeded? The following quotes (original spelling) will help fire the imagination²⁸ :

"Tonight from orlen it was je***ing like I think I've never seen before. And I foolishly looked to see if my gas in the restaurant was escaping somewhere. When I didn't live in Plock, every time I came I could smell that peculiar odor even though people living in Plock permanently didn't smell anything. We are just used to it. Then tell me how much it must have been pounding yesterday if it was so noticeable even to residents? Why do we have to play with promotional campaigns to attract tourists? So that they find that

²⁷ WIOŚ Warsaw <http://sojp.wios.warszawa.pl/page=raport-godzinowy&data=02-09-2016&site%20id=16&csq%20id=1414&dane=w2>

²⁸ <https://bezprawnik.pl/benzen-w-plocku/>

in our place is blowing? How can we persuade residents to spend time in the old city when yesterday around 11:30 pm it was impossible to stand in the air. The stench was so suffocating, it's a joke! Of course, no standards were exceeded. And for gasoline we will continue to pay the most in Poland because, after all, these are the laws of the market. I don't give a damn about your market laws."

"In the second half of September strange things began to happen to the residents of Plock, on a scale never seen before. It was difficult to blame the stories solely on coincidence or changes in the weather aura (especially since it was an unusually warm September). Stories of malaise, lethargy, and lethargy became massive in the local communities, with city residents complaining of being irritable and having headaches for a long time. Here and there one could hear that some neighbor had fainted in the store, and someone else had vomited.

The logical justification for these circumstances appeared on the 22nd of September 2016 in a communiqué from the city's air pollution monitoring centers. At that time, the concentration of benzene was up to 60 µg/m³, while the average annual norm is 5 µg/m³. This means, of course, that on a year-round basis, pollution may not exceed acceptable standards at all... But there are three kinds of lies, and one of them is undoubtedly statistics. For the fact is that for nearly a month, every few days, doses of benzene in the Plock air significantly exceed the permissible concentration, and Plock residents report this by experiencing these phenomena organoleptically."

3.1. What happened during the heating season

"It was already bad yesterday, with indicators showing that the concentration of dust in the air is about 300% above normal. But it turns out that it could be even worse! Today the concentration in the air is 526% above normal.

The worst is in Katowice, Rybnik and Zabrze. Such high concentrations of smog can threaten symptoms of respiratory diseases. The most vulnerable are children, pregnant women and the elderly. Environmental organizations are appealing to stay indoors."²⁹

This is what the air filter looked like at my friend from Gliwice³⁰ after a week of use, the photo remains published on 26.11.2016 on Facebook:



Image 12 - Source: Facebook portal

²⁹[h http://www.tvspol.informacje/alarm-smogowy-na-slasku-tak-zle-jeszcze-nie-bylo](http://www.tvspol.informacje/alarm-smogowy-na-slasku-tak-zle-jeszcze-nie-bylo)

³⁰ Facebook: <https://goo.gl/2Pr0zU>

What is even more shocking about the smog topic? That the public doesn't know that the photos below depict smog, considering it marketing to screw up sales of air purifiers and that we don't protect ourselves from it anyway, and that it has always been there and we demonize the problem.





When it wasn't blowing, this is what Silesia looked like in late 2016 and early 2017. More photos that illustrate the state of air quality can be found in my Facebook album³¹ and on other air pollution profiles^{3233 34}.

³¹ <https://www.facebook.com/media/set/?set=a.1216647148382370.1073741842.100001112891870&type=1&l=ba758b503e>

³² <https://www.facebook.com/Chcemy-wiedzie%C4%87-czym-oddychamy-w-naszym-mie%C5%9Bcie-Czechowice-Dziedzice-1283586815013569/?fref=ts>

³³ <https://www.facebook.com/smog.bielsko.biala/?fref=ts>

³⁴ <http://www.wyjsciesmoga.pl/>

4. Own experience in the use of hydrogen peroxide

4.1. Supplies

Oxidized water in various concentrations is available in good stationary chemical stores as perhydrol or hydrogen peroxide. I have used the stationary store "Chemistry Katowice" Bielsko-Biala, Korczaka 34 and through the online store ENVOLAB (<http://www.envolab.pl/>).

4.2. Types

There are several grades of hydrogen peroxide available - technical 30%, 35% and 60%, pure for analysis (CZDA) 30% and food grade 35%. Someone may now express surprise, how is it food grade? Well, in Poland, hydrogen peroxide 35% is used in milk processing as a biocide.

I had the opportunity to taste each type and the least metallic aftertaste was at a concentration of 35% with a purity grade of "food grade", the aftertaste was more noticeable with the CZDA version of 30%, while the most noticeable was technical, especially at a concentration of 60%. The difference in performance was not felt.

4.3. Storage

I store larger packs (1-5L) in the freezer, while I keep a tiny 50ml dropper bottle in my bag when I'm somewhere traveling. At first I stored the bottle in the refrigerator, but when reaching for it became common enough that it could disappear the entire contents within a week, storing it in a cooler place didn't particularly make sense. On the other hand, one of the group members showed off how the 35% bottle looks like when left on the closet for 3 months³⁵.



Image 13 - Source: Facebook material

4.4. Side effects

After the first doses of peroxide, abdominal pain, nausea, sometimes vomiting of mucus alone (without food content) and diarrhea persisted for several days, however, these effects were unable to overshadow the improvement in vitality. After more than a month, the first morning appeared with a headache and eyes stuck with purulent discharge. An inflammation appeared under my left eye preventing me from seeing clearly, In general, my well-being was bearable for a day, but in the afternoon I developed severe headaches, and in the evening vomiting occurred. After vomiting, my well-being improved quite quickly (the headache disappeared almost immediately). Before going to bed, I took 15 drops of hydrogen peroxide 30% and the day

35

Public research on application internal water oxidized
(<https://web.facebook.com/groups/dotlen/permalink/561439377541629/>)

later I got up without a headache, the left eye was only slightly infected, while the problems of the day of the earlier one no longer occurred.

4.5. Water supplementation

After about two weeks, my need for water increased noticeably, which began to manifest as dryness of the lips and skin. It is worth mentioning at this point what scientific studies tell us on this subject³⁶ :

"Children 1-3 years - 1.3L, children 4-6 years - 1.7L, children 7-9 years - 1.9L, girls 10-18 years - 2.3L, boys 10- 18 years - 3.3L, women > 19 years - 2.7L, men > 19 years - 3.7L."

4.6. Other uses

I applied the 10% hydrogen peroxide solution directly to my facial skin, while after shaving I moistened my skin with tap water, then gave a few drops of 30% to my moistened hand and rubbed it into the skin irritated by the razor. I demonstrated this in a video on the YouTube channel³⁷ .

For bathing I used a ratio of 80-100L of water and 0.5L of hydrogen peroxide 30%, while for soaking feet I used 2L of water and 250ml of hydrogen peroxide 60% technical, which I show in the video³⁸ .

It was an interesting experience to start brushing teeth with 1 drop of 30% hydrogen peroxide. At first there was an irritating effect, where after a week the tooth necks were exposed. However, by continuing to use, after another week the gums returned to their place. Application in this way can be viewed in the video³⁹ . Research that Soares conducted indicates that the experimental protocols used provided a significant improvement in tooth whitening associated with reduced toxicity to pulp cells⁴⁰ .

I performed nebulization with 5ml of saline and 1 to 3 drops of hydrogen peroxide 30%. When increasing the dose, there was a drying effect on the throat requiring rinsing with saline solution.

³⁶ Norms of human nutrition, ed. nauk. M. Jarosz, B. Buřhak-Jachymczyk, 2008

³⁷https://youtu.be/8B2iRELSQl?list=PLCftiMqCx-Mo0t_S3y1FEhdgLPBkrO2C1

³⁸https://youtu.be/XBgtKvZ44Oo?list=PLCftiMqCx-Mo0t_S3y1FEhdgLPBkrO2C1

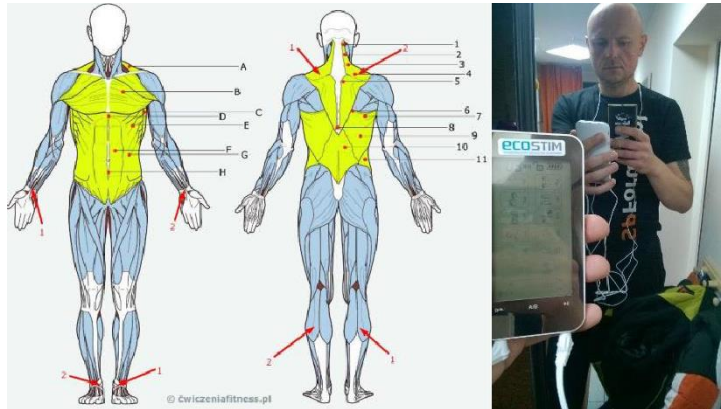
³⁹https://www.youtube.com/watch?v=V_VMPLx81Tw

⁴⁰ D. Soares, F. Basso, J. Hebling, et al. *Concentrations of and application protocols for hydrogen peroxide bleaching gels: effects on pulp cell viability and whitening efficacy*. 2014 (<https://www.ncbi.nlm.nih.gov/pubmed/24239924>)

5. Additional therapies

5.1. Transcutaneous nerve simulation - TENS

Hearing about the benefits of various types of electric currents at lectures, I purchased a little advanced electrostimulator, in which the frequency cannot be adjusted. I started with a 30-minute TENS session of about 70Hz in a peripheral setting (electrodes on the arms or shoulders and legs) on the first day and gradually increased the duration of the session, while the intensity was set to



perceptible but not irritating. I completed the experiment after almost 4 weeks (witnessed by my fellow students, as I wore the electrostimulator during lectures or clinical exercises), where a single session of electrostimulation ended after 10 hours with no breaks. There were no side effects. On the other hand, in the course of exploring various literature, I came across the following passage:

"While nitrogen was previously considered to be an inert [inactive] gas, American scientists have now established that in an internal combustion engine, at temperatures above 1000°C, the nitrogen in the air combines with oxygen to form nitrogen oxides (substances that have quite high chemical activity). If it is assumed that this is how this process occurs in the body (G. Pietrakowicz), then the synthesis of active nitrogen combinations in principle becomes possible in the body. Chemists are familiar with the fact that in aqueous solutions (blood) nitrogen oxides are transformed into nitrates [nitrates] and then into amino acids - the basis for the construction of protein structures. It is a well-known opinion of many researchers who believe that the original protein molecule was formed from nitrogen in the air, with the impact of electrical discharges and high temperatures. Well, and we have a fusion reactor in the body, about which there has been much talk, but no one has been able to explain what it consists of. It is becoming clear why, in many cases, athletes following a certain dietary regimen do not lose weight after participating in a marathon, and even gain weight. G.S. Shatalova also observed a similar phenomenon. She recounted that after repeatedly crossing the sands of the Karakum Mountains in the participants of the tour, despite low-calorie food, the weight remained unchanged or even increased. In order not to get lost in the rest of our considerations, it is necessary to say a few words right away about the argon gas shown in the table, which no one usually pays attention to. As proved by those involved in the development of life process support kits in spacecraft by V. Smolin, B. Pavlov and others, this gas increases the resistance (resistance) of the body to nitrogen at reduced oxygen levels (hypoxia) - both at elevated and normal pressures, as well as at compression and decompression. The indicated work opens tempting prospects not only for future spaceflight, but also for health care in general (development of oxygen mixtures with argon, helium, xenon and krypton to treat various ailments)."⁴¹

The phenomenon that occurs during electrostimulation was described, among other things, in a 1982 study⁴² :

"Direct electric currents ranging from 10 microA to 1000 microA increase ATP concentrations in the tissue and stimulate amino acid incorporation into the proteins of rat skin. The amino acid transport through the cell membrane, followed by the alpha-aminoisobutyric acid uptake, is stimulated between 100 microA and 750 microA. The stimulatory effects on ATP production and on amino acid transport, apparently

⁴¹ Ivan Nemivakin - Peroxidized water to guard health

⁴² N. Cheng, H. Van Hoof, E. Bockx, et al. *The effects of electric currents on ATP generation, protein synthesis, and membrane transport of rat skin* (<https://www.ncbi.nlm.nih.gov/pubmed/7140077>)

mediated by different mechanisms, contribute to the final increased protein synthesizing activity. DNA metabolism followed by thymidine incorporation remains unaffected during the course of current application. The effects on AtP production can be explained by proton movements on the basis of the chemiosmotic theory of Mitchell, while the transport functions are controlled by modification in the electrical gradients across the membranes."

Before I began my experiments, I checked the contraindications to electrostimulation, of course.

6. Undiagnosed Lyme disease

After I started using hydrogen peroxide, many people asked me the question "Knycz, what do you treat yourself with that you use this?" and many people heard the exact same answer "I don't know, but when I find out, I'll tell you." I won't particularly elaborate on Lyme disease here, as I covered all the information in my bachelor's thesis titled. "Lyme disease as a complex diagnostic and therapeutic problem"⁴³, however, I would like to supplement my story (number 6) with some cause-and-effect relationships that occurred in my case.

In the 1990s, while staying in Masuria during a vacation, I was bitten by ticks. I had no erythema. From then on my real health problems began, appearing various skin rashes after eating, and in 1994 I was diagnosed with bronchial asthma, which was treated with various types of steroids, then after the implementation of therapy I began to swell - no matter what I ate, I gained weight. There was intermittent frequent urination and thermoregulatory disorders along with frequent upper respiratory infections, which were treated with antibiotics. No longer caring about my diet (none of which worked), I began to overload myself with simple sugars, which at age 21 led me to obesity (110 kg) and hypertension, which was treated initially with verapamil, and at age 24 with bisoprolol first 5 mg and then 10 mg. When I did not consume this medication in the evening, I would get up in the morning with a CTK of 160/120, which made me dizzy and cause morning vomiting. The symptoms were very reminiscent of alcohol poisoning along with a migraine that lasted all day, with no response to ibuprofen or paracetamol.

The worst period I remember was in 2012, where I was able to consume up to 100 tablets of paracetamol or ibuprofen per month.

The weight peaked at 126kg which can be seen in the promotional video of the Czechowice-Dziedzice-based online company⁴⁴ or in the attached photo along with a comparison photo from 2017 (73kg).

There was a very frequent disturbance of thermoregulation (cold hands and legs), or cold in hot weather, in addition, there were symptoms on the side of the heart such as accelerated heart rate, despite good pressure regulated by bisoprolol, stabbing heart, or a feeling as if the heart was about to jump out of the chest, especially since it was not associated with any exercise. Lymphedema was also very common. A radical change in diet (elimination of bread and products with any sugars completely) started the process of weight loss for me, my health improved significantly, I hydrated a lot.



Image 14 - Source: own materials

⁴³ http://bit.ly/Knycz_Fizjoterapia_Borelioza

⁴⁴ https://www.youtube.com/watch?v=3PxPG4_sE-k&t=17s

When I started my studies in 2015 I weighed 90kg, and very often I had symptoms of morning stiffness or denervation of the shoulder plexuses preventing any control over my hands after waking up for a period of 3-4 minutes. There were also mornings like a hangover, despite the fact that I had completely eliminated alcohol from my consumption.

After I started using hydrogen peroxide, the thermoregulatory disorder disappeared, as well as the morning stiffness stopped. In December 2016, I started experimenting with a TENS electrostimulator and increasing the dosage to 100 drops of perhydrol per day, more precisely 10 drops once per 250ml of water in 10 doses. After 3 weeks, I developed a classic *erythema* on my abdomen, the kind you see in pictures from papers on the topic of *erythema migrans* (Latin: *erythema migrans*), and the other day I did a Western Blot IgG and IgM test, which, while not labeled "positive," did not come out, however, some bars seemed suspiciously high.

I began to explore the subject of this disease, the interpretation of tests, and in particular the study of Wielkoszynski, who is very experienced in the diagnosis of tick-borne diseases⁴⁵. Using in addition the supplementation I described in my bachelor's thesis, after a year the same test showed that antibodies in no classes were present. Comparing the tests of people I met on my path while collecting materials for my bachelor's thesis, there was a certain pattern of decreasing antibodies in the IgG class 3, 6 or 9 months after starting treatment with similar methods that I used, while no antibodies were seen in the IgM class, which would suggest no new infections.

"Why didn't you treat Lyme disease with an antibiotic?" Let the answer to this question be a study on the topic of Lyme disease treatment conducted at Tulane University which Przemyslaw S. Knyszewski that a 28-day antibiotic treatment may not be enough in many cases⁴⁶.

Analyzing my own case, in terms of physiology from the lectures, this thermoregulatory disorder and frequent urination were symptoms of a malfunctioning endocrine system. I do not have my research in this direction, but the cases included in my bachelor's thesis show a certain regularity that many people complaining of similar conditions have TSH levels that are within normal limits but exceed 50% of normal values, while analogously there is a decrease in FT3 and FT4 below 50% of the value within normal limits. Some people are under the care of an endocrinologist and receive pharmacological treatment with levothyroxine, however, they only note an improvement in vitality, however, rarely eliminating the symptom of cold hands and feet.

Another symptom that occurred was cerebral ischemia through orthostatic disorders, sometimes manifested as fainting. Disorders of concentration, focus and memory. After starting peroxide supplementation, these symptoms completely disappeared.

Was this an effect of Lyme disease? Many people have common symptoms, which I also mentioned in my undergraduate thesis, and unfortunately are duplicated in a great many cases that are diagnosed as a chronic Lyme condition. Thanks to Boylan's research, we know that the bacterium *Borrelia burgdorferi* is anaerobic and the target of ROS is not our DNA, but the cell membrane of the bacterium⁴⁷.

⁴⁵ T. Wielkoszynski *Serological diagnosis of Lyme disease (Lyme disease and Borrelia burgdorferi infections)* (<http://www.wielkoszynski.webity.pl/zakres-c59bwiadczzen/borelioza/diagnostyka-zakazen-borrelia-burgdorferi/>)

⁴⁶ M. Embers, N. Hasenkampf, M. Jacobs et al. *Variable manifestations, diverse seroreactivity and posttreatment persistence in non-human primates exposed to Borrelia burgdorferi by tick feeding.* PLOS ONE 2017 (<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0189071>)

⁴⁷ J. Boylan, K. Lawrence, J. Downe et al. *Borrelia burgdorferi membranes are the primary targets of reactive oxygen species* (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2327290/>)

Completion of

I am sorry to read or see negative opinions about my person, especially by people who have programmed thinking and scare about oxidative stress. Perhaps my body is more resilient to oxidation relative to studies that portray this process as leading to destruction? Instead of criticizing me, perhaps a better direction would be to organize independent research on the subject, if only because many doctor-run facilities administer hydrogen peroxide at a ratio of 250ml of injection water to 0.2ml of perhydrol, so it would be worthwhile to establish a safe dose rather than proclaiming that it poisons. Recently, this type of infusion (more precisely with saline and perhydrol) was demonstrated by Jerzy Zięba in a video⁴⁸.

Since starting peroxide supplementation, I have had no conditions except for the incidents described above. It is also interesting to note that my bronchial asthma subsided after a series of three weeks of nebulization with hydrogen peroxide supplementation, described earlier. The last time I took an inhaled steroid to help me breathe was in November 2016, and I have not had any problems with pulmonary tact since then.

Is oxidative stress really that harmful or is it only harmful up to a certain level (e.g., as the body lacks antioxidant sources)? I would like to know the answer to this question. I encourage you to join the group "**Public research on the internal use of oxidized water**" to which you should give the last part of the key "est", then maybe together we will find the answer to it?

I did not write this paper to convince anyone to use this measure, however, I would rather convince anyone to do research in this direction, and make the results public. It should not be the case that there are two groups of scientists and both have studies confirming their truths, and this does not fit in the mind of a computer scientist, where as we know the results we expect are 0 (false) or 1 (true), and some intermediate states are an error, the cause of which must be found.

⁴⁸ <https://www.facebook.com/ukryteterapie/videos/2099985913574189/>

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