

# Stone Tablet Communications

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## Hydrogen Peroxide Protocol ~ From Colds to Cancer

\* Please read the disclaimer at the end of this publication \*

### You will need:

- 35% Food Grade Hydrogen Peroxide (can be obtained from many health food stores)
- 1- 8 oz. glass of clean water or juice
- One dropper bottle



### **H2O2 Protocol**

- Purchase H2O2 35% at a quality Health Food Store
- Keep main bottle in the Freezer
- Fill the dropper bottle with H2O2 35%
- Keep the lid separated to prevent rubber corruption
- Fill the glass with juice or water
- Add the required amount of drops of H2O2 to the 6 to 8 oz. glass
- Drink first thing in the morning on an empty stomach
- Keep the set refrigerated



### Procedure:

First thing in the morning, before eating or drinking anything, drop the day's ration of food grade hydrogen peroxide into an 8 ounce glass of clean water or juice. Slowly drink the full glass making sure there is nothing in your stomach. Wait at least 30 minutes before eating or drinking anything else. Each day, using the chart, go up one drop of H2O2 into your morning glass of juice or water.

Note: Always drink Food Grade Hydrogen Peroxide on an empty stomach. When H2O2 touches an open wound or other substances oxygen is released quickly and foams up, therefore, if there is any food in your stomach when you consume the H2O2, the oxygen will be released quickly and your stomach contents will be forced to vacate.

### Hydrogen Peroxide and Cancer

Cancer is anaerobic, in other words, it cannot survive in an oxygen rich environment. Every cancer, no matter where it is located in the body, begins with hypoxia (not enough oxygen). When battling cancer, hypoxia must be the first thing addressed. **Hydrogen Peroxide is simply water (H2O) with an extra molecule of oxygen (H2O2).** Drinking hydrogen peroxide in the proper dosages and conditions can potentially assist in the repair of the symptoms of anything from colds to cancer. When you drink H2O2 and properly follow the protocol, the oxygen passes into the bloodstream putting extra oxygen into the muscles, organs, bones and all the tissues of

the body. Once the body becomes rich in healthy oxygen, cancer symptoms like tumors and lesions tend to shrink and eventually disappear.

### **Hydrogen Peroxide and General Healing**

Hypoxia (lack of oxygen) can affect any and all parts of our body causing a slow break down of our health. For example, hypoxia affecting our pancreas results in diabetes. Hypoxia affecting our muscles results in slow wound healing and too much lactic acid and muscle pain. Athletes can use the H<sub>2</sub>O<sub>2</sub> Protocol to increase their performance. Using the H<sub>2</sub>O<sub>2</sub> Protocol on a regular basis has the potential to heal any disease or malady.

Tips:

- DO NOT EXCEED 26 DROPS IN ONE DAY
- The daily ration of drops may be broken up throughout the day as long as you adhere to the strict 'empty stomach' rule. In other words, if you are to take 15 drops in one day, you can take 5 drops in an 8 oz. glass three times per day.
- You can also stretch out the protocol if you find it easier to tolerate. In other words, you can stay at 10 drops for as many days as you like before you move on to 11 drops.
- **Drinking too much H<sub>2</sub>O<sub>2</sub> will cause nausea. When this happens drop back 2 drops the next day and stay there.** You may also stay at your tolerable level without moving on. In other words, if you feel it too difficult to move on to 17 drops, you may stay at 16 drops. At this level you are still putting plenty of oxygen into your system while reaping a healthy benefit.
- 35% H<sub>2</sub>O<sub>2</sub> can be diluted to make 3% H<sub>2</sub>O<sub>2</sub> making it available for many other uses (growing seedlings, gardening, growing crops, disinfecting, wound healing, pet's water supply, mouthwash, cleaners, etc.)

### **WARNINGS:**

- Food Grade Hydrogen Peroxide is suitable for human consumption by only in its diluted state. Overconsuming H<sub>2</sub>O<sub>2</sub> will create too much of a reaction that cannot be tolerated.
- The hydrogen peroxide that is obtained from drug stores contains stabilizers which are not suitable for human consumption.
- DO NOT drink 35% Food Grade Hydrogen Peroxide without it being diluted as per the protocol!
- Avoid getting 35% Food Grade Hydrogen Peroxide on your skin. It turns the skin white and can cause severe irritation.

## **FOOD GRADE HYDROGEN PEROXIDE DAILY PROTOCOL**

Day 1	– Add 1	drop of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 2	– Add 2	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 3	– Add 3	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 4	– Add 4	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 5	– Add 5	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 6	– Add 6	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 7	– Add 7	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 8	– Add 8	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 9	– Add 9	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 10	– Add 10	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 11	– Add 11	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 12	– Add 12	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 13	– Add 13	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 14	– Add 14	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 15	– Add 15	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 16	– Add 16	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 17	– Add 17	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 18	– Add 18	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 19	– Add 19	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 20	– Add 20	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 21	– Add 21	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 22	– Add 22	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 23	– Add 23	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 24	– Add 24	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 25	– Add 25	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water
Day 26	– Add 26	drops of Food Grade Hydrogen Peroxide to an 8 oz. glass of water

**DO NOT EXCEED 26 DROPS OF H<sub>2</sub>O<sub>2</sub> IN TOTAL ON ANY GIVEN DAY.**

## My Experience with the Hydrogen Peroxide Protocol

While working in an office in 2009, a new employee came into the office. During our breaks we would try to get to know each other a bit. When I mentioned that my mother had died of Cancer five years previously, she said that she, too, had gone through Cancer. She said that she had it twice and went through the chemotherapy and had survived. When the Cancer returned for the third time it appeared as a lump the size of a golf ball on her neck. By that time she had learned about hydrogen peroxide, so she decided to take it according to the protocol. Within two weeks the tumor had shrunk to half of its original size without any other treatments. Within another two weeks the tumor was the size of a pea. In the following weeks she could no longer detect any lump at all. She has been declared Cancer free and no Cancer has ever returned. She now takes a maintenance dose of six drops of the hydrogen peroxide in a glass of water every morning to make sure the Cancer never returns.

Even though at that time I had never had Cancer, I decided to try the hydrogen peroxide myself. My lungs have been terribly scarred from a previous disease called Sarcoidosis and they do not process oxygen as efficiently as a normal set of lungs. Therefore I am susceptible to constant colds and infections and I have a hard time catching my breath. When I use the Hydrogen Peroxide Protocol faithfully, I find that all symptoms of colds and infections disappear within a few short days. I also find that I do not seem to have such a problem catching my breath throughout the day as my blood has been infused with an extra boost of oxygen every morning. Even though the protocol says to take up to 26 drops, I can only tolerate 16 drops in any given day. This is fine because by the time I get to 16 drops per day that seems to be all my body needs. I also prefer to take the protocol with apple juice instead of water as the H<sub>2</sub>O<sub>2</sub> can tend to have a bit of a 'tin' like taste.

When my husband gets a cold, he takes ten drops of H<sub>2</sub>O<sub>2</sub> in a glass of water or juice for three days. After that his cold is virtually gone with very little lingering cough.

I also have a CPAP machine that I use when I sleep. When I put one teaspoon full of 35% Food Grade Hydrogen Peroxide into the water chamber, it delivers extra oxygen into my lungs all night and I wake up refreshed and breathing clearly. When I do this, if my sinuses are stuffed up or if I have a cold before I go to bed, my sinuses will be clear in the morning and the cold will be gone. It doesn't seem to harm the tank at all either.

Food Grade Hydrogen Peroxide has many uses from adding it to your pet's water, your plant water, your garden water and the water for your crops. Anywhere you need extra oxygen, you can use Food Grade Hydrogen Peroxide.

*Rev. Sonja Isaac D.PSc*

If you have been diagnosed with Cancer or any other illness, please contact  
**Stone Tablet Communications**  
or your local **Emotion Code** or **Body Code** practitioner as soon as possible  
to find out what kinds of energies may also be contributing to your symptoms.

**Disclaimer**

This protocol or any other protocol issued by Stone Tablet Communications does not promise to diagnose or cure any disease. Rather it should be used in conjunction with your health care professional. Using any type of Energy Healing practiced by the providers is not a substitute for medical care. This publication is not intended for medical advice, nor is it intended to be a substitute for the services of any health care professional. This publication is meant as a portrayal of the author's experience only and should be used at your own risk. Do not stop your prescribed medication until you have spoken to your health care practitioner. Stone Tablet Communications is a healthcare practice based on a ministerial license issued by the Pastoral Medical Association (PMA). The titles PSc.D and D.PSc referenced on this publication relate to the practitioner's PMA license, and not to any state license authority. PMA licensees do not practice medicine. More specifically, they do not examine, diagnose or treat, or offer to treat or cure or attempt to cure, any mental or physical disease, disorder or illness, or any physical deformity or injury. Also, PMA licensees do not recommend or prescribe any medications or pharmaceutical drugs.