



## SUNSHINE HOLISTIC HEALTH

### 100 Uses for Hydrogen Peroxide with Dilution Guidelines

#### Health and Beauty

1. **Teeth Whitening:** Use a 3% solution as a mouth rinse.
2. **Mouthwash:** Dilute 3% hydrogen peroxide with equal parts water.
3. **Toothbrush Sanitizer:** Soak toothbrush in a 3% solution for 5 minutes.
4. **Acne Treatment:** Apply a 3% solution directly to acne spots with a cotton swab.
5. **Foot Soak:** Mix 1 part 3% hydrogen peroxide with 1 part water.
6. **Nail Fungus Treatment:** Soak affected nails in a 50% solution of 3% hydrogen peroxide and water for 20 minutes daily.
7. **Ear Wax Removal:** Add a few drops of a 3% solution into the ear, followed by warm water.
8. **Mouth Sore Relief:** Use a 3% solution as a mouth rinse, diluted with equal parts water.
9. **Teeth Cleaning:** Add a few drops of a 3% solution to baking soda for a toothpaste.
10. **Whiten Nails:** Soak nails in a 3% solution for a few minutes.
11. **Facial Cleanser:** Dilute 3% hydrogen peroxide with equal parts water and apply to face with a cotton ball.
12. **Foot Odor:** Spray a 3% solution on feet to eliminate odor.
13. **Contact Lens Cleaner:** Soak lenses in a 3% solution (ensure it's a lens-safe product).
14. **Canker Sores:** Rinse mouth with a mixture of 3% hydrogen peroxide and water.
15. **Skin Disinfection:** Apply a 3% solution to minor cuts and scrapes.
16. **Hand Sanitizer:** Mix 1 part 3% hydrogen peroxide with 1 part water.
17. **Sinus Rinse:** Mix 1 tablespoon of 3% hydrogen peroxide with 1 cup of non-chlorinated water (consult with a healthcare provider first).
18. **Hair Lightening:** Dilute 6% hydrogen peroxide with equal parts water and apply to hair.
19. **Whiten Laundry:** Add 1 cup of 3% hydrogen peroxide to the wash cycle.
20. **Facial Toner:** Mix 1 part 3% hydrogen peroxide with 1 part water.

## Household Cleaning

21. **Disinfect Kitchen Counters:** Use a 3% solution.
22. **Bathroom Cleaner:** Spray 3% hydrogen peroxide on surfaces.
23. **Toilet Bowl Cleaner:** Pour a 3% solution into the bowl, let sit for 20 minutes, and scrub.
24. **Grout Whitener:** Apply a paste of baking soda and 3% hydrogen peroxide.
25. **Mold and Mildew Removal:** Spray a 3% solution directly on affected areas.
26. **Tile Cleaner:** Use a 3% solution.
27. **Glass and Mirror Cleaner:** Mix 1 part 3% hydrogen peroxide with 1 part water.
28. **Carpet Stain Removal:** Spray a 3% solution on the stain and blot with a clean cloth.
29. **Fridge Deodorizer:** Spray a 3% solution inside the fridge and wipe clean.
30. **Dishwasher Cleaner:** Add 1 cup of 3% hydrogen peroxide to the empty dishwasher and run a cycle.
31. **Cutting Board Disinfectant:** Spray with a 3% solution.
32. **Trash Can Deodorizer:** Spray a 3% solution inside the can.
33. **Shower Cleaner:** Spray 3% hydrogen peroxide on shower walls and doors.
34. **Hardwood Floor Cleaner:** Mix 1 cup of 3% hydrogen peroxide with 1 gallon of water.
35. **Washing Machine Cleaner:** Add 1 cup of 3% hydrogen peroxide to the drum and run an empty cycle.
36. **Window Cleaner:** Mix 1 part 3% hydrogen peroxide with 1 part water.
37. **General Disinfectant:** Mix 1 part 6% hydrogen peroxide with 2 parts water.

## Garden and Plants

38. **Plant Fungus Treatment:** Mix 1 tablespoon of 3% hydrogen peroxide with 1 quart of water.
39. **Seed Germination:** Soak seeds in a 3% solution for 30 minutes before planting.
40. **Root Rot Treatment:** Water plants with a mixture of 1 part 3% hydrogen peroxide to 2 parts water.
41. **Pest Control:** Spray plants with a mixture of 1 part 3% hydrogen peroxide to 10 parts water.
42. **Hydroponics System Cleaner:** Use a 3% solution to clean the system.
43. **Plant Growth Booster:** Add 1 ounce of 35% hydrogen peroxide to 1 gallon of water.

## Pets

44. **Pet Wound Cleaner:** Use a 3% solution on minor cuts and scrapes.
45. **Pet Ear Cleaner:** Mix equal parts 3% hydrogen peroxide and water.
46. **Pet Stain Remover:** Spray a 3% solution on the stain.
47. **Pet Bath:** Add 1 cup of 3% hydrogen peroxide to the bathwater to help with odors.
48. **Skunk Odor Removal:** Mix 1 quart of 3% hydrogen peroxide with ¼ cup baking soda and 1 teaspoon dish soap, then apply to the fur.

## Food Preparation

49. **Vegetable Wash:** Mix ¼ cup of 3% hydrogen peroxide with 1 quart of water.
50. **Meat Sanitizer:** Rinse meat with a 3% solution.
51. **Sprout Sanitizer:** Soak sprouts in a 3% solution for 5 minutes, then rinse.
52. **Cutting Board Cleaner:** Spray with a 3% solution.
53. **Fruit Preserver:** Soak fruits in a mixture of 1 part 3% hydrogen peroxide to 3 parts water for 10 minutes.

## Laundry

54. **Stain Removal:** Apply a 3% solution directly to stains.
55. **Whiten Whites:** Add 1 cup of 3% hydrogen peroxide to the wash cycle.
56. **Moldy Laundry:** Soak clothes in a 3% solution before washing.
57. **Deodorize Laundry:** Add 1 cup of 3% hydrogen peroxide to the wash cycle.
58. **Brighten Colors:** Add 1 cup of 3% hydrogen peroxide to the wash cycle.

## First Aid

59. **Wound Cleaning:** Apply a 3% solution to minor cuts and scrapes.
60. **Mouth Rinse for Sore Throats:** Mix 3% hydrogen peroxide with equal parts water.
61. **Sinus Infection Relief:** Mix 1 tablespoon of 3% hydrogen peroxide with 1 cup of water (consult a healthcare provider first).
62. **Cold Sores:** Dab a 3% solution on cold sores.
63. **Insect Bites:** Apply a 3% solution to reduce itching and infection.

## Miscellaneous

64. **Tooth Whitening Gel:** Mix 2 parts baking soda with 1 part 3% hydrogen peroxide.
65. **Contact Lens Cleaner:** Soak lenses in a 3% solution (use lens-safe products).
66. **Bathroom Mold Prevention:** Spray a 3% solution on shower walls.
67. **Humidifier Cleaner:** Add 1 cup of 3% hydrogen peroxide to the water.
68. **Tattoo Aftercare:** Apply a 3% solution to new tattoos.
69. **Algae Removal in Fish Tanks:** Use a diluted solution (consult with a specialist for correct dilution).
70. **Air Purifier:** Add 1 cup of 3% hydrogen peroxide to the water in a humidifier.
71. **Deodorize Sports Equipment:** Spray with a 3% solution.
72. **Whiten Grout:** Apply a paste of baking soda and 3% hydrogen peroxide.
73. **Whiten Antique Linens:** Soak in a mixture of 1 part 3% hydrogen peroxide to 3 parts water.
74. **Cleaning Metal Surfaces:** Use a 3% solution.
75. **Restore Marble:** Clean with a 3% solution.

76. **Emergency Water Purification:** Add 1 teaspoon of 3% hydrogen peroxide to 1 gallon of water.
77. **Clean Makeup Brushes:** Soak in a 3% solution for 5 minutes.
78. **Whiten Piano Keys:** Wipe with a 3% solution.
79. **Deodorize Mattresses:** Spray with a 3% solution.
80. **Clean Refrigerator Coils:** Use a 3% solution.
81. **Disinfect Computer Keyboards:** Spray with a 3% solution.
82. **Carpet Cleaning Machine:** Add 1 cup of 3% hydrogen peroxide to the water tank.
83. **Aquarium Cleaner:** Use a diluted solution (consult with a specialist for correct dilution).
84. **Clean Baby Toys:** Soak in a 3% solution.
85. **Clean Hearing Aids:** Wipe with a 3% solution.
86. **Clear Clogged Drains:** Pour 1 cup of 3% hydrogen peroxide down the drain.
87. **Disinfect Yoga Mats:** Spray with a 3% solution.
88. **Clean Grill Grates:** Soak in a 3% solution.
89. **Deodorize Trash Compactor:** Spray with a 3% solution.
90. **Clean Patio Furniture:** Spray with a 3% solution.
91. **Clean Garden Tools:** Soak in a 3% solution.
92. **Disinfect Pool Toys:** Spray with a 3% solution.
93. **Clean Car Interior:** Spray with a 3% solution.
94. **Sanitize HVAC System:** Add 1 cup of 3% hydrogen peroxide to the water reservoir.
95. **Whiten Socks:** Soak in a 3% solution before washing.
96. **Clean Outdoor Statues:** Spray with a 3% solution.
97. **Disinfect Picnic Tables:** Spray with a 3% solution.
98. **Remove Musty Smells:** Spray a 3% solution in the area.
99. **Sanitize Ice Cube Trays:** Soak in a 3% solution.
100. **Whiten Tile and Grout:** Apply a paste of baking soda and 3% hydrogen peroxide.

**Note:** Higher concentrations of hydrogen peroxide (35% and 50%) should be handled with extreme caution and used only for specific industrial or professional applications, typically diluted before use. Always follow safety guidelines and consult with professionals when using higher concentrations.

## **Instruction Guide for Diluting Hydrogen Peroxide**

Hydrogen peroxide must be diluted carefully to achieve the desired concentration safely. Here are the instructions for diluting hydrogen peroxide from higher concentrations to lower concentrations.

### **General Safety Precautions:**

1. **Wear Protective Gear:** Always wear gloves and safety goggles.
2. **Use Clean Containers:** Ensure all containers and measuring tools are clean and dry.
3. **Ventilation:** Work in a well-ventilated area.
4. **Add Hydrogen Peroxide to Water:** Always add hydrogen peroxide to water, not the other way around, to prevent splashing.

### **1. Diluting 50% Hydrogen Peroxide to 35%**

1. Measure 70 mL of 50% hydrogen peroxide.
2. Add 30 mL of distilled water to achieve a total volume of 100 mL.

### **2. Diluting 50% Hydrogen Peroxide to 6%**

1. Measure 12 mL of 50% hydrogen peroxide.
2. Add 88 mL of distilled water to achieve a total volume of 100 mL.

### **3. Diluting 50% Hydrogen Peroxide to 3%**

1. Measure 6 mL of 50% hydrogen peroxide.
2. Add 94 mL of distilled water to achieve a total volume of 100 mL.

### **4. Diluting 35% Hydrogen Peroxide to 6%**

1. Measure 17.14 mL of 35% hydrogen peroxide.
2. Add 82.86 mL of distilled water to achieve a total volume of 100 mL.

### **5. Diluting 35% Hydrogen Peroxide to 3%**

1. Measure 8.57 mL of 35% hydrogen peroxide.
2. Add 91.43 mL of distilled water to achieve a total volume of 100 mL.

### **6. Diluting 6% Hydrogen Peroxide to 3%**

1. Measure 50 mL of 6% hydrogen peroxide.
2. Add 50 mL of distilled water to achieve a total volume of 100 mL.

#### **Notes:**

- Always add hydrogen peroxide to water, not the other way around.
- Store diluted solutions in a cool, dark place in a properly labeled container.
- Handle with care and follow all safety guidelines.