



## Hydrogen Peroxide Inhalation Method by Bill Munro

The hydrogen peroxide inhalation method from Bill Munro has been one of the most popular natural remedies on Earth Clinic for over 15 years. Articles on this page include detailed instructions on the hydrogen peroxide inhaling method and testimonials from hundreds of our readers who have tried this method for viruses, COPD, lung issues, chronic coughs, asthma, cancer, herpes, and more.

### Hydrogen Peroxide Inhalation Method Instructions

1. Empty out the contents of a saline nasal pump and sterilize the bottle with hot soapy water. Make sure you then rinse out all the soap.
2. Fill the empty, sterilized nasal pump with 3% peroxide. Use 3% food grade peroxide if you can get it in your country.
3. Point bottle at the **back of your throat** and, on a sharp inhale, pump the spray 6 times. **DO NOT INHALE IT UP THE NOSE!!** (People misread Bill's instructions from time to time and spray it up the nostrils!!)
4. Do this 4-6 times a day. If you are trying to get rid of a virus, pump every 2 hours or so.
5. It should take about 36 - 48 hours to get rid of a virus. If it's an insipid virus that's been in your system for some time, it may take up to 2 weeks. For other conditions like cancer, please read the feedback in our table of contents section on this page and on our cancer remedy pages for more information from our readers.

**Note:** Before you start this technique, see how little of the peroxide you are actually inhaling by pumping 6 times into a teaspoon. It's a tiny amount.

### Cautions

We do not suggest the use of peroxide higher than 3% solution for this inhaling method. H2O2 is dangerous at dosages higher than 3% if not properly diluted.

Also, always use food grade peroxide if you can obtain it. When we first published this method in 2004, you could not get 3% food grade peroxide, only 35%. Bill Munro never used food grade. Rather, he used 3% plain peroxide from the pharmacy for many years until his death at age 90 in 2014.

### About Bill Munro



This is the first email that Bill Munro sent to Earth Clinic in 2004, introducing his inhalation method:

"I have been inhaling 3% peroxide for over 13 years. And had a bout with Melanoma and Prostate cancer at the same time. At no time would I let anything like a salve be on my open Melanoma because that would take away the oxygen needed to heal from the outside. The peroxide I inhale would supply the oxygen on the inside. I increased the times that I inhale the peroxide into my mouth to 7 or 8 times a day. I used a nasal spray pump. With each inhale I would pump the pump about 10 times. This went on for four months. I now pump 5 times with each inhale and 7 inhales every day. My PSA blood tests say I am clean now."

Bill believed that you need to **give the peroxide at his dosage (5 pumps, 6 times a day) 2-4 weeks to see results for viruses that have been in the bloodstream for some time (ie., lingering viruses)**. Cancer takes about a month, but you would need to continue the therapy for 3-4 months. Apparently any and all viruses cannot survive in an oxygen enriched environment. If you try Bill's technique for cancer, general health, sore muscles, etc., please make sure to see our side effects section for reviews from readers who experienced side effects.

In 2004, Bill Munro was kind enough to let us copy this amazing testimonial on hydrogen peroxide from his website.

"Hydrogen Peroxide is the most over looked chemical used by man. New uses of it are coming to light every day. Bad bugs be they, in your garden or your body, they cannot live in an oxygen rich environment.

At 69 years old my muscles were so tight that to get out of bed I would lay on my stomach and back out on to the floor, push down on the bed and stand up. I knew there was something to correct this bad situation. One morning while having coffee with a friend, I noticed he had brought a small stack of books with him. Being curious, I asked if I could look at the books. The one that stood out to me was "O2xygen Therapies". As I was scanning it, it became more interesting to me. I asked him if I could take it home. It was a week before returning the book. Being convinced Hydrogen Peroxide was what I was looking for, it was now going to into my system? The book gave three choices. Put 8 to 10 drops in an 8 oz cup and drink it, four times a day. Next was, put a pint of 35% in the bathtub and soak for 1 hour once a week. Or go to a doctor for intravenous infusion once a week. None of these had any appeal to me.

After a week or two I decided that the easiest, and most efficient way was to inhale the 3% peroxide into my mouth and on into my lungs. I just happened to have a "Nasal Spray Pump" (see sample picture below). I dumped the contents out, put in the 3% peroxide as it comes from the drugstore. Now, how many times do I pump? I settled for one pump per inhale, and 4 times a day. That went on for about a month. As I was laying down for a short rest, I noticed that I was breathing freely. No forced inhale or exhale. That was the first thing that I noticed while inhaling the peroxide. I then changed the time when to inhale the peroxide. Now I inhale 2 times in the morning and at night. While deep inhaling I pump the pump as many times as I can, usually 8 to 10 pumps each inhale. Another thing I noticed was, I sleep all night with my mouth closed. I used to have heart aches that were very uncomfortable, no more.

My wife and I have been inhaling peroxide for 9 years now and no colds, sore muscles, aches or pains. I take no medication or vitamins. I am less than two years to 80 years old. My lungs don't give out when I work in my garden or other things around the house. My house is 160 years old, so the work never stops. Peroxide keeps our oxygen blood count in the **high 90%'s**.

One of the first people that used the peroxide as I do was very interesting. He had a low self-esteem. I found out that he was on kidney dialysis. I discussed the peroxide several times with him. Finally one day I went to his house with a nasal spray pump. He opened it and poured out the contents and filled it back up with 3% peroxide. He sprayed it in to his mouth and into his lungs. I said you know how to do it, and I left. Three days later I called him to see if anything had happened. He said that he could breath easier. Four days later he called me, he was so excited all he could say was "It's working, It's working". I asked "What did it do?". He said he was waking up about an hour and a half before normal and that he was coughing up all the bad stuff that was in his lungs. He went back to bed and when he woke up, he said he had not felt that good in years. From that time on his spirit was always good and his voice was up beat.

A couple of people told me after four or five years of using the peroxide they stopped. I ask why and both said they did not get sick, and they don't think it was working. You can make that judgment. One friend of ours goes to the doctor for pacemaker check ups and the doctor tells him the peroxide will not help him but it will not do him any harm. He is using his second pacemaker. He has told me several times; if it were not for his inhaling the peroxide he would not be here today.

Bill Munro"

**\*\* Sadly, Bill Munro passed away in January, 2014 at age 90, more than 10 years after first contacting Earth Clinic to share his method.**

### Visual Instructions on the Peroxide Inhalation Method

Interesting in viewing detailed instructions of the hydrogen peroxide inhalation method on YouTube? See Deirdre Layne's video on the subject. Deirdre is the Founder of Earth Clinic and used Bill's inhalation method for over a decade for early onset of viruses.



Continue reading for testimonials from hundreds of Earth Clinic readers who have tried the hydrogen peroxide method over the past 15 years. Please let us know how this method worked out for you!

Source: [http://www.earthclinic.com/remedies/hydrogen\\_peroxide\\_inhalation.html](http://www.earthclinic.com/remedies/hydrogen_peroxide_inhalation.html)

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