

Introduction

Hydrogen peroxide – chemically represented as H_2O_2 – is one of the most common household disinfectants in the world. People typically use hydrogen peroxide for sanitizing small cuts and as a whitener for delicate items, however there is much more to this little brown bottle than most of us realize.

Read on to discover 34 reasons why you need hydrogen peroxide in your home.

Source: <http://www.naturallivingideas.com/hydrogen-peroxide-uses/>

Health & Beauty

1. Disinfect Small Wounds

Hydrogen peroxide is a natural anti-septic, therefore one of its most common uses is to clean wounds to prevent infection.

2. Bleach Your Hair

Because it is more gentle than household bleach, hydrogen peroxide is also great for lightening hair.

3. Just Add Highlights

To get a classic “sun-bleached” look, simply spray hydrogen peroxide over damp hair and let it soak in for 10 – 15 minutes before rinsing out.

4. Whitening Toothhydrogen peroxideaste

Mix baking soda and hydrogen peroxide to make a homemade toothhydrogen peroxideaste that will also remove stains from teeth when used daily.

5. Antiseptic Mouth Rinse

Use a cap full of hydrogen peroxide as a mouth rinse to help whiten teeth and kill germs that cause bad breath.

6. Disinfect Toothbrushes

Soak toothbrushes in hydrogen peroxide to kill staph bacteria and other germs common to the bathroom environment.

7. Whiten Your Nails

Soak fingertips and toes in hydrogen peroxide to naturally whiten your nails.

8. Clear Up Acne

Use hydrogen peroxide as a face rinse to kill the bacteria that cause acne and help clear your complexion. (Or check out these other 11 Natural Ways To Get Rid Of Pimples Fast!)

9. Help Heal Boils

Pour half of a bottle (about 8 ounces) of hydrogen peroxide into warm bath water and soak to treat boils.

10. Soften Corns & Calluses

Mix equal parts hydrogen peroxide and warm water to make a foot soak that will naturally soften corns and calluses.

11. Remove Ear Wax

Health & Beauty (cont)

Put a couple of drops of hydrogen peroxide into ears, wait a minute or two, then follow up with a couple of drops of olive oil. Wait another minute, then drain fluid from ears to remove ear wax.

12. Prevent “Swimmer’s Ear”

Mix equal parts hydrogen peroxide and vinegar in a small dropper bottle. Put several drops in each ear after swimming to prevent infection.

13 .Relieve Ear Infections

Put 6 – 8 drop of hydrogen peroxide in each ear to alleviate symptoms and help clear up an ear infection.

14. Kill Sub-dermal Parasites

Apply hydrogen peroxide to skin affected with mites or other parasites to kill them naturally.

15. Treat Foot Fungus

Combine equal parts hydrogen peroxide and water in a dark colored spray bottle (light exposure weakens hydrogen peroxide) and apply to skin affected by foot fungus each night to stop fungal growth.

Kitchen & Bath

16. Clean Tile Surfaces

Spray hydrogen peroxide directly onto tile to remove dirt and stains.

17. Whiten Grout

Mix hydrogen peroxide with white flour to create a thick paste. Apply to grout and cover with plastic wrap overnight. The next day, simply rinse with water for whiter grout.

18. Clean Toilet Bowls

Pour about half a cup of hydrogen peroxide into toilet bowls and let it soak for at least 30 minutes to clean and remove stains.

19. Remove Tub Scum

Spray hydrogen peroxide on soap scum, dirt, and stains in the bathtub. Let it sit for at least 30 minutes then rinse to loosen grime and make cleaning easier.

20. Control Mold & Mildew

Spray hydrogen peroxide on areas where mold and mildew are present to stop fungal growth and remove discoloration.

21. Clean Glass Surfaces

Spray hydrogen peroxide on dirty mirrors and other glass surfaces to loosen dirt and grime. Wipe away with a clean, lint-free cloth.

22. Disinfect Countertops

Spray hydrogen peroxide on kitchen and bathroom countertops to clean and disinfect.

23. Soak Dishrags & Sponges

Drop dirty rags and cleaning sponges into hydrogen peroxide and let them soak for 15 – 30 minutes to disinfect.

24. Disinfect Cutting Boards



Kitchen & Bath (cont)

Spray hydrogen peroxide on cutting boards to kill germs and bacteria from raw meat and other foods that may have soaked into the surface of the board.

25. Wash Fruits & Vegetables

Spray fruits and veggies with hydrogen peroxide and let soak for a minute or two before rinsing in clean water to remove dirt, wax, and other contaminants.

26. Clean Your Refrigerator

Spray hydrogen peroxide around the inside of your refrigerator and let it soak for a few minutes. Then wipe away with a clean cloth to remove food and disinfect.

Around the House

27. Whiten Laundry

About about a cup of hydrogen peroxide to your wash water and soak fabrics for 15 – 30 minutes to revitalize dingy or yellowed whites.

28. Remove Organic Stains

Mix two parts hydrogen peroxide with one part dish detergent and apply to organic stains (coffee, wine, blood, sweat, etc) to remove them.

Remember, hydrogen peroxide will bleach darker fabrics. Use this technique with caution!

29. De-Funk Musty Fabrics

Mix hydrogen peroxide with white vinegar and soak musty fabrics to remove unwanted odors.

30. Clean Rugs & Carpets

Spray hydrogen peroxide onto light-colored carpets and rugs to remove stains from mud, food, etc. Just remember that hydrogen peroxide will bleach some fabrics. You may want to test this technique in an inconspicuous area first.

31. Refresh Re-useable Bags

Spray hydrogen peroxide inside your re-useable cloth shopping bags to clean, disinfect, and remove food odors.

32. Disinfect Lunchboxes

Spray hydrogen peroxide into lunchboxes, coolers, and cooler bags. Let it sit for a few minutes then wipe away to clean and disinfect.

33. Cleanse Dehumidifiers

Add a pint of hydrogen peroxide to one gallon of water and run the solution through humidifiers to disinfect and remove any mold or mildew that may be growing inside.

34. Improve Seed Germination

Soak seeds in hydrogen peroxide to remove fungal spores and increase germination rate. For more on using hydrogen peroxide to start seeds, check out this great article from Dave's Garden.

