


Mar 30
2020

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There Is Still Hope Out There III: How to Nebulize

$$1 \text{ ml (dropper) Cheik-I-Dine in 3 ml} = 1500 \text{ ppm} * 1/3 = 500 \text{ ppm}$$

I have been getting many questions about how to nebulize. **Folks, I think nebulizing hydrogen peroxide and iodine should be done on every COVID patient. It should be done on every pneumonia patient. It should be done on every influenza-suffering patient. It should be done on every patient suffering from lung problems.**

Nebulizing should be done only with the guidance of your doctor. I would suggest that it is best to find a holistic doctor who can help guide you.

I do not recommend nebulizing on your own.

$$1 \text{ drop 5\% Lugols (6.33 mg elemental) in 3 ml} = 6.33 \text{ mg/3 ml} = 210 \text{ mg in 100 ml} = .21\% = 2100\text{ppm}$$

With my patients, I have them nebulize Lugol's 5% solution. I tell them to put 1-2 drops of Lugol's 5% in 3cc of normal saline and nebulize the mixture.

For hydrogen peroxide, food grade hydrogen peroxide should be used. We mix up a bag of normal saline and add hydrogen peroxide along with minerals. It is similar to the IV version that we infuse into patients.

My cousin, Jerimiah (who you will read about in my next blog), was experiencing shortness of breath and had flu-like symptoms. We were in a pinch since he was 200 miles away. In this case, I had his wife dilute food grade—35%—peroxide down to 3% using clean, sterile water. Then, 3cc of that diluted mixture was further diluted in 250 cc of normal saline. Finally, 3 cc of the saline-diluted mixture can be nebulized.

$$3/250 * 3\% = 0.036\% = 360 \text{ ppm in saline}$$

With hydrogen peroxide, it is much more effective to use the version compounded in our office. The office version is only available to our patients. We do not sell that to the public.

I often have my patients alternate nebulizing between H2O2 and iodine. I would not recommend nebulizing more than 3 times per day.

Iodine can cause some dryness of the throat. Peroxide usually causes no adverse effects.

I want to reiterate that you should clear this with your doctor before doing this procedure on your own. This therapy is inexpensive and very effective.

To All Our Health!
~DrB

$$1 \text{ cup} = 237 \text{ ml saline } 0.9\% \text{ NaCl} = 0.9 \text{ gm in 100 gm (2.13 gm in 237 ml)} \\ \sim 1/2 \text{ tsp (2.5gm) in 1 cup}$$

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 Cathy

Reply

<https://drsircus.com/magnesium/nebulizing-magnesium-and-other-medicinals/?fbclid=IwAR3VQsSGXwdn-WWo5bZqai5r1X-Wx73z15IYW11doqxS8uwsagyPENw>



 **David Brownstein, M.D.**

15 Apr 2020

Cathy,
I have been recommending nebulizing Lugol's for nearly 20 years.
DrB

Reply



 **Matthew**

17 Apr 2020

So final concentration of H2O2 solution is 0.0356%?

Reply



 **David Brownstein, M.D.**

17 Apr 2020

Matthew,
Correct.
DrB

Reply



 **Vanessa**

13 Apr 2020

I'm new to the world of natural medicine. What doctors or practices would you recommend in the Minneapolis, MN? I feel me and my family need to learn and practice using a nebulizer for respiratory illnesses.

Reply



 **David Brownstein, M.D.**

14 Apr 2020

Vanessa,
Go to <http://www.icimed.com> to find a holistic doctor. Also, we do telemed appointments for help with COVID and nebulizing.
DrB

Reply



 **Tami**

13 Apr 2020

Can you nebulize the iodine if you are allergic to shellfish and intravenous iodine?

Reply



 **David Brownstein, M.D.**

13 Apr 2020

Tami,
Perhaps. It is best to work with an iodine-literate-knowledgeable doctor.
DrB

Reply



 **Alessandro**

12 Apr 2020

Hello Dr. Brownstein, thank you so much for the useful instructions.
I only have Lugol's 15% solution. Would I be able to use this solution to nebulize, or is it too strong?

Reply