

## **Patient Testimonial**

In support for IV Hydrogen Peroxide for the remediation of Diverticulitis  
C.W.B

My experience with intravenous Hydrogen Peroxide therapy comes after a one and a half year struggle with recurring diverticulitis.

After approximately one month of increasing pain and diarrhea in October of 2002, I was admitted through the emergency room to UMass Memorial Medical Center, in Worcester, Massachusetts. After a CT scan, I was told that my rectum bleeding was the result of an infected and perforated diverticulum, and that I had widespread infection in my lower intestines. A surgeon who appeared at my bedside in the emergency room, accompanied by two gastroenterologists, informed me that I could never again have a recurrence this severe without having to "go on a bag."

As no one had addressed my diverticulitis apart from noting its presence, I had thought of it as a common and non-worrisome condition with which half the over-fifty population lived. Its connection with colostomies never occurred to me. Many was the evening I spent eating an entire batch of buttered popcorn by myself, never bothering to chew it thoroughly. The night before my hospitalization had been another such night and it is possible that the sharp and undigested hulls triggered the bleeding. I had spent that day at home from work because of the severe pain and exhaustion from lack of sleep, but I had the popcorn anyways as something quick and easy on which to snack.

I spent eight days in the hospital receiving intravenous antibiotics (they had tried to keep me even longer). My healing regimen included nothing by mouth for several days, then liquids, and then pureed foods, which I continued on for the next month or more thanks to the provision of juicers. My weight had dropped to around 110 lbs., practically skin and bones for my 5'7" height.

On top of diverticulitis, I also struggled with fibromyalgia/chronic fatigue and multiple food and inhalant allergies, which resulted in frequent "crashes" after eating (muscle weakness, brain fog, halting speech, exhaustion, flare-ups of abdominal pain and resulting diarrhea). I also deal with low thyroid, depression, and attention deficit disorder. I didn't want to end up a colostomy patient as well!

I went through extensive allergy testing and was given treatment shots; I avoided nuts and popcorn for months, took anti-inflammatory supplements (glutathione, vitamin C, and fish oil, which seemed to help), and made attempts to avoid my allergic triggers and rotate those I couldn't avoid by going on a four-day rotational diet for a few months. I recently found I had gained twenty-five pounds since I had left the hospital. As thrilled as I was to gain, it came with the price of eating too much and often too carelessly. I had been eating nuts for a long time, chewing them carefully. I started eating sweets at holidays, which continued afterwards and aggravated the inflammation, which is now manifesting. Recently, I again began to have lower abdominal pain, generalized across my lower abdomen but with an additional sharp pain in the lower right quadrant, which simply would not go away.

In addition to this, I had been dealing with a bout of bronchitis for two months, using finally and unwillingly, the antibiotic Zithromax. This cleared 90% of the bronchitis, but did not end the diverticulitis. Dr. N. Thomas LaCava suggested a Hydrogen Peroxide IV, which I accepted, having very few expectations. Although the site of the needle was a little “stingy” throughout the process, I was glad to be getting the help, even though I was not optimistic.

Two days later (today!), I arrived at work very tired as usual and having somewhat of a lingering chest irritation associated with the bronchitis. What I **did not** have was any lower abdominal pain, my first day of freedom in over a week. Dr. LaCava explained that the Hydrogen Peroxide will “oxidate”, which brings oxygen into the cells and provides germ-killing properties.

This afternoon, I have only a very slight trace of pain across my lower abdomen after having consumed a salad for lunch.