



The One-Minute Cure: The Secret to Healing Virtually All Diseases

Madison Cavanaugh

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The One-Minute Cure reveals a remarkable, scientifically proven natural therapy that creates an environment within the body where disease cannot thrive, thus enabling the body to cure itself of disease. Over 6,100 articles in European scientific literature have attested to the effectiveness of this safe, inexpensive and powerful healing modality, and has been administered by an estimated 15,000 European doctors, naturopaths and homeopaths to more than 10 million patients in the past 70 years to successfully treat practically every known disease -- including but not limited to cancer, AIDS, heart disease, diabetes, Alzheimer's Disease, Parkinson's Disease, hepatitis, multiple sclerosis, herpes, Rheumatoid Arthritis and asthma.

The One-Minute Cure: The Secret to Healing Virtually All Diseases Details

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From Reader Review The One-Minute Cure: The Secret to Healing Virtually All Diseases for online ebook

Iona Stewart says

This is an okay, informative book about the benefits of hydrogen peroxide and ozone. These products provide the body with oxygen and can thereby heal practically anything.

If I had known that the book was about oxygen/hydrogen peroxide, I would not have ordered it from the library, however, since I have previously read another book on the subject – Hydrogen peroxide: Medical Miracle by William Campbell Douglass, in which I understood that the substance did not always have a healing effect and sometimes could be harmful (see my review of this book).

In the present book we are also informed of its dangers, if not used correctly. The author states that the substance's health benefits are "accompanied by practically no known risks" – the key word being "practically".

For me, one of the difficulties in using hydrogen peroxide would be measuring the correct amount. I would need to be able to find out exactly how much an ounce is; some of the dangers involved with this therapy are in making sure you get the right amount and not too much.

We are advised to use "35% Food-Grade H₂O₂ diluted in 6-8 ounces of distilled water" – (and where do you get hold of distilled water?). I eventually found the product with this strength on Amazon.

Of course, it may be possible to find a doctor/therapist who offers hydrogen peroxide or ozone treatment, but I have never heard of anyone offering it. And I understood from the book that it has been discredited owing to the obvious threat to the pharmaceutical industry. Since the treatment cures practically all diseases, nobody would need pharmaceutical drugs any more,

I would recommend this book to all those willing to try this apparently miraculous treatment, and who are not afraid of the practical measurement problems involved.

Simon Wiskowski says

Terrific! There is a glaring conflict of interest in the pharmaceutical industry. Drugs are supposed prescribed to 'cure' people of disease, but if said people were actually cured, the pharmaceutical companies wouldn't sell any drugs and they wouldn't make any money. It's literally that simple. This is an economic conflict of interest. I can't believe more people don't see this, or if they do, aren't willing to accept it.

Paul says

Are you interested in a simple medical therapy that has been known for at least 150 years, that creates conditions inside the body where disease cannot thrive, that is currently being prescribed by over 15,000 European doctors, and that can be self-administered and costs less than 2 cents per day? The magic

ingredient is . . . hydrogen peroxide.

The human body is approximately two-thirds oxygen. It has been shown that unwanted germs and viruses cannot thrive in an oxygen-rich environment. Unfortunately, in our increasingly polluted world, and with the American sedentary lifestyle, most people don't get enough oxygen. It requires more than just being outside and deep breathing.

Several things have to be kept in mind. The hydrogen peroxide found in the local pharmacy is good for use on cuts and bruises and acne, but it should not be taken internally. It is necessary to find 35% food grade hydrogen peroxide (it can be found online). Then it has to be diluted by a lot, down to a 3% strength (taking "straight" hydrogen peroxide internally can be fatal). The diluting has to be done with distilled water, not regular chlorinated water. It also has to be taken on an empty stomach. The hydrogen peroxide could react with the food's bacteria and cause nausea or vomiting. You may feel sick for a few days after starting this therapy. Don't worry about it; it's just your body getting rid of toxins and dead cells.

Why don't American doctors prescribe this therapy? Blame Big Medicine and Big Pharma. This has the potential to revolutionize American healthcare and they are not shy about intimidating any doctor who says nice things about hydrogen peroxide.

Needless to say, this book is not meant to replace your primary care physician. That being said, this book is short, easy to understand, and extremely highly recommended.

Natascha says

I don't know what to think. The author informs us about concepts I am very well aware of. Of course doctors and the medical industry NEED us to be sick, otherwise their existence together with their income will be threatened. Therefore I rarely follow the advice of doctors and my doctor in general. But, somehow I find it also very difficult to believe that this so-called cure is without any danger. There are so many rumours and "cures" on the internet, that at the end you start wondering what is real? So, I decided to give it a try, but starting with the 3% solution and only externally. If no problems, I could begin with the inhalation method, but I really need to be convinced to try the 35% solution internally!

Coralie says

So far very interesting. I am going to give this therapy a try.

Kathleen Messmer says

Very informative. Since reading it, I want to explore more about this fascinating subject. We need this information!

Acquafortis says

I knew about charged oxygen being used in a variety of diseases with great success. I knew about the phagocytes in body using hydrogen peroxide as a first line defence. I practically knew about all the author was talking about.

I agree that with our current lifestyles oxygenation of tissues can help a lot especially in chronic, degenerative and infectious diseases.

However what leaves my dubious is the administration of H₂O₂ in water. Hydrogen peroxide is highly unstable so Oxygen will be released immediately in the water used for administration. How much will be absorbed in the blood stream assuming that the bulk goes via oral systemic absorption not via mouth mucosa which avoids the first pass effect of the liver (the detoxification mechanisms of the liver)? How much will be neutralized by the acidic environment in the stomach?

The book is full of historical annotations of the use of H₂O₂ in various diseases but practically nothing is said how eventually the absorption is going to happen via oral systemic absorption and deposit active Oxygen there where in is needed that is deep inside tissue levels and in cells.

The author admits that most of the data comes from intravenous administration of H₂O₂ which makes sense since bioavailability of H₂O₂ is highest via this route.

So yes the idea is interesting but I have my doubts how much is effective by the oral method the author is advocating.

Damian says

Everyone should read this book! If you care about your health and wellness, this book should be in your possession. I was so blown away by this, I sent multiple copies to people! When you read it you will understand why.

Susie says

This is short book that gives info on using food grade hydrogen peroxide. It gives some history to fill out the book with the meat of the book in the middle. Personally, although it looks intriguing it is a little more complex than what I'm willing to try. Although this is a nice guide, this information can also be found on the internet.

Charles says

As the author states, "[H:]ostile micro-organisms are eradicated by hydrogen peroxide." 35% hydrogen peroxide, when properly diluted, can flood the bloodstream with oxygen to such an extent that it pushes out anerobic bacteria and viruses while avoiding any harmful effects on the good bacteria or the enzymatic wall of the cell.

The protocol for health is found on one page (page 75) of this 114-page, six-chapter paperback, and it consists of, at a minimum, 3 drops of food-grade hydrogen peroxide in an 8 oz. glass of distilled water three times a day, up to a minimum of 25 drops (in an 8 oz. glass of distilled water) three times a day for a

minimum period of 46 days, after which time one simply makes a regular health regimen for oneself through the use of 3 drops of food-grade hydrogen peroxide in an 8 oz. glass of water three times a day for the rest of one's life.

The opening and uphill chapters before the reader reaches the protocol consist of a critique of the medical establishment as well as the pharmaceutical industry and anecdotal as well as historical evidence for the healing powers of 35% food-grade hydrogen peroxide. The author also includes a warning about not ingesting 3% hydrogen peroxide which you can find in a shopping mall because it contains "stabilizers." While stabilizers can be harmful, they can also be good for you (anti-oxidants are stabilizers), and the author never details why the stabilizers in 3% hydrogen peroxide are harmful. (They're harmful because they are toxic and contain metal.)

While the title of the book uses the word "cure," the inside page contains a disclaimer that the information in this book does not claim to prevent or "cure" disease and the author states as well in the first chapter, "The oxygen therapy presented herein does not actually 'cure' disease, but rather creates an environment in your body that is uninhabitable by disease organisms, viruses, harmful bacteria and pathogens."

In the last and sixth chapter, the author alerts the reader to the fact that stress is an illness-creator, adding as well that stress can close the cells of the human body and prevent oxygen from being captured by them, thus setting up inside the body an environment for microbial invasion.

How then do we eliminate stress?

Madison Cavanaugh, the author, sadly does not answer the question directly but does include an "Appendix" where she leads the reader by the nose to a website where one can learn something about "The Greatest Manifestation Principle in the Word," a site that allows you to buy a book that supposedly helps supplement those followers of the New Age phenomenon, the Law of Attraction, in order to make it even more successful and more complete. So . . .ho, ho, ho, it's Magic!

The prospective buyer of this book can try this protocol to find out whether it works for her or him or the buyer can go straight to "The Greatest Manifestation Principle in the World" since the testimonials there include the eradication and cure of all disease -- even without the aid of hydrogen peroxide! Perfect mind control!

Or the prospective buyer can simply use Miracle Mineral Solution, which does what hydrogen peroxide claims to do, except there's no risk since H₂O₂ can burn the skin and is highly flammable.

H.orses says

This is a book that I got into online when I was randomly researching and clicking on a bunch of different links. A video to this book came up and then brought me to a website that raved about how this amazing cure worked for many people. BUT, nothing ever said what this cure was and I thought it was just a hoax to get people to buy the book. Then a few weeks later I see it laying on a friends table and was able to read it for myself. Nice coincidence, huh? I'll tell you this now THIS IS NO HOAX ITS A VERY INFORMATIONAL BOOK and I agreed with a lot of what Cavanaugh talked about. You get an insight on our corrupted medical world along with a freakishly simple therapy that has cured many diseases. The only reason they don't talk about it on the website or the videos is because its all legal stuff. The first pages of a book is a disclaimer that

basically says how its all an opinion and shouldn't be taken as actual medical advice and blah blah blah. I think I'm allowed to tell you what this cure is, so... Its just hydrogen peroxide! A simple way of oxygenating the body which leads to amazing healing capabilities in it. I've been using the 99 cent external hydrogen peroxide on my face and my acne is really starting to go away. If you want to try this therapy you DO need to get the book because there are many different kinds of hydrogen peroxide and the book goes into the exact directions. Its fairly simple, but you the directions are needed. Overall; I was pleasantly surprised.

Alex says

This was a very quick read, only a little over 100 pages. I read it because I was interested in having a bit more in-depth information about oxygen therapy than what is offered online in articles and testimonials from people. The truth is, I believe that you can find thorough and in-depth information just by doing research online. This book did not offer anything extra that I did not already know about the topic at hand. That is not to say it is a bad book. If you know nothing of the subject, it definitely is a good book to build your foundation of knowledge.

What I was looking for here, was for this book to offer more info on the actual application of the treatment as far as how to make the hydrogen peroxide solution, the science behind how it works, and to go more in depth about what it does in the body. The book does touch on these things...briefly, but I just wanted more info regarding that. What this book does do a good job of is providing you with the historical context behind the use of oxygen therapy and why it is seen as controversial in the present day society.

What I did not like about this book is that it constantly refers to oxygen therapy as a "panacea" or a "cure all" for all disease. I think that statement is a bit overzealous. I think it is more accurate to say that it would be highly effective in the treatment of most pathogen-based diseases of the body (i.e. this would not include diseases or conditions that are genetically based, for example).

What I did like about the book is that it is very short and concise and easy to understand. There is not a lot of "filler" info, it's just straight to the point. I wouldn't advise this to be your only source of info on the subject. Please dig deeper, which is why I like that there is a bibliography that references other books in the back of this one. I did appreciate the segment of the book that dealt with the subject of "stress" that could cause the oxygen therapy to not be effective. I think this was a nice rebuttal to saying that this was a cure-all answer to all health problems. It basically implies that health is holistic and not just physically based.

Robert says

This very thin, large-type book actually has about one chapter which is on the subject of the book's title "The One-Minute Cure" which is basically the practice of drinking distilled water with a measured amount of Food Grade Hydrogen Peroxide. The other chapters explain the value of oxygen to the body and immune system. Oxygen therapies include introducing extra oxygen to the body by one of various means: 1) Hyperbaric Chambers 2) IV administration of Hydrogen Peroxide 3) drinking water w/Food Grade Hydrogen Peroxide. The later one you can do at home with a couple of proviso's. Since Hydrogen Peroxide is a powerful oxidizer, you don't want to mix it with food or other medicine. The recommendation is to drink the mixture one hour before or three hours after a meal.

My main criticism is that the author fills the book with chapters about the corrupt self serving "sickness" system (it is NOT a health care system). While all these criticisms are valid, they feel like they are just filler material for a book which is too unsubstantial to merit its high price. The entire time I read this book (1 hour) I kept thinking that the author is a hypocrite because he, himself is guilty of the same thing that he accuses other players in this corrupt "health care" system. He is using his expert knowledge to earn unjustified rewards from sick people. He is selling this unsubstantial book for too high a price considering that the content for which I bought it filled only a few pages.

I was interested in how to safely consume the Hydrogen Peroxide. Answer: One drop (35%) per 8 oz of distilled water. Increase an additional drop each day until about 25 drops. Decrease if signs of an upset stomach. Now that I have given away the recipe you don't need to buy the book.

Margie says

I can't give this more stars until I see if their argument actually works. After I read this, I found out that a woman my mother visits uses this remedy every day and hasn't had to go to the doctor for 10 years. If you believe the author, the reason people like me haven't heard about this (I'm purposefully NOT telling you what "this" is) is because of the mafia-like behavior of the big-money pharmaceuticals in actually preventing us from hearing about it. I'm not sure I don't agree with that. I'm going to try this remedy and see how it goes. As we say in basketball, "No blood, no foul," or another way to put it could be the axiom, "Nothing ventured, nothing gained."

Sher says

For anyone who believes that traditional medicine does not have a corner on health and healing, this book is a must. If you believe in actual healing, or in the fact that a loving father would not allow terrible diseases to run rampant on the earth while the only treatments would be terribly expensive and involve cutting and/or administration of drugs, often with horrendous side effects, you must read this book. I have always believed that the cure for whatever ails the human race, medical or otherwise, will ultimately be simple. This book bares that out.
