



*Look Within*

# HYDROGEN PEROXIDE IN EAR TREATMENT



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### The Simple Steps To Help Prevent A Cold Or Flu

Hello and welcome, I'm Russ Curran. I'm a regular everyday guy who decided to peel back the onion many, many layers and get at the truth for the betterment of my family, friends and as many people as I can reach. I'd like to ask for your help right now as well. If you find value in what I'm presenting to you here and you start to feel better as a result, please share this free treatment with all of your family, friends and people you care about.

I have spent the last 15 years researching the human body, how it functions, what it needs to function optimally and why disease manifests. I did this as a result of my mother battling lung and brain cancer back in 2000. She survived despite her conventional treatments of surgery, radiation and chemotherapy (better known as "cut, burn and poison"). These three things combined dramatically increase your chances of cancer spreading and returning. If you don't know what I'm talking about, please visit my website to learn more here;  
<http://www.epigeneticsandnutrition.com/about>

As a result of my thousands of hours of research which continues today, consulting with expert Doctors such as [Dr. Thomas Lodi](#), [Dr. Leonard Coldwell](#) and [Dr. Gordon Josephs](#), I uncovered so many effective, inexpensive health protocols that I decided to share them with as many people as possible.

The Hydrogen Peroxide Ear Treatment is one of many that I love to share. It's safe, easy, inexpensive and highly effective. Most people don't realize that it's the ear canal and not our nasal passage that is the culprit for the bacteria that enters our body and as a result, a cold or flu develops.

The Hydrogen Peroxide Ear Treatment is the answer! Are you tired of suffering through colds and flu's that last for weeks on end? Well, all that is now a thing of the past if you use this method consistently, especially during the winter months.



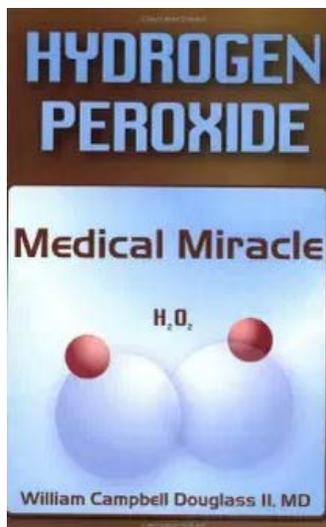
Here's a great trivia question that I always stump people on... when bacteria enters the body and your body's natural defenses come to the rescue and attack and puncture the invading bacteria's cell walls, what substance does our attacking cells flood into the foreign invaders cell walls, the answer, Hydrogen Peroxide! And, better yet, what vitamin once consumed naturally, produces hydrogen peroxide in the body? The answer, Vitamin C!!!

So, it's always a great idea to regularly consume organic fruits and vegetables (which are loaded with vitamin C) to aid in this natural process!

Hydrogen Peroxide is really an amazing all natural chemical. Chemicals make up everything inside us and around us, however, it's the harmful chemicals that we need to be aware of and stay away from as we make wiser choices in everyday life.

Hydrogen Peroxide should always be present in your household as there are so many great uses. It's also important to call out the difference between the brown bottle of hydrogen peroxide bought in stores like CVS, Walgreen's, etc... versus the "food grade" hydrogen peroxide you can buy in select health food stores and online.

Here's a link to a great book by Dr. William Campbell Douglass II explaining all the benefits of hydrogen peroxide; <http://www.epigeneticsandnutrition.com/hydrogenperoxideear>



Food Grade hydrogen peroxide is safer than store bought because it does not contain potentially harmful chemical stabilizers. In a pinch, it's okay to use store bought "non-food grade" hydrogen peroxide for this particular treatment. I have done that at times when traveling when I start to feel something coming on, it will do the trick. However, for long term consistent use, make sure you use "Food Grade" hydrogen peroxide.



My brand of choice for “food grade HP” is made by Essential Oxygen and you can buy it online here; <http://www.epigeneticsandnutrition.com/essentialoxygen>

The proper way to store the hydrogen peroxide used for the ear treatment is in a colored glass dropper. The glass eye dropper makes it easy to apply the HP drops in each ear. If you don't have a glass eye dropper, no worries, they are inexpensive and you can buy online right here by clicking on this link; <http://www.epigeneticsandnutrition.com/glassdropper>



### **Okay, now let's get to the easy steps for the Hydrogen Peroxide Ear Treatment:**

1. Chose a side to lay down on, either right or left first, on your couch or bed and put 3-5 drops in that ear and let it work for 5-10 minutes. When 5-10 minutes is up, simply put a facecloth over that ear and let it drain.
2. Simply turn over to the other side and repeat the process applying 3-5 HP drops in that ear. Drain in facecloth after 5-10 minutes.
3. That's it, you're done, go and enjoy the rest of your day!



Note: Hydrogen peroxide will not hurt while in your ear canal, it will simply fizz & bubble and feel a little funny at first as this is new to you.

The bubbling and fizzing is just the HP doing its thing. Even if it doesn't bubble and fizz, just know, it's still working and let it work for 5-10 minutes in each ear.

## You might be thinking when should I do this treatment?

Well, there are three short answers to that question.

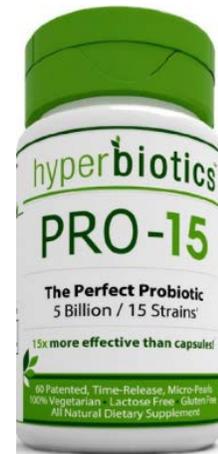
1. When you first start to feel something coming on in your throat, or you start sneezing or your nose starts to run, immediately start doing these treatments that same day. I would do 2-4 treatments that day with each treatment spaced out 1-1.5 hours apart. This will help to knock it out and kill it before it has a chance to take root. Also, load up on those fresh organic fruits and vegetables for that all natural vitamin C!

**Health bonus** – add one additional step to help prevent a cold or flu from taking root, while you are doing the HP treatments & eating the organic fruit and veggies, you should also be taking a probiotic. Probiotics help with your gut health. The better your gut health, the less sick you will be!

This Probiotic is one of the best and one I use and recommend. Great for intestinal health and lactose and gluten free!

You can order online by clicking on this link;

<http://www.epigeneticsandnutrition.com/probiotics>



2. When you're already sick. Unfortunately, sometimes we get run down from working too much and a cold or flu hits us hard. When you already have a cold or the flu, you can't knock it out overnight like you can if you catch it early and follow the protocol in step one. However, you can definitely feel better faster and end the cold or flu quicker by following the protocol in step one.

Also, when sick, a great food to eat is "fermented vegetables" as they are highly nutritious and again, aid in digestion (nutrients being absorbed) and in improving your intestinal or gut health! I'm a big fan of Eden Foods and their "fermented sauerkraut", just love the stuff! I eat this by itself and on top of everything! Load up, especially when you are sick! You can buy it online here;

<http://www.epigeneticsandnutrition.com/sauerkraut>



3. When you're feeling fine and have no health problems at all. You should still be doing the HP treatment as a preventative. Especially during the winter months, my family and I as well as the people I work with do this treatment once a day between December and February. Outside of those months, once a week is fine, unless you start to feel something coming on, then refer to step one.

You should also continue taking a probiotic and eating organic fruits and veggies as well as eating as much fermented vegetables as possible. This will all but guarantee that a cold or flu will never be able to take hold and if it does, it will be short lived and you'll feel fine as you fight it off!

This hydrogen peroxide ear treatment has already helped thousands of people all over the world. As of this writing, my video is about to go over 800,000 views!!! This is simply because it works and people are sharing my video. My hope is you will do the same!

Here is my video in case you have not seen, share it with your family, friends and all the people you care about!



Click on the Video image above or this link to view and share;

<https://www.youtube.com/watch?v=KOiGk7GdCS8>

Another common question I'm asked is, is treatment safe for my children? In the expert opinion of the Doctor's I referenced on page two (especially Dr. Gordon Josephs who is a pioneer in the field of hydrogen peroxide) and my opinion based on 15 years of research and personal use for years with my daughter, absolutely!

Here's another video I did to show that I do use this treatment on my daughter. Actually, she is old enough now and does this on her own! Watch the video here and again, share with your family, friends and people you care about that have children;



Click on the Video image above or this link to view and share;

<https://www.youtube.com/watch?v=7ouWPHs4ksk>

The final health recommendation I will make to everyone who has and continues to suffer from colds and the flu, especially chronic sinusitis sufferers, is to use NeilMed Sinus Rinse! This is the safest, most effective sinus rinse on the market. It is inexpensive and you can buy it online right here.



This has been a great addition to my health protocol as it relates to my sinuses and it's easy to use and fast. I no longer suffer from sinusitis! The hydrogen peroxide ear treatment with the combination of the NeilMed Sinus rinse, make a powerful preventative tandem.

Click on the image above to order or the link below;  
<http://www.epigeneticsandnutrition.com/sinusrinse>

If you found value in what I have shared with you here, again, share this PDF with your family, friends and people you care about. If you commit to doing all that I have written about here, you will be on a path to better health! Thousands of people already have found better health! I wish the same for you!

Cheers to your health!

Russ Curran

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