



# *Look Within*

Healing Comes From Within

## HYDROGEN PEROXIDE IN EAR TREATMENT



Presents

## THE HYDROGEN PEROXIDE IN EAR TREATMENT

### 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 18+ 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 in 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 in 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?

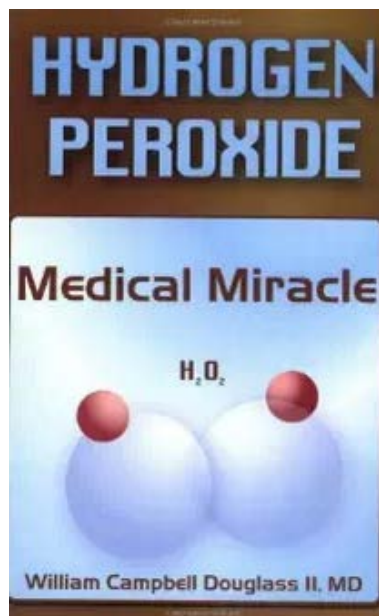
The answer, Hydrogen Peroxide! And, better yet, what vitamin once consumed naturally, produces hydrogen peroxide in the body? The answer, Vitamin C!!

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;  
<https://goo.gl/BVGKBa>



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; <https://goo.gl/s2vMFV>

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; <https://goo.gl/arpRCP>



## ***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.

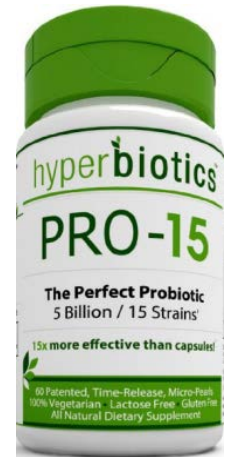
The bubbling and fizzing is just the HP doing its thing. Even if it doesn't bubble and fizz, just know, it's still working and let it work for 5-10 minutes in each ear.

## 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** – an 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;

<https://goo.gl/5g6AqP>

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 Wildbrine products 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;

<https://goo.gl/VS6zTJ>



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 in ear treatment has already helped thousands of people all over the world. As of this writing, my video is about to go over 1,000,000 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 18+ 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>

- Another recommendation I 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. This has been a terrific 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 in 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;  
<https://goo.gl/25s974>

- The World's Most Powerful Natural Synergistic Lifecraftred Antioxidant Formula

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!

AviaChi is a combination of the world's most powerful superfoods in a nutrient dense formulation that helps with natural energy that comes on fast and sustains even longer. It also has natural appetite control from the incredible fiber blend.



Another great benefit is it is designed to promote natural fat loss. There are subtle, gentle and effective ways to nutritionally help your body to dump undesirable fat and to build youthful, beautiful, smooth, attractive muscle.

When this happens AviaChi supports you actually becoming more youthful appearing, trimmer, slimmer, healthier and looking more radiant. If you have way too much fat at the start, with this nutrition your weight will sort of hover at first and then gradually start to go down.

Look at these amazing ingredients. It's important to understand that for 98% of the population, nobody gets the appropriate servings of fruits and vegetables in their every day diet. There just isn't enough time in the day and if you were to buy what is available to you in each serving of AviaChi, you would blow through your food budget.

Free radicals wreak havoc in the human body. And, the more acidic a diet a person has (process foods, take out, fast food, etc.), creates even more free radicals to deal with. When there is an abundance of free radicals, bad things start to happen.

Different health ailments start popping up, some more serious than others. So, what wipes out free radicals? Antioxidants wipe out free radicals. Why not put the most powerful antioxidant formula to work for you on a daily basis?

Check out these ingredients!

## *AviaChi Ingredients*

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Ingredient/Proprietary Blends mg/serving

- 100% LifeCrafted ingredients are Wildcrafted, Organic, Pure Cultures or Reasonably Farmed, Test Free of Agricultural Chemicals.
- Super Juice Blend: 3,766
- Orange, Passion Fruit, Apple Cider Vinegar, Raspberry, Red Beet, Acerola Cherry, Apple (as malic acid), Ginger, Elderberry, Lemon, Lime, Schizandra, Pineapple, Pink Grapefruit, Aronia, Mango, Sea Buckthorn, Cranberry, Blackberry, Nutmeg, Cayenne, Sumac Berry, Black Currant, Bilberry, Noni & Strawberry
- Strata Flora Support Group: 2,060
- Birch xylitol, Agave Inulin, Glucomannan & D-Mannose, plus 77 flora blend, apple fiber, fresh water diatomaceous, charcoal & tapioca
- Cellulon: 1,330
- Super-food Sunflower Lecithin, Royal Jelly & Coenzyme Q10
- Dynamic herbal blend: 1,239
- CoralPure Sea Minerals, Garcinia Cambogia, Hoodia, African Mango, Nova Scotia Dulse, Kelp, Rooibos, Green Wild Oat, Fo-ti, Cordyceps, Forskolhi, Maca, Bamboo Sap, Caralluma, Cistanche, Gotu Kola, Siberian Ginseng, Red Euphoria Fruit, Shilajit, Dunalielia, Rose Buds & Pine Pollen.
- Amino Acid Group: 1,050
- L-Taurine & L-Arginine, L-Carnitine, Creatine, GABA
- Agave: 557
- (High-tech hypo-allergenic enzyme-digested saccharomyces cerevisiae as 17 specific cultured complexes - a rich source of vitamins, minerals & trace elements, plus alpha lipoic acid - ALA, bioflavonoids, MannaOligoSaccharides - MOS & isoflavones)
- Nitro Blend Extracts of: 546
- Green Tea, Trans Ferulic Acid, Pineapple Bromelain, Red Ginseng, Matcha Green Tea, Tongkat Ali, Red Coffee Fruit, Green Coffee Bean, Yerba Mate, Cocoa Bean & Ormus Silver.
- Precious Oils: 102
- Organic Coconut, Aleipho Elaia & Himalayan salt, plus essential oils of sweet orange, sweetgrass, rosewood, galbanum, frankincense, myrrh, spikenard, clary sage, cedar leaf, lemon eucalyptus, white sage, cinnamon leaf, white rose, oud, iris & blue lotus.

Here's a link to sign up as a member, there is no charge for that. Once a member, you can order this amazing product as a customer whenever you like.

<https://goo.gl/jzPBeU>



The last product I will mention is for people 18 years of age and older. CBD oil. Why CBD oil? Well, the question should really be why not CBD oil because there is no reason not to take this product. You can receive \$50 OFF your first order, details below!



It has literally pages and pages of health benefits. Did you know the human body has always had receptors that are naturally made for cannabinoids. They go together like a hand and glove.

Purium is one company I have been with for almost 5 years now. They have their own farms and grow everything they make biodynamically and organically. They recently released a progressive new sublingual spray called CBD+.

Every bottle contains 1500mg of hemp-derived cannabidiol (CBD) and blends full-spectrum hemp seed oil with CBD extract. Not only has CBD become a leading trend in the wellness community, but so have sublingual sprays.

This product has quickly become a forerunner in the race for creating natural supplements that are pure, safe and effective. Let's check out the facts!

## First Things First

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When people hear “CBD,” they may think of *marijuana’s* mind-altering effects, but this isn’t accurate. Hemp is NOT – I repeat, NOT POT.” Marijuana contains a psychoactive compound tetrahydrocannabinol (THC) that is responsible for brain fog, euphoria, delayed reactions and the feeling of being “high.”

By contrast, hemp-derived CBD has been used to reduce the psychoactive effects of THC! They look similar but are very different.

## CBD Studies

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Although studies of CBD are relatively new, substantial discoveries have been documented to show its success as a form of therapy for many kinds of health functions. Medical doctors, pain relief clinics and Post Traumatic Stress Disorder (PTSD) treatment centers are all showing interest in this using this wellness product.

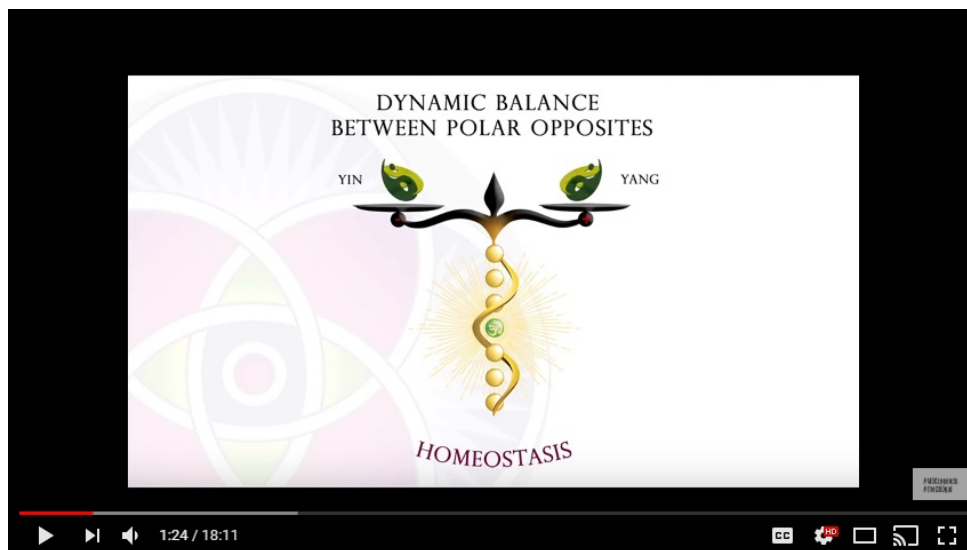
## Pure + Premium

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Our mission to provide pure and premium products continues with CBD+ sublingual spray. Providing the best Mother Nature has to offer, in the quickest and most effective way.

At 50mg per serving, the oral spray is based in organic full-spectrum hemp seed oil. This product is intended for adults, so please consult a physician before administering to a minor.

Here’s to pushing the envelope of health innovation and improving our bodies with nature’s purest gifts. Watch this video here and see for yourself why CBD oil is so important to supplement with;



Click the image itself to watch the video or this direct link here;

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

After watching this video, you will see very clearly why CBD oil is a must for everyone on this planet. Here's a link to order as a customer and receive \$50.00 OFF your first order!! When ordering it will ask you for your gift card code, enter – **lookwithin** to receive \$50 OFF!

<https://goo.gl/tecSs8>

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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