

## **Hydrogen Peroxide Treatment for Colds**

It is important to begin treatment as soon as symptoms appear. If treatment is started promptly effectiveness seems to be in the 80% range.

We have found remarkable results in curing the flu & cold within 12 to 14 hours when administering a few drops of 3% Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>) into each infected ear, (sometimes only one ear is infected) The H<sub>2</sub>O<sub>2</sub> starts working within 2 to 3 minutes in killing the flu or cold; there will be some bubbling and in some cases mild stinging occurs.

Wait until the bubbling & stinging subside (usually 5 to 10 min) then drain onto tissue and repeat other ear. A bottle of Hydrogen Peroxide in 3% solution is available at any drug store for a couple of dollars.

Although this method is perfectly safe for infant/children to use, the loud bubbling and stinging frightens them, they'll need someone they trust to put the hp in their ears. (don't get h<sub>2</sub>o<sub>2</sub> in the eyes- if you do, flush with water)

All the best,

George DeFranca, DC