

A Simple, Inexpensive Trick to Cure a Cold

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<http://articles.mercola.com/sites/articles/archive/2010/11/22/the-common-cold-simple-strategies-for-prevention-and-treatment.aspx>

Each year Americans catch more than one billion colds, making the cold virus the most common infectious disease in the United States.

It accounts for more school absences and missed work than any other illness, and it's the number one reason people visit their physicians -- even though most physicians have little to offer in the form of treatment.

Colds are actually triggered by a virus, which means if your physician prescribes you an antibiotic, it will be absolutely useless.

How Do You Catch a Cold?

The most common way cold viruses are spread is not from being around coughing or sneezing, or walking barefoot in the rain, but rather from hand-to-hand contact.

Cold viruses can live on pens, computer keyboards, coffee mugs and

other objects for hours, so it's easy to come into contact with such viruses during daily life.

The more common contributing factors are:

1. Eating too much sugar and too many grains
2. Not getting enough rest
3. Stress in your life
4. Vitamin D deficiency.
5. Any combination of the above

Hydrogen Peroxide: A Simple Trick to Beat a Cold

I don't advise over-the-counter medications, but one simple treatment you can try that is surprisingly effective against upper respiratory infections is hydrogen peroxide.

Many patients at my Natural Health Center have had remarkable results in curing colds and flu within 12 to 14 hours when administering a few drops of 3 percent hydrogen peroxide (H₂O₂) into each ear.

You will hear some bubbling, which is completely normal, and possibly feel a slight stinging sensation.

Wait until the bubbling and stinging subside (usually 5 to 10 minutes), then drain onto a tissue and repeat with the other ear.

A bottle of hydrogen peroxide in 3 percent solution is available at any drug store for a couple of dollars or less. It is simply amazing how many people respond to this simple, inexpensive treatment.