

# MoNdAy FuNnIeS

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From Cordell & Janice Vail

Our 10th year of trying to help you smile every Monday Morning

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## Wisdom For The Week :

Friends are worth more than gold

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## MoNdAy FuNnIeS

(Contributed by John Bernhard.... Thanks John)

A little mental stimulation to give you a smile....

1. Grab a calculator. (you won't be able to do this one in your head)
2. Key in the first three digits of your phone number (NOT the area code)
3. Multiply by 80
4. Add 1
5. Multiply by 250
6. Add the last 4 digits of your phone number
7. Add the last 4 digits of your phone number again.
8. Subtract 250
9. Divide number by 2

Do you recognize the answer?

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(My question is .... DID YOU DO IT? Come on now it wont take that long to just try it.... Cordell)

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# Consumer Tips

(Contributed by Lisa Chidester.... Thanks Lisa)

Cordell,  
I thought you might like this.  
Lisa

## BENEFITS OF 3% PEROXIDE

This was written by Becky Ransey of Indiana

I would like to tell you of the benefits of that plain little old bottle of 3% peroxide you can get for under \$1.00, at any drug store. My husband has been in the medical field for over 36 years, and most doctors don't tell you about peroxide, or they would lose thousands of dollars." **(THAT IS SIMPLY BECKY RANSEY'S OPINION NOT MINE.... Cordell)**

1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouthwash. (Small print says mouth wash and gargle, right on the bottle)
2. Let your toothbrushes soak, in a cup of "Peroxide", to keep them free of germs.
3. Clean your counters, table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.
4. After rinsing off your wooden cutting board, pour peroxide on it to kill

salmonella and other bacteria.

5. I had fungus on my feet for years - until I sprayed a 50/50, mixture of peroxide and water on them (especially the toes) every day and let dry.

6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene, that would not heal with any medicine, but, was healed by soaking in peroxide.

7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.

8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, or plugged sinuses. It will bubble and help to kill the bacteria. Hold for a few minutes then blow your nose into a tissue.

9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.

10. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages, but more natural highlights if your hair is a light brown, reddish, or dirty blonde. It also lightens gradually, so it's not, a drastic change.

11. Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.

12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

13. I use peroxide to clean my mirrors with, and there is no smearing which

is why I love it so much for this. I could go on and on. It is a little brown bottle no home should be without! With prices of most necessities rising, I'm glad there's a way to save tons of money, in such a simple, healthy manner.

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**DISCLAIMER:** I have not checked out any of these claims with a medical professional myself and I do not know who Becky Ransey is or what she means by her husband being in the medical field (doctor or nurses aid at the hospital???) so if you decide to try any of these things, you may want to do some checking your self first. We have several bottles of both peroxide and rubbing alcohol in our emergency supplies and we already use peroxide for many of the above mentioned things. However A few months ago I read an article in our company's monthly news magazine in the health section where a doctor said that putting rubbing alcohol or peroxide directly on a cut can damage the healing tissue. But I do no agree and still do it. I will try to find that article but could not find it for this edition of the **FuNnIeS**. Have any of you heard of any adverse effects from using peroxide or alcohol as a home remedy medicine? Other comments any one? Rob you are in medial school. Are these things correct? Cordell

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Make it a wonderful and happy week!!!!  
The happy friends in your life,  
Cordell & Janice Vail  
[www.cordellvail.com](http://www.cordellvail.com)

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