(1) Vin Yasi's answer to Can I use hydrogen peroxide to clean ears of children below 5 years?

Can I use hydrogen peroxide to clean ears of children below 5 years?

Yes. It is safe to use for anyone of any age. But with one adjustment... It must be diluted for babies and children of similar age 1/10 of normal strength. Normal strength hydrogen peroxide is 3 and 1/2%. So, 1/10 of this is around 1/3 of 1%. Personally, I find that to be kind of useless so I double that to a value of 2/3 of 1% or 1/5 of normal strength, because I like to sterilize my ears frequently (once a day) and if I use the normal strength of 3 and 1/2% after a few days, my ears start to feel raw which is not a pleasant feeling.

Now why would I want to sterilize my ears so frequently?

Because there is a direct relationship between mental health and the germs in our ear causing us to become mentally ill.

How can this be?

There are two points to connect to come to this conclusion...

The first point is that researchers in Germany (a few decades ago) discovered the prevention to the common cold is to sterilize the ears in advance of getting a cold, because we put our finger in her ear and transfer the germs to our mouth and eyes and nose and come down with a cold.

The second point comes out of research from Monash university in Australia. They determined that an electronic receptor (probe) can be placed in the outer ear canal while the person is sitting in a chair (specially designed to tilt the person in various directions) and based on the dialogue that proceeds between the ear canal and the brain, they can determine with 80% accuracy what mental illness that individual suffers from without any knowledge of the persons condition prior to their being tested.

So, I put these two points together and I come up with a very interesting third point in the form of a hypothesis...

What if the toxins created by the germs in our ear (who - by the way - live off the wax as a food source), what if they are responsible for creating signals that our outer ear canal sends to our brain causing our brain to think that it is mentally ill just because the ear is filthy!?

This relates directly to an article on Wikipedia on the topic of excitotoxicity in which toxins excite the brain raising its metabolic rate and its oxygen consumption along with its

consumption of calories all because of toxins stimulating the brain into a state of hyperactivity which is related to various illnesses such as alcoholism and so forth...[1]

Now, I find this third point to be very intriguing based on a fourth point...

What happens when I sit and wait for some kind of psychological benefit to result from the sterilization of my ears? And what if I'm willing to wait up to an hour? What then?

What happens, is that I calm down and I find a great deal of peace resulting from waiting patiently for some sort of mental benefit to be derived from this act of sterilizing my ears. And this validates my hypothesis, because I suffer from anxiety. But when I clean out my ears, I don't. I'm relieved of it until the next time I have to do it again (which is, generally, once a day - first thing in the morning - both ears - up to an hour for each ear; or as little as 45 minutes: somewhere in between those two durations).

By the way, it doesn't matter whether you use food grade hydrogen peroxide or the peroxide that you can find at your local pharmacy that's laced with poisons that are designed to stabilize the solution, because we're not gonna drink the stuff. But regardless of which variety we purchase, I like to play it safe and store my peroxide in the refrigerator, because hydrogen peroxide is no different than bicarbonated soda in that the hydrogen peroxide will want to bubble out of solution if left to its own desires - unless the bottle is tightly capped and kept under refrigeration when it is not being used.

Hydrogen peroxide by itself is not poisonous. It simply burns. But the ingredients added to hydrogen peroxide to stabilize it (to slow down its loss of strength) those additional ingredients are poisonous. And since it's going to bubble out anyway regardless of whether it's fast or slow, I tend to treat all varieties of hydrogen peroxide the same way as I treat food grade peroxide - I refrigerate it and keep the bottlecap tightly capped on the bottle.

Footnotes

[1] Excitotoxicity - Wikipedia