

## Ed's Copper Wellness Rods – [www.WellnessRods.com](http://www.WellnessRods.com)

Ed's Copper Wellness Rods are 99.99% Pure Copper and are for **adult use only**.

### **Use common sense.**

Do not use when there is a possibility of you being bumped or jostled.

Do not use in a car where an accident can cause the air bag to be deployed.

Use the copper wellness rod gently, always maintaining a high comfort level.

### **Directions of use.**

When to use a copper wellness rod.

It is important to use a copper wellness rod within an hour of being exposed to congested public places, and after being in contact with people with cold or flu symptoms.

Use the copper wellness rod at the first sign of cold or flu symptoms like a scratchy or sore throat, a nose tickle etc.

How to use a copper wellness rod.

The way you use the copper wellness rod is to first wipe it clean with a tissue, toilet paper or paper towel.

Then insert the tip of the rod into your nostril and push as far back as you can comfortably, along the bottom of your nostril.

Then move it in a circular motion as you slowly pull the rod out, gently rubbing it on all the surfaces of your lower nasal cavity for about 60 seconds.

Wipe the rod clean with a tissue, toilet paper or paper towel and repeat the process in the other nostril.

This simple process effectively kills any air born bacteria, virus or fungus you may have inhaled into your nose.

### **Preventive maintenance.**

Using it twice a day, morning and evening works well.

Take 2 days off from using the copper wellness rod every week if possible.

### **Cold sores, herpes, and insect bites.**

Gently press and hold or gently rub the affected area with the copper wellness rod for 60 seconds or more.

### **Precautions**

Avoid using the copper wellness rod in your nose more than 5 times a day.

Over use may result in excess copper in your system and the symptoms are metallic taste, unusual weakness, stomach upset, nausea, vomiting, dizziness, yellowish skin and eyes.

Do not use if you have Wilson's Disease or if it causes allergic reactions, itching or skin lesions.

If you have high exposure to copper or use a copper IUD, see a doctor.

Ed's copper wellness rod is to be used by adults only, at their own risk.

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