**Video Links**

**A collection of videos that go through the most effective ways to use the device and should answer most of your questions**

**Steps of Using iTeraCare:**  [**https://youtu.be/F\_\_NDXYLcYU**](https://youtu.be/F__NDXYLcYU)

**Treatment Protocols:**  [**https://youtu.be/dbu-1lEm96c**](https://youtu.be/dbu-1lEm96c)

**iTeraCare Q&A:**  [**https://youtu.be/e00tTO4JcUA**](https://youtu.be/e00tTO4JcUA)

**Interview with Dr Cochran:** [**https://fccdl.in/NYjAahiv1m**](https://fccdl.in/NYjAahiv1m)

**Muscle Testing Water, Part 1:** [**https://youtu.be/mqoE6E1Zh7Q**](https://youtu.be/mqoE6E1Zh7Q)

**Muscle Testing Water, Part 2:** [**https://youtu.be/ezJWbrRYh80**](https://youtu.be/ezJWbrRYh80)

**Some great YouTube Channels to watch are:**

**Meridians Series with Ricky & Sage:** [**Ricky Brandino - YouTube**](https://www.youtube.com/user/MrRickyb1127/videos)

**Sage’s YouTube Channel:** [**I Tera Care - Sage Shetron - YouTube**](https://www.youtube.com/channel/UCKNJNLkNHmml-m5fk59OrAA/videos)