

Ear Infections

Recommendations for Your Child

Dietary Changes

1. Reduce or eliminate dairy products and sugar (including fruit juices). Dairy has naturally occurring sugars in it, and causes the body to increase mucous production.
2. Ensure adequate hydration and increase colorful, pigmented foods (blueberries, pomegranates, cherries, etc.)

Managing Fluid Build-Up

1. **Moist heat.** Taking a wash cloth and wetting it with warm water and placing it on the irritated side of the neck and head helps to increase circulation to the ear and the ear canal. Make sure to not only put the cloth over the ear, but down the side of the neck as well. This will help drain the lymph nodes in the sides and front of the neck.
2. **Massage.** Using only enough pressure to dent the skin, start your massage behind the ear where you feel your child's bony prominence. From there work your way down the side of the neck with long, gentle strokes to help to move fluid out of the lymph nodes.
3. **Chiropractic Adjustments.** If there are any restrictions or stress in the upper portion of your baby's neck, the muscles and nerves around that area cannot contract, relax, and work properly. If this happens, the body has a hard time flushing out the fluid in the ear canals. Gentle adjustments to this area help reduce spasms, re-establish normal motion, and restore proper function to the restricted area. *It's important that your child sees a pediatric chiropractor for this.
4. **Humidifier.** Using a humidifier adds moisture to the air, opens the nasal and ear canal, and can help ease congestion.

Pain Relief *If you suspect a rupture in the ear drum, do not put anything INTO the ear canal*

1. **Garlic and Mullein Drops.** Garlic and Mullein are drops that you can use to help with inflammation and pain in the ear. It smells garlicky, but really does help to reduce the pain and swelling.
2. **Warm olive oil.** Taking a tablespoon and using steam over the stove, you can warm up some olive oil and then use either a medicine dropper or a cotton ball to drop the olive oil into the irritated ear. This helps to soothe the ear and reduce swelling.
3. **Colloidal Silver.** Putting colloidal silver in the ear will help to kill any bacteria congregating in the ear canal. Killing off these bacteria will help to reduce the swelling, which will help to reduce the overall pain.
4. **Moist Heat.** On top of helping with circulation, moist heat really helps with comfort.
5. **Nursing.** If you are currently nursing, make sure you nurse often and on demand during a situation when your child's ears are bothering them. This provides comfort and supports extra circulation - and if there is an infection, you're giving your child the antibodies they need to fight off the invader!

Immune Support

1. **Probiotics.** The stomach and digestive tract play a huge role in immune function. There's actually no way to have a properly functioning immune system if your digestive tract is a mess.
2. **Omega-3 fats.** In order for your body to heal, it needs the proper amount of cholesterol; proper fats help build the cholesterol needed for healing. Taking a sufficient amount of omega-3 fat is vital in helping the body rebuild and boost the immune system.
3. **Vitamin D.** Children should be getting 500 IUs of vitamin D per day. This supplement is a great immune booster and helps support the respiratory system.

Questions? Don't hesitate to contact us at the office!

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