

Ear Infections in Kids

Holistic Healthcare – Jim Bob Haggerton, D.C.
Pathways #45, page 60



Talking Points

- ❖ Ear infections are usually the condition that starts kids down the “antibiotic superhighway.” Are antibiotics the only option? No.
- ❖ Not all “ear infections” are actually infections. The problem with this is that most pediatricians are writing prescriptions before they know whether or not the child actually has an infection.
- ❖ Children’s ear canals aren’t slanted down like those of adults. “Their canals are straight across or horizontal, making it hard for your baby to get much help from gravity to move the fluid from the lymph nodes and the ears into the throat and out of their body.” (60)
- ❖ Haggerton explains, “The problem comes when fluid and congestion build up in the lymph nodes in the sides of the neck and throat and cannot be moved or flushed out of the child’s body. That fluid has to go somewhere, so if the fluid can’t go back down, then it will frequently back up into the child’s Eustachian tube, causing fluid pressure on the back of the ear drum. This pressure will cause swelling and irritation—pain—just like an infection, and if left unaddressed long enough can progress into an infection.” (60)
- ❖ How many of you have gone to the pediatrician with your child for their ears and are told, “Yep, it’s red. Little Johnny’s got an ear infection. I’ll write you a script for an antibiotic”? How does the doctor know just by the redness that it is an actual infection? He doesn’t. Only by taking a swab and culturing the area would the doctor truly know if there was an infection.
- ❖ Did you know that the American Academy of Pediatrics doesn’t even recommend routine antibiotics for this condition? They recommend a “watch and wait” approach.
- ❖ The point is, the less you medicate your child the better. What are other options you can use if there isn’t an actual infection?
- ❖ The first step is to help their body get rid of the extra fluid:

- ❖ **A warm, moist washcloth** over the irritated ear and down the side of the neck helps to increase circulation to the ear and ear canal and drain the lymph nodes in the sides and front of the neck. This also helps with comfort.
- ❖ **Massage.** “Using only enough pressure to dent the skin, start your massage behind the ear where you feel your child’s bony prominence (mastoid process). From there, work your way down the side of the neck and slightly in front of the neck with long, gentle strokes to help move fluid out of the lymph nodes. If you feel a swollen area as you’re massaging down the side of the neck, do light massage in tiny circles around that area.” (61)
- ❖ **Cold laser therapy** helps to move fluid and reduce inflammation.
- ❖ “Lymph nodes need properly functioning muscles to contract with your baby’s head movements in order to flush out the fluid and congestion that pools in the area. **Chiropractic** helps to “re-establish normal motion to a restricted area, which offers tremendous relief when your child has too much fluid in her ears. Adjustments also boost the immune system and help the body to function optimally.” (62)
- ❖ **Essential oils** with carrier oils.
 - Lemon oil - Great for immune function and lymphatic drainage.
 - Melrose Oil - Powerful anti-inflammatory and antiseptic
 - Lavender Oil - incredible for inflammation
 - Copaiba Oil - anti-inflammatory
- ❖ If they are experiencing pain here are ways to help:
 1. Garlic and mullein drops in the ear
 2. Warm olive oil into the irritated ear
 3. Colloidal silver in the ear will help to kill any bacteria congregating in the ear canal which will eventually lead to reduction of the overall pain
 4. Rock salt warmed in a sock over the child’s ear
 5. If your child is still nursing, letting them nurse on demand provide comfort, supports extra circulation and the milk provides antibodies for them to fight off infection if there is one
- ❖ Boost their immune system. If they’re still nursing these are things you can take yourself:
 1. Probiotics
 2. Thymex
 3. Omega-3 fats
 4. Vitamin D (children should be getting 500 IUs/day)
 5. Zinc
 6. Thieves oil on the bottom of their feet
- ❖ It’s important to watch your child’s diet when they are fighting irritation in their ear. Here are some tips:
 1. Eliminate or reduce sugar intake
 2. No caffeine
 3. No dyes or artificial sweeteners.
 4. Increase protein
 5. Reduce or eliminate dairy products
 6. Regulate gluten
 7. Increase fruits and vegetables

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Keep up with Dr. Haggerton on his blog at: www.family-wellness.com/category/blog

Chiropractic and Ear Infections: What we offer makes a difference” by Jeanne Ohm, DC
<http://pathwaystofamilywellness.org/Chiropractic/chiropractic-and-ear-infections-what-we-offer-makes-a-difference.html>

“Holsitic Care of Middle Ear Problems in Children” by Randall Neustaedter, OMD
<http://pathwaystofamilywellness.org/Chiropractic/chiropractic-and-ear-infections-what-we-offer-makes-a-difference.html>

“Treating an Ear Infection” by Joesph Mercola, DO <http://pathwaystofamilywellness.org/Children-s-Health-Wellness/treating-an-ear-infection.html>

“Causes of Ear Infections” by Linda Folden Palmer,DC <http://pathwaystofamilywellness.org/The-Outer-Womb/causes-of-ear-infections.html>

“Listening with A Different Ear: Holistic approaches to ear infections” by Lawrence P. Palvesky, MD, FAAP, ABHM <http://pathwaystofamilywellness.org/Holistic-Healthcare/listening-with-a-different-ear-holistic-approaches-to-ear-infections.html>

“Well Beyond Medicine: The wait and see prescription” by Darrel Crain, DC
<http://pathwaystofamilywellness.org/Informed-Choice/well-beyond-medincine-the-wait-and-see-prescription.html>

“A New Attitude Toward Fevers: An interview with Philip Incao, MD
<http://pathwaystofamilywellness.org/Holistic-Healthcare/a-new-attitude-toward-fevers-an-interview-with-philip-incao-md.html>