EARACHES

- **Ear infections usually fall into one of three types:**
  1. Bacterial infection. Common with swimmers.
  2. Viral infection. Random infection. Often there are other symptoms to indicate it is viral in nature eg. Chills, fever, exhaustion.
  3. Fungal infection, usually from Candida Albicans overgrowth from taking antibiotics, or steroids or birth control pills.

- **In addition, earaches can be acute (develop quickly and usually clear up quickly), or chronic (recurring or unresolved acute ear infections and can result in more serious symptoms like perforation of the ear drum, possible hearing loss.**

- **If earaches are happening once a year or more, you should take the time to build up the immunity.**

- **If you put a few drops of 3% hydrogen peroxide (can get from drug store), into the ear – if it crackles and bubbles, it is a bacterial infection. You can keep putting in the hydrogen peroxide until it stops crackling – so do 3 times a day.**

- **If the infection happens after drinking wine, or eating sweets – it is more likely a fungal infection.**

<u>Suggested Diet:</u>
Include:
- **Fruits and vegetables (as much raw as possible, organic if possible)**
- **Brown rice, Basmati rice, wild rice**
- **Whole grains, cereals**
- **Unpasteurized honey, pure maple syrup, agave syrup**
- **Flaxseed oil, or organic cold pressed safflower/sunflower oils as salad dressings**
- **Whole grain flours: wheat, spelt, kamut, corn, rice etc.**

Avoid:
- **All dairy (milk, cream, cheese, cottage cheese, yogurt)**
- **All deep fried foods, foods fried in butter or oil**
- **Sugars with the exception of natural sugars such as honey**
- **White flour and white rice**

<u>Supplements:</u>
- **1000 mg Vit. C every few hours**
- **B Complex 50 mg twice daily if nerve pain.**

<u>Other Therapies:</u>
- **drops can be put into the ears. Usually they consist of a combination of any of garlic oil, skullcap, blue cohosh, black cohosh, mullein, echinacea, lobelia.**

- **Another good ear drop formula: 1/4 oz each infused oils of of Mullein and St. John's Wort – 2 drops daily in each ear.**
- **homeopathic ear remedies are very effective, and need to be repeated 4-5 times throughout the day, take on empty stomach. All contain homeopathic belladonna, sometimes other ingredients like pulsatilla (helps if weepy), chamomile (helps to calm the person), apis (if stinging pain). So, if just using homeopathic Belladonna by itself: use 6x or 30c – put under the tongue to dissolve. Take on empty stomach, and away from food, drinking coffee/tea, brushing teeth with mint toothpaste, drinking mint tea.**
- **taking viral remedies will help if the earache is caused by a virus**
- **Steam or dry back an onion, cut in half so you see the rings. Squeeze some into a spoon, then put into the ear.**
- **Put a warm, cooked onion (steamed or baked) onto the ear, keep on as long as you can**
- **if you have a fever with the earache, you can take homeopathic remedies for flu which includes fever, or use compresses of 1/2 apple cider vinegar and 1/2 water.**
- **if you have a sore throat with the earache, gargle with a few drops oil of oregano in water, or do a salt water gargle**
- **if you have puss coming out of the ear, use the ear oil drops from the health store. If you don't have any drops you can make a quick one with just garlic. Smash a garlic bud, soak it in olive oil for 15 minutes, strain it and use a few drops of oil in the ear.**
- **if you suspect it to be a bacterial infection, swallow 2 acidolphilus/probiotics morning and evening. Take 2 caps of a combination of goldenseal and echinacea to help with the bacterial infection.**
- **if there is swelling around the ear or jaw, take homeopathic lymph drainage.**
- **if the ears are very itchy, it is most likely a fungal infection. Use the acidolphilus/probiotics and avoid all sugars, fruit, wine, pop, pickles (anything fermented), cheese for several months. Have an ear candling done to see how much fungus comes out - it will look cheesy and much lighter than the dark ear wax normally present. There are lots of preparations and kits available at health stores to help with this also.**
- **Remedy: Black garlic oil, Echinacea Extract, Pumpkin Seed Oil – mix and drop 3 drops into each ear 1-3 x/day.**
- **Remedy: 1 Tbsp Mullein tea or tincture, 1 tsp Extra virgin Olive Oil, Few drops Vitamin E oil, drops Tea Tree Oil. You can mix and dip a cloth into the mixture, putting it around the ear. You can also mix the formula and put it in the ear.**
- **Take echinacea tincture/extract by mouth at the first sign of infection.**