

Ear infections

Our ears are self-cleaning, so any discharge from the ears needs to be examined and investigated to find the cause.

Most ear infections are linked to teething, allergies, sinus infections, which when treated will end up resolving the ear infection too.

Little ones will often develop a fever alongside an ear infection.

Other symptoms include:

- Discharge out of the ears, nose if the eardrum has burst.
- Pain/discomfort in the ear region.
- Baby may not like lying down
- Higher pitched cry
- Restlessness
- Loss of appetite
- Redness of face/cheeks on affected side.

Outer ear infections (in the canal leading from the outside to the tympanic membrane, can be confirmed by pulling the lobes of the ears)

Remember to protect your babies' ears during bath time to prevent water/soap/shampoo from further irritating those membranes as well.

Ear infections rarely need an anti-biotic. They are not really infections, the literature over the last 20 years shows that signs and symptoms of that children get when they have a cold (fever, ear pain, fluid in ears, red ear drums) are merely evidence of inflammation in the ear canals, adenoids, sinuses, and noses, and not really an infection.

Children and adults always have bacteria in their ear canals which play an important role in keeping the bodies strong and protected.

If baby seems very unwell, consult with your primary care physician.



TIPS:

- Place warm hot water bottle/ warm rice sock against affected side
- Keep baby upright to minimise pain
- Chiropractic / craniosacral therapy to support drainage
- Garlic oil in the ear
- Hydrogen peroxide, colloidal silver in the nebulizer a few times a day
- Remove the trigger foods
- Lymph drainage massage
- Press each of their toes as a reflexology tip to help.

Chronic ear infections, require deeper investigation and immune support



Common causes:

- Oral ties
- Gut dysbiosis
- Acute illness/ teething
- Food triggers: conventional dairy, soy, corn, gluten
- Mold exposure
- Strep overgrowth or chronic mycoplasma (frequent use of Anti-Biotics)

An ENT may want to insert grommets to allow fluid to drain out. These will bring great relief to the symptoms of ear infections but won't treat the cause of the infection, which may reoccur once the grommets are out.



Homeopathic Remedies:

- Belladonna: intense throbbing pain, heat and inflammation, flushed face with high fever, glassy look in the eyes, often right sided
- Pulsatilla: ear infections with a cold, snotty/stuffy nose with yellow, green discharge, ears can be swollen and hot. The pain is worse at night. Better for being outside. Child is needy, clingy, needing consolation.
- Chamomilla: screaming with severe pain. Ears sensitive to touch. The child wants to be held /carried. There is redness in the cheek of the affected area. Often associated with teething.
- Hepar sulph: Inflammation that has turned to pus stage. Thick yellowish discharge from the nose. The child is violently irritable about everything. Much worse in the cold/draughts and at night. The discharge from the ear irritates the surrounding skin.
- Silica: the child is physically weak and tired. They are chilly and need to wear warm clothes and cover themselves despite being sweaty. The pain is worse for noise, movement and cold.