

Treat and Cure Ear Infections with Supplements, Natural Medicine, Diet Changes and Natural Health



Larry Cook

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by Dr. Skye Weintraub, ND and Larry Cook

This eBook is a very in-depth overview of how and why children develop ear infections and what you can do to implement an ear infection treatment. The following actions are the most important things to do if you want to remedy an ear infection:

1. Completely remove dairy from the diet (it causes mucus)
2. Eliminate sugar from the diet (it destroys immunity)
3. Use a [garlic & mullein drop supplement](#) in the affected ear(s)
4. Use a [children's probiotic](#) to strengthen the immune system

Do these four things and you will see a difference! Read this entire eBook to understand how and why a permanent ear infection cure is attainable with natural medicine, dietary changes, proper supplements and natural living.

Medical Definitions of Ear Infections

Next to a cold, an ear infection is the most common childhood illness. Middle ear infections (known medically as "otitis media") are one of the main reasons children see a doctor, accounting for millions of visits a year in the United States. This condition plagues young children, particularly between the ages of three months to three years, but can affect adults as well. There are different types of otitis media: A single, isolated case that is easily cured is called "acute otitis media." If the condition clears up but comes back up to three times in a six-month period or four times in a single year, it is known as "recurrent otitis media." If it continues for weeks without clearing up, it is called "chronic otitis media." A fluid buildup in the ear without infection is termed "serous otitis media."

Childhood Ear Infection Overview

According to the book *Prescription for Nutritional Healing*, up to 95% of children have had ear infections by the age of six, and almost half of all antibiotics prescribed for children are for some form of otitis media. Yet the June 1997 issue of the *American Journal of Natural Medicine* found such conventional treatment highly ineffective. There were no significant differences in the course of acute otitis media when conventional treatments were compared with a placebo treatment, nor any differences between non-antibiotic treatments, ear tubes, ear tubes with antibiotics, or antibiotics alone. They did find, though, that children who did not receive antibiotics had fewer recurrences than those receiving antibiotics.

Parents are often “scared” into believing that drugs and ear tubes are necessary to reduce the risk of infection, but routine antibiotics and “ventilation tubes” do nothing to prevent future ear infections. In fact, no statistical differences were found between conventional and non-conventional treatments regarding long-term recurrences. Studies indicate that 60% of children—whether given a placebo or an antibiotics course—showed improvement within 24 hours after initial symptoms of otitis media. Long-term statistics suggest that 69% of children have resolution within three months without treatment and 85% resolve (without treatment) within six months.

The May 1995 issue of the *American Journal of Natural Medicine* reported that “glue ear” (chronic otitis media with fluid behind the ear) affects 20-40% of children under the age of six. They state that allergies are the major cause of this type of infection. Most studies show that 85-93% of such allergies come from food, toxic inhalations, or, in the majority of cases, both.

Ear Infection Symptoms

Symptoms of an ear infection include earache, fullness and pressure in the ear, and a fever as high as 103°F, or even higher. Children may pull their ears to relieve the pressure. They may be irritable or restless, have a nasal discharge, diminished appetite, or cry at night when lying down. If symptoms become severe, there is danger of potential hearing loss, which may lead to impairment of language skills or intellectual development, and also ADD/ADHD because of vestibular disturbances.

In adults, symptoms often include nasal congestion, nausea and diarrhea accompanying the earache, chills along with the fever, and muffled hearing. In some cases, if the condition is left untreated it can lead to hearing loss, perforation of the eardrum, and even more serious medical conditions.

Ear Infection Causes

Overview

Acute ear infections can be caused by an upper respiratory infection that spreads to the ears. Inflammation from the infection causes the Eustachian tube (a canal that links the throat with the ear) to swell shut, trapping bacteria in the middle ear cavity. The Eustachian tube provides an outlet for mucus and equalizes pressure changes. Normally closed, it opens to allow drainage of secretions into the throat. If this does not occur properly, an air pocket forms and the negative pressure sweeps the bacteria and/or virus into the middle ear. When this occurs, germs have a perfect environment to flourish.

Specialized cells in the middle ear manufacture fluid that helps keep out invading germs. If the tube becomes so swollen that the fluid becomes trapped in the middle ear, the area can become inflamed. If infection sets in, the fluid in the middle ear cannot escape. The earache is usually due to inflammation behind the eardrum, often from a plugged up Eustachian tube. A child's Eustachian tube is not positioned at the same angle as an adult's (it is shorter and lies in a more horizontal position), making children more prone to infection.

Often, an ear infection follows a cold (caused by a virus) and fluid builds up in the middle ear. Once the fluid becomes stagnant, bacteria can grow and cause infection, leading to otitis media symptoms. If the infection is bacterial, symptoms may clear up with antibiotics, but the cough and runny nose may not get better, due to the virus.

Chronically enlarged adenoids (lymph tissue that grows in the nose) may also cause blockage of the Eustachian tubes, leading to congestion and fluid in the middle ear. This is an ideal environment for bacterial infections. Although enlarged adenoids are the obvious cause of Eustachian tube blockage and the resulting ear congestion, they point to a deeper disorder. Adenoids do not enlarge without a cause; cures should focus on correcting conditions that led to adenoid enlargement in the first place.

While bacteria can be the direct cause, an ear infection is usually the result of an “insult” to the body, such as an allergic reaction or a weakened immune system. Imbalances in the digestive system, irritation or inflammation of the mucous membranes (leading to excess mucus secretion) can also be culprits. When bacteria find their way into the warm, moist environment of the middle ear, they can create major problems, turning inflammation into infection and provoking fever and other symptoms. Let’s examine in more detail the conditions that can lead to bacterial “invasion” and ear infections.

A Compromised Immune System

Recurring ear infections, especially in young children, are often linked to a poor immune system and weakened resistance due to inadequate nutrition, food allergies, environmental toxins and emotional stress. Too often, parents and doctors treat the *symptoms* of ear infections without looking for the *cause* of the problem. Antibiotics may work initially, but don’t solve the ongoing problem of recurrent ear infections. While antibiotics do kill harmful bacteria, they also indiscriminately destroy beneficial intestinal bacteria. This upsets the delicate balance needed for good digestion and elimination, priming the internal environment for pathogen organisms such as Candida Albicans (an overgrowth of a naturally occurring yeast), fungus, and harmful bacteria. Unchecked, these organisms can cause further problems and create a vicious cycle of more ear infections, more antibiotics and more imbalance. A better solution is to strengthen the child’s immune system. Damage caused by overuse of antibiotics can be mitigated by preparations called “[probiotics](#).”

A weakened immune system makes antibodies to toxins and food particles, and becomes hypersensitive to them. The inability to properly digest or absorb foods can result in “Leaky Gut” syndrome, making the child more susceptible to both major and minor illnesses. With each “incident,” the immune system becomes weaker, making each successive illness harder to fight off. Overuse of antibiotics—the quick-fix solution—thus contributes to long-term health problems. There appears to be a close relationship between “Candida” overgrowth, allergic conditions and [Attention Deficit \(Hyperactivity\) Disorder](#). (1)

Low Humidity

Low humidity may be a contributing factor in chronic ear infections with fluid behind the eardrum. A possible explanation is that low humidity may induce nasal swelling and reduce drainage of the Eustachian tube, or it may dry the hairs out in the Eustachian tube, leading to dysfunction and resulting in increased mucus. (2)

Bottle Feeding

Bottle fed babies are often left lying down in a crib or on their backs. Feeding an infant on its back can lead to regurgitation into the middle ear. If the head is resting too low, the milk can back up into the ears and provide a breeding ground for bacteria, causing infection.

Dental Overbite

According to The Townsend Letter for Doctors & Patients, December 1997, Merle Loudon, DDS discovered after studying otitis media in children for several years that 90% have an overbite. This causes the lower jaw to put too much pressure on the temporo-mandibular joint, and strains the muscle that opens and closes the Eustachian tube. Therefore, the Eustachian tube cannot open properly; this obstruction prevents fluid from the middle ear from draining, putting extreme pressure on the eardrum.

To correct this condition, lower primary molars should be built up with stainless steel crowns and/or composite. This corrects the bite and, states Dr. Loudon, almost 100% of the symptoms go away in 24 to 48 hours without antibiotics, eardrum tubes, loss of hearing, etc. Ask your [dentist](#) about Vertical Dimension-Primary Molar Buildups.

Hyper-Active Immune System

Dr. Michael Schmidt, Professor of Applied Biochemistry and Clinical Nutrition at Northwestern College in Bellingham, Washington, states that only 2-3% of children with earache complaints in a University of Pennsylvania study actually had enough bacteria in their ears to qualify as infection. The rest of the children were suffering from general inflammation. It is his opinion that diet and stress are the most likely sources of earaches.

According to Dr. Schmidt, chronic untreatable earaches can often be the result of an over-reactive immune system. If your child eats too many fatty acids (such as safflower and corn oils), the immune system (which is regulated in part by fatty acid balance) may mistakenly launch an attack on a nonexistent invader, resulting in inflammation. Give [flax](#), olive, walnut or pumpkin oils and watch for improvement. Be sure your child actually has a bacterial infection if you plan to use antibiotics.

Low Blood Sugar (Hypoglycemia)

In the *Journal of IAPM*, 1983, Paul Yanick, Jr., Ph.D. discusses how blood sugar is related to inner ear dysfunction. The blood supply system of the inner ear has the highest energy requirements of any organ in the body and glucose is the chief energy substrate of this network. Even minute variations in the amount of glucose utilized can disrupt the hearing process. Additionally, the structure and metabolism of nerve cells, their energy supply and functional integrity are all related to the constant availability of nutrients.

Prolonged blood sugar fluctuations can cause progressive problems in the middle ear, and can lead to imbalances of the inner ear fluids, and even to hearing loss. The fluids of the inner ear are chiefly composed of sodium and potassium. Stress, coffee, tea, and colas drain potassium and disrupt inner ear fluid balance. Stress causes the release of adrenaline, which raises the blood sugar and causes the blood vessels of the inner ear to constrict. Having the right balance of sodium and potassium is extremely important, because inner ear fluids feed a large portion of the sensory cells in the ears.

Magnesium Deficiency

Magnesium also plays a significant role in the proper function of the inner ear. Magnesium is important to enzymatic function and circulatory health. Dr. Yanick found that ear infection symptoms decreased as the biochemistry of the body was brought into balance. He advises using the enzyme forms of magnesium and synchronized, whole nutrient complexes rather than amino acid chelates of magnesium or other commercially available chelates such as gluconate, citrate, aspartate, etc. (3)

Second-Hand Smoke

Second-hand smoke can push children with ear problems toward infections by creating pollutant-filled air that can lead to Eustachian tube congestion. Soot and smoke from a wood-burning stove can also load the air with toxins. Being exposed to smoke can reduce the oxygen carrying capacity of the blood by nearly one-third, according to the *Journal of IAPM*, 1983.

Exposure to Cold

Ear infections also occur after exposure to cold wind or water, although infections can appear at any time. High altitudes and cold climates increase the risk of these infections. Decompression during air travel can also be a trigger.

Excess Mucus Production

Allergies to foods, pollen, dust, mold, animal dander, smoke, fumes, or other environmental toxins can also cause otitis media symptoms, because anything that irritates or inflames the mucous membranes will stimulate excess mucus secretion. An imbalance in the digestive system is a common cause for such excess. When digestive organs become irritated or inflamed, a mucus condition will develop, often followed by headaches, postnasal drip, sinus inflammation, digestive disorders, recurrent colds and ear infections.

Dairy products increase mucus production, and may be an underlying cause of ear infections. If excess mucus did not exist in the first place, the Eustachian would not become so congested, and germs would not have such a good place to thrive. Further, many children are lactose deficient. This means that they do not have the ability to make enough of the digestive enzyme “lactase” to digest lactose, a component of milk. This can cause a host of digestive symptoms including diarrhea, bloating, gas, and stomachaches.

Sugar, found in most packaged goods and soda in one form or another, is especially good at producing excessive mucus in the body. As a test, take a spoonful of sugar at bedtime and note how you have a full throat of phlegm in the morning. Salt is another major cause of too much mucus. There are other causes, but most frequently it is an unbalanced diet.

The Diet Connection to Excess Mucus

Most people think of excess mucus in terms of runny noses and sinusitis. These are certainly common complaints, but not the only place in the body where excess mucus may be a problem. It is important to know that mucus is a natural and normal secretion of the body. In the usual small amounts, it lubricates and protects the delicate mucous membranes found throughout the body. It is when mucus accumulates or is produced in excess amounts that it interferes with the normal action of the affected tissues or organs.

In addition to the upper respiratory or nasal mucus, excess mucus may compromise the ears, stomach, intestinal tract, fallopian tubes, ducts, or any other mucous membrane-lined part of the body. Bacterial infection, if present, is the result of internal congestion or inflammation caused by the overly mucous condition. This condition can be relieved only when the cause of the body's excess mucus production is corrected.

The Problem with Antibiotics

In about a third of acute ear problems and in more than half the cases of chronic Eustachian tube blockage, no bacteria are present, making treatment with antibiotics inappropriate. When administered in such cases, antibiotics can actually cause the problem they are intended to solve. Over-prescribing antibiotics or giving the wrong kinds can promote the development of a stubborn, resistant strain of bacteria and lead to chronic infection of the lining of the Eustachian tube. Even if antibiotics are indicated, parents often fail to follow the instructions on the medication. Antibiotics should be taken for the full period indicated on the label.

What must be addressed is the underlying susceptibility: weakened resistance to infections, dietary or nutritional deficiencies, allergies and sensitivities, and a diet filled with mucus-forming foods (especially dairy).

Some Oils Increase Mucus Secretion

In the last 20 years it has become popular to include large quantities of polyunsaturated fats in our diets. There has also been an increase in mucus-laden conditions such as asthma, inner ear infections, postnasal drip, sinusitis, etc. The two trends may be linked by more than coincidence. One consequence of eating a diet high in certain polyunsaturated oils (found in corn oil, mayonnaise, and many packaged foods) may be the increased production of compounds that increase mucus secretion. Not all oils pose the same danger. Omega-3 fatty acids (found in fatty fish and flax oil) may actually reduce the risk of an ear infection. Increase your intake of olive and [flax oils](#) and eat more fish, especially salmon, mackerel, and cod.

Too Many Carbohydrates

The most frequent dietary problem is an extremely unbalanced diet, with excessive consumption of carbohydrates. Any carbohydrate—even the best, unrefined whole wheat bread—if consumed in excess, can create an increase in mucus production. This situation is worse if refined carbohydrates such as devitalized white bread, white rice, or [sugar](#) are eaten regularly, causing excess acid and mucus to build up in body tissues. Infants and children who eat mostly refined starches often exhibit this condition.

Food Allergies Cause Excess Mucus

Any food allergy, sensitivity or intolerance can cause excess mucus production. Since food allergies and sensitivities are one of the major causes of recurrent ear infections in children, it is wise to first eliminate the foods most frequently associated with excess mucus production: wheat, dairy products, sugar, and eggs. Also exclude all refined carbohydrates, sugar, salt, pepper, sodas, strong spices and junk foods. Coffee or tea (except herbal without caffeine) should be removed as well.

Eliminating mucous and acid-forming foods will stop nearly 50% of infections. Removing sugar and sugar-laden juices such as soda pop will eliminate 50-70% of the remaining ear infections. Be patient. It can take a full month to eliminate all the excess mucus from the body that is caused by eating the [wrong foods](#), but it can also significantly reduce the symptoms.

Why Proper Bowel Function is Important

If the inflammation reaches the point where toxins seep through the irritated and sometimes thinned lining of the gut, the stage is set for the creation of disease anywhere in the body. If the organs of elimination are not working effectively, or are overburdened by this toxic/irritant excess, an excess mucus condition will develop. That is why it is so important to establish and maintain proper bowel function.

For hundreds of years, the large intestine has been thought to play a major role in a wide range of diseases. A [Naturopathic Physician](#) should immediately try to aid intestinal elimination and restore balance. Treatment should address changing the intestinal micro flora, increasing peristaltic activity, and overcoming stasis without resorting to toxic measures. This can be done with [diet](#), [exercise](#), [herbal and homeopathic medications](#), enemas and other natural and non-invasive methods.

Healthy bowels can make a big difference in your state of health. All body cells take in nutrients to nourish themselves from the small intestine, then need to get rid of the waste material generated. For optimal health, each of approximately one hundred trillion cells needs to do this! The body must eliminate this waste efficiently or the toxic overload results in illness and disease.

Using [bowel cleansers](#) can be very helpful, but children should be treated and monitored by a health professional. Some of the most popular cleansers contain bentonite clay, psyllium husk, and herbs such as cascara and senna. It is also important to drink adequate [pure water](#) and avoid excess salt and sugar. For information about how to make a cleansing shake and other information about cleansing the bowels, see my book "[The Bacteria Menace](#)."

The Acid / Alkaline Balance

Probably the most important thing we can do with our diet for health and vitality is to maintain a proper [acid-alkaline](#) balance. In healthy people, a proper balance is normally maintained through a buffering system. This balance depends on a healthy digestive system as well as a healthy liver. Poor assimilation and elimination, lack of [digestive enzymes](#), severe infections or illness, second-hand smoke or drug use all interfere with this buffering system.

All cells in the human body are slightly acidic and must exist in a slight alkaline environment to remain healthy and produce energy. As each cell performs its task, it secretes wastes that are acidic. These wastes are the end products of cellular metabolism and must not be allowed to build up, so the body goes to great lengths to neutralize and detoxify these acids. A diet balanced in [acid-alkaline foods](#) is essential for the body to meet this goal. If the body cannot detoxify, it puts excessive demands on the immune system. This increases the risk of immune problems and results in the over production of mucus, a leading cause, as we have seen, of ear infections.

Once a food is digested, it is known as "ash." Generally, meat, sugar, and grains yield an acid ash, whereas fruits and vegetables, especially green leafy vegetables, yield an alkaline ash, and fats yield a neutral ash. Ideally, the body maintains a neutral or slightly alkaline state. When a body gets too acidic one of the things that happens is the increase of mucus. Other causes of an acidic system are allergies, intestinal parasites, high stress lifestyle, eating junk foods, a toxic environment, sedentary lifestyle, illness, or a combination of these.

As a rule, the body needs more alkaline food than acidic food. This is necessary for the pancreas to produce enzymes and for the liver to function best. Acid foods include meat and carbohydrate-rich foods, while alkaline foods are mostly fruits, vegetables, herbs, and spices. It is important not to consume excess meat protein without balancing it with enough alkaline foods. The ideal ratio is 75 percent alkaline foods to 25 percent acid foods at each meal. Otherwise, it can lead to over acidity, especially to the lymphatic system, which will decrease its ability to carry toxins from the body.

Some of the most alkaline foods are molasses, beans, raisins, beet greens, spinach, brewer's yeast, almonds, soybeans, celery, and most vegetables and sprouted seeds and sprouted grains. On the other hand, some of the most acidic foods are egg yolk, wheat germ, animal products, and most sugars. Others are coca-cola, catsup, cocoa, flour products, mustard, and pasta.

Dairy products are fairly acidic. These include all cheeses, ice cream, custards, and milk. Prunes and plums are fruits that are also acid forming. Just because fruits have an acidic taste does not mean that it breaks down in the body to an acidic state. Most drugs and coffee are also acidic in the body.

Ear Infection Treatment

Eat Foods For Health

Eat more [vegetables and fruit](#), and minimize meat. Citrus juices such as grapefruit and lemon, if not too concentrated, can help to break up congestion and cure the ear infection. However, if bladder infections or acute stomach problems also exist, citrus can be very irritating. Fresh apple juice seems to be easier on the stomach and usually does not cause problems. Onions and odorless garlic capsules are very useful mucus solvents, as well as all berries (strawberries, blackberries, raspberries, cranberries, etc.) Pineapple, if not excessively sweet, is a good mucus solvent, as are whole oranges, grapefruits, lemons, cherries, and tomatoes.

Fresh squeezed vegetable juices not only help the body eliminate mucus, but nourish and rebuild tissues. Vegetable juices may be freshly squeezed at home or found in natural food stores. Some of the tastiest are combinations of several different vegetables, such as carrot, beet, and ginger. Try the ones that are low in added sugar. Avoid vegetable fats such as coconuts or avocados and increase consumption of raw vegetables and brown rice.

Other Diet Recommendations

Many people with ear infections need to avoid dairy products and wheat for at least 2 months, if not permanently, as well as the other foods mentioned earlier. In some cases, goat's yogurt may be introduced as well as free-range eggs later in the treatment program. Children should not be fasting without professional medical help, but may be able to go on a short all-fruit diet for a day or two.

After eliminating mucus-forming foods for at least a month it is time to expand the diet with the first introduced grains being brown rice and millet. If dairy products are to be given, start with goat's yogurt because it seems to cause less mucus production than cow's milk. Wheat in small amounts may then be added, but yeast-free if possible. Since so many children seem to have issues with wheat, it might be better to use other grains such as rye or spelt.

Digestive Enzymes

Treating the child's digestive tract with [digestive enzymes](#) and strengthening the immune system are appropriate places to rebuild and thus prevent recurrence of an ear infection. Poor pancreatic function will result in more mucus production so introduction of pancreatic enzymes may be of benefit.

Breast Feed

Children who are breast-fed are less susceptible to ear infections. This is due in part to the immune building properties of colostrum found in the mother's milk. It is important that the mother's diet not be full of foods that aggravate the child's condition, the most common ones being dairy, wheat, peanut butter, sugar, and not enough vegetables and salad greens. Cut back on wheat products, corn, and [food additives and dyes](#), as these tend to be more problematic than other foods. Remove as many environmental pollutants from your home as you can, including dust, cleaning fluid and solvents, and tobacco smoke. Eat [organic foods](#) as often as possible.

Adopt a Natural Living Lifestyle

Although most children are likely to get ear infections, that doesn't need to be the case with your children. The natural living lifestyle is comprehensive in its approach to diet, supplements and natural medical care. In fact, everything you've read thus far is based on natural living principles. Stop those ear infections by adopting the natural living lifestyle! In summary then, eat organic foods, [avoid meat and dairy](#), avoid [processed foods](#) and especially foods with added synthetic chemicals, take powerful [supplements](#) and visit a [Naturopathic Doctor](#). To learn more about the natural living lifestyle, read [The Beginner's Guide to Natural Living](#).

Additional Recommendations

Be careful blowing the nose due to imbalanced pressure in the Eustachian tube during an ear infection. Keep the ear canal dry. Put cotton in the ear canal when showering or bathing. Do not swim or go out in the rain during an infection.

Use hydrotherapy: soak neck bandages in cool water and apply to the inflamed ear. At the same time, put the feet in a hot footbath with a tablespoon of mustard or cayenne powder. Hydrotherapy can reduce the pain and swelling by drawing the blood away from the upper body. Wrap the body in a blanket so it will not become chilled.

Place a hot water bottle, wrapped in a towel, on the aching ear. Applications of compresses soaked in hot water may relieve pain and can stimulate circulation to the area to help fight infections. Alternating hot and cold packs may also help relieve pain. Some earaches respond better to hot treatments and others to cold treatments.

Drink lots of pure spring or [filtered water](#); it helps to reduce mucus and eliminate toxins from the body. Do not use tap water that is not filtered.

In cold, damp weather, keep the feet warm and avoid drafts especially near the head. Protect the neck by wearing a scarf or other covering.

Vitamin and mineral deficiencies affect the immune system. Follow label instructions for dosing children. Some vitamins, such as too much vitamin C, can cause diarrhea.

Gargling with salt water can help to clear the Eustachian tubes.

Holding the head erect may help drain excess fluid from the middle ear.

Essential fatty acids are important for treating ear infections. They help to control inflammation anywhere in the body especially swelling in the Eustachian tube, and to reduce allergies. Evening primrose oil is an excellent source. [Flaxseed oil](#) is another.

Vitamin C with bioflavonoids helps to support the immune system and fight ear infections. Add 1 teaspoon vitamin C crystals or powder to 6 ounces of water. Take 1/2 to 1 ounce of this mixture every 1-3 hours. Reduce the dosage if it causes a stomachache or loose stools.

Zinc can be very helpful when fighting acute ear infections. Zinc lozenges quicken the immune response and aid in reducing an ear infection.

Beta-carotene and vitamin E with mixed tocopherols promotes healing of the mucous membranes.

Wash your hands. This is the single best way to prevent the spread of illness. Clean surfaces regularly, especially the ones that children encounter.

When using eardrops, be sure to treat both ears even if the infection appears only in one ear. Try [Garlic and Mullein drops](#), found at [natural food stores](#).

Sleep with the head propped up to relieve pressure on the eardrum and promote drainage.

Avoid all fast and convenience foods since they tend to be low in needed nutrients.

Daily eucalyptus inhalation can loosen mucus. To steaming water, add three drops eucalyptus oil. Have the child lean over the steam with a towel covering the head, breathing in the inhalation.

Put hygroscopic anhydrous glycerin into the ear. This product helps reduce pressure in the middle ear and promotes fluid drainage. It is available at pharmacies.

According to Mark Eisen, MD, lemons on the feet will help if there is excessive congestion. Place a wafer thin slice of lemon on the bottoms of the feet. Secure carefully with a little gauze. Replace the child's sock back on the foot. This will help reduce congestion quickly.

Avoid sugar in all forms except xylitol. Sugar and refined white flour rob the body of potassium and phosphorus, which are critical to ear function.

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Notes

- 1 See [Natural Treatments for ADHD](#) by Larry Cook
- 2 (Lovejoy HM, et al.: Effects of low humidity on the rat middle ear. *Laryngoscope*, 1994.)
- 3 Paul Yanick, Jr, PhD, in the *Townsend Letter for Doctors and Patients* (1994)



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THE Parasite MENACE

A Complete Guide to the Prevention, Treatment and Elimination of Parasitic Infection

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