

EAR INFECTION RESOURCE GUIDE

Given that 5 out of 6 children experience an ear infection before age three, **this is the primary reason children visit pediatricians.** It's pretty alarming it has become so common for kids to experience ear infections.

TRULY CHIROPRACTIC



HI THERE, WE'RE THE TRULY CHIROPRACTIC TEAM!



Truly Chiropractic is a family wellness practice specializing in prenatal, postpartum, and pediatric health located in South Austin.

Our team has a passion for educating and empowering families and their children to take control of their health naturally through chiropractic.

Our goal is to balance the nervous system and unleash the power of the body's innate ability to heal from within.

The Doctor Team at Truly has certifications in Webster technique (specific for pregnancy), The Pediatric Experience as well as the Life University Pediatric Adjusting Certification, the ICPA, & BIRTHFIT.

We invite you to start your healing journey and path to experience life to the fullest degree.

CHAPTER ONE

WHAT'S THE CAUSE?

An ear infection occurs when there is a recurring buildup of fluids, inflammation, and swelling that plugs the eustachian tube in the middle ear, causing repeated pressure and pain.



EAR INFECTIONS

This condition may often be referred to as chronic otitis media or recurrent ear infections. The number one cause of this condition is poor drainage and “plumbing” of the inner to middle ear through the eustachian tube.

Some children experience multiple ear infections, even four between zero and one. We often see children with chronic ear infections lasting over four months, despite multiple rounds of antibiotics.

This suggests **a deeper underlying issue** that makes these children susceptible to ear infections and does not mean that recurring ear infections are just a “normal” part of childhood.

There are two types of ear infections - otitis media, the most common one that affects the middle ear, and otitis externa, more commonly known as swimmer's ear.

Our primary focus will be on otitis media. This type can further be classified into bacterial or viral ear infections. It's important to remember that antibiotics are appropriate for bacterial infections, not viral ones. However, pediatricians often prescribe antibiotics without conducting a culture to determine the type of infection, which can lead to misuse.





THE SIGNS TO LOOK FOR

The most prevalent ones we see are teething, which can lead to excess fluid in the ears, nose, and throat region; congestion that doesn't drain properly; high or consistent low-grade fever; and ear tugging due to irritation and pressure buildup. We often find fluid behind the eardrum, where the infection tends to occur. When teething, congestion, or drainage challenges, it is as if the ear is a poor plumber, unable to flush out the fluid properly from behind the ear. When the ear is overwhelmed with fluid that isn't draining correctly, it becomes susceptible to infection.

SIGNS + SYMPTOMS

1. Increased irritability/fussiness
2. Gastrointestinal disturbances
3. Postural signs of discomfort

EAR INFECTIONS

Two common things we often hear about children being susceptible to ear infections are:

1. **Horizontal Eustachian tubes:** These tubes start vertically as we age, but this is by design. As the facial shape elongates, the tube elongates and drops more vertically.
2. **Children's tubes are thinner:** This is why they are more prone to fluid stagnation and, subsequently, more prone to infection.

IS THIS THE ROOT CAUSE?

Our bodies are designed in such a way for a reason. As kids grow, their Eustachian tubes drop down and stretch out as the ear grows and develops. If the tube design were the sole cause of ear infections, every child would suffer from them, and adults would not experience middle ear infections, but we know this is not the case.

Many children, some of whom have been under care from the beginning, never have an ear infection. **It is not just the design of the tube that causes these chronic ear infections.**

TWO

CHAPTER TWO

TREATMENT FOR EAR INFECTIONS

Let's learn how tubes in the ears really work and why antibiotics don't always help your child



THE CURRENT TREATMENT

ANTIBIOTICS

Remember, our main focus on ear infections is on **otitis media, which can be classified as bacterial or viral infections.**

It's important to note that **antibiotics are appropriate for bacterial infections, not viral ones.** However, pediatricians often prescribe antibiotics without conducting a culture to determine the type of infection, which can lead to misuse

The misuse of antibiotics is a significant concern as it contributes to antibiotic resistance and affects the gut microbiome, which plays a crucial role in our immune system.

Unfortunately, children already dealing with chronic ear infections and compromised immunity are at further risk with repeated antibiotic use and recurrent infections. Publication **“Children using amoxicillin for earaches suffered 2-6x more recurrent infections.”** This cycle often ends with surgical interventions such as tube insertion, adenoid, and tonsil removal



THE CURRENT TREATMENT

TUBES + TONSILS

The current treatment for ear infections **usually involves the insertion of tubes.** The standard solution is antibiotic use, which clears out the bacteria causing the infection behind the eardrum, **but the fluid doesn't go anywhere.**

We continue to see **recurrent ear infections because the fluid remains stagnant since the muscle is not pumping correctly.** As a solution, a hole is drilled through the eardrum, and a tube is inserted. These ear tubes create airflow through the eardrum to dry out the middle ear.



However, **drilling a hole through the eardrum creates a pressure change within the middle ear canal.** It's now common for medical procedures to insert the tube and **remove the adenoids and tonsils during the same operation** because the tonsils and adenoids are likely to be overwhelmed once the eardrum or tube operation takes place.

THE CURRENT TREATMENT

TUBES + TONSILS

If the adenoids and tonsils **are not removed**, their size increases due to the excess stress, causing symptoms like snoring, breathing challenges, and chronic sore throats.

If the adenoids and tonsils **are removed**, this fluid goes into the lungs. Removing these lymphoid tissues, which serve as our first line of defense, allows the fluid to hit the lungs directly. This situation often **results in conditions like asthma and bronchitis in children** who have had their adenoids and tonsils removed or have had ear tubes inserted.

Instead of fixing the root cause, we tend to overwhelm other areas when we alter the way the system is intended to function. This, of course, is different from what we want.

SO WHERE DOES CHIROPRACTIC FIT INTO THIS SYSTEM?



THREE

CHAPTER THREE

CHIROPRACTIC CARE FOR EAR INFECTIONS

Chiropractic care aims to address the root of the problem rather than simply masking what is happening in your child.



CHIROPRACTIC CARE

SO WHERE DOES CHIROPRACTIC FIT INTO THIS SYSTEM?

This is where chiropractic care comes in. By addressing the **root cause** of ear infections, chiropractic care can help to eliminate them and potentially prevent the need for antibiotics or surgery. The goal is to **restore proper function** to the affected area, allowing fluid to drain and reducing inflammation.

When the nervous system is stressed, this nerve supplies more stress responses, tightening the muscles that are responsible for **draining the Eustachian Tube**. Chiropractic care affects and calms the nervous system and releases areas of stress and tension on the upper cervical spine.



We can improve communication between the **brain and the muscles**, relieving inflammation and allowing the muscles to function properly. As a result, the **fluid can drain** from behind the eardrum, and the cycle of ear infections can be interrupted. **Chiropractic care** aims to address the root of the problem rather than simply masking what is happening in your child. By relieving the root problem, we set your child up for success rather than just applying a temporary fix.

FOUR

CHAPTER FOUR

HOLISTIC ALTERNATIVES FOR EAR INFECTIONS

Try implementing some of these
alternative approaches to healing ear
infections!



ALTERNATIVE OPTIONS

At Home Kid's Mullein Garlic Oil:

Garlic is not just for spicing up your meals in the kitchen! Garlic has many beneficial properties, its major ones **being antiviral and antimicrobial**. Combined with Mullein, a flower used for its anti-inflammatory benefits, this is a powerhouse combination to combat your kiddos' infection. **We recommend applying 3-4 drops in the ear while in a side-lying position, repeating 3x a day.**

Warm Salt Compress:

We all love a warm compress for pain relief, but **adding salt can add extra benefits like decreasing inflammation**. The easiest at-home remedy for this would be to fill a clean, warm sock with salt and apply it to the outside of the ear. **Salt will naturally help absorb the heat from the infection inside the ear**, which helps create a change in the ear pressure. We recommend a high-quality Coarse Celtic Sea Salt.

TIP: You can even add a drop or two of lavender essential oil for a calming effect. We recommend Young Living or Plant Therapy which you can also find on our Amazon Storefront

ALTERNATIVE OPTIONS

Onion Poultice:

Onions contain antibacterial and anti-inflammatory properties that can help soothe and calm an infected ear.

How to make an onion poultice:

- + Slice an onion in half and place face down in a frying pan with a thin layer of olive oil
- + Heat until the onion is warm and slightly mushy
- + Wrap the onion in cheesecloth and allow it to cool
- + Apply to ear for 10-15 minutes

We recommend **using unbleached, organic cheesecloth**, especially if your little one has sensitive skin.

Basil Essential Oil:

Basil has been used for centuries as a **potent antiviral and antibacterial**.

Put this essential oil on the outer ear when you feel an infection coming on. **The aromatic fume alone will help kill off any pathogens that may be brewing up an infection!** We recommend Young Living or Plant Therapy which you can also find on our Amazon Storefront

**WE WANT TO THANK YOU SO
MUCH FOR READING OUR EAR
INFECTION RESOURCE GUIDE!**

**IF YOUR CHILD IS
STRUGGLING, DON'T HESITATE
TO REACH OUT AND WE CAN
SCHEDULE YOUR FIRST
APPOINTMENT!**



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