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Ear Infections

Ear Infections



A child suffering from an ear infection needs chiropractic care.

- **Otitis Media (Middle Ear Infection)**

Ear infections are affecting children in epidemic numbers. By the age of three, over two-thirds of all children have had one or more episodes of otitis media or middle ear infection with most undergoing medical care.

Today we find more and more parents visiting chiropractors for their children's ear infections (often after first going the medical route without resolution of the problem).

What can a chiropractor do for these children?

- **The Medical Approach: Antibiotics, Drugs & Surgery**

The most common medical treatments for ear infections are antibiotics, oral decongestants and surgery (tubes in the ears). None of these treatments is safe or effective.

For example, in a double-blind study, children with otitis media were divided into four groups: surgery, antibiotics, surgery and antibiotics, and no treatment. Recovery time was about the same for all four groups.¹ Another study showed that "88% of patients with acute otitis media never need antibiotics," and that antibiotics lead to more repeat infections.²

According to E.J. Cantekin, Professor of Otolaryngology, University of Pittsburgh School of Medicine: *There is no evidence that antibiotics are effective in treating acute otitis media or chronic otitis media with effusion (fluid in the ear) and there is clear evidence that antibiotics are harmful.*³



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Problems associated with antibiotics include allergic reactions, damage to the digestive system, yeast infections, antibiotic resistance and repeat infections. Antibiotic usage has also been linked to allergies, asthma and non-Hodgkins lymphoma (cancer of the lymphatic system).

• Tubes In The Ears (Tympanostomy)

Do ear tube operations work? In a famous study, children with chronic ear infections (in both ears) had a tube placed in one ear, but not the other. Both ears had similar results. The researchers report: [There was] *no benefit from the placement of tubes ... some complications such as scarring and permanent perforation* [occurred]....⁴ In addition, ear infections often returned and the tubes caused some hearing loss.

• Dr. Mendelsohn On Ear Infection

According to the late world-famous pediatrician Robert Mendelsohn, MD: *We doctors may have to consider whether ... antibiotics, antihistamines, insertion of tubes, tonsillectomy does not represent overkill for a condition that, except in malnourished children, is almost always self-limited.*⁵

• The Chiropractic Approach

Chiropractors relieve the body of a serious stress—the subluxation, a distortion in your body that interferes with your proper function. Correcting or removing subluxations through chiropractic care is essential for anyone with ear infections.⁶



Tell your friends about the drug-free chiropractic alternative.

In fact, chiropractic care has an excellent record of safety and effectiveness for infants and children suffering from ear infections.

• Case Studies

An example of how chiropractic can help a child suffering from ear infections is best revealed in this story of a child who had been on antibiotics for six years and who had ear tube surgery.

*A nine-year-old boy with chronic ear infections came to my [chiropractic] office. Five years prior, tubes were put in his ears. The child was scheduled for another ear surgery and to have his swollen tonsils and adenoids removed.... The boy stopped complaining about his ears after the first chiropractic adjustment. The ears, tonsils and adenoids returned to normal size. The ENT doctor cancelled surgery and at five-month follow-up the child remained free of ear infections, sore throats, colds, flu and medications.*⁷

Another paper describes two case studies. In the first case, a six-month-old boy was scheduled for ear tube surgery. After one chiropractic adjustment, his ear infection cleared within 24 hours. The surgery was cancelled. The other case

is of two [girls] aged three and four with chronic ear infections and upper respiratory dysfunction. Both conditions resolved after one office visit.⁸

• Research Studies

Twenty-two children with acute otitis media received chiropractic care. After the first adjustment, the red and bulging tympanic membrane returned to normal in 95% of them.⁹

A review of the chiropractic care of 650 children revealed significant reduction in ear infections and fevers and improvement in immune function and general health.¹⁰

In another study, 332 children (ages 27 days to five-years-old) suffering from recurrent bouts of otitis media and who had been on repeated doses of antibiotics were given chiropractic care. The children healed quickly without antibiotics and experienced few repeat infections.¹¹

In another study of 211 infants examined five days after birth who suffered from vomiting, hyperactivity and sleeplessness, chiropractic care frequently resulted in the immediate cessation of crying, muscular relaxation and sleepiness. The

authors, who are medical doctors, wrote that an unhealthy spine “causes many clinical features from central motor impairment to lower resistance to infections—especially ear, nose and throat infections.” They assert that all newborns should have their spines checked by chiropractors as “the success of adjustment overshadows every other type of [care].”¹²

In another case study, a four-and-a-half-year-old with chronic ear infections, 50% right ear hearing loss and adenoiditis received chiropractic care. “A follow-up visit to her pediatrician and ENT specialist [found] no sign of ear infection or inflammation, [but] her adenoids, which were the worst the ENT had ever seen, were perfectly normal and healthy ... the family was told to continue chiropractic care because it had obviously worked.”¹³

• In Conclusion

It is essential that a child with an ear infection have a chiropractic checkup. Keeping your child's body free from subluxations will help your child's natural defenses against disease. This will help you avoid drugs with all their side effects. Give your child the great advantage of safer, more natural, drug-free chiropractic healthcare.

Ear infections (otitis media) are affecting children in epidemic numbers. Chiropractic offers a drug-free approach.

