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Ear Infections

Ear Infections



A child suffering from an ear infection needs chiropractic care.

• Acute Otitis Media (AOM or Middle Ear Infection)

Watching a child suffer from a painful ear infection is something no parent wishes to do. Today ear infections are affecting children in epidemic numbers and happily more and more parents are bringing their children suffering from ear infections to their neighborhood chiropractor (often after first going the medical route without resolution of the problem).

• The Medical Approach: Antibiotics & Tubes In The Ears

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. In fact, most ear infections clear up in a few days by themselves; "watchful waiting" is a better approach than antibiotics or surgery. Antibiotics are often expensive and can cause stomach upset, diarrhea, allergic reactions and antibiotic resistance.¹

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.*²

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).



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• Tubes In The Ears (Tympanostomy)

The rush to put tubes in a child's ears is comparable to the tonsillectomy fad in the

1960s and may be causing more harm than good. In a long-term study ear tubes were found to harm children's eardrums and cause scarring that could damage hearing later in life.³⁻⁴

• 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 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.



Tell your friends about the drug-free chiropractic alternative.

*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

In another case study, a nine-month-old boy with a history of chronic ear infections was brought in for chiropractic care. The boy's infections began immediately after his four month vaccinations and would temporarily respond to antibiotics only

to recur every three weeks. The ENT physician recommended ear tube surgery. Within a week of chiropractic care both ears had cleared up and the mother reported the child's naps were longer and he was getting better quality sleep. After seven weeks of care he visited his ENT who reported the ears were clear and tubes were not needed.⁹

A three-year-old boy lost his hearing after three unsuccessful ear tube surgeries. After the first adjustment the mother reported he had less ear pain, better speech and less irritability. An audiology exam later showed improved hearing in both ears.¹⁰

• 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.¹¹

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.¹²

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.¹³

In a famous study by German medical doctors 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 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]."¹⁴

• 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.

