

EAR INFECTIONS

Has your child been struggling with chronic ear infections?

Do you wish that you could ease the pain and suffering of a current ear infection without medication, and reduce the chances of another one?



Ear infections are one of the most common ailments experienced in childhood. It is reported that more than 3 out of 4 children have at least one ear infection by age 3, and one third of these children will have at least 3 episodes by age 6.

Allergies, viruses, and sinus congestion are common triggers for ear infections, and research indicates that 61% of children who have a cold will develop an ear infection .

Although antibiotics are commonly prescribed, these do not help viral infections, nor do they reduce excess fluid or relieve pain. In fact, frequent antibiotic use may leave children more susceptible to continued cycles of illness.

Repeated antibiotic use diminishes the population of 'good' bacteria which are vital to our digestive and immune systems, thereby giving rise to the growth of yeast and harmful bacteria. This can set the stage for recurrent infections and a progression to other illnesses, including antibiotic resistant conditions, such as MRSA, which has recently become a public health concern.

Hearing is not usually affected. However, chronic ear infections can contribute to speech delays, vestibular and auditory processing issues.

Physicians may recommend surgical rupturing of the eardrum and placement of artificial ear tubes to act as a passageway for fluid drainage .

However, our non-invasive treatment can help both alleviate the symptoms and the causes of ear infections.

Our gentle therapy can effectively help :

***Relieve Pain
Accelerate Healing
Prevent Future Episodes
Decrease Use of Medication
Improve Sleep***

One-third of children with acute middle ear infections do not show any obvious symptoms.

And, since many ear infections occur before children learn to speak, it can be challenging to identify.

Here Are Common Signs To Look For :

Pain
Coughing
Nasal congestion
Fever
Irritability
Sleeplessness
Loss of appetite
Vomiting
Ear Drainage
Balance Difficulties
Babies may push bottle away

CranioSacral therapy is often able to help heal acute episodes, prevent invasive surgery , reduce the use of medications, and prevent future occurrences by treating the underlying causes of chronic ear infections.

"My baby has had chronic ear infections in the past year, and for the last 7 weeks has been plagued with 2 ear infections. She went through 4 different antibiotics. We were on the brink of being referred to an ENT specialist when my doctor referred me for CranioSacral Therapy. It took 2 sessions, but we went back yesterday, and the ears are 100% healed. It truly made all the difference!" - C.G.

407-774-7744

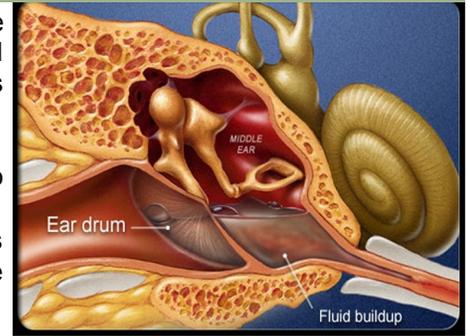
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ANATOMY OF AN EAR INFECTION:

Otitis Media is the medical term for ear infection - meaning inflammation of the middle ear. The Eustachian tube helps clear fluid from the middle ear, draining into the nasal passages and throat, and subsequently the neck and chest. It is lined with mucous membrane cells, and is therefore can become swollen in response to inflammation .

When a Eustachian tube swells, the passageway narrows, making it difficult for fluid to properly drain. This can lead to an accumulation of fluid in the middle ear.

Doctors can detect fluid in the middle ear with a device called an otoscope, which blows a small amount of air at the eardrum, making the eardrum vibrate. If fluid is present, the eardrum will not move as much as it should.



There may be an excess amount of fluid without an active infection present. However this stagnation of fluid creates an environment for bacteria and viruses to flourish. As this continues , the fluid becomes infected, in turn causing further swelling, which then leads to bulging of the eardrum and pain .

HOW OUR TREATMENT CAN HELP:

All of the bones of the skull have a small , palpable range of motion which occurs as a result of the production and reabsorption of fluid within the brain. Normal motion in the head has a pumping effect on the Eustachian tube which assists the drainage of the middle ear.

The ears are housed within the temporal bones of the skull. The unrestricted movement of the temporal bones is important to facilitate drainage of fluid through the eustachian tubes.

Arteries, veins, and lymphatic vessels need freedom to allow proper fluid exchange. These structures are flexible tubes moving fluid from one area to another. If there are 'kinks' in the tubes, it can impact fluid conduction, often causing a buildup of pressure .

CranioSacral Therapy helps to locate and relieve sources of abnormal strain or compression, restoring movement to these structures. Therefore, inflammation is reduced, fluid exchange is improved, and healing is accelerated.

Children often experience immediate and significant relief as pressure and inflammation is reduced, and therefore are able to eat and sleep more comfortably.

By releasing restrictions that are contributing to fluid buildup, we are addressing causative factors . This is obviously more effective than treating only the symptoms, and can help break the cycle of chronic infections , prevent future occurrences, and boost the body's natural immunity.

The overall functioning of the nervous system and the body are improved, thereby diminishing the likelihood of other potential problems, such as speech delay, coordination or balance impairments, or sensory processing issues.

For pain associated with acute ear infections, some people report the following to be beneficial:

- ◆ Mullein Oil drops—sold at many health food stores. Mullein is a strong pain killer , and is applied in the ear.
Reported to “quiet irritated nerves, relieve pain , and soothe inflammation”.
- ◆ Ear Candling (controversial)
- ◆ Warm Compresses
- ◆ Homeopathic Remedies
- ◆ Massage and Lymphatic Drainage Techniques

To reduce the likelihood of chronic ear infections :

- ◆ Diminish Potential Sources of Inflammation, Including:
 - * Exposure to Cigarette Smoke
 - * Environmental Allergens
 - * Sugar
 - * Dairy
 - * Wheat Gluten
- ◆ Boost Immune System : Adequate nutrition, supplements, and probiotics are especially important if have had several courses of antibiotics
- ◆ Be Proactive During Teething or Respiratory illnesses:
Seek bodywork and support to keep fluids moving and help prevent potential fluid buildup



CALL TODAY TO SEE HOW WE CAN HELP YOU!

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