

# CRANIOSACRAL THERAPY FOR EAR INFECTIONS

Ease the pain and suffering of a current ear infection and reduce reoccurrences **WITHOUT MEDICATION**

CranioSacral therapy can gently help reduce pain, heal acute episodes, reduce the use of medications, improve sleep, and prevent future occurrences by treating the underlying causes of chronic ear infections.

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

There are commonly two types of treatment for ear infections. In severe or chronic cases, physicians may recommend surgical rupturing of the eardrum and placement of artificial ear tubes to act as a passageway for fluid drainage. More commonly, antibiotics are prescribed. However, antibiotics 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.

While hearing is not usually affected by most common ear infections, chronic ear infections can contribute to speech delays, as well as vestibular and auditory processing issues.

## WE CAN HELP!

Our non-invasive treatment can help alleviate the causes/symptoms of ear infections, accelerate healing and prevent future episodes.

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

- C.G.



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.

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



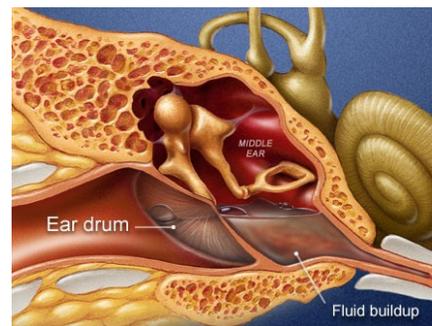
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## ANATOMY OF AN EAR INFECTION

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 can therefore 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, and the unrestricted movement of the temporal bones is important to facilitate drainage of fluid through the Eustachian tubes. 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. As a result, 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, which is obviously more effective than treating only the symptoms. It 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/balance impairments, or sensory processing issues.

### ADDITIONAL PAIN/SYMPTOM MANAGEMENT OPTIONS

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 which is applied in the ear and is reported to “quiet irritated nerves, relieve pain, and soothe inflammation.”
- Ear candling (controversial)
- Warm compresses
- Homeopathic remedies
- Massage and lymphatic drainage techniques

### HOW TO REDUCE THE LIKLIHOOD OF CHRONIC EAR INFECTIONS

Some recommendations to reduce the reoccurrence of ear infections include:

- Diminish potential sources of inflammation, including: exposure to cigarette smoke, environmental allergens, sugars, dairy and wheat gluten.
- Boost the immune system (especially important if your child has had courses of antibiotics) through good nutrition, supplements and probiotics .
- Be proactive during teething or respiratory illnesses and seek bodywork/support to keep fluids moving and help prevent potential fluid buildup.