

**Dr Oceanside  
Chiropractic**  
Whole Life Wellness Care

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## Ear Infections

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Nearly two-thirds of children with uncomplicated ear infections recover from pain and fever within 24 hours of diagnosis without antibiotic treatment. Over 80% recover within 1 to 7 days. More than 5 million cases of acute ear infections occur annually. Because of the high rate of antibiotics use in the US, it is important to note that in the Netherlands the rate of bacterial resistance is about 1%, compared with the US average of around 25%.

When dealing with ear infections, the first things you want to do is to remove certain habits that can be the cause of the infection.

**Avoid Pacifiers...**Pacifier use has been found to cause recurrent ear infections, failure of breastfeeding, and dental deformities.

Contemp Nurse. 2004 Jul-Aug;17(1-2):109-12.

**Don't Drink Your Milk!** Over 50% of children with ear infections will improve and have no further ear infections if they just stop drinking their milk. This is a real tragedy. According to Dr. Robert S. Medelsohn, MD, "The most common culprit [that causes ear infections] is cow's milk, in its natural form or as found in infant formula. It causes swelling of the mucous membranes, which interferes with the drainage of secretions through the eustachian tube. Eventually infection results because of the accumulated secretion."

It's important to note, that breastfeeding does reduce the chances of the child developing ear infections. The nutritional habits of the mother are the key! If a child being breastfed acquires an ear infection, the mother should eliminate dairy from her diet.

**Cut the sweets!** Although the relationship between sugar and ear infections has not been adequately researched, the effect of sugar on the immune system is very well documented. Consumption of sugar, specifically white sugar, has been implicated in increasing ones susceptibility to infections. This would include all candies, soda pop, and baked goods with white sugar and white flour.

#### **When Is Tympanostomy (Tubes in the Ears) Justified?**

"In all my years of practice I have never seen a case in which a punctured ear drum did not heal itself. The principle justification for the procedure [tympanostomy] is to prevent hearing loss, which is no justification at all. Controlled studies have shown that when both ears are infected, and a tube is inserted in only one of them, the outcome for both ears is almost identical. Meanwhile the procedure itself carries many risks and side effects. Justified as means of preventing hearing loss, tympanostomy can cause scarring and hardening of the eardrum, resulting in hearing loss."-Dr. Robert S. Mendelsohn, MD



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## Lemony Quinoa

This is a great side dish or main dish served with a side salad. Unlike wheat or rice (which are low in lysine), quinoa contains a balanced set of essential amino acids for humans, making it an unusually complete food with 12-18% protein. Good source of dietary fiber; High in magnesium and iron; gluten free.

### Ingredients:

1/4 cup pine nuts  
1 cup quinoa  
2 cups water  
sea salt to taste  
1/4 cup fresh lemon juice  
2 stalks celery, chopped  
1/4 red onion, chopped  
1/4 teaspoon cayenne pepper  
1/2 teaspoon ground cumin  
1 bunch fresh parsley, chopped

Toast the pine nuts briefly in a dry skillet over medium heat. This will take about 5 minutes, and stir constantly as they will burn easily. Set aside to cool.

In a saucepan, combine the quinoa, water and salt. Bring to a boil, then reduce heat to medium and cook until quinoa is tender and water has been absorbed, about 10 minutes. Cool slightly, then fluff with a fork.

Transfer the quinoa to a serving bowl and stir in the pine nuts, lemon juice, celery, onion, cayenne pepper, cumin and parsley. Adjust salt and pepper if needed before serving.

**Don't Guess About Your Health... Schedule a Nutritional Consultation Today!**

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## Recommendations

1. Don't panic.
2. Relieve the pain with a heating pad, two drops of warm olive oil (not hot) inserted in the ear canal, and the appropriate dose of acetaminophen if the pain becomes unbearable.
3. Avoid ALL Dairy Products [anything with cow's milk]
4. Take 1-2 zinc lozenges per day
5. Take 250 - 500mg of vit C per day
6. Lauricidin: use ¼ tsp, 4 times per day. Mix with applesauce or other soft foods.
7. Echinacea: find a children's liquid Echinacea at your local health food store and take the dosage recommended on the bottle.
8. Chiropractic adjustments have been shown in many studies to be of great benefit.

If the pain persists after 48 hours, see a doctor--not to treat the infection, if that's what it proves to be, but to rule out the possibility of trauma or the presence of a foreign body.

If your doctor examines your child and finds a viral or bacterial infection, question the need for antibiotic use. If the doctor finds a foreign body, let him remove it, but again question the need for antibiotic use.

If your child has chronic, recurrent middle ear infection, it is probably because of allergies or the antibiotics he was previously given. If your doctor recommends tympanostomy, don't permit it without trying the recommendations listed above or obtaining a second opinion. This procedure has replaced tonsillectomy as the favorite of pediatricians, but there is no reliable scientific evidence that it will do any good, and there's considerable evidence that it may cause further harm. In 2004, a report was published in the *Annals of Otolaryngology, Rhinology and Laryngology* (Jun;113(6):438-44) that tube insertion in childhood was associated with persistent hearing loss in young adults of about 5 to 10 dB. No such hearing loss was detected in subjects who had ear infections and *did not* get tubes in the ears. Repeated insertions of tubes caused a greater deterioration of hearing than did a single insertion.

The recommendations above are for children 6 months to 1 year ranging from 20-30lbs. If the child is older and/or heavier, you may increase the dosages according to body weight. If the child is younger than 6 months and is nursing or on a soy or dairy formula, more direct consulting may be needed. We can work with the mother by supplementing the child thru the mother's milk or working to create alternatives to the soy-based or dairy-based formulas.

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1. The information provided in this article is for educational purposes only.
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