



Be Well Naturally

Alice Kleinsman

www.bewellnaturally.co.nz



General treatment and care for

EARACHES

Earaches can be distressing for everyone involved. Often they are worse at night, and this can mean less sleep for everyone, prolonging the illness, and adding to the stress. Luckily for us, whenever our daughter had an earache (maybe once a year in the winter) up to 3 doses of a remedy later she would be asleep again, with the earache gone in the morning.

Here are some other ideas you can use (nb never insert a cotton swab or cotton bud into the ear)

- Put cotton wool in the ear when showering or bathing if you are susceptible to an earache
- Consider avoiding the most allergenic foods such as wheat and dairy, sugar, corn, oranges, and peanuts. Use food which is as unprocessed as possible.

- Lay a child with their sore ear UP, and the good ear on the pillow. This may help to stop the pressure from the fluid building up, by helping it to drain away
- Encourage chewing
- Equalise the ears by “popping” them – “blow” air into the cheeks while holding the nose. Hard swallowing may also help
- Massage around the external ear and pulling the ear lobe gently down and outwards can sometimes help to relieve pressure

Hot onion poultice - (or a hot wheat bag)

These can be very soothing on a sore ear. Gently cook a finely chopped onion in a dry pan, or roast one in its skin. Wrap it up in a cloth, allowing it to cool down so that it is just as hot as the patient can handle, and hold it against the ear

Garlic

Put a clove of garlic in the outer ear (not the actual ear). Alternatively, finely chop a clove of garlic and mix with a teaspoon of olive oil. Strain and warm by heating a spoonful over a hot jug, and then put 2-3 drops into the sore ear, keeping it in there with some cotton wool. This is not suitable if there is a burst eardrum, or if there are grommets in place