



Presents:

# Earache Relief

HOW TO TREAT AN EARACHE AND BE  
BACK TO SLEEP IN 5 MINUTES OR LESS  
WITH SUPPLIES ALREADY IN YOUR  
KITCHEN



## Healing Earaches at Home—Mini Lesson

By Dr. Kal Sellers DC, MH, MT

I started over 20 years ago learning how to heal using traditional methods, hands-on care and natural remedies. Over the years, I have developed (greatly aided by Chiropractic school) a system of Outcome Assessment Tools to help me determine what works best for my patients. I am delighted that this simple, old and inexpensive remedy works best of all! I have used it to treat hundreds of earaches over the last two decades.

Ear infections can be the result of congestion associated with a cold or flu, but *most often* are just a developmental issue. As the skull changes shape in infants, the eustachian tube, which drains the inner ear, will sometimes be slow to drain for various mechanical reasons (shape, pressure, swelling, etc). In addition to this, when an infant or toddler is teething, the swelling in the whole area will inhibit drainage. Depending on genetics, these kids might need help draining the ear and keeping infection away often, even as often as every week if they are teething. It is just part of growing up for many children. This will make it as comfortable as possible for them, and so much easier for you. We are grateful we can use something simple and harmless to treat them instead of keeping the poor kid on antibiotics or getting tubes surgically inserted in the ears.

First we will talk about the remedy and how to use it. Afterward, I will address some complications and situations that require special instruction or understanding.

The remedy is garlic oil. This is easily made fresh at home in 3 days. (or you can purchase some at [www.SoundMountainHealing.com](http://www.SoundMountainHealing.com) )

To make it, simply press enough fresh garlic (or you can finely mince it if you do not have a press) to cover the bottom of a small glass container, such as a pint jar. This needs to fully cover the bottom but no more than that. Cover this with  $\frac{3}{4}$  inch/ 1.5 cm of olive oil. Let this stand on the counter at room temperature uncovered for 3 days (in bug season you can put a loose knit cloth over top of it, but moisture needs to be able to escape). At the end of 3 days, strain this out through a wire mesh strainer. You may either eat or discard the garlic. Put the finished garlic oil into a dark glass dropper bottle.

### NOTES:

- a. Garlic oil will stay good in a dark glass bottle at room temperature for about 3 months.
- b. Occasionally, the oil will turn green. We do not really know why this happens, but it does not seem to hurt the oil any and it seems to work just fine.
- c. If the oil is kept in the fridge, it will keep for a year or more, but will have to be thawed before use.

How to use it:

First, if there is any fluid (clear or yellow or blood tinged) coming from the ear the child should be treated for ruptured eardrum first. This procedure will be described below.

If the child (as with most children) is fine and just has an earache, sore throat or chronic cough, then it is time to treat those ears right away.

Begin by filling the ear canal right up with garlic oil (tip the head so that the ear being filled is up. With an infant, lay them on your lap with the ear up.) Massage the ear to encourage the oil to go as deep as possible and use a little of the oil to massage around the ear, below it behind the jaw; on the temple; the sides of the neck; the forehead; the base of the skull. Plug with a cotton ball and repeat on the other side. ALWAYS treat both sides. Repeat before bed for 2 more days.

Normally, you get up in the middle of the night with a kid who has an earache, treat the ear as described and everyone gets to go back to bed. If you warm the oil up to about 100-105 degrees F (No warmer! The inner ear is very sensitive!) the relief will come even faster.

In cases where the respiratory symptoms or the earache proves to be stubborn, repeat the treatment every 2 hours. The ear will still be wet with the garlic oil. Just wipe that out and re-apply. Herbs have active principles which are absorbed almost immediately and which need to be replaced often to help severe cases.

Typically, the ear infection will be cured in 3 days.

If you do have fluid coming from the ear, assume it is a ruptured eardrum. Normally, these heal on their own with no intervention but if the problem is stubborn or there is need to treat the ears as soon as possible, what we do is use Dr. Christopher's Complete Tissue and Bone Ointment. (get some at [www.SoundMountainHealing.com](http://www.SoundMountainHealing.com) ) Take a large lump of it out and plug just the outer ear canal (do not push it down inside deep) sufficient to plug it off. Then keep on a scarf and a hat at all times until healed. Always the neck and head covered and the ears covered especially well. It also helps to massage the patient's feet—particularly around the toes—to stimulate healing and drainage.

The ointment should be replaced 2-3 times daily. Normally, the ointment will melt and run out of the ear. Do not push ointment down into the ear if it has not melted completely. Debris in the eardrum will slow or interrupt healing.

Finally, occasionally I will have a patient who is allergic to garlic and gets a rash when you treat them this way. In these cases, garlic oil cannot be used. A mild decongesting ointment can be substituted, and used to plug the ear and rubbed into the surrounding tissues as in the instructions for Garlic Oil. I favor one made by Wind River Herbs called "Chest Rub." It is warm enough to clear the infection and calm the child down, but it is mild enough that even if you get a little in your eye it does not burn. Chest Rub can be purchased at [www.windriverherbs.com](http://www.windriverherbs.com).

That is all the info you need for treating ear infections. Before I leave you, let me just issue some cautions:

1. Humans do poorly with any dairy. My advice is to avoid it entirely for anyone with congestion, breathing problems, earaches, sore throat history, bloating, liver issues, allergies, etc. Nursing children may get quite congested from their mothers consuming dairy. Only butter is routinely allowed for most of my patients if they have any symptoms of congestion or digestive problems or any type of system overload.
2. Sugar is often congesting and is weakening to the immune system. It robs blood calcium and makes the immune system at a disadvantage in any fight.
3. A constipated baby (or child, or adult) will be hard to decongest. Take steps to clear the bowel to effect faster decongestion. See my mini lesson on Sore Throat, Colds & Flu for instructions on clearing the bowel quickly and effectively.

Good luck with your health journey. I know you will enjoy the improvement in your quality of life if you have a kid with earaches. They can be so interrupting to normal life and yet so easily treated. This is preferable to drugs and surgery, especially since the typical ear infection can be cured in 2-3 days.