

Ear Infections: The Slippery Slope



Dr. Chris Boman DC

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Ear Infections: What Are They?

It is reported that 85% of kids will get at least one **ear infection**. Nearly every mom has experienced their sons or daughters screaming and crying, ear tugging, complaining, and over all discomfort. Because this is such a prevalent condition, why aren't there answers? Why do they keep coming back? Is surgery really necessary? Most kids also "grow out of the **ear infection** stage" but then develop multiple bouts of strep throat and swollen tonsils. As the kids continue to get older, they start to develop asthma, allergies (which as said to affect 1 in every 4 kids), bronchitis, and pneumonia. Is there a connection between them? Is it possible to raise kids without these challenges?

If you asked any of the above questions, or your kid has experienced any of the above conditions, I know the below information will provide you with a new clarity and understanding of these common, but not normal conditions as well as give you new, natural options for restoring health to your kids.

A n **ear infection** develops when there is stagnation of fluid in the ear canal (Eustachian tube), leaving bacteria and viruses free to infect the area. Stagnation of the fluid occurs when there is inadequate drainage of the ear canal. This is why kids will generally tug on their ear, just as we do when we ascend or descend from elevation. They are innately trying to encourage ear drainage. The common explanation for ear infections in kids is usually something like this:

Their eustachian tubes are more horizontal than adults, thus more vulnerable to blockages and more likely to clog.

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This, on surface, may seem reasonable, but when you study the physiology, it becomes weak and inadequate. Gravity is not a major contributor to ear drainage, which means the orientation of the canal is practically irrelevant. There are actually tiny muscles in your ear canal that move in a peristaltic pattern (just like when you eat your throat muscles push food down). These muscles listen to the main computer system in the body, the nerve system, to know when to contract. The second most contributing factor is something most people don't think about: your spine. The bones in the very top of your neck are vital in promoting proper ear drainage. If they are not aligned properly, they cannot move properly, thus the ear cannot drain properly.

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The common medical treatment for the **ear infection** (otitis media, OM), according to the American Academy of Pediatrics, should be to observe the patient over a few days without first prescribing antibiotics. If the infection gets worse or persists, the next step is then recommended. A recent survey, however, found that very few medical doctors actually stick to this guideline, with [76% of every OM patient receiving a prescription for antibiotics](#). While drugs can help people escape life threatening conditions, OM is hardly that. If we refer back to the origin of the infection, bacteria are only allowed to proliferate if there is a lack of drainage. While antibiotics will kill the bacteria (if it is a bacterial, and not viral infection), it won't fix the reason why the bacteria show up in the first place, right? I assume you are thinking now, "I want to fix the drainage problem, because that will take care of the ear infection once and for all." Some of you might now be thinking about the "tubes" surgery your EENT might want to perform. While this will promote drainage, it still only temporarily covers up the problem. If our ears were supposed to drain through our ear drum, wouldn't you think we would have been created with holes in the membrane? The truth is, this surgery actually promotes drainage in the WRONG direction! When those expensive tubes are surgically inserted in the membrane, all that infected, bacteria ridden, stagnant fluid get directed down the throat to our tonsils, adenoids, and eventually our lungs. While the **ear infection** may go away (for about 6 months), multiple bouts of strep throat and swollen tonsils is usually next. After multiple infections to the tonsils, common practice is to remove them. Now that the body has a limited immune response to things entering the body from the throat, chronic bronchitis, asthma, allergies, and bouts of pneumonia ensue. We have now stepped off of what I call a slippery slope of medical dependance. Inhalers are prescribed. Anti-allergy medications are "needed" (and advertised every third commercial). Multiple rounds of antibiotics, pain relievers, and fever reducers become mainstay, but they are just all covering up the cause.

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One Solution

Before I stress you out too much, let me offer you a solution: restore nerve communication with the muscles of the ear canal and movement in the upper neck. Yup, no drugs, no surgery. No side effects. No slippery slope. How can you make this happen? Take your child to only health care professional highly trained in restoring joint movement and nerve communication: the pediatric chiropractor. You may have never heard of us, but everyday in our office we help kids of all ages overcome, once and for all, their **ear infections** because we, unlike many other professions, adjust the cause of the dysfunction. Through affordable, safe, gentle, and effective chiropractic care your child's drainage system will be reset, and allowed to drain as nature intended thus removing the stagnation of fluid attracting harmful bacteria and viruses. When tubes aren't needed, the throat most likely won't get infected as much. When the tonsils are kept intact, they filter harmful agents that would have infected the lungs and disturbed your stomach.

So before you turn to antibiotics (that bring with them many side effects) and tubes (expensive and potentially dangerous side effects), schedule an appointment at the chiropractor! You can learn more about me by visiting www.drchrisboman.com or find one near you by searching www.thenationalwellnessfoundation.com.

Bonus!!

Bonus Idea!

Remember, the chiropractic adjustment is the most important part to permanently improving the nervous system, but supplementing Colloidal Silver will help the body fight off the bacteria quicker. It can be taken in small amounts orally as well as dropped directly into the ear. Colloidal Silver is a natural and powerful antibiotic that will help immensely.

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