EAR ACHE what to do

Start by Working the Lymph drainage
Massage these Lymph points from top the bottom

Avoid all sugar and milk products and fried foods
Do the ear massage to drain it internally twice a day, Gently Draw down from behind the Ear to the Sternum

Neck Muscles—Anterior and Lateral View

Stimulate Lymph drainage by gently tracing down this arrow
Massage the TMJ and do a TMJ adjustment
Then the Tragus Pump 50 times

Use the TRAGUS PUMP to push out toxins and crude from the ear into the Eustachian tube

If painful then do it more gently till pain just starts. It should hurt a little.
Self-ear massage

50 pumps with Palms over the Ears

Stretch the Neck

Ear Candle therapy

Self-ear massage
Do a TMJ adjustment

Pull the earlobe just hard enough to get a gentle pop the Ear ligament
Use of an osteopathic technique called cranio-sacral manipulation can end recurrent ear infections. I recommend this treatment highly. In addition I suggest eliminating all milk and milk products from the diet for at least three months to see if any benefits result. That means avoiding all dairy products as well as gluten breads and other foods containing milk in any form. Soy, rice, and nut milks can be used. External ear infections (otitis externa) are more common in older persons.

They are easily treated by putting garlic or garlic oil or mullein oil into the ear canal.

Warm the oils slightly, put some into the affected ear with a medicine dropper, and plug loosely with cotton. Sometimes this treatment, combined with oral doses of Echinacea, will also end a middle-ear infection, If you get on it at the very start. Gargle with water with an ever increasing dash of Cayenne pepper and sea salt should be encouraged to do so frequently. When they first notice the pain of an ear infection use Warm saline with a dash of Tabasco solution works fine. It promotes healing by bringing more blood to the Eustachian tube, which connects the ear with the throat.

And for the emotional connection and mental cause of this is always

**NOT WANTING TO HEAR THE TRUTH**

What is truth is it that you do not want to hear ?????
Search your heart what truth is it you are unwilling to hear
As you open your heart and mind to the truth the ear will open as well
If we start with truth it makes things better, often truth hurts and can be falsely seen as negativity, but truth is really not negative, it will always heal in the end and bring peace
I don't want to hear the truth so I get an ear ache to make sure I do not hear the truth.

Start your ear therapy by thinking is there some truth you do not want to hear, if so LISTEN.

Women don't want to hear what you think. Women want to hear what they think - in a deeper voice.

(Bill Cosby)
There may be no common pain worse than an earache—for babies, kids and parents alike. Even a mild one can be crippling, and the misery can usually be traced to acute otitis media, a.k.a. the dreaded ear infection.

Ear infections occur in the middle ear region behind the eardrum, when the Eustachian tube that connects the throat to this space swells and prevents air from entering the middle ear. The resulting suction can pull in fluid instead. If this fluid becomes infected, an earache isn’t far behind.

Once upon a time, that meant antibiotics, but experts say that only one in eight children actually need these drugs to treat an ear infection. The rest will recover on their own. You can help that process along with these five natural remedies:
1. EUCALYPTUS AND LAVENDER OIL STEAM.

Pour boiling water into a large non-plastic bowl and add several drops of each oil. Cover your head with a towel and breathe in the steam. (Be careful not to use too much oil or heat!)

2. GARLIC.

Boil one clove in 1/2 cup of water until it’s soft but not mushy. Place it on the ear (never push it into the ear canal!), cover with gauze or a cotton ball, and secure it with first aid tape to help draw the infection out. Change daily.

3. HOT COMPRESSES.

Place a washcloth soaked in hot water over the ear. Repeat as often as needed.

4. MULLEIN DROPS.

Mullein is a flowering plant that grows wild in many areas. You can buy prepared extracts or make your own oil by combining one teaspoon mullein flowers with one-half cup of boiling water. Let cool. Next, mix one tablespoon of this mullein tea with one tablespoon olive oil and let sit overnight. Put one drop of the resulting liquid in the infected ear.

5. BREAST MILK.

If you’re breastfeeding, breastfed babies have a much lower rate of ear infections than bottle fed infants, and even just a few drops of breast milk offer relief.

Keep in mind that none of these remedies are a replacement for a doctor’s advice. Always consult your physician if you suspect an ear infection, and use these natural remedies only in conjunction with their care.
USE THE GARLIC (Here's a recipe for garlic-mullein earache relief oil, which you can make without the mullein if you don't have any)

Oil of oregano didn’t do it for us this time, and I was SO disappointed. I thought it was supposed to be a very potent antibiotic…? Be sure to use probiotics if you use oil of oregano or any antibiotic, natural or unnatural.

Warm compresses for pain are the very quickest form of relief. Try a microwavable heat thingy.

Ruptured eardrums are ok – they may increase the child’s risk of needing hearing aids when they’re elderly, but it needs to happen multiple times to cause that kind of scar tissue. It’s blessed relief when they rupture, actually, because the pressure releases and the germs can come out.

A friend swears by Hyland’s homeopathic ear drops, (also sold for infants), although the advice came too late for this latest bout. 😞 Check your local stores as this item can be found in big box shops like Meijer. I’m ordering some from Amazon to have READY for next time!

The same friend uses olive leaf extract (or here or here) to fight infection, recommended by “her crunchy nurse practitioner friend” and says it's amazing. (8-10 drops for a toddler, half that for infant, mixed in OJ because it's yucky tasting)

Another friend tried Trilight’s ear drops, a company I trust, and I really like them. You can put them inside the ear (but never if there’s any draining!) or on the outside, and that’s a nice choice for the parent and the child, especially if they don’t like the idea of something going IN the ear.

A reader recommended mullein, and this one is the brand of garlic oil that worked with the oregano on ear infection no. 2 (and I wish I had used it on no. 3).
Another friend swears by “onion juice,” which I believe is just food processed raw onion, dripping the juice right into the ear. Don’t quote me on that one. Others say to bake the onion for 30-60 minutes and then squeeze out the juice, or to put the baked onion cut in half, wrapped in fabric, on top of the ear, not inside.

Get an otoscope, so you can confirm the presence of an ear infection and watch it dissipate. It costs less than one visit to the doctor, especially if you include gas.

Many readers are saying that chiropractics prevents and heals ear infections (and more) better than anything else out there. Body work helps the lymphatic system to drain properly and provides a lot of relief. It’s “on my list” to find a good natural chiropractor

### Mullein Oil for Ear Pain and Infections

This morning, I woke up with the terrible, tell-tale pain of an ear infection. I haven’t had one in years, but the memory of how painful one of these things can be was oh-so-easily recalled. Immediately, I dosed myself with a hearty helping of Echinacea and Goldenseal, and while those two well-known herbs are great for fighting infection and boosting the immune system, they don’t do much for the pain of an earache.

Mullein (Verbascum densiflorum) is a fuzzy-leafed, yellow-flowered plant used primarily for fighting coughs and relieving congestion (very good for whooping cough, bronchitis, etc). It is, however, also a potent pain-killer, anti-viral and anti-inflammatory. Most often, the flowers are used to soothe external pain and swelling (earaches, eczema, rashes, etc) and the leaves are used for respiratory complaints. I find, however, that the leaves are suitable for pain relief as well.
Normally, I keep a stash of mullein oil in the fridge, but this morning I discovered the bottle was nearly empty. To make a strong, medicinal mullein oil, you need a good two weeks to one month (more on that later). However, every herbalist has down and dirty tricks (okay…not really that dirty) for quick herbal fixes.

To make a quick batch of pain-relieving mullein oil, get a cup of good quality (organic) olive oil and heat it lightly (just warm it up—don’t cook it) in a small saucepan. Add a handful of dried mullein leaves, crushing them with your (clean) hands as you add them. Stir with a wooden spoon, cover, and let sit for at least half an hour.

That's your bare bones oil and it will keep in the fridge for a few days. For extra virus and bacteria-fighting power, throw in a couple of crushed cloves of garlic and a handful of St. John’s Wort (in a pinch, you can open up five or six capsules of powdered herb if you have it lying around, keeping in mind that fresh or dried whole herbs are always preferable). Adding a quarter teaspoon of vitamin E oil will help keep this mixture fresh for a few months.

While you’ve got your ingredients out, I suggest making a nice strong mullein oil the traditional way:

1. Grab a clean mason jar.
2. Throw in a handful of mullein, St. John’s Wort, Calendula flowers (if you happen to have any, you know, just lying around), and two crushed cloves of garlic.
3. Fill with olive oil, leaving ½ inch of space at the top, add vitamin E oil as a preservative.
4. Seal and place in a sunny window.
5. Shake daily and let steep for at least two weeks (a month is best).
6. Check the oil every day. If the mullein seems to be soaking up a lot of oil, top off your jar to the ½ inch mark. You want to make sure your herbs are always submerged.
7. After a month, strain the oil, storing it in amber bottles in a dark, cool place. This oil should keep a good six months to a year. Always smell the oil to check for rancidness before using (this depends on the quality of oil you start with, by the way).

To use: filter your oil into a small, sterilized dropper bottle (boil the bottle in water for ten minutes, soak the dropper end in hot water for the same amount of time) and add 3-5 drops into the painful ear. Gently close the ear with a cotton ball, and rest for 5-15 minutes. After that, turn the head and let the oil drain out (sometimes nothing will come out; that’s okay). Address the other ear, if needed. Keep this up for as long as pain persists.

NOTE: if you have a ruptured eardrum, do not use ear oil. See a physician. Also see a physician if you have a fever, other symptoms, or if the pain lasts longer than a few days. Another note: you can buy pre-made mullein oil if you want immediate relief but don’t have the ingredients at hand; this is wackily expensive and not nearly as satisfying as crafting your own herbal apothecary. Of course, all that matters is that you are empowering yourself by taking your own health into your own hands and reaching for something whole and natural. Be well!
From an ear candle opened after sucking out wax congestion
Relaxation and stress reduction will improve your immune system
Don't explain. People only hear what they want to hear.

Auricular Emotional Therapy

- Depression
  - Any of the following: Valerian, Valerian, Ylang Ylang, Abandonment: Geranium, Forgiveness, Acceptance

- Overwhelmed
  - Hope and Acceptance

- Self Expression
  - Valor and Motivation: Take deep breaths to express oneself.

- Fear
  - Apply Valerian, Release, Joy.

- Eyes and Vision
  - To improve eyesight, use 10 Lemon grass, 5 Cypress, 3 Eucalyptus, in one half oz. of V-4 Mixing Oil. For vision of goals use Dream Catcher, Acceptance, and 3 WiseMen.

- Open the Mind
  - Apply 3 WiseMen.

- Sympathy & Guilt
  - Joy and Inspiration

- Self Pity
  - Acceptance
  - Forgiveness and Acceptance
  - Work the rejection points on both ears.

- Refusal
  - For rejection from Mother, use Geranium;
  - For rejection from Father, use Lavender. When applying the oil, say, choose to accept my Mother/Father for what they have done or not done. It is their life and not mine.

- Heart
  - To strengthen the heart and lower blood pressure, use Aromas Life, self acceptance, apply Joy, Forgiveness, and Acceptance.

- "If more than one oil blend is indicated, layer them on one at a time"
- "When working on the ear, apply Harmony and Forgiveness to the entire ear and apply Valor on the foot."
And for the emotional connection and mental cause of this is

Always:

NOT WANTING TO HEAR THE TRUTH

What is truth is it that you do not want to hear ???????
Search your heart what truth is it you are unwilling to hear
As you open your heart and mind to the truth the ear will open as well, Listening to the truth heals.
NATURAL HOMEOPATHIC
treatment of otitis media in children

Abstract:

In a medical practice ninety-seven children ages one to eighteen were chosen who had otitis media verified by tympanogram, conduction/bone hearing, and symptomatology. Patients were treated with a homeopathic program involving an herbal formula and the SCIO system protocol. It was shown that all ninety-seven children responded to the program positively, and that otitis media could be controlled in all cases. It should be pointed out that thirty of the children were scheduled for myringotomy. The surgery was canceled for all because of the success of the treatment modality.

Key Words:
Otitis media, mucous, Mucous Dissolver, Ear Drops, eustachian tube, mucolysis

Introduction:

Acute otitis media is an infection of the middle ear. It is most common in young children from three months to three years old [Books: 22]. However, it can present at any age. Microorganisms can migrate from the nasal pharynx to the middle ear over the surface of the Eustachian tube, or they can be provoked in the lamina propria of the mucous membrane as a spreading cellulitis or thrombophlebitis.

In the New Biology [Books: 21] there is information which tells us that the ear during the gestation period is the most sensitive part of the body to toxins [Books: 22]. It has the longest period of sensitivity of any organ, and also has extreme sensitivity to external, synthetic and environmental pollutants. With this in mind, we might have predicted the increase in otitis media cases that would be presenting from the increased amount of environmental toxins over the last several decades.

If there is an incomplete resolution of the acute otitis media, or if there is an obstruction of the Eustachian tube, then a separately secretory otitis media can result as an effusion of the build up of mucous in the inner ear. This is very common in children.

The middle ear is normally ventilated three to four times a minute as the Eustachian tube opens during swallowing. Oxygen is absorbed by the blood in the vessels in the middle ear mucous membrane. If the flow of the Eustachian tube is impaired, a negative pressure can develop in the middle ear. This can result in the distention of the eardrum, which can then be measured on a tympanogram. This was one of the diagnostic criteria for determining situations in our study of otitis.
If the pressure on the eardrum continues, it can produce a break in the drum, and thus allow for secretion of the fluids contained behind it. If this results in a permanent perforation of the tympanic membrane (eardrum), then this is known as chronic otitis media.

If the infection spreads to the mastoid process and results in a coalescence of the mastoid ear cells, this is known as acute mastoiditis, or osteo myelitis of the mastoid bone [Books: 10]. This type of complication is rare, as most patients are able to obtain quality help before the chronic nature of this disease sets in.

The Merck Manual [Books: 13] states that bacterial type otitis media is the most common. E.Coli, staph, strep, hemophilus influenza group A, klebsiella bacterioids, and other types of organisms are the most prevalent in causing this type of disease.

Viral infections rarely occur in the externa otitis (external ear) because of the antiviral nature of earwax. However, viral infections can intrude into the surrounding tissues around the middle ear and create a disturbance. Most importantly it can create a blockage of the Eustachian tube and prevent proper drainage.

Another type of infection is the fungal infection, which can affect the middle, external and inner ear. Fungal infections are often overlooked by most medical assistants due to the over-dependence of antibiotic treatment. But antibiotics are known to aggravate fungal conditions. If an antibiotic treatment for otitis media is unsuccessful over the first seven to ten days, then the practitioner should suspect viral and/or fungal involvement. Fungal involvement is found to be more of a problem by this practitioner than by those discussing this in other literature. Otitis media is also termed "glue ear" because the fluid of the middle ear increases in viscosity, becoming glue-like. This results in a diminished hearing ability through the ear with no loss of bone conduction hearing.

The effect of the otitis is that by inhibiting the free flowing movement of the middle ear bones and the tympanic membrane, the conduction hearing is disturbed; that is, sounds that are travelling through the outer ear into the ear and then into the auditory nerve. Bone conduction, or hearing of sounds which are conducted through the bones of the face and skull pass directly to the auditory nerve. Thus bone conduction in the otitis media is usually not compromised.

In our study patients were chosen because of: #1 symptomatology, which included ear pain, ear itching (the child scratches the ears), fever, and compromised hearing. Symptomatology is what usually prompts the parent to bring the child in for an examination. #2: the tympanic membrane was studied through a tympanogram and/or analysis of the tympanic membrane to determine that there was distention or pressure applied to the back of the membrane causing it to distend into the externa canal. #3: the patients in our study were chosen if they had bone conduction hearing in normal ranges and conductive hearing through the externa ear that should have been deficient by more than fifteen percent of the norm. Criteria #4 for participation in the study is lack of any other type of metabolic disturbance such as osteo myelitis of the ear, congenital ear deformities, the presence of tubes in the ears, and other organic deformities which would set a child off from the normal patient pursued in our study.
impacted in the ear, which creates not only pain but also a disturbance in hearing. If there was any impaction of the cerumen, we simply dealt with it in the office by using a warm oil known as the Ear Drops formula. This formula is a collection of various oils and herbs which slowly dissolve the impacted ear wax, and also herbally provide relief to the otalgia. This was often done to patients in the office, which took fifteen minutes of Ear Drops administration and then flushing with warm water. If the ear wax was not fully dealt with, then we recommended a once-a-day administration of this treatment by the parents so that they could relieve the impaction of the ear wax.

It wasn't until the membrane was fully visual that we could include patients in the study, as tympanic membrane distention was one of the required criteria.

Other diseases that had to be investigated and dealt with were furunculosis (infected hair follicles in the outer ear), extradural abscess, menieres disease, any type of ear tumor, TMJ disorders, myringitis bullosa, and mastoiditis. Otitis externa, or earaches characterized by mild to moderate ear pain that occurs with tragus manipulation, or malignant otitis externa, cause ear pain that is aggravated by moving the auricle or tragus. The acute ceruse otitis media involves the ear infection leaking through the tympanic membrane, and may cause a feeling of fullness in the ear, hearing loss, a vague sensation of top-heaviness, severe, deep throbbing ear pains; and fevers that can reach 102° F. (98.9° C.) This pain will increase steadily over several hours or days, and can be aggravated by pressure on the mastoid antrum. Rupture releases drainage and relieves the pain. If there are signs of any ceruse or rupture of the membrane, patients cannot be included in the study [Books: 23].

Methods:

The patients in this study were of ages one to eighteen, and came into a medical practice presenting with ear aches, ear itching, or diminished hearing. The average patient in this study would have had a symptomatology developed in the range of one week to two months before his parents would bring him into the practice for treatment. The patients presented over the ten-year period from 1984 to 1994. There was no control or placebo group in this study, as we are merely reporting the data of results of the patients to the outlined program, to determine its overall success. But this is not done for comparative reasons.

These patients were screened with a simple audiometer for external hearing loss and with a tuning fork for bone conduction. Ninety-three patients are reported in this study. All patients had otitis media symptoms.

CRITERIA FOR PARTICIPATION:

1. Symptoms-- ear pain, itching, fever, diminished or impaired hearing
2. Visible and measurable distension of tympanic membrane
3. Bone conduction hearing normal, external conductive hearing diminished
15% or more

4. No tubes, no antibiotics

5. No major complicating pathology

The treatment for all patients was a mucous dissolving homeopathic formula of low-potency nettles (nature's mucous dissolver) and horsetail grass silica (nature's lancet) with iodine and alfalfa in the remedy for antihistamine effects (Mucous Dissolver). The parents of these children were taught to massage the ear for eustachian tube drainage. The eustachian tube angle of drainage increases with age, increasing the risk of otitis in children. The simple technique of ear massage was performed twice daily during the one month of the treatment.

**Ear Massage Technique**

This massage technique is to aid the inner ear and to help clear the eustachian tubes. The massage process should be done gently and firmly-- not to the point of pain. If the child shows signs of pain, reduce pressure. The following three steps should be done once daily on both ears.

1. Using gentle finger pressure, draw a line from the back of the ear near the mastoid bone down the back of the jaw bone through the saliva gland just at the rear of the jaw bone. Do this forty times on both sides.

2. Gently push the flap of skin in front of the ear (tragus) back over the ear canal until it blocks. Release and repeat in a pumping action; this creates a suction in the ear. Pump about forty times.

3. Place the fleshy part of the palm (just below the thumb) over the ear and rotate the ear in all directions, gently working the cartilage all around. Use a pumping action to work the air out of the ear. Pump thirty to forty times.

This operation was to be used by the parent for the child on a daily basis, no more than once a day. Remember, however, that it should be done at the time when the child is in the most severe pain, as this procedure can diminish some of the pain.

Another problem with children who develop otitis media is pancreatic enzyme deficiency, which results from an over-burdened pancreas. Eating too much sugar causes a hyper-insulin release which can also have an inhibitory effect on the release of certain enzymes which help to break up mucous. So as part of our study we ask the parents to remove white processed sugar from their children's diet, allowing them to have all the fruit or natural sugars they wanted.

It has also been shown that milk is a mucous producer. Since otitis media is an excess-mucous disease, we ask parents to take their children off milk during the therapy. Yogurt and frozen yogurt were fine, but ice cream and milk had to be removed.
as part of our treatment modality.
    If allergies were revealed during the course of testing such as wheat, yeast, or other factors, these were also removed. But there were no other official variables in the treatment protocol.

**TREATMENT PROTOCOL:**

1. The homeopathic formula, given in two teaspoons per day
2. The ear massage technique applied daily
3. Removal of white processed sugar from the diet
4. Removal of milk and unfermented milk products from the diet

These criteria were used for each patient.
    In the presence of known infections, BAC was used for bacterial infection, VIR for viral infections and FNG for fungal infections. All of these are complex homeopathics.

Other causes of otitis include the ear's susceptibility to toxins in an ever-toxic world, poor pancreas enzyme production making the lymph more viscous, allergy reactions, infectious cases, or stress involvement. Since this was a professional medical practice, not a classic study, patients were treated by the medical staff for anything else that presented in the etiology survey.

Limitations in the audiometer and subjective analysis of ear pain made quantified results difficult. Since it is the purpose of this pilot study to provoke deeper inquiry, we simply used an otitis positive or negative diagnosis. The results were almost one hundred percent. In every single case, Otitis improved dramatically within one month of treatment. Thirty of the cases were scheduled for surgery, and in every case surgery was aborted by the medical staff because of patient improvement.

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<td>Negative Otitis Media:</td>
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Alpha = .0005 significance
Results:

The results of our study showed that the complex homeopathic could be used for otitis media treatment. We have also seen results of this formula in treating other mucous conditions such as sinusitis, asthma, boils, lymphatic drainage, intestinal mucous, and others.

Elab #5 Over the years of utilizing this ear massage technique in the medical practice, its success has been very apparent, as well as its ability to deal with these various concerns.

Of those reported in this study, only one child was not successfully treated with this program. At the end of the four-week therapy the otitis did not diminish, although it do not become worse. At that point the parents opted for antibiotic therapy, and later scheduled a myringotomy. There was nothing particularly remarkable in this case, other than a possible psychological block that might have inhibited the effects of this program.

In the other ninety-two cases we saw dramatic results. Over the years of practice there have been many other cases that could not be included in this study, as the children had a history of tubes and/or were taking antibiotics. We have used this program several times with patients who still had the chronic problems after treatment, but we found that gradually they could stop the antibiotics and deal with their situations more naturally. The results of their data were not organized for publication in this study. end elab #5

Discussion:

Added section on tape 11/11/94 Recently in America an FDA recommendation for otitis media has been published which includes antibiotics as the first course of intervention. It must be pointed out that these antibiotics are not stimulatory to the system but are backed by an allopathic philosophy. They are designed to work directly upon an infected ear rather than stimulating the body's defense mechanisms.

Thus by working directly on the infection and not stimulating the immune system we have a tendency to make a classic allopathic mistake: to build dependence on antibiotics to do the body's job. This is partially why antibiotics are known as immune suppressors; they suppress the body's ability to do its job, and they create an atrophy in the immune factors.

It should be pointed out that the allopathic therapy is successful on symptomatology, but not in the long term. It builds dependence. In our study we followed up with several of our patients in long-term utilization-- not enough to report actual clinical data, although many of the parents have remarked that they have more control over the onset of ear infections by reactivating the treatment protocol.

If parents want a true, natural choice of medicine, then this paper offers satisfactory proof that there is a successful alternative to the allopathic philosophy. The philosophy of putting tubes in the ears is analogous to cutting a hole in the bathroom floor when there is a leak. The homeopathic philosophy is to stimulate the leakage
repair mechanism, as well as to deal with the cause of the disease at its basic organic level.

Since we live in a world undergoing increasing toxicity, we see more and more disturbances to the most sensitive parts of the body to these toxins, which in children includes the ear. As the adult grows older and the face lengthens, we see increasingly fewer disturbances involving ear drainage, as the eustachian tube is better able to drain. Other parts of the body take over the sensitivity to toxins. But in children the ear and the ear canal is extremely sensitive.

The ear shares blood supply with the hypothalamus and other intricate areas of the internal brain that regulate metabolic activity. Thus we can see the extreme importance of dealing with earaches and ear pathology quickly, safely and naturally; we want to avoid over-disturbing one of the most highly sophisticated regulating areas known: the hypothalamic area of the brain.

The primary presenting concern in any pediatrcian's office is ear involvement. The number-one surgery performed in America is the myringotomy. Ref last newsletter by Atlanta Centers for Disease Control. end of added section on tape 11/11/94

Further analysis with better trained medical staff and more precise equipment for media versus internal diagnosis is needed. We cannot determine the precise and most valuable intervention among:

1. naturopathy treatment
2. mucous dissolver
3. ear massage
4. increased parental involvement
5. stress reduction
6. stopping sugar or milk intake.

However, a minimal-risk, natural treatment modality seems a safe and effective procedure.

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### RESULTS (continued)

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OTITIS MEDIA, Glue Ear

1. The ear is divided into three parts, the otitis externa or external ear, the otitis media or middle ear, and the otitis interne or inner ear. Infections can occur in all areas of the ear.

2. Otitis media is one of the most common ailments seen by doctors. There are three main reasons for this condition: 1) the ear is one of the most sensitive parts of the body and is extremely susceptible to infection, 2) in children, the eustachian tube, located in the middle ear, doesn't always drain properly until the face grows longer with age and, 3) sugar and other immunosuppressants contribute to otitis media.

3. The inner and middle ear should contain a very viscus type of fluid.
When this fluid starts to get sticky or gluey and cannot be drained from the middle ear, it inhibits the transmission of the sound waves through the middle ear. This interferes with conduction hearing. A common term for this is glue ear.

4. Signs and symptoms of Otitis Media include ear pain, itching of ear, possible sore throat, headache, and general irritability.

5. *MUCOUS DISSOLVER is a proven, effective formula in treating Otitis Media (ref. Otitis Media Study). *MUCOUS DISSOLVER stimulates the body to break-up mucous and to assist the body in proper drainage. It is contains herbs such as Urtica, Ephedra, and Eucalyptus for their known expectorant properties and Equisetum for drainage among others.

6. *MUCOUS DISSOLVER should be taken daily, as directed for 30 days or as needed. Do not use daily for more than six weeks.

Excess sugar, milk and other allergies can also contribute to excess mucous in the middle ear. This complicates the condition of Otitis Media. Avoid sugar, milk and any other allergy foods or inhalation.

8. Simple ear massage is also suggested. Massage stimulates the body and helps the body to drain the excess mucous through the eustachian tube.

EAR ANATOMY The Mucous Disolver thins the mucous and promotes drainage in the middle ear.
The ear massage has three parts:
1. trace the eustacian tube, by drawing 40 times down the neck from the back of the ear straight down the neck
2. fold the tragus (flap of skin in front of the ear hole) over onto the hole and gently pump 40 times.
3. hold the palm of the hand over the whole ear and move the ear in every direction to loosen the ear cartilage, then pump the ear gently 40 times
4. repeat twice daily.

CASE STUDY REPORT CONDENSATION:

SUGGESTED THERAPIES
OTITIS MEDIA, Glue Ear
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2. Otitis media is one of the most common ailments seen by doctors. There are three main reasons for this condition: 1) the ear is one of the most sensitive parts of the body and is extremely susceptible to infection, 2) in children, the eustachian tube, located in the middle ear, doesn't always drain properly until the face grows longer with age and, 3) sugar and other immunosuppressants contribute to otitis media.
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**EUSTACHIAN TUBE**

- **External Ear**
- **Middle Ear**
- **Internal Ear**
- **Auditory nerve**
- **Bone Mech**

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SCIO TREATMENT SUGGESTED

**Color** - blue, turquoise, indigo, violet
**Magnetic Method** - 6-5, 10, 14
**Frequency** - 5k

**Color** - set patient's favorite if desired, or choose color by chackra that is deficient, red and green stim immunity
**Cosmic**: set 1 for physical body, 2 for astral, 3 for etheric, 4 for mental, 5 for cosmic, 6 for other
**Magnetic Method** -1+10 is universal, 7 for detox, 8 for regrowth of new tissue, 3 for injury, 2 for metabolic correction, 5 for inflammation, 6 for infection, 9 for psych stress, 2 for energy stimulation, 4 for immunity stimulation
**Frequency** --- 653hz--965hz, 5321---5787hz
**Zap** for 10 min once a day in early stages once a week in later stage
Discussion:

The results show significant improvement in symptoms and feeling better. The Collective results show a dramatic benefit to the SCIO therapist visit.
Magic Mojito recipe to stop the start of a cold
1.25 oz Ouzo or Sambuca
12 mint leaves
1 tbsp fructose sugar
0.5 oz lime juice
2 oz soda non sugar

Place mint leaves in bottom of glass. Add crushed ice to the mint and crush the mint leaves with the ice. Add ouzo or Sambuca, fructose sugar, and lime juice, and muddle. Add soda water and garnish with mint leaves.
Dr Desi’s Mercury Detox CORIANDER (Cilantro)
Delicious Pesto Recipe Get the Mercury + Lead Out

The Cilantro must be fresh and preferably organic if you can get it. It is very easy to grow at home in a sunny position – dried coriander does NOT work well. Fresh is better.

Research published late in 1996 has shown that Coriander has a wonderful capacity to remove heavy metals, especially mercury, from the body. This is a revolutionary discovery as Cilantro, the first known herbal substance that mobilizes mercury from the CNS. The active principle is unknown. But the speculative idea contains the high organically-bound selenium and the quantum quadrupole found in the remedy.

Dry fresh organic Cilantro. Use equal parts black olives. Wash both.
Put in blender with small amount of water, dash of sea salt or Desi salt substitute also Blood 4 Brazil nuts and Wheat Germ.
Add Sunflower Oil and Fatty Acid Eigh NV 10 drops.
Blend until creamy. Take 1 tablespoon 3 times a day with meals. Do not heat, spread on bread or crackers, use on salad.

Alternate Zesty Pesto Recipe
Coriander - 1 bunch
Black Olives 10, Crushed onions + tomatoes,
Garlic, Cumin, Sage, Oregano, Lobelia - to taste
Extra Black pepper to taste
Coconut desiccated 1/2 cup Add 4 Brazil nuts + Wheat Germ
Touch of lime juice
Cover with Sunflower, Safflower Oil - cold pressed.

Into a small bowl mix 1/2 cup rich natural flower pollen
dark honey with 1 cup crushed black and or blue berries. Add 2 tablespoons of fructose, 2 tablespoons of cumin, tumeric,
2 tablespoons of crushed agrimony, 2 tablespoons of crushed dried young oranges peel and all (use the oranges when they are about slightly larger than a golf ball, dry thoroughly) try ginger cinnamon and garlic for flavor. Mix and take 1 teaspoon morning and 1 before bed.
**Immune Boosting Foods**

- **Grapefruit**
  - Packed with vitamin C makes this an immune-boosting essential. They are packed with bioflavonoids, which are phytonutrients.

- **Cruciferous Vegetables**
  - Rich in antioxidant vitamins which give an immune system boost, and also contain Choline which keeps your cells functioning properly and helps maintain healthy gastrointestinal tract.

- **Carrots**
  - A great source of beta carotene which support the body’s mucus membrane, which lines the respiratory and intestinal tracts, making it harder for bacteria to enter the bloodstream.

- **Cinnamon**
  - Cinnamon is an antiviral, antifungal, and antibacterial and an immune system booster. It actually fights the pathogens that cause illness.

- **Berries**
  - Berries contain antioxidants responsible for the health of your immune system, as well as your body’s ability to destroy invading bacteria and germs. They also contain vitamin C and magnesium, two nutrients that are essential in maintaining the strength and function of your immune system.

- **Mushrooms**
  - A major source of the immune system-boosting mineral, zinc. If you don’t have enough zinc in your diet tend to have fewer white blood cells to help fight off disease, which can lead to a reduced immune response.

- **Kale**
  - Greens such as kale, spinach, and Swiss chard are immune-boosting foods that contain high levels of vitamin C, which help fight off infection and regenerate other antioxidants in the body, including vitamin E. They also contain folate, another immune booster.

- **Watermelon**
  - Contains antioxidant Vitamins A and C, which helps to neutralize free radicals than can lead to inflammation, general sickness and chronic illnesses such as stroke and heart attack. It contains beta-carotene, which helps fight cancer, particularly colon cancer. Lycopene, a carotenoid found in watermelon provides additional cancer fighting health benefits.

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