

# Recurring Ear Infections Protocol

Recurring ear infections are very common, especially in children under 2 years of age. There are many causes and reasons for recurring infections including allergies, sinusitis, ear injuries, and bacterial infections from colds or flu. You are more likely to struggle with ear infections if you have asthma, food sensitivities/allergies, have been on antibiotics, have had strep or staph infections in the past and if you have fungal or yeast overgrowth. Research has found another common cause for recurring ear infections is actually insufficient probiotics in the gut. Children who are formula-fed are at greater risk for probiotic insufficiency as well as babies who were born to mothers that were on antibiotics during pregnancy and labour.

Having food allergies/sensitivities, eczema, fungal overgrowth and so on all create congestion/dampness in the body. Congestion, especially in the head will need to drain and often times will empty into the Eustachian tube, which connects the middle ear to the back of the throat, and then can become blocked, especially during a cold or sinus infection. This can lead to a buildup of fluid in the middle ear, which can then become infected. This is also why kids are more likely to develop an ear infection after they contract a cold/flu.

Another factor (that many doctors will not tell you about) is that the reason why children with eczema, allergies, sinus issues, on antibiotics, and so on are more susceptible to ear infections is because they are Th2 dominant. They have continuous histamine and inflammatory cytokines being released which downregulates their Th1 immune system. Having a weakened Th1 immune system means less abilities to fight off infection quickly enough before it turns into a full blown issue (severe ear infection for example).

## Signs and Symptoms

The symptoms of an ear infection usually start quickly and include:

- pain inside the ear
- a high temperature
- being sick
- a lack of energy
- difficulty hearing
- discharge running out of the ear (clear fluid, pus, green discharge, blood)
- a feeling of pressure or fullness inside the ear
- itching and irritation in and around the ear
- scaly skin in and around the ear

Young children and babies with an ear infection may also:

- rub or pull their ear
- not react to some sounds
- be irritable or restless
- be off their food
- keep losing their balance

Most ear infections clear up within 3 days, although sometimes symptoms can last up to a week. If your child is just starting with an ear infection, you want to hold off with antibiotics and see if they can overcome it on their own before turning to stronger measures. The time you want to consider antibiotics is when the child's fever keeps returning and is paired with discharge from the ear (infected – usually green) that won't clear. Always check with your doctor or practitioner for best advice.

The more the child is on antibiotics, the more likely they are to get recurring ear infections that will require more antibiotics. Unfortunately it is a vicious cycle so avoiding antibiotics the first time around if possible is ideal. Antibiotics commonly prescribed for ear infections is amoxicillin or azithromycin. Antibiotics cause fungal overgrowth, more histamine production (from the overgrowth) and more allergies =, all which increase congestion and likelihood of needing more antibiotics.

### **What Natural Preventative Interventions Can Be Done?**

Always check with your doctor/pediatrician/practitioner before supplementing or following the advise below.

You want to focus first on PREVENTION. Before your child develops an ear infection in the first place, you want to bolster their immune system with a nutritious diet full of vegetables, some low sugar fruit, dark leafy greens (ideally in a smoothie), sufficient protein, healthy fats and limited whole grain and complex carbs. Minimizing processed and refined foods and sugar/juices as much as possible. Nutrition is the BEST thing you can provide your child for a strong immune system. The immune system requires sufficient protein, micro nutrients (vitamins, minerals, antioxidants, etc), and essential fats to function optimally.

Alongside good nutrition, you want to ensure your child is getting sufficient sunlight, exercise, limited screen time (blue light boost Th2 dominance), sufficient good quality sleep, minimal stress and so on.

In terms of basic supplementation for optimal immune health, I usually recommend the following:

- [Probiotics](#) (should be taken daily for the child's first 3 years of life in my opinion) – repopulates the gut, lowers inflammation and boosts immunity
- [Omega 3](#), specifically DHA:EPA from fish oil – boosts immunity and lowers inflammation
- Greens powder – not meant to supplement a bad diet but rather add on to a healthy diet
- Bone broth – heals the gut and keeps immune system strong

### **What can be done if my child already has an ear infection?**

If your child is currently struggling to fight off an ear infection you want to do the following (with the approval of your doctor):

- Don't suppress a fever with tylenol. Allow the fever to help fight the virus/bacteria. If the fever has been too high for too long, consider lukewarm baths, cold compress on head and cool drinks. Listen to my podcast for more information on how to support the immune system and

fevers and what to do (very informative!!!!): <https://www.spreaker.com/episode/episode-8-understanding-the-immune-system-and-how-to-support-it-53720726>

- Only give fluids while the child has a fever. bone broth is the best option.
- DO NOT give popsicles and fruit juices as this will weaken the immune system further. my favourite thing to do is make smoothie popsicles (blend kale, berries, liquid stevia to sweeten, collagen and coconut water for electrolytes and then freeze in popsicle moulds).
- Apply hot compresses to the child's ear.
- Put St. Francis garlic oil ear drops around the ear and IN the ear. if the child is having discharge, the drops probably won't get into the ear but you can try lightly and gently clearing some of the discharge and then putting the drops in. Warm up bottle under a hot tap first to warm up the drops.
- Encourage garlic and ginger tea (can add raw honey – a bit) to help fight strep/staph
- let your child have lots of rest/sleep

### **Supplements to take during an ear infection**

Always check with your doctor or practitioner before supplementing

- St Francis herb farm fungafect – 20 drops 2x/day \*check with your doctor first\*
- [Probiotics](#) – 50 billion or higher
- [Black currant bud](#) – antihistamine and immune booster. Only give in the morning as it is stimulating. 10 drops with a bit of water sublingually
- Omega 3, specifically DHA:EPA from fish oil – follow bottle dosage
- Organika Greens powder – 1 scoop with 1 cup water – tastes great!
- Bone broth – a cup daily
- Echinacea – follow bottle dosage on child tincture
- Vitamin C – 500mg
- [Liposomal glutathione](#) – roughly 80mg (open the capsule and squeeze into a bottle, smoothie, etc)
- [Vitamin D](#) – 400-1000 IU daily
- Chaga mushroom tea
- [Gammadyn cu](#) – antiviral/bacterial and great for infections (1 ampoule daily sublingually)

These supplements are just recommendations. You can do some or all. If the baby is under 1 year especially, i wouldn't recommend taking any of these remedies unless your doctor gave you the go ahead.

### **What if my child needs antibiotics for their ear infection?**

Your child may have a severe enough infection where they require antibiotics. If your child's ear has been leaking infected fluid (green mucous) or blood or if they have had other symptoms pointing to strong infection, they may need antibiotics. In which case, they can still follow the protocol above WHILE on antibiotics. One thing i recommend when they are on probiotics is to take the HMF multi strain 50 probiotic linked above during the course of their antibiotic treatment and then afterwards, supplement with 150 billion cfu daily to repopulate and rebuild a strong gut. They should also do more bone broth to rebuild the gut lining and even gelatin.

Sometimes antibiotics are needed especially if their Th1 immune system is very weak. In this case you want to aggressively work (with a practitioner) at modulating their

immune systems away from Th2 dominance and towards Th1. This takes time and every round of antibiotics that they do effects this. So keep in mind that this may be a long term process.

If you have any questions on this article, please post to the forums!