

## **EAR CONDITIONS**

taken from an article by by Dr. Lawrence Wilson  
September 2016, L.D. Wilson Consultants, Inc.

*All information in this article is for educational purposes only. It is not for the diagnosis, treatment, prescription or cure of any disease or health condition.*

This article discusses:

1. Childhood ear infections
2. Chronic ear problems in adults
3. Retracing of old ear conditions during a nutritional balancing program.

### **I. CHILDHOOD EAR INFECTIONS**

Ear infections are very common in babies and young children. Reasons for this are:

1. The architecture of the ear in babies. This tends to make babies and young children more susceptible to ear infections.
2. Poor health of many babies. This can be from birth (congenital impaired health). It is often made worse by quitting breast feeding before 3 years of age, improper diets, vaccines and use of medical drugs.
3. In particular, giving antibiotics for ear infections can cause a chronic persistent ear infection. This is known in medicine, but many doctors continue to do it anyway.

### **SOLUTIONS**

Most ear infections can be prevented by continuing breast feeding and avoiding other food for babies, avoiding vaccines and most other medical drugs, and by feeding and caring for babies correctly.

I recommend a nutritional balancing program for all children over about 6 months of age. It can help with both prevention and correction of ear infections in babies and children.

Never feed babies or children sweets, or fruit juices, or fruit, in my view. It upsets their body chemistry. Also, babies and children should avoid pasteurized cows milk and all wheat products.

### **II. CHRONIC EAR PROBLEMS OF ADULTS**

Definition of chronic ear syndrome. This is the re-activation in adulthood of old ear problems, often dating back to childhood. Usually, the original problem was an ear infection that was treated with antibiotics.

### **SYMPTOMS**

As a person's health declines with age, and one reaches the age of about 40 or older, one begins to experience hearing loss, ringing in the ears, pain in the ears, or vertigo.

Other possible symptoms are sinus congestion, chronic sinus drainage, or other sinus problems. Headaches may also occur in some cases. Of these symptoms, the most annoying, irritating and most common symptom appears to be ringing in the ears.

These conditions can be difficult to diagnose, and quite resistant to standard medical treatment. A complete nutritional balancing program may be of help because it seeks to correct deeper causes of illness.

## CAUSES

The causes for chronic ear syndrome may include:

1. Antibiotic treatment of childhood ear infections. This killed off most of the bacteria or other microorganisms, but not all of them. It also left behind antibiotic-resistant germs that are now very hard to kill off.

2. Tonsillectomy. Another possible factor that may contribute to chronic ear syndrome is the widespread surgical removal of the tonsils and adenoids in children. This is a stupid operation, in most cases, in my experience. The removal of these lymph glands does not really solve problems of tonsillitis. Instead, it just weakens the body.

The causes of tonsillitis are usually improper diet, dehydration, and perhaps unbalanced body chemistry. They usually are easy to take care of with a nutritional balancing program.

3. Chronic sinus congestion or infection, chronic tooth infections, cavitations or infected root canal-filled teeth. These can also contribute to chronic ear syndrome.

4. **Toxic metal deposits in the ears.** These can cause irritation, weakness, nerve damage or other damage to the delicate structures of the ear. Manganese toxicity affects the ears, at times.

5. Other. Less commonly, one can have arteriosclerosis in the area of the ears, a narrowed dental arch, or kidney problems. Arteriosclerosis reduces the blood supply to the ears, and can cause an old infection to flare up.

Narrowing of the dental arch changes the architecture of the ear canals, sinus cavities, nose and other structures. This may give rise or at least aggravate chronic ear problems.

The idea of narrowed dental arches and all their implications was explored deeply by Weston Price, DDS and discussed in his book, *Nutrition And Physical Degeneration*.

In Oriental medicine, there is a correspondence between the ears and the **kidney/adrenal meridian**. Weakening of the kidneys as one ages may aggravate problems with the ears.

## DETECTION OF CHRONIC EAR SYNDROME

The cause of chronic ear syndrome is often a very chronic ear infection. However, finding the infection with medical methods is difficult or impossible. X-rays of the area are rarely helpful because the pathology is very subtle, in most cases. It does not take much to upset the delicate structures of the inner ear, in particular.

## NUTRITIONAL BALANCING FOR CHRONIC EAR SYNDROME

A complete nutritional balancing program can often help chronic ear syndrome because it:

- 1. Brings up and resolves most chronic infections in throughout the body.**
- 2. Helps stop and reverse arteriosclerosis.**
- 3. Reduces toxic metal buildup.**

Specifics. The follow aspects of a nutritional balancing program are most helpful, in addition to the diet, lifestyle and individualized supplement program:

1. Red heat lamp therapy or use of a red heat lamp sauna. A red heat lamp used on the ears for 30 seconds 4-7 times daily is sometimes very helpful.
2. Foot reflexology. Pressing and rubbing the reflex points for the ears on the bottom of the feet can also speed up healing. These points are at the tips of the third and fourth toes on both feet. I suggest pressing and rubbing these areas firmly at least 4-7 times daily for only 30 seconds, at most, for any problem with the ears.
3. Ear coning. This is an excellent, simple and safe method for removing wax from the ears, and for assisting detoxification of poisons from the ears. I recommend it for any ear problems.

To buy the ear cones at a reasonable cost, one outlet is [www.massagewarehouse.com](http://www.massagewarehouse.com) or 1-888-918-2253. This procedure can be repeated once a week or even more often.

4. Ozone therapy on the ear(s). Ozone, an unstable form of oxygen, may help resolve ear infections faster by killing germs.

One can apply ozone directly to an ear by placing the output tube of an ozone generator directly inside an ear for about 5 minutes at a session. One can do this 3 or 4 times daily. It is a very safe procedure.

One can also drink ozonated water to obtain more oxygen....

### **III. RETRACING OLD EAR CONDITIONS DURING A NUTRITIONAL BALANCING PROGRAM**

During a nutritional balancing program, many people retrace and clean out chronic ear infections. This occurs because:

1. Most people have some chronic ear problems.
2. The program will bring up these infections for healing.

### **QUALITIES OF RETRACING EAR INFECTIONS**

1. Often these reactions take a while to retrace. Symptoms may come and go for a few months, or even longer.

2. These reactions are not dangerous, even if they cause symptoms such as some hearing loss, ringing in the ears, vertigo or ear pain.

3. Assessment by medical methods such as x-rays is usually very difficult.

4. Medical drugs are not required. So far, medical intervention has not been needed. The reactions will pass by themselves.

5. These type of retracing reactions often seem to come and go several times before they go away completely. This usually means the body is unable to completely resolve the infection or condition in one reaction.

6. **The solution is to just continue following your nutritional balancing program.** Be sure to keep it up to date with retests, or check with your practitioner more often if you believe your chemistry may have shifted, and a new program is needed.

7. In addition to a basic nutritional balancing program, the use of a red heat lamp on the ear(s), foot reflexology on the ear reflex areas, and possibly ozone therapy and ear coning may speed up progress.