

## **Ear Infections (Otitis Media)**

Many young children suffer from recurrent, painful and sometimes chronic ear infections. Technically an infection of the middle ear (most common in children) is known as Otitis Media. Ear infections can be very painful and may eventually result in permanent damage.

Some children suffer from recurrent ear infections, revealing that the chronic ear infections are merely a symptom of a large problem. Chiropractic adjustments to the neck and upper back can help eliminate the cause of chronic ear infections.

The middle ear is kept dry by drainage through the eustachian tube which runs from the middle ear of the back of the throat. When the upper vertebrae no longer move properly a blockage of the eustachian tube occurs and drainage of the middle ear stops. Since the middle ear can not be kept dry and drain properly, bacteria and viruses begin to grow, causing your child's ear infection. Chiropractic adjustments further help your child by removing any nervous interference that may decrease the strength of the immune system. Once the body is free of nervous interference, your nervous system is able to properly orchestrate the complex and delicate process that is needed to fight the ear infection.

Chiropractic adjustments to the neck and upper back help restore proper motion to the vertebrae. Once proper joint motion is restored, elimination of nervous interference and drainage of the Eustachian tube can occur, allowing your body's immune system to effectively fight the infection.

Traditional medical treatment usually consists of antibiotics. However many ear infections are caused by viruses and thus antibiotics are completely ineffective in treating ear infections. For children who suffer from chronic, recurrent ear infections, tiny tubes placed within the ear to help drainage, may be recommended. Unfortunately inserting tubes in the ears may not help and in some children can result in scar tissue formation on the ear drum and cause future hearing loss.

If your children have ear infections, chances are they have nerve interference, and they need to have their neck examined by a chiropractor. Your chiropractor will be able to make additional recommendations to help your child and to promote better health.