

For Ear Infections



DR. LEILA MASSON
MD, MPH, DTMH, IBCLC
www.leilamasson.com

Onion pack: cut one onion into small pieces, put them into a pan with a little water and heat on the stove until hot (until you can see vapours rising from the pot). Wrap the hot onion pieces in a cloth, make sure it is not too hot so it won't burn the skin and put the pack on the ear. The warmth will increase blood flow to the ear, which will help clear the infection and decrease pain, and the onion vapours kill bacteria and virus.

Vitamin C: give lots of vitamin C, either Liposomal vitamin C (John Appleton: appletonassoc@xtra.co.nz) or powder (Monoviral) or chewable vitamin C. I recommend about 3gm per day during the infection.

Echinacea and Goldenseal: give either Nature's Way drops (1 dropper three times a day during the acute infection) or in older children Echinacea Royal (2-3 tablets per day).

Brufen: you can give small doses of these for pain. Make sure not to overdose. Brufen is given every 6-8 hours, the dose is 10mg per kg of weight.

These recommendations are for children with uncomplicated ear infections.

If your child has a high fever (over 39 degrees), is very unwell or there is no improvement in 24 hours: go to your GP to have your child re-examined.