



## **Homeopathy a Safe Alternative for Ear Infections**

Holly, a 32- year- old mom, phoned me early one morning this past March with concern for her daughter. Monica, her normally active 3 1/2- year old daughter, awakened at 2 am, shrieking in pain, tugging on her ear. Holly was filled with dismay knowing her daughter's ear infection (Otitis Media) had returned. 'This is the 3<sup>rd</sup> occurrence', she explained. 'Monica has already gone through 2 rounds of antibiotics which have helped but were short-lasting and this will be the third time or maybe it will be tubes...'

Like many parents, Holly was wary of more Amoxicillin for her child and worried that her daughter had never fully recovered from previous ear infections. She was concerned that it might affect her child's hearing and she'd heard that repeated use of antibiotics may not be safe. A friend had had success using homeopathic remedies for her own children and Holly was willing to give it a try so we scheduled an emergency appointment.

When I met Holly and Monica later that morning, Monica came in whimpering and clinging to her Mom. Considering her clingy, tearful demeanor and history of recurrent ear infections with thick nasal discharges, Pulsatilla was prescribed. Within a few days, Monica's symptoms diminished. .

When prescribing medications, Homeopaths look for a totality of symptoms to create a *complete symptom picture* for the individual. There are many remedies which address Otitis Media... Pulsatilla fit Monica's complete symptom picture.

A couple of months later when Monica began to show symptoms again, she was given another Pulsatilla. There have been no recurrences since. Holly also reported that Monica had become less clingy and more independent since taking the Pulsatilla.

Homeopathic medicine is built on the idea that the body actively seeks balance- physical, mental and emotional- and is capable of self-healing. Homeopaths select the single substance (plant, mineral or other substance) that best matches the way the body is expressing its illness and give this homeopathically prepared substance not for a medicinal effect, but rather to stimulate a healing response from the body.

There is increasing evidence that the use of antibiotics, no matter how many decades previous, often plays a leading role in the development of conditions such as colitis, food intolerances, behavioral problems, and joint conditions such as ankylosing spondylitis and rheumatoid arthritis.

A child with an infection, i.e. strep throat, bronchitis, or ear infections, generally gets treated with antibiotics. Although the antibiotics may be effective in getting rid of the bacteria temporarily, they do not change the factors that led to the infection in the first place.

Added to this, the antibiotics kill beneficial bacteria along with the harmful bacteria. Since the beneficial bacteria play an important role in digestion, the individual's ability to assimilate necessary nutrients to his body is temporarily limited, ultimately making him more prone to reinfection or other illness in the meantime.

- Some statistics on antibiotics use:
- Resistance to antibiotics (AB) is increasing
- 90% of upper airways infections are caused by viruses
- 75% of upper respiratory infections are treated by AB
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- 90% of upper airways infections are caused by viruses
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- Diarrhea up 47% with antibiotic use for otitis media
- Childhood asthma has increased in parallel with antibiotic use, leading researchers to investigate a link<sup>1</sup>

- A new study lead by researchers at the university of Minnesota has found a three-way link among antibiotic use in infants, changes in the gut bacteria and disease later in life. The imbalances in gut microbes called dysbiosis, have been tied to infectious diseases, allergies and other autoimmune disorders and even obesity later in life.\*
- In a British study, infants given antibiotics had the highest increase in Irritable Bowel disease (IBD) risk: with each antibiotic course, a 6% increase in getting IBD occurred. Infants who had more than 2 courses in their infancy had higher risk than those with just one course. The effect appears slightly cumulative—the more doses, the higher the risk\*
- Antibiotic use in early childhood, and particularly the first 12 months of life, is linked to gastrointestinal diseases such as Crohn's and coeliac disease. <sup>4</sup>
- Antibiotic exposure within the first year of life is associated with a 10-15% increased risk of obesity. <sup>5</sup>

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1. *Pediatric Allergy Immunol.* 2017 Aug;28(5):430-437. doi: 10.1111/pai.12725. Epub 2017 Jun 8
2. *NYU School of Medicine and the NYU Wagner School of Public Service and published in the online August 21, 2012,*
3. *Wendy Sue Swanson, MD, MBE*
4. *Gastroenterol Hepatol (N Y).* 2013 Jun; 9(6): 393–395.
5. *Alice Park, Time Health, June 30, 2015*