

UNDERSTANDING Ear Infections

Safe, Drug-Free Solutions with Chiropractic

While ear infections are increasingly more common among today's children, they should not be mistaken for "normal".

An ear infection is often a symptom of the body not being able to naturally adapt. Most likely caused by one or a combination of: lack of movement in upper cervical (neck) spine, imbalanced immune and challenges by various stimulants in a child's diet and environment. Together, these factors result in a "static" environment for bacteria and viruses to multiply, increase mucus production and increased inflammation.

“ Two approaches that I have seen work most effectively to reduce ear infections, ear fluid pain and chronic ear problems is a **change in the child's diet and chiropractic adjustments to the child's upper neck.** ”

Ear Infections
Often benefit from the "wait & see" approach

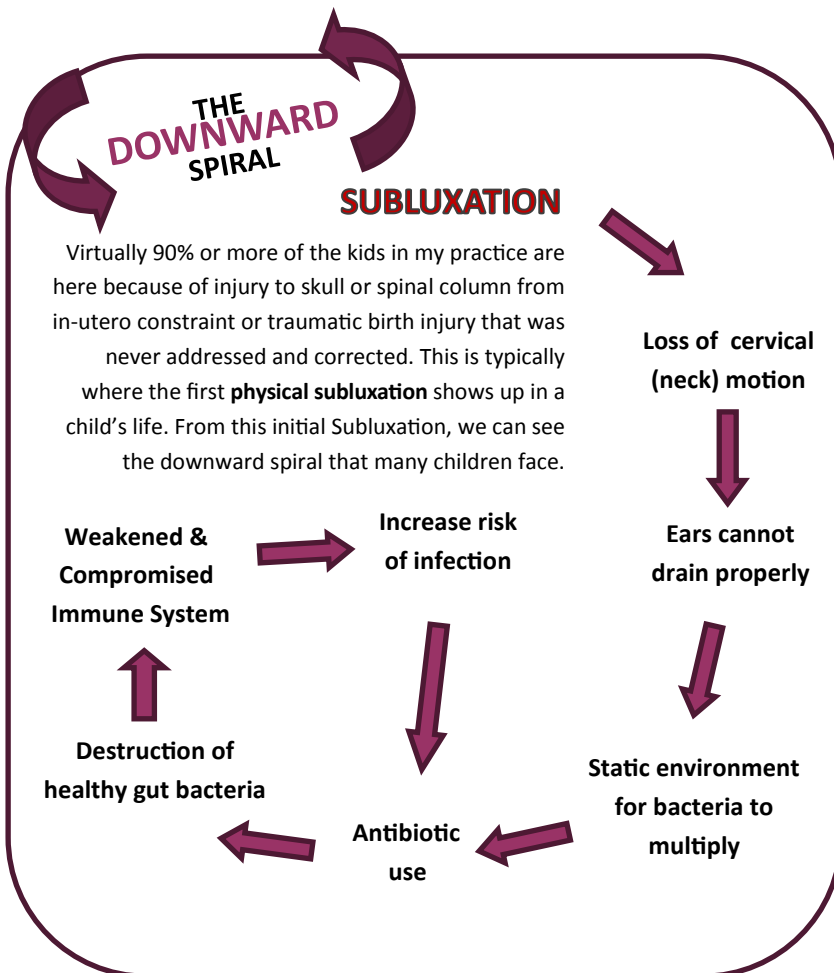
Ear Infections
Respond well to chiropractic care

Ear Infections
Rarely require drugs or surgery

Ear Infections
Resolve naturally in a healthy child

Boost Your Child's Immune System:

- * Long term breastfeeding
- * Regular spinal adjustments
- * Year round Vitamin D
- * Avoid foods with: GMO's, Artificial colors, dyes, sweeteners and HFCS
- * Allow fevers to run their course w/o pharmaceutical intervention
- * Regular probiotics
- * Elimination of dairy and grains



Subluxation causes imbalances in the musculature of the upper cervical spine and surrounding tissues, greatly affecting the function and movement of the Eustachian Tubes, sinuses, adenoids, etc. Subluxation not only alters neurological function, it also alters the flow of lymph, mucus, and other fluids in and "out of" the head and ENT-type structures. This fluid is then allowed to "sit" for too long in these areas, thus harboring opportunistic pathogens that can then take hold and replicate....then in turn causing infection, inflammation, and irritation. It is not that the Eustachian Tubes are horizontal at that age... that does not "help" the situation, but it is not the primary cause of ear infections.



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"HEALTHY KIDS GET SICK BECAUSE THEY'VE MADE POOR NUTRITIONAL DECISIONS AND THEY NEED TO GET ADJUSTED."