



Earache Remedies

This is information from Steven Horne for more educational materials from him go to treelite.com.

The most effective way I've found for relieving earaches quickly is to use the following sequence. First, have the person lay on his or her side with the aching ear facing upward. Next put the ear drops (garlic oil, onion juice, colloidal silver, etc.) in the ear. Grasp the lower part of the ear and begin stretching and massaging it. This helps the remedy reach the eardrum and begins the process of lymphatic drainage. Finally, after a few minutes of massaging the ear, begin using a "milking" technique to increase lymphatic drainage in the neck and throat. Place your finger in the indentation just under the ear and behind the jawbone. Gently stroke the neck downward from this point. Gently massage the lymph nodes in the throat area, too. You'll know what they are because you'll feel hardened, lumpy areas in the neck and throat. These movements will dramatically increase the flow of lymph moving away from the ear. If the first round of this procedure doesn't completely relieve the pain, be patient. Just keep repeating the same process once every hour or so.

These techniques do work. As I said earlier, the longest it ever took me to relieve an earache in one of my children was five hours, and I've seen an earache permanently gone in as little as one hour (and half of that was spent cooking an onion to make eardrops. Just be patient and persistent. If the technique doesn't work in a reasonable amount of time, you can go to the doctor, but this is rarely necessary. Once the fluids that are trapped in the tissues of the Eustachian tubes and inner ear are drawn into the lymphatic system and the swelling has subsided, the earache will be gone. This involves the same process that helps relieve the pain of a smashed finger or other injury.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any diseases.