



## Oil for Ear Infection

- 5 cloves garlic
- 4 ounces (118 ml) olive oil
- 20 drops essential oil of eucalyptus
- 15 drops grapefruit seed extract

1. Chop garlic fine, place in small baking dish with olive oil and bake in oven at lowest setting you have overnight.
2. Strain oil in a cloth, and press well.
3. Add essential oil of eucalyptus and grapefruit seed extract to garlic oil, and mix well.
4. Place in amber bottle for storage.

**To Use:** Hold glass eye dropper under hot water for 1 minute, dry well (quickly), and suction up oil from bottle. Place 2 drops in each ear every half hour or as often as needed.

## Ear Infection Tincture Combination

*You can also prepare this recipe as a glycerite or a medicinal honey (see page 104).*

- 1 ounce (30 ml) ginger tincture
- 1 ounce (30 ml) echinacea tincture
- 1 ounce (30 ml) red root tincture
- 1 ounce (30 ml) licorice tincture

Combine the tinctures in one bottle and mix well.

**To Use:** Give 1 full dropper (30 drops) of the tincture each hour per 150 pounds (68 kg) of body weight until symptoms cease. Best administered in juice. (See page 103 for children's dosages.)