

- Children experience many minor infections early in life as part of building their immunity to infectious diseases. In most instances, the immune system adjusts and the disease passes. As part of this process, children in day care will get significantly more infections than children who stay home.
- Dietary and herbal care will, in most instances, take care of the majority of childhood ear infections.
- Breast feeding, natural childbirth, frequent touching, and colonization of the baby's body with the mother's body bacteria immediately after birth will create the strongest immune system for the child and minimize childhood ear infections.
- For babies who are still being breast fed, if the mother takes doses of herbs herself at the level for treating acute upper respiratory infections, they will come out in the breast milk and go from there into the baby's system.
- For the very young, glycerites or medicinal honeys are of great benefit, as most babies and small children like them immensely.

Caution

The digestive system of children under one year old has not formed enough to protect itself from botulism organisms sometimes found in raw, uncooked honey. The Centers for Disease Control recommends that raw honey not be given to children under one year old as it can cause a sometimes fatal diarrhea. After one year the digestive and immune systems are able to protect the child from the organism. You should exercise caution in giving honey to younger children.

Treating Childhood Ear Infections

Most childhood ear infections can be treated successfully by using an herbal ear oil; eliminating all dairy products; drinking herbal teas; eating immune soup throughout the duration of the illness; using appropriate herbal tinctures, honeys, or glycerites; and using herbal steams.

Children are most susceptible to ear infections from antibiotic-resistant strains of *Haemophilus influenzae*, *Staphylococcus aureus*, *Streptococcus pneumoniae*, and *Branhamella catarrhalis*. The above treatment plan has been found highly effective for treating such infections.