

Essential oils can also be taken in nasal sprays, added to hot water and inhaled, and used in sweat lodges or saunas. A few can be taken internally if caution is exercised. Some essential oils, such as wormwood, are so strong that internal use is not recommended under any conditions. Essential oils are best used internally under the direction of a qualified aromatherapist.

PREPARATIONS FOR COMMON CHILDREN'S AILMENTS

Ear infections are a significant problem among young children, especially those in day care. Day care centers, like hospitals, are one of the strongest breeding grounds for antibiotic-resistant bacteria, which are rapidly passed back and forth in the student population.

A significant number of studies have found that children who are treated for ear infections with antibiotics, surgery, and pharmaceutical decongestants have far higher numbers of ear infections throughout childhood and, in the case of surgical interventions, far higher problems with hearing loss than other children. Several studies have shown that children who receive *no* treatment at all, even for severe ear infections, fare far better in the long run than children who receive medical intervention.

Preventing Ear Infections

Here are several things to keep in mind to ensure children's health and minimize ear infections:

- Bottle-fed babies and small children have a higher incidence of ear infections than those who are breast fed.
- Babies and children who lie on their backs when drinking from a bottle tend to have a far higher incidence of ear infections (the milk sometimes runs into the ear canal). It is much better to hold them in your arms with their heads higher than their body or, if they can sit, to drink sitting up.
- Dairy products in the diet contribute significantly to the incidence of ear infections.