

Ear Infections

March 2008

Shopping Tip#1

Read your **INGREDIENT** label....forget about the fat grams, calories, low fat, fat-free products, etc. Eat the right **KIND** of foods. Always read the labels. Even if you buy a certain product you know is safe, take the time to read the label now and then.

Take some extra time to go to the grocery or health food store just to read labels and compare products. It may be a little time consuming or overwhelming at first but you and your family's health is worth it! If you don't know what an ingredient is, don't buy it!

Shopping Tip #2

A good rule of thumb...if you can't pronounce it, don't eat it!!

Eating Out Tips

1. Ask for salsa to use on your baked potato.
2. Use a simple vinegar & oil on your salad
3. Tell the waiter to skip the cheese on any dish and hold the bacon (usually on salads).
4. Eat Vegetarian or fish when possible (try to avoid the hormones, steroids, etc in meat)
5. Lean toward more veggies and protein since most bread, pastas, etc are refined.
6. Diabetics/Hypoglycemics should avoid most Carbohydrates when you eat out.
7. Skip dessert and eat fruit when you get home.

Nearly two-thirds of children with uncomplicated ear infections recover from pain and fever within 24 hours of diagnosis without antibiotic treatment. Over 80% recover within 1 to 7 days. More than 5 million cases of acute ear infections occur annually. Because of the high rate of antibiotic use in the U.S., it is important to note that in the Netherlands the rate of bacterial resistance is about 1%, compared with the U.S. average of around 25%.

When dealing with ear infections, the first things you want to do is to remove certain habits that can be the cause of the infection.

Avoid Pacifiers...Pacifier use has been found to cause recurrent ear infections, failure of breastfeeding, and dental deformities.

Contemp Nurse. 2004 Jul-Aug;17(1-2):109-12.

Don't Drink Your Milk! Over 50% of children with ear infections will improve and have no further ear infections if they just stop drinking their milk. This is a real tragedy. According to Dr. Robert S. Mendelsohn, MD, "The most common culprit [that causes ear infections] is cow's milk, in its natural form or as found in infant formula. It causes swelling of the mucous membranes, which interferes with the drainage of secretions through the eustachian tube. Eventually infection results because of the accumulated secretion."

It's important to note, that breastfeeding does reduce the chances of the child developing ear infections. The nutritional habits of the mother are the key! If a child being breastfed acquires an ear infection, the mother should eliminate dairy from her diet.

Cut the sweets! Although the relationship between sugar and ear infections has not been adequately researched, the effect of sugar on the immune system is very well documented. Consumption of sugar, specifically white sugar, has been implicated in increasing ones susceptibility to infections. This would include all candies, soda pop, and baked goods with white sugar and white flour.



Lemony Quinoa

This is a great side dish or main dish served with a side salad. Unlike wheat or rice (which are low in lysine), quinoa contains a balanced set of essential amino acids for humans, making it an unusually complete food with 12-18% protein. Good source of dietary fiber; High in magnesium and iron; gluten free.

Ingredients:

1/4 cup pine nuts
1 cup quinoa
2 cups water
sea salt to taste
1/4 cup fresh lemon juice
2 stalks celery, chopped
1/4 red onion, chopped
1/4 teaspoon cayenne pepper
1/2 teaspoon ground cumin
1 bunch fresh parsley, chopped

Toast the pine nuts briefly in a dry skillet over medium heat. This will take about 5 minutes, and stir constantly as they will burn easily. Set aside to cool.

In a saucepan, combine the quinoa, water and salt. Bring to a boil, then reduce heat to medium and cook until quinoa is tender and water has been absorbed, about 10 minutes. Cool slightly, then fluff with a fork.

Transfer the quinoa to a serving bowl and stir in the pine nuts, lemon juice, celery, onion, cayenne pepper, cumin and parsley. Adjust salt and pepper if needed before serving.

Don't Guess About Your Health... Schedule a Nutritional Consultation Today!

Dr. Gensel is Moving!
As of April 2nd the new address and phone number will be:

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When Is Tympanostomy (Tubes in the Ears) Justified?

"In all my years of practice I have never seen a case in which a punctured ear drum did not heal itself. The principle justification for the procedure [tympanostomy] is to prevent hearing loss, which is no justification at all. Controlled studies have shown that when both ears are infected, and a tube is inserted in only one of them, the outcome for both ears is almost identical. Meanwhile the procedure itself carries many risks and side effects. Justified as means of preventing hearing loss, tympanostomy can cause scarring and hardening of the eardrum, resulting in hearing loss."-Dr. Robert S. Mendelsohn, MD

Recommendations

1. Don't panic.
2. Relieve the pain with a heating pad, two drop of warm olive oil (not hot) inserted in the ear canal, and the appropriate dose of acetaminophen if the pain becomes unbearable.
3. Avoid ALL Dairy Products [anything with cow's milk]
4. Take 1-2 zinc lozenges per day
5. Take 250 - 500mg of vit C per day
6. Lauricidin: use ¼ tsp, 4 times per day. Mix with applesauce or other soft foods.
7. Echinacea: find a children's liquid Echinacea at your local health food store and take the dosage recommended on the bottle.
8. Chiropractic adjustments have been shown in many studies to be of great benefit.

If the pain persists after 48 hours, see a doctor--not to treat the infection, if that's what it proves to be, but to rule out the possibility of trauma or the presence of a foreign body. If your doctor examines your child and finds a viral or bacterial infection, question the need for antibiotic use. If the doctor finds a foreign body, have him remove it, but again question the need for antibiotic use.

If your child has chronic, recurrent middle ear infection, it is probably because of allergies or the antibiotics he was previously given. If your doctor recommends tympanostomy, don't permit it without trying the recommendations listed above or obtaining a second opinion. This procedure has replaced tonsillectomy as the most common surgery recommended by pediatricians, but there is no reliable scientific evidence that it will do any good, and there's considerable evidence that it may cause further harm. In 2004, a report was published in the *Annals of Otolaryngology, Rhinology and Laryngology* (Jun;113(6):438-44) that tube insertion in childhood was associated with persistent hearing loss in young adults of about 5 to 10 dB. No such hearing loss was detected in subjects who had ear infections and *did not* get tubes in the ears. Repeated insertions of tubes caused a greater deterioration of hearing than did a single insertion.

The recommendations above are for children 6 months to 1 year ranging from 20-30lbs. If the child is older and/or heavier, you may increase the dosages according to body weight. If the child is younger than 6 months and is nursing or on a soy or dairy formula, more direct consulting may be needed. We can work with the mother by supplementing the child thru the mother's milk or working to create alternatives to the soy-based or dairy-based formulas.

Federal Law requires that we warn you of the following:

1. The information provided in this article is for educational purposes only.
 2. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice.
- Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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