



*Dr. Melissa & Dr. Scott Millner*

## **Ear Infections**

Childhood ear infections are often very frightening to parents mostly because they appear suddenly, usually at night, with little warning. The most common treatments used for ear infections are antibiotics, decongestants, fever medication, and tubes in the ears. You may be surprised that the benefits of these interventions are highly questionable.

For example, *The Lancet*, a major medical research journal found that a child's recovery time is about the same whether or not there is any medical intervention. Another study from the *Archives of Otolaryngology* showed that in 88 percent of children with ear infections antibiotics did not shorten the lifespan of the disease and were never necessary.

As chiropractors who specialize in infants and children, we see ear infections as a malfunction of the immune system and lowered resistance. In other words, the child's body is not able to fight off or prevent the infection like it should. The main cause of lowered immune resistance in a child is physical stress, which most often starts with the process of delivery. Yes, birth. It can be very traumatic. The stress of the average, uncomplicated delivery can cause a vertebral subluxation (misalignment) of the delicate segments of a baby's spine thereby affecting the way a child's nervous system reacts to the world around him. When the nervous system is compromised the immune system's ability is decreased, thus leading to a higher chance of infections.

In their landmark research studies, Drs. Gutman and Biedermann examined hundreds of newborn infants and concluded that ...*"an unhealthy spine at birth causes...lowered resistance to infection, especially ear, nose, and throat infection."*

In our practice, most children we see with ear infections do have a vertebral subluxation in their spine affecting the way their nervous system controls their resistance to infection. By eliminating this subluxation, the child's normal resistance is increased and the threat of ear infection is minimized. You see, it's not a matter of discovering yet another "wonder" antibiotic to drug your child with, it is a matter of having your child's body function better!