

## **Ear Draining Treatments**

(home therapies)

1. **GARLIC FISHING:** Cut a small piece of raw garlic (about as big as the end of your little finger or smaller), thread it (with a needle and thread), push it just inside the ear canal and let it sit for 15 minutes. The volatile oils will be released to help kill any bugs and move the fluid out of your ear. Works best if you also apply wet heat to the outside of your ear and down the front of your neck.
2. **WHITE POTATO POULTICE:** Finely shred raw potato or carrot (about 2 Tbl) and add a small amount of olive oil. Place the poultice behind ear and down jaw line. Put a hot washcloth or hot water bottle over it and let it sit for about 20 minutes. When you remove poultice, use the oil left on your skin to massage down jaw line starting from behind your ear stroking downward. (You can combine this with the Garlic Fishing.)
3. **STEAM INHALATIONS:** Often the fluid in your ear is sticky and tenacious. To loosen up the fluid, do a steam inhalation with Eucalyptus or Oregano oil added. Boil about 2 cups of water, pour in to bowl and add about 5 drops of one of the oils (or you can do it without the oils if you wish). Put a towel over your head and breathe in the steam (through nose and mouth) for about 5 minutes.
4. **ONION EARMUFF:** Cut an onion in half and microwave it for 30 seconds. Pick up the onion with a washcloth and hold it over the affected ear for 5-10 minutes.
5. **Avoid foods that create more mucous/dampness:** citrus, sugar, wheat, dairy, soy.  
Try to do at least one of the exercises daily. If you have an acute ear infection, do it 3 times a day. If it is chronic 1-2 times a day (and it may take a few months). If these aren't working, consult with Dr. Christy. There are other treatments that can help, for example, N-Acetyl Cysteine (Cysteplus from Thorne Research) can help to break up the mucous so that these treatments can work better. Counterstrain manual therapy can help you drain the mucous out of your head and neck.