

## Chiropractic Care Can Help With Ear Infections

by Dr. Erik Madsen, Up & Coming Weekly, January 5 - 11, 2005

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**By the time my daughter May Beth was 13 months old, she'd had 11 ear infections. Each time she was given an antibiotic which caused the ear infection to go away after about a week. She received several different kinds of antibiotics over the course of those 13 months.**

At one point, she was even given a "preventive" dose that was designed to halt the reoccurrence of ear infection. It didn't work and I became very concerned about the amount of antibiotics and the frequency with which she was being given this medication.

I became desperate for an end to her misery. I was concerned about how these chronic ear infections might be affecting her developing speech and how the antibiotics might be affecting her natural immunity. As a result, I arranged for her to have a myringectomy, a type of surgery in which tiny tubes are placed in the child's ear to prevent fluid buildup. While I believed the operation was May Beth's best option, I felt terrible about having her undergo a general anesthetic and surgery at such a young age. There are no words to describe the feeling I had watching my smiling baby girl dressed in a tiny hospital gown wave back at me as she was being wheeled in a little red wagon into the operating room.

The surgery only took a few minutes. Overcoming the effects of anesthetics took several hours more. I was relieved when it was over and looked forward to an end to May Beth's ear infections. Unfortunately, the ear infections didn't end. Less than two months later, she was taking antibiotics again. Because she continued to have ear infections, I was now even more concerned that she might not be hearing well and that her speech development might be impacted. With each episode, she was miserable with fever and pain. After about 10 months and four more infections, it was suggested that she have a second surgery. I just couldn't bear it. I was at my wit's end.

I had just started chiropractic school and had heard that chiropractic care had helped many children with chronic ear infections. We visited a family chiropractor who began adjusting May Beth. Since that time, she's had one ear infection that lasted less than two days with no medication. Her overall health has been excellent - and she can talk up a storm.

My point is not that surgery is wrong, but there may be a less intrusive route to try first. Chiropractic adjustment may resolve the ear infections without the need for surgery. Our bodies - young and old - are wonderfully made to take care of many of the problems we encounter. A correct alignment of the spine maximizes the body's potential to take care of itself.