



## **EAR INFECTIONS**

### **Treating them naturally**

- Take one clean cotton ball apply purification, clove and lavender and or thieves medicinal oils, and place at the entrance of the ear for 3 days.

With fever: drink 1-2 drops of peppermint in water to reduce fever.

- Take garlic oil and place 2-3 drops into the ear, use clean cotton ball to keep in
  - Place.
    - Lymphonest should be used until gone –contact [DrGailND@alternativehealthassoc.com](mailto:DrGailND@alternativehealthassoc.com) for homeopathic
- Cranial sacral work, myo release and DC work can assist With moving the fluid through and out of the tube.
- Avoid dairy, sugar, alcohol, soda drinks, and coffee, white flour foods.

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