



Otitis Media

Otitis Media is also termed “glue ear” because the fluid of the middle ear increases in viscosity becoming glue-like. Symptoms may be ear aches, ear itching, or diminished hearing. Causes of Otitis Media include the ear’s susceptibility to toxins in an ever toxic world, poor pancreas enzyme production making the lymph more viscous, allergy reactions, infective cases, or stress involvement.

Ear Massage Technique

This massage technique is to aid the inner ear and to help clear the eustachian tubes. The massage process should be done gently and firmly - not to the point of pain. If the child shows signs of pain, reduce pressure. The following three steps should be done twice daily on both ears:

- 1) Using gentle finger pressure, draw a line from the back of the ear near the mastoid bone down the back of the jaw bone through the saliva gland just at the rear of the jaw bone. Do this 40 times on both sides.
- 2) Gently push the flap of skin in front of the ear (tragus) back over the ear canal until it blocks. Release and repeat in a pumping action; this creates a suction in the ear. Pump about 40 times.
- 3) Place the fleshy part of the palm (just below the thumb) over the ear and rotate the ear in all directions, gently working the cartilage all around. Use a pumping action to work the air of the ear. Pump 30 to 40 times.



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