

EAR INFECTION (onion & olive oil)

Cut onion in half. Bake in oven until soft.

Place 3 drops garlic oil in each ear. (Option: squeeze juice of onion onto a teaspoon and pour in ear)

Lay warm onion(s) on infected ear(s). Wrap ace bandage around and leave in place 3-5 hours. This will draw out infection. Can leave on overnight.

You can also use olive oil or Vitamin E oil in place of garlic oil. Can also take a clove of garlic and wrap it in tissue and leave one in each ear overnight. **RAW GARLIC MUST NOT DIRECTLY TOUCH SKIN AS IT WILL BLISTER.** It's best to do both ears even if there is only pain in one ear. Most ear problems come from sinus drainage which infects the ear. For chronic ear problems, check the sinuses. Young children with runny noses always seem to have ear infections. Make sure body is evenly clothed, especially the limbs should not be unclothed, as this will prevent congestion in the chest which leads to poor blood circulation, colds etc.