

Ear Infections & UCC

According to the *American Academy of Pediatrics*, over 5 million children suffer from chronic ear infections, resulting in **30 million visits to doctors' offices** and over 10 million prescriptions of antibiotics each year. Half of all antibiotics prescribed for preschoolers are for ear infections. Frequent ear infections are the second leading cause for surgery in children under two.

What Causes Ear Infections?

The Eustachian tube acts as a valve that connects the back of the nose to the middle ear and allows air to enter behind the sealed eardrum. This muscular tube normally opens and closes to equalize pressure changes in the outside air.

The ability of the inner ear to open or "pop" is essential in preventing ear infections or other inner ear disorders. The only muscle responsible for opening the Eustachian tube (tensor veli palatini) is directly controlled by nerve fibers at the top of the neck.

Common Medical Treatments

According to the *CDC*, the *American Academy of Family Physicians*, and the *American Academy of Pediatrics*, ear infections with fluid build-up do not require the use of antibiotics. In fact, one study with 3,600 children found that **children who did not take antibiotics had a higher rate of recovery than those who did**. Despite such clear guidelines, many pediatricians continue to prescribe unnecessary antibiotics for the treatment of ear infections.

Can an Upper Cervical Correction Help?

The most common misconception about Upper Cervical care is that it only helps back and neck pain.

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a cause.

Upper Cervical doctors recognize that the body is a self-healing organism, controlled and coordinated by the central nervous system, which is protected by the skull and spine.

Using a gentle technique, Upper Cervical doctors locate and remove interference to the nervous system, allowing the body to heal itself naturally without drugs or surgery.

Align Your Spine!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

Misalignments in the upper cervical spine (neck), often caused by birth trauma, have been shown to **affect the ability of the Eustachian tube** to open and close correctly.



*If your child currently suffers from chronic ear infections and you would like to seek advice from an Upper Cervical Chiropractor, please schedule an appointment today! **onetemplewellness.com***