



# Kids Our Family Newsletter first

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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – *to reach as many parents and children as we can!*

Last month I covered the topic of **Fever** – a very controversial and little understood but totally normal function of our body. Let me know if you would like to receive that newsletter. Hint: a fever is not bad; rather a natural defense mechanism and a way for the body to cleanse and detoxify itself!

How is that for different thinking?

Ok...let's get into an issue which tugs at the heart-strings of almost all parents and adults:

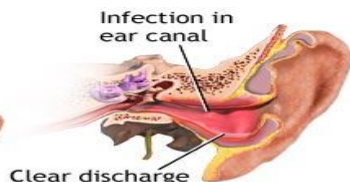
## Ear infections and Allergies!

### Chronic Ear Infections:

You are suddenly awakened out of a well-deserved sleep. Your child is crying in the next room with sudden and intense pain in her/his ear. She is flushed, hot, and glassy-eyed with fever. You panic. Childhood ear infections (Otitis Media) are often very frightening to parents mostly because they appear suddenly, usually at night, with little warning.

The most common treatments used for ear infections are antibiotics, decongestants, antipyretics (fever medication), and tympanostomy (tubes in the ears). You may be surprised to learn that the benefits of all of these are highly questionable.

For example, *The Lancet*, a major medical research journal, found that recovery time was about the same for children whether medical intervention happened or nothing was done at all.<sup>1</sup>



ADAM

Another study<sup>2</sup> from the *Archives of Otolaryngology*, showed that “88 percent of children with Otitis Media never needed antibiotics, and antibiotics did not shorten the lifespan of the disease.” As a matter of fact, a 2000 issue of Newsweek Magazine reported that antibiotics are not nearly as effective as the body's own immune system. What a concept!

<sup>1</sup> Van Buchem, F. L., Dunk, J.H.M., Van'thof, M. A., *Therapy of Acute Otitis media: myringotomy, antibiotics or neither?*, Lancet, October 24, 1981

<sup>2</sup> Diamant, M., Diamant, B., *Abuse and timing of use of antibiotics in acute otitis media*, Archives of Otolaryngology, 1074, 226-232.

### So why use them?

For parents frustrated with recurring ear infections ear, eyes, nose and throat (ENT) specialist will most likely prescribe the “rite of tympanostomy”. It is a surgical procedure whereby your child is left in the hospital to be attended to by strangers and anaesthetized so that a tube can be placed in his or her ear drum to drain fluid. This procedure does **nothing** to eliminate the problem. It simply reduces pressure and fluid build-up. A barbaric ritual!

Over a million tympanostomies are performed in the U.S. and Canada every year. Do they work? In controlled clinical studies, it was determined that there was “no benefit gained from the placement of tubes.” As a matter of fact, they “actually created complications, such as scar formation on the ear drum,” leading to hearing loss. Not a favored side effect!

The late Dr. Robert Mendelson, one of the leading pediatricians in the U.S., felt that “the entire treatment for ear infections (antibiotics, antihistamines, tubes in the ears, tonsillectomy) represents overkill for a condition that, except in malnourished children, is almost self-limiting.”

### Chiropractic Care

So how do kids get these ear infections?

In his landmark book *Vaccination, Social Violence and Criminality*, Dr. Harris Coulter sites *Otitis* and hearing loss as one of the most common side effects of vaccination, to the point where over 30 million visits are made to physicians around the U.S. and Canada each year. This opinion is echoed by Dr. Viera Schreibner, one of the world's foremost authorities on vaccinations. Something to ponder!

As a family wellness Chiropractor, I see ear infections as a malfunction of the nerve and immune system and lowered immune resistance. In other words, the body is not able to fight off the infection and/or drain the ear properly.

The main cause of lowered immune resistance in the baby can be the birth itself. It is very traumatic. The stress associated with the average uncomplicated delivery may cause a vertebral subluxation "misalignment of some of the segments of the spine affecting the way the child's nervous system reacts to the world around him". In their landmark research studies, Drs. Gutman and Biedermann examined hundreds of newborn babies and concluded that an unhealthy spine at birth "causes many clinical features, from central motor impairment to lowered resistance to infection, especially ear, nose and throat infection."

These physicians were emphatic that "the success of chiropractic care overshadows every other type of treatment."

### **The Body Knows**

In order for this to make sense, parents need to understand that the body is self-healing and self-regulating organism. In other words, it is designed to heal itself and regulate its own internal functions. When was the last time you had to instruct your stomach how many enzymes and chemicals to produce to digest a meal? The body knows what it's doing, and it does it perfectly without our "meddling."

Basically you're on "auto pilot". You have your very own "internal Internet" that allows your body to run things smoothly. This organic communication network is your nervous system. It controls your entire body and every function within it. As long as there is no interference or "short circuit" to its function, you should have the best health possible. One type of short circuit is a vertebral subluxation. It tends to interfere with the way your nervous

system transmits information, lowering resistance, and making you susceptible to bacterial or viral invasion.

About a third of my practice is pediatric and ear infections are one of the most common reasons that Mom brings a child into my office during the winter and spring.

Most children I see with ear infections have a subluxation in their upper cervical spine (neck) due to early physical trauma – usually we find out from mom that it's related to the birth process. These traumas cause the upper neck nerves to be stressed (as shown by the blue and red bars from the scan, just like the ones we do in office), affecting the ear and contributing to poor ear drainage.



By eliminating this subluxation, the child's normal resistance is increased and the threat of ear infection is minimized. Chiropractic care done by a trained pediatric doctor like myself is absolutely essential for children, especially in cases where the immune system needs a boost. I have also found that, as an adjunct to chiropractic care, the following will be very helpful in dealing with children who have chronic ear infections:

1. I encourage my patients to avoid using Q-tips or shoving anything into the ear canal. Many parents are not aware that ears are designed to clean themselves; when an object is shoved into the ear canal, it causes this self-cleaning mechanism to be clogged. Promotion of wax build-up provides a breeding ground for bacteria.
2. Warm salt water drops in the nose will often clear the entrance to the Eustachian tube, the blocked passageway between the inner ear and the nose. Essential oils, like Lavender, dabbed on the top of the affected earlobe helps too.
3. For the child with a full-blown ear infection, I recommend a touch of warm olive oil poured into the affected ear. This will help to alleviate the considerable discomfort almost immediately.
4. Vitamin C supplementation is beneficial. The dosage should range from 2,000 to 7,000 mg/day, depending on the age of the child.

5. Vitamin A and beta-carotene are important. I recommend an eight ounce glass of raw carrot juice daily.
6. To give the immune system increased function, have your child take: A. a high quality *probiotic* – health promoting beneficial bacteria, especially if your child has been on antibiotics for any length of time. I do not recommend using a dairy only source of probiotics like yogurt due to the fact that many have an allergy to dairy without realizing it and provides only minimum benefit after several days. A multi-strain, vegetarian probiotic with soil-based bacteria is faster and longer-acting.
7. Vitamin B6 and D3 have been known to increase immune system function.

And, of course, love, reassurance and lots of hugs and cuddles will do wonders in helping your child towards a speedy recovery!

It's not a matter of discovering yet another "wonder antibiotic" to drug your with, it is a matter of having your child's body and immune system function better!

## Allergies

Many people feel it's simply OK to have allergies. That it's quite normal to be allergic because so many other people are also afflicted. That it's OK to have a season for coughing, blowing, wheezing and sneezing. It's not!

Thousands of children (and their parents) in communities all over America are affected by this allergy "thing". For those of you who haven't, you're looked upon with envy at certain times of the year. Millions of hard earned dollars are spent on over-the-counter drugs, weekly shots and physician visits. Then there's time-off from school (or work) and the effect of little "Sneezy" on the family.



The toll from allergies is immense. It may sound appalling, but that toll is much to the

delight of the pharmaceutical cartel. There's great profit at stake!

Many parents don't question why their children or even they have allergies. It has just become an accepted fact of life. Allergies seem to be a problem with no apparent solution. Why is that?

What makes one child allergic and another not? Why would one child be allergic to cats, dogs, fur, feathers, grasses, tree pollens, and my all-time favorite peanut butter? We all live on the same planet. We're all essentially the same. If I took one individual with allergies and one without and boiled them down to their essentials, I would end up with about 70 pounds of chemicals. The rest would be water, but the chemical composition would be the same in both individuals.

The difference is most often seen in how one child's body is able to **adapt** to her environment and another is not.

Simply put, an allergy is the inability of your child's body to handle something that is in their immediate environment ("allergens") – pollen from trees, grasses, flowers or peanuts. (There are also allergies to drugs, harsh detergents and other chemical agents. These allergies are seen as a protective reaction and are not the type I am discussing).

In other words, your child seems to be very sensitive to the pollen or dust in her environment. This is called being hypersensitive. Something is making your child's body hypersensitive to a perfectly normal part of the environment! If that's the case, what should the solution be? Would it include getting rid of all the flowers, trees, grasses and peanuts? Taking pills loaded with potential side effects and creating a drug-dependent child to handle their problems? Or does it make more sense to try and make your child's body function normally so it can handle his or her environment in a normal fashion?

That's what I do every day in my office. I do not focus on covering up symptoms, but on addressing the **cause** of children and adult's problems while improving the function of the body via the nerve system – the master controller of the body, including the immune system that fights allergens.

Some things that suppress the immune system and/or trigger allergies: dairy products (yes, milk!), stress, too much sugar, not enough Vitamin D/sun, hectic schedules, vaccines, artificial ingredients, lack of sleep/exercise, and a poor functioning nerve system (subluxation). Make a healthy change today!

**Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month - about poisoning yourself and your kids with artificial sugars/sweeteners!!!**