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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Home Remedies For Ear Aches

By Sharon Hopkins

Earaches can be slightly painful to extremely painful. An ear ache is caused by a fluid buildup due to some infection or pressure build up in the middle ear. Swimming, bathing, allergies or even cleaning your ear with cotton bud can lead to discomfort, bacterial growth and infection in the ear.

Most common cause of the earache is due to plugged 'Eustachian' tubes (a small tube connecting the ear to the nose). If and when your Eustachian tubes become blocked possibility of bacteria buildup or infection, fluid will gather resulting in a painful earache. Increase in pressure leads to pain, hearing loss, itching and swelling elsewhere in the ear. To avoid ear aches and infections, one should keep the Eustachian tube free of pollutants and irritants and regularly clean the nasal passage.

Try some of these home remedies for earache

The greatest pain reliever is warm, moist heat around the ear. A warm compress—such as a towel rung out in hot water and pressed against the ear—brings the most immediate relief.

After you take a shower or bath; blow dry your ears instead of rubbing them. Soothe the ear with the warm setting of a hairdryer.

Puncture a piece of garlic and pour the juice in the ear. Garlic being a natural antibiotic will help to take the pain away.

Put some mineral oil (oil derived from a mineral source, such as petroleum, because it is inexpensive and rarely causes allergic reactions) in your ear before going in the water. Wear earplugs while swimming and avoid swimming in dirty waters.

Warm few drops of olive oil in a spoon. Using the dropper, put 2–3 drops in each ear after the oil has cooled down. This will help relieve pain.

Excessive earwax can also cause hearing problems and aches. Put a capful of hydrogen peroxide in each ear, let it set for a minute or two, and then let it drain out. One drop of alcohol after bathing can

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also prevent excessive earwax.

A hot water bottle wrapped in a towel also makes a comforting pillow for an aching ear.

Press a dual-purpose first-aid gel pack that you can warm up in hot water or the microwave on your ear. It will make you feel better.

Warm up an oven-safe plate, wrap it in a towel, and rest your aching ear right on it. The plate should be warm and comforting, not hot,

Warm mineral oil may soothe a sore ear. Use a dropper to drip the oil in and gently pull the outside of the ear to make sure it goes down.

If wind bothers your aching ears, wear a scarf when you're outside, or put cotton in the opening of the ear, but avoid pushing the cotton down from where you can not retrieve it with your fingers.

If your ears hurt when the pressure changes, especially during descent and landing during an airplane flight, chew gum or suck on candy. The chewing or sucking will activate the muscles that send air to your inner ears, when you hear your ears "pop," you'll feel better.

If chewing doesn't work, close your mouth, relax your cheek muscles, hold your nose and blow one nostril at a time gently until you feel relief.

Bugged by a bug in your ear? Flood the ear till full of alcohol using the ear dropper to kill the bug, then gently fill the ear with water from an ear syringe.

The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using if you are allergic to something. The responsibility lies with the reader, not the site, and the writer.

Sharon Hopkins manages

<http://www.home-remedies-for-you.com>

providing information on home

based natural cures for most common ailments and health problems. Earaches are a painful thing; try some of these home remedies for earaches.

Are There Asthma Attack Home Remedies – Or Just Hot Air?

By Mark Walters

Home Remedies For Ear Aches

If you have asthma and you start looking for information on the Internet, you'll soon find several websites offering "100% sure" asthma attack home remedies. And it is very probable that you'll feel tempted to buy one of them. No one likes being forced to take corticosteroids on a daily basis and an alternative, sometimes any alternative is always welcome. If effective asthma attack home remedies were really available at your drug store, of course you would buy them.

Do you see a logical problem there? Home remedies are by definition not bought, so avoid buying "asthma attack home remedies". If you're going to take some pills, make sure that you really know what's inside them.

But the fact that some people try to sell asthma attack home remedies doesn't mean that there are no remedies beside advanced chemistry. There are some that can not only prevent, but also stop an asthma attack. Such home remedies can be easily used as a support for a standard treatment, especially in case of mild asthma, but they should never replace standard medications.

Below there are a few asthma and asthma attack home remedies. Some of them work wekk, some of them are just "supposed" to work, but fortunately all of them are completely safe. Generally, all of them are different methods of warming your airways. This often prevents or helps during an asthma attack.

Hot bathroom

During an asthma attack, some people run into their bathroom, close the door and try to create as much warm steam as possible. Alternatively, they have a very hot bath or try some similar home remedy. The increased air temperature eases the attack and makes breathing much easier, though if you don't suffer from asthma, we might think just the opposite.

Of course if your asthma is severe, it is recommended to use your inhaler or nebulizer instead of any asthma attack home remedies.

Hot water or coffee

Another common acne home remedy is drinking hot coffee, tea or plain hot water. On their way down, these drinks warm the airways and can ease the attack. The mechanism of these asthma attack home remedies is similar to the hot bathroom ones, but they are much easier to apply. The only problem is that during an acute attack this might be not enough.

Yes, asthma attack home remedies may seem simple, but often they are very effective.

Mark Walters leads the fight against asthma from his web domain

<http://www.AcneResuce.com>



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