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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!**

**WHAT IS EUSTACHIAN EAR?**

**By Jane Kriese**

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Eustachian Ear is the name given to the medical problem that arises when the Eustachian tube in the middle ear is blocked. In the ear, the Eustachian tube normally allows the middle ear to drain into the throat. There is drainage because the middle ear has a fairly constant liquid which keeps the middle ear space moist and allows the liquid to drain down into the throat.

This tube can be blocked for many reasons; common cold, sinusitis, nasal allergy, throat infection, food allergies and sometimes in small children, large adenoids. When the Eustachian tube is blocked the pressure in the middle ear cannot be equalized. If the blockage continues, fluid will build up. Make no mistake, this can be very serious. To assist your body to cure this problem there are simple things you can do.

Clean your ears well all the time.

Address the cause of the contributing problem i.e.; allergies, sinus infection, or throat infection and also treat the ear problem. Cure the body and the ears should clear themselves. Use E.A.R. Drops; these drops are a special formula chosen to solve a wide range of ear problems from simple infections to plugged Eustachian Tubes.

Ear problems are most prevalent in children and seniors, but none of us are exempt. Poor diet and a poor immune system, can often be the reason we develop ear problems. By changing our life style, we can prevent illness and have a healthy, vibrant body.

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I am the web master for the site, [www.herbsforhealthstore.biz](http://www.herbsforhealthstore.biz), My passion is the holistic world. I love to study, and write articles, about holistic cures for life style diseases. It is exciting to educate people, and

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watch as they change their life style by, introducing holistic products, and new habits, into their life. The holistic world is full of hope and joy, and I believe with effort we can have a healthy vibrant body.

### **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 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

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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.

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