



# THE SOLINGER METHOD

by Root Health L.L.C.

## **Pediatric Ear Infection Support**

### **FUNCTIONAL WELLNESS SUPPORT PLAN**

Pediatric Ear Infection Support

Root Health L.L.C, The Solinger Method

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What Is an Ear Infection

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Ear infections, also called otitis media, occur when inflammation and fluid build up behind the eardrum. This is extremely common in infants and young children because their Eustachian tubes are shorter, narrower, and more horizontal than those of adults. This makes drainage less effective and increases fluid congestion and pressure.

Most parents do not realize that **the vast majority of pediatric ear infections are viral, not bacterial**. Viral infections do not respond to antibiotics because antibiotics cannot resolve inflammation, fluid, or pressure in the middle ear. Even many bacterial infections resolve naturally when inflammation, congestion, and drainage are properly supported.

### **Why Antibiotics Are No Longer First Line Treatment**

For decades, antibiotics were prescribed routinely for nearly every ear infection. However, large studies revealed that:



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- most ear infections clear naturally,
- antibiotics do not reduce pain in the first twenty four hours,
- they do not prevent recurrence,
- they disrupt gut and immune function,
- and unnecessary use contributes to antibiotic resistance.

Because of this, the **American Academy of Pediatrics** officially shifted its guidelines. The AAP now recommends **watchful waiting** for many children, meaning observation and supportive care for forty eight to seventy two hours before antibiotics are considered.

This reflects what naturopathic doctors have known for years: ear infections are usually related to inflammation, congestion, lymphatic stagnation, and immune imbalance rather than true bacterial infection.

### **A Naturopathic Understanding**

Ear infections often reflect:

- unresolved nasal or sinus congestion,
- inflammation of the Eustachian tube lining,
- lymphatic stagnation behind the ear and down the neck,
- food or environmental sensitivities,
- microbiome imbalance in the respiratory tract,
- and reduced drainage capacity.

When these contributors are addressed, most ear infections resolve without antibiotics while reducing long term recurrence.

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## **Signs and Symptoms**

- Ear pain or pulling at the ear
- Fussiness or irritability
- Difficulty lying flat
- Mild fever
- Congestion or runny nose
- Trouble sleeping
- Temporary hearing changes
- Fluid drainage in some cases

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## **Common Contributors**



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- Viral respiratory infections
  - Seasonal allergies
  - Food sensitivities
  - Teething related congestion
  - Infant anatomy
  - Secondhand smoke exposure
  - Bottle feeding while lying flat
  - Gut dysbiosis or weakened immunity
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## When to Seek Medical Care

- High fever lasting more than three days
- Persistent or severe pain
- Ear drainage that is thick or bloody
- Unusual sleepiness or lethargy
- Symptoms not improving within seventy two hours
- Suspected eardrum rupture

Most mild to moderate ear infections can be safely monitored at home.

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## Functional Wellness Support

### First Line Botanical Support

Garlic and mullein ear drops are one of the most effective first interventions for early and moderate ear infections. These must be **herbal extracts, not essential oils**, to ensure safety and appropriate mucosal absorption.

Apply **five drops into the affected ear three to five times daily** until resolved. This combination reduces inflammation, supports microbial balance, eases pain, and improves lymphatic movement.

For more advanced cases or when improvement is slower than expected, **oil of oregano extract** may be used. This must also be an herbal extract, never an essential oil, as essential oils can irritate delicate ear canal tissues. Apply **five drops three to five times daily** until symptoms fully resolve.

Both garlic mullein drops and oregano extracts are available in Fullscript under professional grade formulations.

## **Reduce Inflammation and Congestion**

### **Warm Compress**

Apply over the ear for ten to fifteen minutes to reduce discomfort and pressure.

### **Elevation**

Sleeping with the head elevated helps fluid drainage.

### **Humidifier**

Moist air reduces mucus thickness and encourages drainage.

### **Steam Inhalation**

Opens nasal passages and reduces swelling around the Eustachian tubes.

### **Nasal Saline**

For older children, helps clear the sinuses and reduce congestion.

## **Lymphatic Support**

### **Ear and Neck Massage**

Gentle downward strokes behind the ear toward the collarbone support drainage.

### **Warm Baths**

Relax tissues and support circulation.

## **Additional Herbal and Nutritional Support**

### **Elderberry**

Enhances antiviral activity.

### **Echinacea**

Supports early immune response.

### **Chamomile**



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Reduces irritability and supports better sleep.

### **Vitamin C**

Supports immune recovery and inflammation control.

### **Zinc**

Helps shorten illness duration and supports mucosal immunity.

## **Topical Support**

### **Root Health L.L.C Healing Salve**

Apply gently around the outer ear, never inside the canal, to soothe irritation or redness.  
Available in the Shop section of the website.

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## **Nutrition and Lifestyle Measures**

- Warm broths and soups
  - Extra hydration
  - Avoid sugar during illness
  - Temporarily reduce dairy if mucus is excessive
  - Prioritize rest and calm activities
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## **When Ear Infections Suggest a Deeper Issue**

Recurrent infections may reflect:

- food sensitivities,
- chronic congestion,
- gut dysbiosis,
- immune dysregulation,
- or environmental irritants.

A stool test, allergy evaluation, or digestive assessment may be recommended to uncover root cause contributors.

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## Pediatric Supplement Blends

- Children's immune blends with elderberry and echinacea
  - Children's lymphatic or sinus blends
  - Probiotics for prevention and recovery
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## Pediatric Dosing Guidelines

### Vitamin C

- Ages two to five, one hundred twenty five to two hundred fifty milligrams
- Ages six to twelve, two hundred fifty to five hundred milligrams
- Ages thirteen to seventeen, five hundred to one thousand milligrams

### Vitamin D

- Ages two to five, four hundred to eight hundred IU
- Ages six to twelve, eight hundred to one thousand IU
- Ages thirteen to seventeen, one thousand to two thousand IU

### Zinc

- Ages four to eight, five milligrams
  - Ages nine to thirteen, eight milligrams
  - Ages fourteen to seventeen, eight to ten milligrams
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## Supplement Access

A complete supplement protocol for Pediatric Ear Infection Support is available in Fullscript under Protocols, listed by the matching condition name. Parents can create a free account to view professional grade herbal extracts, immune support blends, and pediatric dosing.

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## Parent Friendly Summary

### Most Ear Infections Are Viral

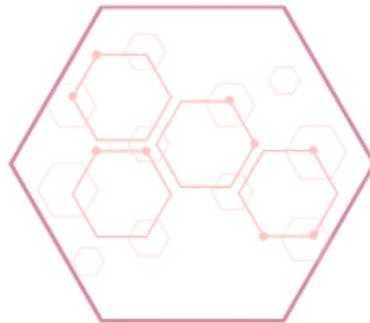
Ear infections often clear naturally once inflammation and congestion are reduced. Antibiotics are not needed in most cases.

### **Simple Home Support**

- Garlic and mullein ear drops five drops three to five times daily
- Oil of oregano extract for worsening cases
- Warm compress
- Humidifier and steam
- Neck massage for drainage
- Vitamin C and zinc
- Root Health Healing Salve for outer ear comfort

### **When to Recheck**

If fever lasts more than three days, pain worsens, or thick drainage appears, additional evaluation is recommended.



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