



# HOME THERAPY

## *EAR MASSAGE: OTITUS MEDIA*

Symptoms of Otitis include ear aches, ear itching, and/ or diminished hearing. Otitis Media is also termed “glue ear” because the fluids of the middle ear increase in viscosity, becoming glue like. This results in a diminished hearing ability through the ear, with no loss of bone conduction hearing. If, upon testing, there is diminished bone conduction, you may have auditory nerve involvement. Causes of Otitis Media include poor pancreas enzyme production (making the lymph more viscous), allergy reactions, infections, stress, and external toxins (xenobiotics).

### **PROCEDURE:**

This massage techniques is to aid the inner ear and to help clear the Eustachian tubes. The massage process should be done gently and firmly—not to the point of pain. If you are treating a child and the child shows signs of pain, reduce pressure. The following three steps should be done twice daily on both ears for approximately one month.

### **INSTRUCTIONS:**

- ◆ (1) Using gentle finger pressure, draw a line from the back of the ear near the mastoid bone down the back of the jaw bone through the saliva gland, just at the rear of the jaw bone. Do this 40 times on both sides.
- ◆ (2) Gently push the flap of skin in front of the ear (tragus) back over the ear canal until it blocks. Release and repeat in a pumping action: this creates a suction in the ear. Pump approximately 40 times.
- ◆ (3) Place the fleshy part of the palm (just below the thumb) over the ear and rotate the ear in all directions, gently working the cartilage all around. Use a pumping action to work the air out of the ear. Pump 30 to 40 times.

For best results, use the Muscous Dissolver formula with this technique twice daily.

