



# HOME THERAPY

## *HOT SALT PACK: EARACHE*

This is a home remedy for children with acute earaches that come on in the middle of the night. This remedy is designed to relieve pain and congestion from an earache.

### **PROCEDURE:**

- ◆ Heat 1/4 cup salt (or sea salt) on a cookie sheet in an oven 150 degrees Fahrenheit for 15 minutes.
- ◆ Pour the salt into a white handkerchief, fold all the edges over, so that the salt stays in the small central area and tuck it in so that the salt doesn't spill out or rupture.
- ◆ Hold the salt pack on the outside of the head, covering the painful ear.
- ◆ The salt can be reused, so when it cools down, you can put it back on the cookie sheet and reheat for 15 minutes at 150 degrees Fahrenheit.

### **INSTRUCTIONS:**

- ◆ The child should find the warmth of the salt very soothing and comforting. It should get the child through the night and help them get back to sleep so that they may be checked by the doctor in the morning.
- ◆ Heating the salt in the oven helps to warm the salt and evaporate a little bit of the moisture content out of the salt. This action is two-fold. The heat will soothe the child, but will also absorb some of the fluid across the drum (which will act like a bit of decongestant).
- ◆ The remedy has proven to be very successful, except when the eardrum is ready to rupture. It won't hurt to do it in this case, but it won't have much of an impact (the child will continue to cry without settling).
- ◆ It is not recommended to heat the salt at a higher temperature, as this would make it too hot for the child.

