

GLUE EAR

Glue Ear is common in children with or without concurrent ear infections. It produces loss of hearing, delayed speech development and can affect their behaviour and educational prospects.

The middle ear produces a mucous-like fluid in some children, blocking sounds out.

The medical treatment is often to fit grommets. It is a very common operation.

In Natural Medicine, firstly we say to take your child off all dairy products for 1 month. There is no need to worry about calcium levels etc for just one month.

FOR 1 MONTH EAT NO:

COWS MILK products

- Milk
- Cheese (hard, soft spreads, cottage)
- Yoghurt, crème fraiche, quark
- Cream, ice cream
- Whey
- Buttermilk
- Coffeemate
- Casein(ates) i.e. milk protein

ALSO AVOID

- Peanuts
- Oranges
- Wheat
- Bananas

After 1 month many children's hearing has returned dramatically. WHY?
The body turns cow's milk into MUCOUS.

If you decide to keep your child off dairy produce long term, you can collect a leaflet, "*How to maintain calcium levels on a dairy free diet*" from the **Belper Natural Health Centre**

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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