

Ear Infections

Possible Causes and Contributing Factors:

- Food allergy/sensitivity, especially dairy
- Adrenal hypo-function
- Bacterial or viral infection
- Diets high in refined carbohydrates
- Wax build-up
- Upper respiratory infections
- Environmental allergy
- Smoking
- Not being breastfed
- Birth trauma
- Nutritional deficiencies (A, C, Essential Fatty Acids)

Suggested Dietary Changes:

- Eliminate all dairy (very important)
- Lots of pure water

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*