First, the diet should not provide food for abnormal bacteria. As we discussed in other chapters these foods are sugars, milk and processed carbohydrates. It is amazing how quickly glue ear resolves, when these foods are taken out of the diet.

Second, a strong therapeutic probiotic should be added to the child’s regimen. The beneficial bacteria in the probiotic help to clear out pathogenic flora and re-establish normal healthy flora in the mouth, nose and throat, which will keep the child clear of ear infections. To do that, apart from adding a probiotic to the food, I routinely suggest to parents of children whom I see in my clinic that they open a capsule of probiotic and put the powder on the child’s tongue last thing before bed, after the child has cleaned the teeth and is not going to eat or drink any more. This way the probiotic bacteria will have a chance to work on the flora of the mouth and throat all night. As the back of the nose and the back of the mouth both open to the same place, the probiotic bacteria have a good chance to reach the back of the nose, where the tube tonsils are, and deal with any pathogenic flora in that area. On top of that, the stimulation of immune responses, which the probiotics produce, will subside and the tube tonsils will resume their normal size and not block the Eustachian tubes any more, allowing mucus to drain from the middle ear. This will resolve glue ear and the constant chain of ear infections.

Another common contributing factor to ear infections is food allergies, particularly allergy to milk. In the previous chapters we have discussed what role gut flora plays in development of food allergies. With the use of diet and probiotic we can improve the state of the gut flora and the immune system in the child’s body. Clinical experience shows that a lot of food allergies disappear as the gut heals. In the meantime it is a good idea to remove foods which the child may be allergic to, particularly cow’s milk.