



**humanizing
medicine**
INTEGRATIVE CARE



Onion Ear Compress Treatment

Indications

Onion Ear Compresses are applied to the ear in the case of middle ear infection (otitis media). Many cases of ear infection need not resort to antibiotics or pain medications due to the effectiveness of this remedy. The enlivened sulfur processes of the onion work strongly on the ear in its infected “too wet” state. It makes the ear “cry” out the excess fluid. True Botanica makes an “Ear Oil” that is an excellent parallel treatment as drops that go in the ear.

Supplies

- Regular Onion normally used for cooking.
- A hat or scarf to hold the onion in place.
- Compress cloth (a cheesecloth or thin sheet folded 8”x16”)

Directions

1. Cut up the onion into small pieces.
2. Warm the pieces- easiest is in a skillet.
3. Place warm onion into the compress cloth making sure it is not too hot!
4. Make into a package- use a hair holder to keep the onion in the cloth.
5. Position the compress so the onion is over the ear as well as the mastoid (the bone behind the ear).
6. Wrap the scarf around the compress or pull the hat on to keep the compress pack in place.
7. Leave in place for as long as possible.

For more serious ear infections or any sign of severe unwellness please have your child seen by a healthcare provider.