Ears Beneath the Surface

a parent guide to ear infections, congestion, and the GAS pedal

Another ear infection. Another round of antibiotics.

“She’s had three ear infections this year.” “We’re on our second round of antibiotics this month.” “The doctor mentioned tubes.” If you feel like you live at the pediatrician’s office, you are not alone.

Ear infections often have more going on underneath than just the ear. This guide explains how the nervous system fits in, and gives you simple ways to support your child at home.

01

Immune and drainage systems live on the BRAKE

Your child’s nervous system has a gas pedal and a brake. The brake, rest-and-digest, is when the body repairs, drains, and builds a strong immune response.

GAS	BRAKE
Fight-or-flight.	Rest-and-digest.
Tight muscles, poor drainage.	Repair, drain, and recover.

When a child’s foot is stuck on the **GAS**, the muscles around the neck, jaw, and ears can stay tight, and the body spends less energy on repair. Little ones also have short, flat ear tubes that drain slowly. Helping the body shift into **BRAKE** supports the systems that keep ears clear.

02

What a system stuck on the gas can look like

Ears	Repeat ear infections, fluid behind the ears, tugging at ears, trouble hearing.
Nose & breathing	Constant congestion, mouth breathing, snoring.
Neck	Prefers turning the head one way, a tight neck, or a hard birth.
Sleep	Wakes often, especially lying down, or restless sleep.
Gut & mood	Tummy trouble after antibiotics. Cranky, clingy, or easily upset.

Ear infections can need medical care. Please keep your pediatrician in the loop, and call them right away for a high fever, severe pain, fluid draining from the ear, swelling behind the ear, or a very sick child. What we add is one more question: **how is this child's nervous system regulating?**

03

How a foot gets stuck

We group the stressors that load a nervous system into what we call the Three T's:

Traumas
PHYSICAL

A hard birth, C-section, vacuum or forceps, falls, a tight neck.

Thoughts
EMOTIONAL

Stress in the home, big changes, poor sleep.

Toxins
CHEMICAL

Repeated rounds of antibiotics, secondhand smoke, diet.

Often it is several stacked up early: a stressful pregnancy, a hard birth, colic, reflux, then the first ear infection and the antibiotics that follow. We call that the **Perfect Storm**. None of this is anyone's fault. Stress simply adds up.

04

Seven ways to support ears at home

These are not a treatment. They lower the load on a system that is already working hard and help the brake engage.

1. **Feed upright**
   Keep babies more upright during feeds, and avoid bottles lying flat.
2. **Clear the nose**
   Saline and gentle suction help fluid drain before bed.
3. **Protect sleep**
   Rest is when the body repairs. Keep bedtime consistent.
4. **Keep air clean**
   No smoke exposure, and a humidifier in dry months.
5. **Support the gut**
   Whole foods, water, and good gut support after antibiotics.
6. **Watch for tug-and-turn**
   Notice if your child favors one side or tugs one ear. Tell us.
7. **Breastfeed if you can**
   Breast milk supports a baby’s developing immune system.

05

What we actually do

We don’t diagnose or treat ear infections.

We measure how the nervous system is regulating. Then we use gentle, specific adjustments to help it shift out of GAS and into BRAKE.

How we measure. An INSiGHT scan is painless and quick. It looks at nervous system patterns along the spine (neurothermal), muscle tension (sEMG), and how flexibly the body shifts between GAS and BRAKE (HRV).

Alongside your team. We work with your pediatrician and ENT, not instead of them. Please do not stop any antibiotics or treatment without talking to the doctor who prescribed it.

06

Is your child’s foot stuck on the gas?

Does your child…

- ○ Have two or more ear infections a year
- ○ Have fluid behind the ears or trouble hearing
- ○ Seem congested or breathe through the mouth
- ○ Favor turning the head one way
- ○ Wake often or sleep restlessly
- ○ Have tummy trouble after antibiotics
- ○ Have a history of a hard birth, colic, or reflux
- ○ Get sick often in general

If you checked more than a few, a scan can show you what is happening underneath.

> *“My son, pay attention to what I say; turn your ear to my words… for they are life to those who find them and health to one’s whole body.” Proverbs 4:20, 22*

Let’s find out what’s going on beneath the surface.

The next step is a New Patient Experience: about an hour with one of our doctors, a full neurological exam, and INSiGHT scans. Kids are always welcome.

Segura Family Chiropractic

1300 NW Federal Hwy, Stuart, FL 34994 · Serving Jensen Beach & Martin County
(772) 780-3037 · segurafamilychiropractic.com

This guide is for education only. It is not medical advice and does not diagnose, treat, or cure any condition, including ear infections. Chiropractic care at our practice focuses on nervous system function. Please talk with your child’s pediatrician about any symptom, diagnosis, or medication.