

HEARING LOSS

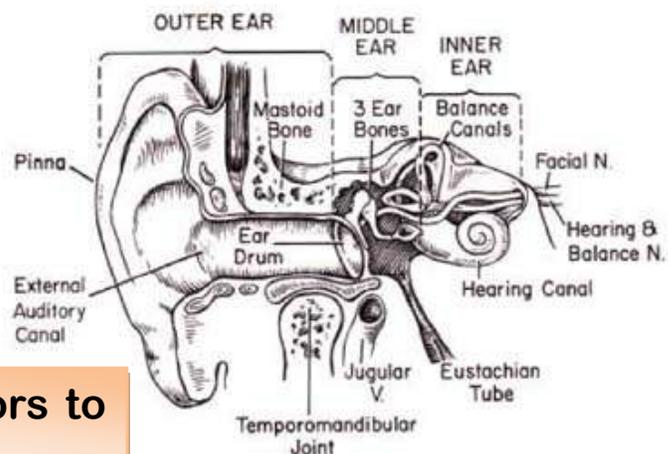
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DEFINITION

Hearing loss occurs from a variety of reasons:

- Ear Infections,
- Colds,
- Congestion,
- Nerve Damage
- Injury to the Ear.



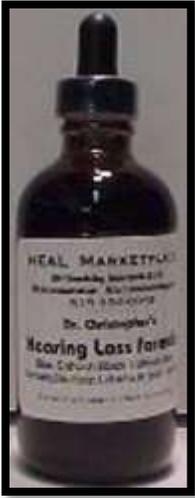
One of the great contributing factors to hearing loss is noise pollution.



We were not meant to expose our ears to damaging noises for great periods of time. The raucous sound of loud rock and roll music has caused nerve damage in our youth. Noise is measured in decibels (dB). A rocket being launched measures 180 decibels. A jet plane and a gunshot both measure 140. These sounds may cause pain to the ears. A soft whisper is 30 dB. A subway train is 90 dB. An average conversation where no one is shouting is 65 dB.

Anyone who is exposed to 85 dB for more than 8 hours can expect to experience the misfortune of hearing loss.

Herbal Supports



We have had years of success healing hearing loss by using the oil of garlic and the B and B tincture. People who have been deaf and were wearing hearing aids are included in the group. There have been cures of those born deaf, too.

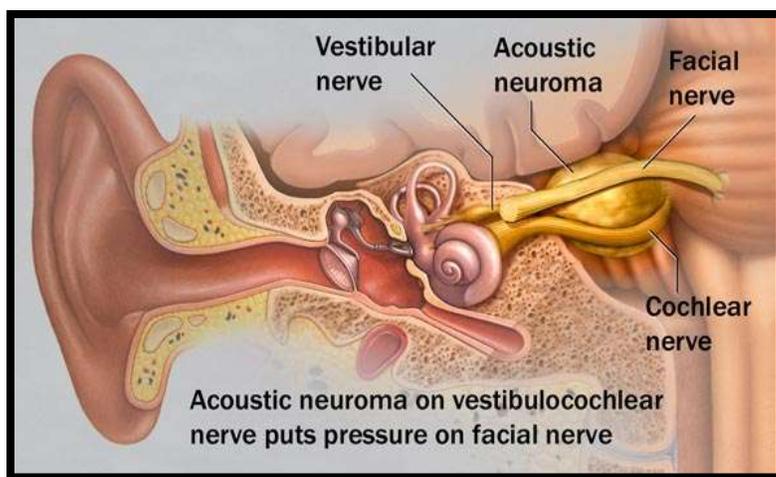


Place the correct number of drops in your ear. Gently press on the small skin flap over the ear to help the drops to run into the ear canal.

Place cotton ball in ear canal.

At the time of this writing, there is no surgical cure for nerve hearing loss. The causes are fetal damage, trauma at birth, infections, drugs, thyroid disease, diabetes, injuries, noise exposure, or nerve deterioration from age or malnutrition.

Just last month, a woman said to us, "I wish they (medical science) would hurry and find a cure for nerve deterioration." We said, "For the nerves in the body?" She said, "No. For the nerves of the ear! I'm having a terrible time with hearing loss and it's getting worse. It's driving me crazy!" We told her that if she didn't have eardrum breakage, there were some herbal nervines that could be used directly in the ear as ear drops. She agreed to try the B and B tincture. As she spoke, her face exhibited a spastic dance of small nervous tics. A month later, on the B and B tincture, her hearing began to gain momentum while the nervous tics faded into the background.



Going to the ear, there are three cranial nerves. One is the auditory nerve which controls hearing. The other two are the facial nerve which controls some of the muscles in the face and the vestibular nerve which helps with balance. B and B tincture will aid all three of these nerves.

DRUGS AND HEARING LOSS



It has been proven that certain types of drugs, including aspirin, can cause hearing loss. Antibiotics such as kanamycin, dihydrostreptomycin, and gentamycin can contribute to deafness. The side and after effects of inorganic drugs take their toll on the body. This is why we prefer to work with herbs and foods which operate synergistically (in harmony) with the body.

EXCESSIVE EAR WAX



A small amount of ear wax is normal, but an excess of this wax can impair hearing. The function of the wax is to lubricate the ear. Excess wax can be cleared from the ear with a solution of apple cider vinegar and distilled water. Jethro Kloss suggests using hydrogen peroxide to flush the ear if nothing else is available.

The cautious use of "ear candles" can help clear the wax. Ear candles are an old invention. A pointed dowel rod is wrapped with a cotton or linen strip of cloth which has been dipped in melted paraffin wax. The rod should be about 8

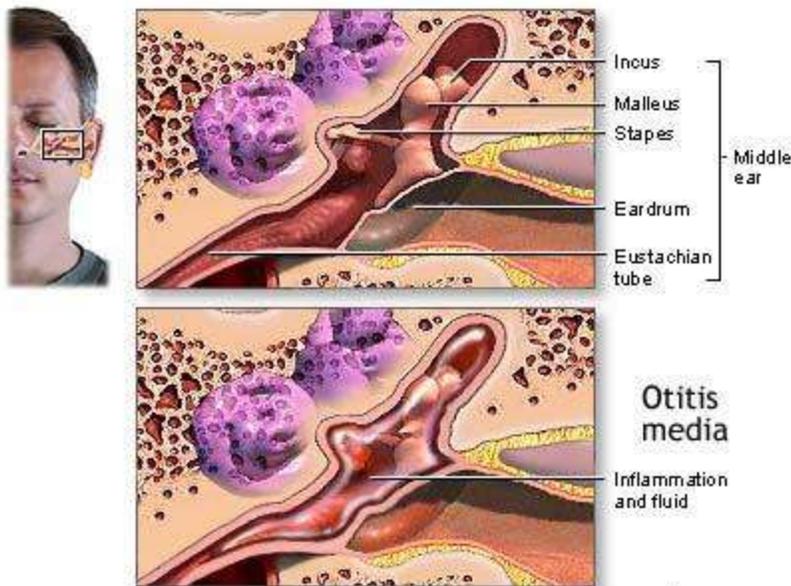
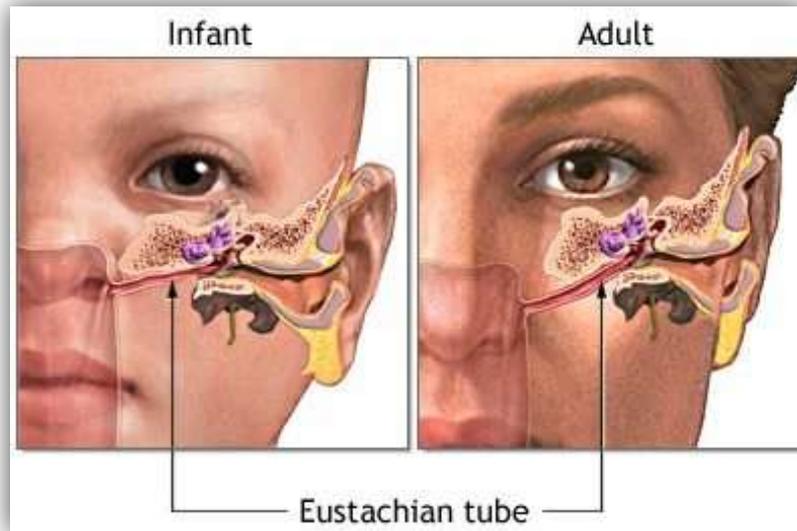
inches long and about 3/4ths of an inch thick. When the paraffin hardens, a long, thin, cone-shaped form will result and the dowel rod can be removed. The pointed end of the linen cone is put into the ear canal and the other end is lit. To avoid injury, be sure to put the fire out before the burning candle reaches the head. When the ear candle is removed and unwrapped, it is usually filled with ear wax. The Amish people use these candles and it is a tradition with them.



EAR INFECTIONS

We use oil of garlic and B and B tincture for all ear infections unless the eardrum is broken. An infection in the outer ear may occur from a scratch which has become infected or some stagnant water which breeds bacteria (swimmer's ear).

The infections in the middle ear are caused by congestion of the **EUSTACHIAN TUBE**. Often a middle ear infection will be accompanied by a foul smelling discharge. If allowed to persist the hearing bones or the mastoid process (the bony projection behind the ear) may be infected. Bone, Flesh and Cartilage formula as a fomentation and the oil of garlic with the B and B tincture may be used. It is possible to have a middle ear infection for a long time with no symptoms of earache.



An infection in the inner ear will affect a person's balance. Symptoms may include vertigo, dizziness, nausea, vomiting, loss of balance, etc. Inner ear diseases may occur because of diseased germs in the adjoining tissues of the body. In this case, the blood stream needs purification. The red clover combination is recommended. It is also necessary for all the eliminative channels to be functioning properly. B and B tincture and oil of garlic should be used for inner ear problems. A fomentation of Bone, Flesh and

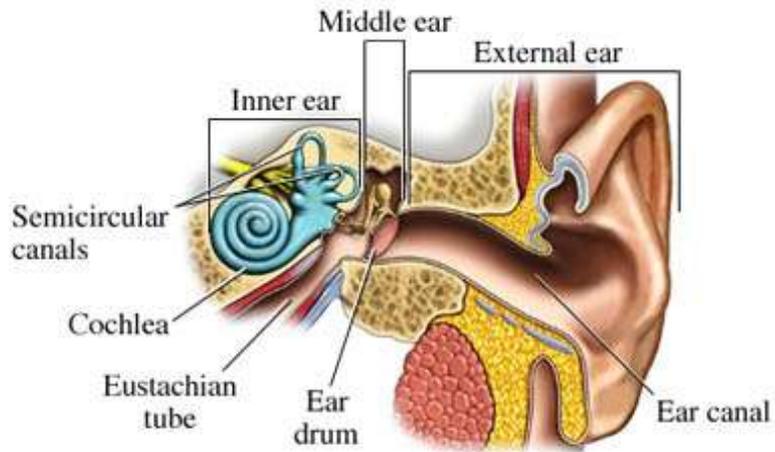
Cartilage should be placed over the ears at night to repair and rebuild the delicate structures within the ear.

CHARCOAL/FLAX SEED POULTICE is also a very effective aid in clearing an inner ear infection. See HEAL's *Infection Information Sheet* for detailed instructions.

NOISES IN THE EAR

There are some people who experience ringing, clicking, or blowing sounds in the ear. This is indicative of an ear disorder. This occurs for many reasons.

- *There may be damage to the acoustic nerve.*
- **The eustachian tube may be too open in the case of rushing air noises.**
- *Clicking could be a result of palatal muscle contractions.*
- **Ringing in the ears and vertigo may be due to a disorder in the inner ear.**



It can be a very devastating thing to feel as though the room was spinning. Treat these ailments with the B and B tincture following the oil of garlic.

Stimulants such as coffee, cigarettes, salt, aspirin, quinine, should be avoided. The mucusless diet should be strictly observed.

If a tumor in the ear has been diagnosed, the Bone, Flesh and Cartilage fomentation is necessary along with the incurables program.

Tumors will not form when the body has sufficient potassium. Organic forms of potassium can be found in black walnut and elderberry tincture. Grape juice or green drinks are good sources, too.

TRAUMA TO THE OUTER PART OF THE EAR

If you are going to go to the route of Rocky III, you may end up with cauliflower ear. This disorder is caused by a blow to the ear and a blood clot that may form as a result. The auricle appears bruised and totally discolored.



Damage to the cartilage sometimes makes the ear change shape. *Standard medical practice suggests draining the blood clot out of the ear.*

Dr. Christopher would have recommended a fomentation of the Bone, Flesh, and Cartilage formula.



FROSTBITE OF THE EAR



With the increasing popularity of winter sports comes the danger of frostbite to the outer ear. The blood vessels of the auricle are nearer to the surface of the skin than those of other parts of the body, thus making them more susceptible to the elements. **Frostbite should not be taken lightly. The skin needs to be brought back to a normal temperature gradually,** so never apply hot packs to frostbite. Massaging the ear will only cause more injury.

Priddy Meeks, a pillar of the early Mormon Church, cured a severe case of frostbite in a soldier who was about to have his foot amputated. He used only cayenne pepper administered orally several times a day, and soon, strips of rotted flesh dropped off from the foot like pancake batter, making way for the new, replacement skin that was growing in. Within 9 days, the patient was able to walk again. Cayenne increases circulation of the

blood and thus facilitates healing.

Dr. Christopher's Additional Herbal Aids for Earache

"The simple, old-fashioned aids are sometimes very fast in giving relief. We will give you a number of aids that have been used successfully for many years. **Always treat both ears, even if only one aches.**

Onion

Lightly bake a large onion, cut it in half and while warm (not hot enough to irritate the area), bind one half of the onion over each ear. Bandage in place and hold bandage on with a nightcap, white skullcap, etc., and leave on all night.

Garlic

Drop four to six drops of oil of garlic into each ear and plug with warm cotton. Also add four drops of the B and B tincture combination if available.

Chamomile

(*Anthemis nobilis*) Use a fomentation over both ears of three parts of chamomile and one part of lobelia. Take two ounces orally (a wine glass full) each two waking hours. Leave the fomentation on the ears all night. (Cover fomentation with plastic or oiled silk, etc.)

Mullein

(*Verbascum thapsus*). Use three to six drops of mullein oil in both ears several times each day. Insert it upon retiring for the night, and, as before, plug the ears with cotton. Place a fomentation over the ears all night of three parts mullein and one part lobelia.

Lobelia

(*Lobelia inflata*). Place a few drops of tincture of lobelia (warmed) into each ear and plug with cotton. Substitute antispasmodic tincture or black cohosh tincture combination, if needed.

Hops

(*Humulus lupulus*). Apply a flannel bag of hops and moist heat (hot water bottle, never dry heating pad) over the affected area." (Taken from *Childhood Diseases*, by Dr. Christopher)

Dr. Christopher, His Formula and Testimonies

When the B and B Tincture formula was first given to Dr. Christopher by "The Good Lord," the doctor had prayed for a formula which would heal an epileptic youngster. This particular boy didn't respond to the other forms of herbal treatment used by the doctor.

The B and B Tincture is a combination of four very powerful nervine herbs: blue cohosh, black cohosh, blue vervain, skullcap, with the addition of the antispasmodic, lobelia. The skullcap was especially helpful for the spinal cord. Its action is slow and cumulative. The others were for immediate relief as well as for rebuilding the nerves.

This formula was given to the child who received blessed relief from his seizures. The formula was used as drops in the ears and taken orally as well. Oil of garlic was put into the ears first to loosen congestion and fight infection. One of the boy's grandfathers had a hearing loss problem brought on by congestion of the ears and old age. He tried the drops in his ears and within a few weeks his hearing had improved. Other patients of Dr. Christopher's tried the drops of B and B Tincture in their ears to banish ear troubles including hearing loss and balance problems. The formula proved successful in all cases as long as the eardrum had not been broken. It can be used for earache and ear infections, and motor nerve disorders.

Dosage

With an eye dropper, insert into each ear at night 4 to 6 drops of oil of garlic and four to six drops of the B and B Tincture, plugging ears overnight with cotton, 6 days a week, for four to six months, or as needed.

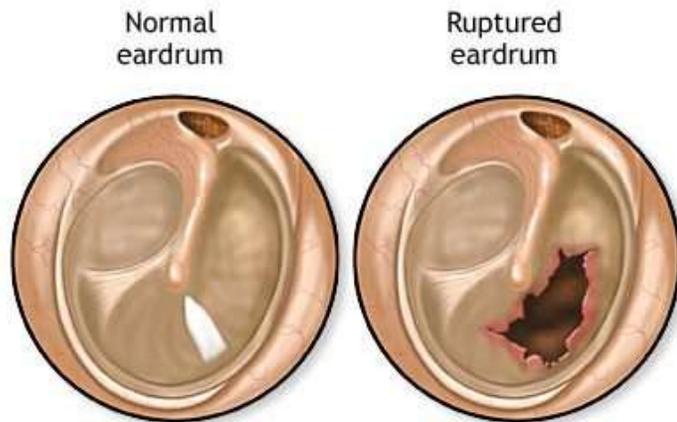
On the seventh day, flush ears with a small ear syringe using warm apple cider vinegar and distilled water, half and half.

Take six to ten drops orally in a cup of juice or distilled water, up to three times a day.

WARNING: The ear is very delicate. We wish to emphasize here to "flush the ear out gently. Never use force!" In one case we know of, the practitioner put the syringe right up against the eardrum and quickly let go of the squeezed syringe, which pulled on the eardrum. This caused a hole to be formed in the eardrum. The procedure was not only unsuccessful, it resulted in the patient being hospitalized and having surgery for a serious ear infection that wouldn't subside even with the use of powerful antibiotics. Because the ear is very close to the brain, both the patient and the hospital staff feared brain infection. The poor girl was so frightened both of the drugs and the surgery that she had to be heavily sedated. The practitioner, who was her friend, was beside himself because he had incurred such suffering for the girl. This was because he didn't listen to the part in the lesson about being very gentle when working with the ears.

Let us now go to the procedure for repairing a broken eardrum.

Remember, there should be nothing put into the ears when the eardrum has been broken. In earlier days, perforations in the eardrum were treated by Dr. Christopher's students and staff by putting a comfrey poultice or fomentation over the ears every night. This would facilitate healing so that the B and B tincture could be used once the hole in the eardrum sealed.



With the advent of the Bone, flesh, and Cartilage formula used as a fomentation over the ears, healing a broken eardrum can be speeded up.

Even modern medicine is realizing the efficacy of natural substances in healing. In the American Journal of Chinese Medicine a few years ago, there appeared an article on the healing of a perforated eardrum in a sterile surgical procedure using a slice of fresh garlic against the eardrum. Garlic has been known as a wound healer and antibiotic. It has been used since the time of the Pharaohs as a life-giving food and a healer for wounds of battle. In World War II, garlic was used for infection when regular penicillin was scarce. The Chinese article stated that an eardrum which is two-thirds or less perforated may be healed.



The subject of ear disease fills many volumes at the library. The journals are loaded with descriptions of diseases of the ear, some having no apparent cause or cure. With the use of the B and B tincture, there is no need for such detailed specialization and elaborate surgical procedures. This is one of the Creator's simple cures which we can be thankful for having the privilege to know about.

LISTEN TO THE "INNER VOICE"

The Bible speaks of those people who have ears, but do not hear. The reference here is to the people who cannot hear inner voices of guidance and inspiration that comes with living according to the laws of Nature. Dr. Christopher often spoke about living the Word of Wisdom and being clean enough to receive treasures of knowledge. He even mentioned the gift of clairvoyance, the ability to perceive information from a higher source. Our bodies are the temples of the spirit, and a good spirit cannot dwell in an unclean temple. The Doctor also mentioned that the eyes and ears, nose and mouth were the doors and windows to this temple. We need to carefully monitor what goes into these doors and windows, so that only the best can come out as a guiding light to others on earth. --By Dr. Christopher