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The Healthcare Medicine Institute presents

Chinese Medicine Pediatrics
and
Ear Infections

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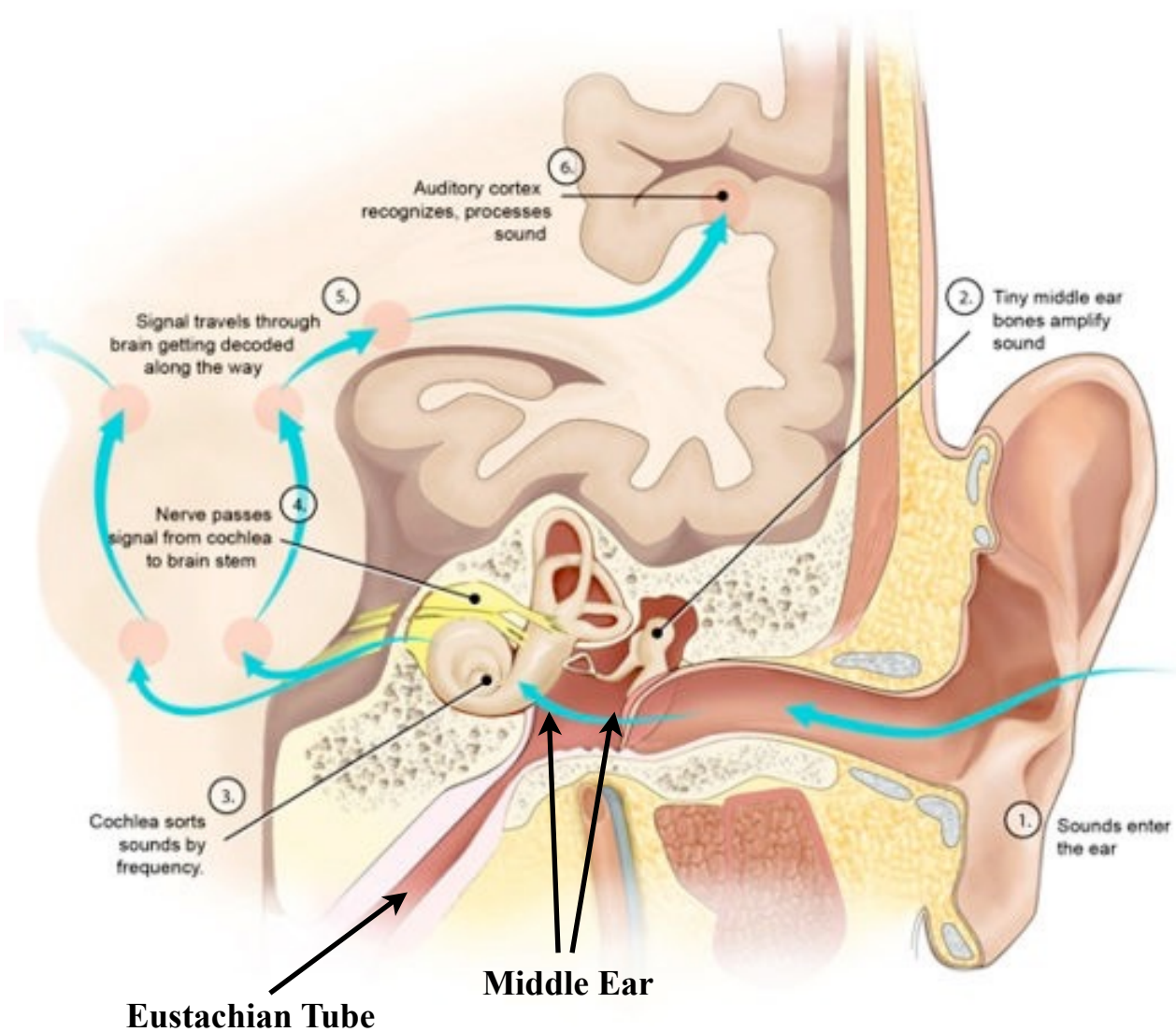
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TREATING CHILDREN IS REWARDING

Treating otitis media (also known as middle ear infection) in children is both clinically and personally rewarding. If you have no previous experience treating children with Traditional Chinese Medicine it may at first seem intimidating but obtaining rapid results makes it well worth learning TCM treatment. Children, after all, do not have decades of built-up patterns of disharmony to resolve. While children move through the stages of infection at an accelerated rate compared to adults, they can also respond to gentle treatment with moxa, shoni-shin, acupuncture, and herbs with equal rapidity.

Hearing Mechanics Diagram



There are differences between children and adults to be kept in mind. The book Acupuncture in the Treatment of Children, 3rd edition, 1999, p3-6, by Julian Scott and Teresa Barlow notes five traditional Chinese sayings that help to delineate the medical distinctions between adults and children:

"Children's Spleen is Often insufficient."

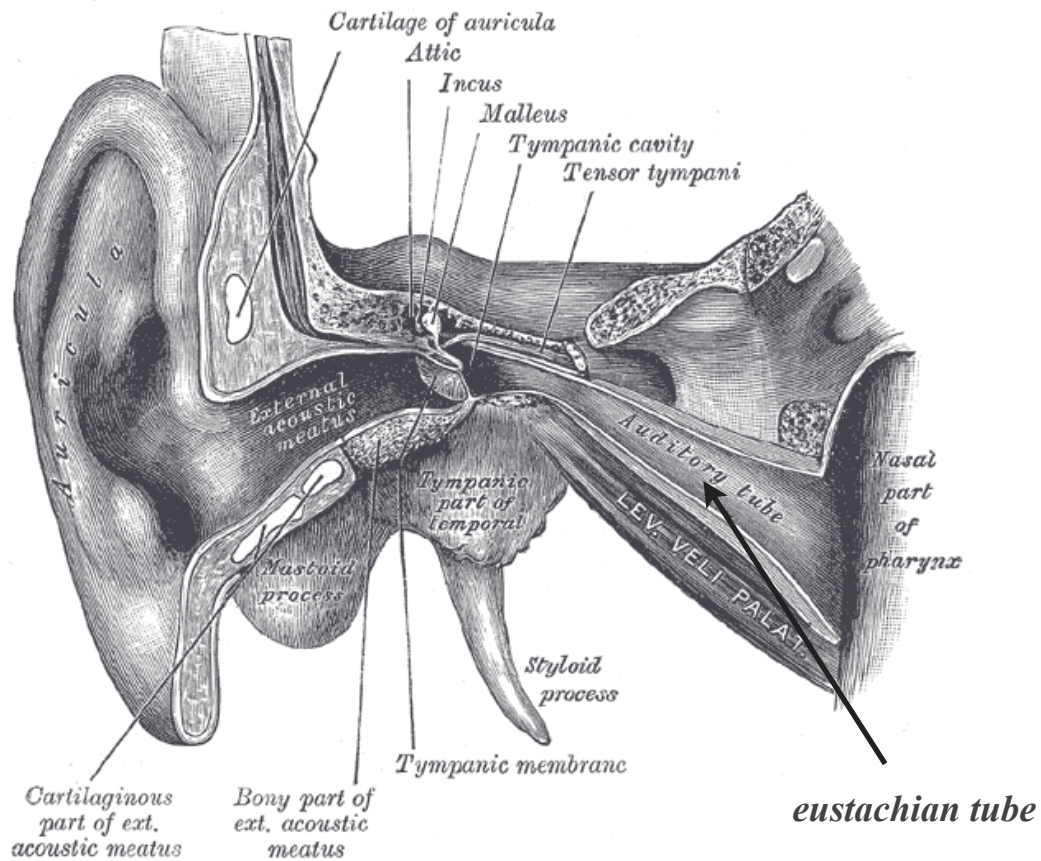
"Children's Yin is Often Insufficient."

"Organs are fragile and soft, Qi easily leaves its path."

"Children easily become ill, and their illnesses quickly become serious."

"Yin and yang organs are clear and spirited. They easily and quickly regain their health."

"Liver often has illness."



"Children's Spleen is Often Insufficient."

Spleen related problems in children are so frequent and basic that supporting and treating the Spleen energy is always a factor in treating chronic and recurrent ear infections, especially when antibiotic use has been prevalent. Spleen deficiency can be addressed with herbs and acupuncture, and even small changes in children's diets can quickly help the Spleen recover.

"Children's Yin is Often Insufficient."

Children are far more yang and active than adults, and so it is very easy for them to quickly develop high fevers as well as a quite rapid onset of acute otitis media. Children are also far less susceptible to cold than adults, explaining their joy in cold foods such as ice cream.

"Organs are fragile and soft, Qi easily leaves its path."

This explains that children are far more easily affected by external factors such as wind which can easily progress to otitis in children. They are far more susceptible to viruses than adults and are easily affected by changes in the diet.

"Children easily become ill, and their illnesses quickly become serious."

This explains the rapid rate at which disease can develop and move through stages. Children's viral illnesses can very quickly deepen into secondary infections. However, the good news also follows...

"Yin and yang organs are clear and spirited. They easily and quickly regain their health."

Fortunately, children also respond quickly to all forms of treatment, making our job so very rewarding.

"Liver Often Has Illness"

The two ways in which Liver disharmony leads to ear infections in children is from Liver fire, often caused by intense frustration; and Liver/Gallbladder damp heat, often caused by improper diet and food stagnation.

PEDIATRICIAN COOPERATION:

The overuse of antibiotics in our culture quickly leads to further Spleen deficiency in children and complicates the simple patterns of illness that children often experience. However, offering a viable alternative to antibiotics is not only gratifying for the parents but also helps to prevent a lifetime of deficiency patterns in the child created by repeated infections and the over-use of antibiotics.

Antibiotics are always available as a backup if the initial acute ear infection formula is not sufficient. In our clinical experience, the immune system is enhanced the first time a child is able to break free of a repetitive pattern of common colds that culminate as ear infections (leading to antibiotic use). As a result of Chinese Medicine treatment, the incidence of recurrent ear infections significantly decreases. We have found that pediatricians are generally happy to monitor the progress of treatment regimes if doing so potentially averts antibiotic use or the need for tubes to be surgically inserted in the ears (tympanostomy).

IN THIS COURSE YOU WILL LEARN:

- The etiology, prevalence, and diagnosis of pediatric otitis
- How repeated antibiotic use contributes to the recurrence of otitis media by creating lingering pathogenic factor
- Effects of the diet on mucus production *and* reduction
- Specific food allergies linked to recurrent ear infections
- The role of probiotics in prevention
- How to create a non-threatening clinical atmosphere for treating children
- Shoni-shin, Moxa, and needling techniques specific to children
- Herbal formulas for treating acute otitis media
- The three-step herbal method for breaking the pattern of recurrent ear infections
- Where to find pre-made tinctures designed for children
- How to make your own powdered formulas for reconstitution by parents

OTITIS MEDIA OVERVIEW

Otitis media, an infection or inflammation of the middle ear, is the most common cause of earaches and often accompanies respiratory infections such as the common cold or flu. This is because the middle ear is connected to the upper respiratory tract by a tiny channel known as the eustachian tube (auditory tube).

Cells in the middle ear create a fluid that helps to keep out invading organisms. This fluid drains downward through the eustachian tubes. The problem arises when the eustachian tubes become swollen, trapping fluid in the middle ear, thus creating a breeding ground for bacteria. This leads to inflammation and infection.

Children are more susceptible to ear infections than adults because their eustachian tubes are shorter, more horizontal, and therefore more easily blocked. It may be that children are also more susceptible due to motor development issues and that with maturation of the autonomic nervous system the local muscles “learn” to regulate the opening and closing of the eustachian tubes.

Allergic reactions to foods, animal danders, or pollens can also cause the eustachian tubes to swell as can exposure to smoke, fumes, and other environmental toxins. Chronic stuffy noses can also cause fluid from the throat to move into the middle ear.

Ear infections are quite common, and except for well-baby visits, are the most common reason for trips to the pediatrician in the United States. Otitis media affects two out of every three children in the United States by the age of two and is the most common cause of acquired hearing loss in children. According to WebMD, almost half of all antibiotic prescriptions written for children are for otitis media. The cost of treating middle ear infections in the U.S. has been estimated at \$2 billion a year. As many frustrated parents know, many children get these earaches repeatedly despite antibiotic use. This recurrent condition does not always cause pain but the build-up of fluid behind the eardrum can impair hearing and lead to permanent hearing damage. Consequently, thousands of children end up with tubes surgically implanted in the middle ear to maintain consistent draining.

COMPLICATIONS AND PROFESSIONAL CONSIDERATIONS

If untreated, otitis media can lead to complications including mastoiditis, eardrum perforation, meningitis, facial nerve paralysis, and possibly Meniere's disease. In our clinic, we desire neither the responsibility nor the liability of making the primary diagnosis of ear infection because of the potential for serious complications. We do not use a pediatric otoscope because we rely on the pediatrician's office for monitoring the progress of treatment.

DIAGNOSIS OF EAR INFECTIONS

Most of the children brought to our clinic are stuck in a pattern of recurrent ear infections and the parents are seeking alternative treatment. Frequently, the child has already been diagnosed and is taking antibiotics. In this case, the child should remain on the full course of antibiotic treatment as prescribed by the M.D. . In many cases, parents catch the signs and symptoms early because they have witnessed many ear infections. In this instance, we are able to administer Chinese Medicine treatment immediately.

Symptoms of acute otitis media

- **Fever, irritability**
- **Ear pain and pulling on the ears**
- **Pain with light tapping around the ears**
- **Red face, cheeks, or ear**
- **Excess crying and difficulty sleeping**
- **Difficulty hearing**
- **Unresponsiveness to quiet sounds**
- **Difficulty maintaining balance**
- **Fluid draining from the ears**
- **Very active or destructive behavior**

COMPLIANCE

We urge parents of children with a history of recurrent ear infections to immediately treat every early sign of Wind invasion seriously. Therefore, any early sign of colds, sinusitis, cough, and fever are treated with the aim of Releasing the Surface and preventing the pathogenic factor from penetrating to the Interior. In our most common clinical scenario, the child has already been treated with antibiotics and the parents want to prevent yet another recurrence. This is where Chinese Medicine intervention can be very rewarding.

RECURRENT EAR INFECTIONS and LINGERING PATHOGENIC FACTOR (Echo Pattern)

This is a very common scenario in children that most parents recognize. Lingering Pathogenic Factor is more a state of not being *healthy* than being in a state of illness. It is characterized by recurrent symptoms that can be traced back to a specific event. A common statement pointing to a likely incidence of Lingering Pathogenic Factor is when a parent states, “He just hasn’t been the same since that first ear infection, but his pediatrician says he’s fine.”

Symptoms of Lingering Pathogenic Factor

- Continuing presence of dampness such as runny nose
- Continuing presence of knotted phlegm, such as swollen glands
- Pale face, dull eyes, cold damp skin, poor spirit
- Fatigue or sudden drops in energy, where the child suddenly exhausts and then suddenly picks up again
- Appearance of mild earache when the child is fatigued
- Appetite: variable or picky
- Irritability, crankiness, moodiness
- Insomnia - waking every two hours
- Diarrhea due to Spleen deficiency

It is easy for children to get an initial illness because of their inherent weakness of Spleen and Yin energies and it is equally easy for them to get exhausted. For a baby, two or three days is already a long-lasting disease leading to exhaustion. A young child can simply lack the Qi to get well again. In western terms, they are “well” because there is no longer a virus or bacteria but there is still an imbalance that parents easily observe. These conditions are regarded in Chinese Medicine as a pathogenic factor remaining or a pathogenic factor not completely cleared. This constitutes the single greatest factor in chronic or recurring diseases in children. Alex Tiberi, L. Ac. calls this the “Echo Pattern” in children, where symptoms from a previous illness continue echoing at a lower level until resolved.

Although necessary at times, antibiotics are a common cause of Lingering Pathogenic Factor because of their cooling, dispersing, and dampening effects. While antibiotics clear pathogenic heat, they do not resolve dampness and also often *increase* dampness which, in turn, weakens the Spleen. This leads to

Phlegm stagnation and further illness. The weakest places in the bodily system will be attacked which is where the lingering imbalance resides.

Consequences of Antibiotic Use
<ul style="list-style-type: none"> • Spleen deficiency with dampness and phlegm
Liver Qi congestion
Dysbiosis: damage to beneficial bacteria in the intestines
As a result of the above: increased chance of recurrent infection

An ear infection may recur as inflammation of the ear when the child is tired and the Qi is deficient. The major key signs of this are mild symptoms surfacing when the child is tired and swollen glands in the neck. Glands should not be swollen except during the acute stage of illness. In TCM theory, the pathogenic factor remains in the channels, blocking fluids. The stagnant fluids then become knotted phlegm. Lingering Pathogenic Factor is likely to continue unless treated. Resolution of Lingering Pathogenic Factor significantly decreases the rates of otitis media recurrence.

BREAKING THE CYCLE OF RECURRENT INFECTIONS

Because of the modern prevalence of antibiotic use, any child you treat will likely manifest lingering pathogens. The key to breaking the cycle of ear infections is to tonify the Spleen Qi, resolve Phlegm and Dampness, and resolve any lingering Heat. We will discuss herbal remedies later but will begin here with dietary solutions.

ProBiotics

Use of probiotics is essential for resolving the intestinal dysbiosis that accompanies antibiotic use. A good quality acidophilus is refrigerated, in liquid or chewable form, not enterically coated, and from a non-dairy source. Probiotics should be given during an ear infection, separated from antibiotic intake by at

least two hours, and continued for one month after cessation of antibiotics. Administer probiotics separately from food intake in a single dose at bedtime.

Mucus Producing Foods

Children's Spleen energies are often insufficient. Before a child is born, she gets all of her nutrition from her mother. After a child is born, her greatest initial challenge in life is to learn how to eat and digest food in order to grow.

As adults this may seem simple, but to a child it is an enormous task. A newborn baby doubles her size in six months. Imagine if you decided to become a Sumo wrestler and were told that you had to double *your* weight within six months! Children's digestive systems constantly work at full capacity and a small disorder can quickly become a great one.

In addition, children are easily influenced by external factors. They easily overheat in hot weather or catch chills. They are far more prone to viruses than adults and are equally affected by changes in the diet. Dr. J.F. Shen says, in The Treatment of Children by Acupuncture by Julian Scott, "Children can only catch cold or have bad digestion."

While a healthy child can cope with a wide array of foods that tend to cause mucus, it is important to stress to parents that a child who is tired, ill, or producing excess mucus may not be able to assimilate foods that were formerly not problematic. In addition, there are certain eating habits that encourage the production of mucus by congesting the Liver and weakening the Spleen, including:

- Overeating in general
- Irregular feeding or feeding on demand - two hours should elapse between meals or snacks
- Eating a heavy meal late at night
- Excess snacking between meals
- Too much sugar in the diet, including refined sugars, high fructose corn syrup, and undiluted juices.

Effects of Foods on Mucus Production

<p><u>Increase Mucus Greatly</u></p> <p>Cow's milk, cream, butter, cheese, etc... Roasted peanuts, peanut butter Oranges, orange juice Excessive sugar, including juices Bananas</p>	<p><u>Reduce Mucus Slightly</u></p> <p>Green tea, jasmine tea Parsley, celery Pickles Lemon</p>
<p><u>Increase Mucus Slightly</u></p> <p>Too much salt or sugar Too many fatty foods and oils Fried foods Rich foods</p>	<p><u>Reduce Mucus Greatly</u></p> <p>Horseradish, mustard Umeboshi plums Garlic, onions, ginger Watercress</p>

Most parents will heartily groan when they see the list of foods that greatly increase mucus. You will need to use firm persuasion that foods given at home on a daily basis is one of the most important parts of their child's recovery and that dietetics is a powerful tool in the potential avoidance of repeated courses of antibiotics or even tympanostomy.

The single most common dietary culprit is the ubiquitous juice boxes. Juices should not be given full strength but instead are best watered down with no more than 10% juice content (and preferably less). High fructose corn syrup has no place in any healthy diet. High fructose corn syrup is produced by an industrial process, developed in 1957, to enzymatically increase the fructose content of corn syrup.

Food allergies

The March-April 1991 edition of 'Allergy Observer' reported research conducted by Talal M. Nsouli, M.D., allergist at the Georgetown University School of Medicine in Washington D.C., noting that food allergies may play a significant role in the etiology of recurrent otitis media. He and his colleagues tested potential food allergies including dairy, wheat, eggs, peanuts, corn, and soy in 104 children with recurrent otitis media and then had parents keep those children from eating the offending foods for 4 months. **86% showed significant**

amelioration of otitis media. Many of the children in the study had been on the verge of undergoing surgical tympanostomy [tubes in the ears], but, said Nsouli, **“Fortunately, we were able to avoid surgery in the majority of patients who avoided the offending foods.”**

Nsouli posits that “eventually many children outgrow their food hypersensitivities and ear problems as the immune system matures, but in the meantime, the damage that accrues from the hearing loss can have a very negative impact throughout life because it appears at a critical stage of development.” While antibiotics have been considered standard therapy for recurrent serous otitis media with effusion [fluid build-up], Nsouli notes that when food or any other allergen is the cause, avoidance is far preferable. “Antibiotics may reduce the risk of infection, but they do not resolve the underlying etiology, and chronic use of antibiotics may lead to drug sensitivity as well as resistance to them,” notes Dr. Nsouli. He notes that placing tubes in the ears is often only palliative as “the tubes frequently dislodge after a certain time, and middle-ear fluid re-accumulates. Also, in some patients, the perforation in the drum could fail to heal properly and could remain open for life, often with complications.” He recommends tympanostomy only for the patient with serous otitis media of more than 3 months who does not respond to the specific allergy elimination diet.

In our clinic, we make sure that parents receive handouts (see appendix 2) on mucus-producing foods along with research on food allergies to strengthen their resolve to address dietary issues.

Frequency Distribution of Allergies to Individual Foods *

Cow’s milk	38%
Wheat	33%
Egg White	25%
Peanuts	20%
Soy	17%
Corn	15%
Oranges	10%
Chicken	5%
Apples	4%

* Nsouli, TM et al, ‘Role of Food Allergy in Serous Otitis Media’, *Annals of Allergy*, 1994 Sept, 73(3):215-9

DIFFERENTIAL DIAGNOSIS

of

OTITIS MEDIA

We want to emphasize that treating any early stage of Wind invasion is important for a child with a history of ear infections because it is easy for upper respiratory infections to spread to the ears and cause otitis. Western allopathic medicine sees all ear infections as due to external attack by viruses or bacteria. In Chinese medicine, some infections are caused by External Wind while others are due to Internal Heat flaring up in the Liver and Gallbladder channels. This explains why some children are more prone to ear infections. If Internal Liver and Gallbladder Heat preexists then it is easier for External Wind to attack the Liver and Gallbladder channels.

Otitis media breaks down into the categories of acute otitis (without ear discharge), acute purulent otitis (with discharge), and chronic otitis. In the clinic, while it may be clinically difficult to distinguish between the early and acute stages, the most simple and basic treatments can bring good results.

A. ACUTE OTITIS without discharge

1) External Pathogenic Wind Enters the Cavities

Causes: Wind invasion that spreads to the ear or directly from cold weather or cold wind blowing on the ear.

Symptoms:

- Mild to moderate ear pain that may be accompanied by upper respiratory infection
- Ear “stuffed up” with reduced hearing
- Tinnitus
- Fever
- Headache
- Aversion to wind and cold
- Nasal discharge
- Superficial redness, heat, or pain around the outside of the ear or in the external canal, worsened by chewing or yawning
- Maybe local redness or showing no change
- Floating pulse

Treatment Principle: Disperse Wind and Clear Heat, Regulate the ear cavity and Drain Dampness.

Acupuncture:

- TB 17 (SJ 17) local point
- If there are no signs of heat, moxa on SJ 17 can bring quick relief.
- LI 4 to Clear Wind

2) Liver and Gallbladder Fire Uprising

Strong emotions of frustration, including frustrations caused by tensions between parents, may induce Liver Fire which transforms into Heat Toxins if the Liver Fire becomes exuberant.

The Gallbladder channel enters the ears. If Heat Toxins go upward along this channel and attack the ears, they may block the network vessels, causing pain in the ear. This is also caused in older children (over 7 years of age) by overeating, especially rich and spicy foods.

Symptoms:

- Irritability, frustration, temper tantrums
- Family stresses may precede otitis attack
- Severe, unbearable pain in the ear
- Redness and swelling of ear skin and red eardrum
- Inner ear distended and full, bleeding from the eardrum, fluid in the ear passage
- Dizziness
- Headache with swollen feeling, pressure, or bursting sensation
- Buzzing in the ears, loss of hearing acuity
- Bitter taste in the mouth or dry throat
- Tongue: red body, yellow coat
- Pulse: wiry or slippery, rapid

Treatment Principle:

Clear Liver and Gallbladder Heat, Drain Fire

Acupuncture:

- TB 17, LI 4

- GB 41 or GB 40 to Regulate the Liver and Gall Bladder Channels
- Supplemental point: TB 5 to expel Wind and Regulate the Triple Burner Channel

B. ACUTE PURULENT OTITIS (with discharge of pus or blood)

This is otitis characterized by the build-up of fluid within the ears and may be accompanied by discharge of pus or even blood from the ear.

1) Wind-Heat Invasion

Symptoms:

Before the purulent stage, there are signs characteristic of Wind Heat invasion, such as:

- Body discomfort, restlessness
- Aversion to wind
- Chills and fever
- Fatigue
- Headache
- Nasal congestion and runny nose
- Dry, painful throat

These may then quickly progress to acute otitis symptoms:

- Earache and ear pain
- Reduced hearing
- Pale or milky pus or slight blood from ear
- Tongue: thin coat, may be no change
- Pulse: floating and rapid

Treatment Principle: Dispel Wind, Clear Heat and Resolve Toxins

Acupuncture: Use these three points together to Clear Wind-Heat:

- LI 4
- GV 14 (DU 14)
- LI 11

2) Liver and Gallbladder Damp-Heat

Heat Toxins may come from externally contracted Damp-Heat which brews in the channels and over time engenders Heat Toxins. This can be caused in younger children who also are suffering Food Stagnation as a result of Spleen deficiency. This is caused by irregular meals or over eating, foods that are phlegm producing due to their rich nature, sweet foods or foods that are difficult to digest, and eating when over-excited. The undigested food decays, generates Heat, and creates obstruction and blockage. Internal Damp-Heat in these channels can also be caused by dietary irregularities such as rich and spicy foods.

Symptoms:

- Abrupt onset, pain may be severe
- Inflammation which does not subside
- Headache
- Ear region is swollen and painful, mastoid process may be painful
- Outer and middle ear filled with yellow pus
- Draining of pus followed by lessening of severe pain in ear
- Eardrum may also discharge blood
- Dry stools, dark urine, possibly vomiting
- Tongue: red body, greasy yellow coat
- Pulse: wiry and slippery

Treatment Principle: Clear and drain Liver and Gallbladder Damp-Heat.

Acupuncture: LI 4, GV 14, LI 11

In addition, use:

- Sp 9 to clear Damp-Heat
- GB 34 to transform Dampness in the Shaoyang channels (GB, TB)

C. CHRONIC EAR INFECTIONS

Chronic ear infections are the result of acute otitis media that has not been cured, or only partially cured, leaving a Lingering Pathogenic Factor that blocks the ear cavities so that the Qi and Blood are obstructed. Frequent use of antibiotics is often a key factor. Other causes are constitutional weaknesses such as insufficiency of Jing, deficient Spleen Qi (leaving Jing without the support to send nourishment upwards), or Liver and Kidney Yin deficiency depriving the ear cavity of proper nourishment.

General symptoms include tinnitus, loss of hearing, deafness, chronic fluid build-up in the middle ear, and a white distended eardrum when viewed by otoscope. The manifestations of ear pain easily reoccur when the child is fatigued or from simple upper respiratory infections that quickly transform into acute otitis.

1) Lingering Pathogenic Factor

Lingering pathogenic factors from previous infections tend to lodge in the ear when the child has a combination of the following patterns: Spleen Qi deficiency, Liver Qi stagnation, Knotted Phlegm, and Yin deficiency. Lingering Pathogenic Factors may present with low level Heat signs and symptoms.

Symptoms:

- Distended or burning sensation in inner ear
- Ear blockage with build-up of fluid
- Chronic sinus drainage or mild sore throat
- Swollen glands behind the ear and in the neck
- Recurrent attacks of ear pain, especially when the child is fatigued
- Tongue: pale, puffy, overly moist or greasy coat
- Pulse: slow or moderate, slippery

Treatment Principle:

Move Qi and disperse obstruction, circulate Blood and Expel Lingering Pathogenic Factors

Acupuncture:

- Bailiao (extra): Bailiao is located 2 cun superior to GV 14 and one cun lateral to the spine. Bailiao transforms Phlegm and

dissipates nodules. Bailiao, translated as “hundred taxations”, is effective for treating Lung related disorders.

- UB 18 to Regulate the Liver and Gall Bladder and Move Qi and Blood
- UB 20 to Regulate the Spleen, Move Qi and Blood, and Resolve Dampness

2) Liver and Kidney Yin Deficiency

According to Traditional Chinese Medicine, the Kidneys open into the ear. The Gallbladder, paired organ to the Liver, channel traverses and enters the ear. Therefore, Kidney and Liver Yin deficiency with Fire Uprising precipitates otitis media.

Symptoms:

- Dizziness
- Sticky fluid on eardrum
- Possibly sore back
- Tongue: tip of tongue is red
- Pulse: small, rapid

Acupuncture: Use the following points to help Tonify the Liver and Kidney Yin

- TB 5
- GB 34
- UB 18
- UB 23
- Liv 3
- Kid 3

3) Spleen Qi Deficiency

Spleen Qi deficiency leads to Dampness and Wei Qi (defensive Qi) deficiency.

Symptoms:

- Inner ear swollen, bursting
- Grayish-white eardrum
- Fatigue, lassitude, little strength

- Pale face, lips, and mouth
- Easily discouraged
- Poor, variable, or picky appetite
- Tongue: pale, scallops
- Pulse: fine, weak

Treatment Principle:

Tonify the Spleen, Raise the Qi and Jing, Resolve Dampness, open obstructions

Acupuncture:

To move the Qi in the ear, stimulate the Shaoyang channels using:

- TB 5
- GB 34

To tonify the Spleen and resolve Dampness:

- St 36
- Sp 6
- CV 12
- LI 4
- UB 20

Moxa may be used, especially on the abdominal and back points.

TREATING CHILDREN IN THE CLINIC

There is a saying in Chinese Medicine, “Treat the Mother to Treat the Son.” This treatment principle of the Five Element Generating Cycle applies to family relationships in the treatment of children. Nowhere does this hold more true than in the clinic where children quite readily pick up on the attitudes and beliefs of their parents.

We ask parents not to reassure their children in advance that “it won’t hurt” or to even mention the possibility of needles at all. This tends to build up fear within the child. We do not automatically use acupuncture with all children and work up to that treatment level as permitted by the child’s willingness to “play.” We recommend that parents say as little as possible in advance regarding specific treatment modalities. Initially, we reassure children that nothing will be done without their permission and consent in our office. A sense of play is

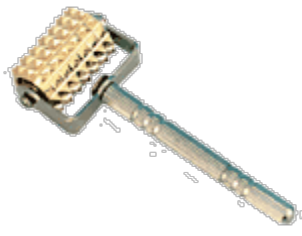
essential in diagnosing children and mostly involves observation. Children between 5 and 8 years of age love to talk and can be questioned directly. Under 5 years of age, ask the parents.

We keep our reception area stocked with toys and child sized chairs. We have an aquarium nearby for visual interest. Taking a child into a treatment room can signify that something serious or unpleasant might be forthcoming which is why we greet the parents and child in the reception area. We sit down on the floor with them while gathering their history and often engage them with the swimming fish or with interesting toys while we talk.

Shoni-shin implements are introduced as the next set of “toys.” They are taken out of a decorative satin pouch and demonstrated one by one, first on ourselves or on the parents and then on the child. In this way, the treatment begins in a non-threatening and playful manner.

SHONI-SHIN

Shoni-shin tools are available from many Chinese Medicine suppliers. The most useful items for children are what we introduce to them as the “roller,” the “boinger,” and the “scraper.”



Rolling Drum



Spring Loaded Probe



Scraper

The Rolling Drum is playfully rolled up and down the meridians. The rounded end of the scraper is used to disperse Qi along the meridians and the “boinger” (a spring-loaded probe) is used to gently bounce up and down to stimulate specific points. We have not met a child who isn’t willing to play with one of these toys and then, in turn, let us use them on meridians and points. We ask the child to tell us if the pressure is too hard or “just right.” Even in the absence of needling, a good shoni-shin session can have a great effect - especially on very young children.

Main Points and Meridians to treat

The ear is encircled by the Triple Burner channel and a secondary channel passes through the ear from TB 17. Another secondary channel passes through the ear from GB 20. Therefore, the main points to use are on the hand and foot TB and GB Shaoyang channels.

GB 20	To Expel Wind and Regulate the Liver and Gall Bladder
TB 17	To Expel Wind and benefit the ear
GB 2	Local point
TB 5	To Expel Wind and Regulate the Triple Burner Channel
GB 41	To Regulate the Liver and Gallbladder

Local points are most useful during acute localized infections. Local points are not as helpful for chronic otitis or where Lingering Pathogenic Factor is the main consideration.

Shoni-Shin Methods

When using shoni-shin, use general areas relating to specific points. First, tap lightly around the ear with a shoni-shin instrument or fingers for diagnostic purposes. Children cannot tolerate much pressure if the ear is infected.

First, lift the Qi to the surface by tapping with the spring loaded probe because this helps to expel pathogens. Follow by scraping to spread out the Qi. A specific direction is not emphasized for tapping but rather lightly tap up and down. Holding the pulse while tapping and tapping to the rhythm of the pulse can add a calming effect. Tap until redness occurs. If redness occurs quickly, the Qi is rising quickly to surface or there is abundant Heat. If redness occurs slowly, the Qi is a may be deficient in that meridian.

Tapping around the perimeter of the ear and at the base of the skull in the area of UB 10 and GB 20 is helpful. Use approximately 40 light strokes around the ear area. If the spring-loaded probe is too harsh, lightly grasp the sharp end of the scraper so that your fingers cushion the sharp tip and tap lightly, emphasizing the lifting up motion more than the tapping down motion.

Scraping can be done with the rounded end of the scraper or the rolling drum. Scrape along the areas that have been tapped by brushing along the meridian to circulate the Qi and dissipate Heat.

GV 12 (Shenzhu, body's pillar) is a special area for children. Locate it at the dimple between the shoulder blades when they rear up. GV12 is located in the depression between the third and fourth thoracic vertebrae. Scraping at this point benefits the Qi, Clears Lung Heat, Expels Wind, and Calms the Spirit.

The Qiaogong line, located in a line from TB 17 to St 12, is useful for ear infections. Use the broad end of the scraper down the Qiaogong line or simply massage with the fingers along this line. The Qiaogong line is a commonly used for Tui Na massage with children.

For early stage External Wind invasions, use tapping and scraping along the Large Intestine meridian from LI 11 to LI 4, along with the Lung meridian (especially around Lu 7), and along the Triple Burner meridian from TB 5 to TB 3.

For Lingering Pathogenic Factor, tap and scrape along the Stomach meridian from St 36 to St 41 and along the Gallbladder meridian from GB 34 to GB 41.

MOXA

While Julian Scott advises using TB 17 for acute ear pain only when there are no signs of heat, Alex Tiberi, L. Ac. advises that even if the ear is hot, circling around the ear (especially near TB 17 with a moxa stick) can bring immediate relief from pain. For chronic otitis, use moxa from K2 to K6 even if there is abundant heat. Use a moxa stick and put your hand on the skin with the point of the moxa between your fingers—this prevents the points from getting too hot and potentially burning the child.

For lingering pathogenic factor in chronic otitis, using moxa at Bailiao (extra) helps to clear remaining pathogenic factors. Moxa or acupuncture at UB 18 regulates the Liver and Gallbladder and moves Blood and Qi. Moxa or acupuncture at UB 20 regulates the Spleen, moves Qi and Blood, and Resolves Dampness.

LIGHT NEEDLING METHODS for CHILDREN

For the gentle needling of very young children, we use 38 gauge 0.5 inch needles with tubes. After “playing” with various shoni-shin tools, start with tapping just the tube of the needle over the points. Once this is accepted as “just another toy,” a quick tap with the needle *without removing the tube* is hardly noticed and the needle is just as swiftly removed. Often, the child does not see the needle or know they have received acupuncture. As the child gains trust, you will be able to remove the tube and manipulate the needle a bit deeper. In young children who respond quickly, a superficial insertion is sufficient.

Children over the age of 6 or 7 are too sophisticated for this approach. Demonstrating the needle on yourself on LI 11 is often an effective technique. Then when I say, “Your turn!” their innate sense of fair play often convinces them that it is their turn.

With build-up of trust and cooperation and never forcing a needle on a child, most will come to accept needling within 1-2 treatments. Always keep in mind the efficacy of gentle treatments with children. For those who won’t accept acupuncture, shoni-shin and herbs can be often sufficient.

A quick insertion and release at TB 17 is effective for ear pain. LI 10 and the Ah Shi area around it is also useful for quick needle insertion and release as it stimulates removal of lymph congestion in the neck and face. Points to lightly needle for quick reduction of fever include GV 14, GV 16, UB 12, UB 13, LI 4, Lu 7, and TB 5. These points can also Calm Spirit and applying pressure to these points is also helpful.

Point Selection Synopsis

Acute Wind

TB 17 for quick pain relief
LI 4 to Expel Wind

Acute Wind Heat: Clear Wind-Heat in a three point combination

LI 4
GV 14
LI 11

Acute Liver Heat:

This can be difficult to distinguish from external Wind attack because emotions such as irritation or frustration and the mild build-up of Heat makes the child more susceptible to Wind conditions. Use the main points above and supplementary points are:

TB 3
GB 40

Liver and Gallbladder Damp-Heat: use LI 4, GV 14, LI 11 and supplement with:

-

Sp 9	Clear damp-heat
GB 34	Transform Damp in Shaoyang channels
Liv 13	Transform Damp

Lingering pathogenic factor

Bailiao (extra)	2 cun superior to GV 14, one cun lateral to the spine, to clear remaining pathogenic factors
UB 18	Regulate Liver & Gallbladder and move Qi and Blood
UB 20	Regulates Spleen, moves Qi and blood, resolves Damp

Liver/Kidney deficiency

Local points are effective for acute pain while distal points are selected to Tonify Liver and Kidney Yin:

TB 5
 GB 34
 UB 18
 UB 23
 Liv 3
 Kid 3

Spleen Qi deficiency

Distal points are used to tonify Spleen Qi. Moxa is also useful, especially on the abdomen and back.

TB 5	Move Qi in the ear
GB 34	Move Qi in the ear
St 36	Tonify Qi
Sp 6	Tonify Qi
CV 12	Benefit Middle Jiao (Burner)
LI 4	Clear Wind
UB 20	Tonify the Spleen and remove Dampness

ADMINISTERING HERBS for CHILDREN

Herbal formulas in patent or pill form can easily be adapted for children that are too young to swallow pills. We keep a small coffee grinder for grinding pills into powder in our clinic. Powdered herbs can be mixed into small amounts of applesauce, hot cereal or reconstituted into liquid form. Powdered herbs may be ordered from companies such as Brion Herbs who provide Sun Ten brand herbal formulas in powdered form. We maintain a supply of empty 2 ounce dropper bottles along with an instruction sheet for parents (see appendix 1). Formulas that are reconstituted at home will require refrigeration between use because they do not contain alcohol as a preservative.

We also use pre-made tinctures from both Far East Summit and K'an Herbs, each of which has been specifically formulated for children in terms of taste and alcohol content. When using an alcohol based tincture, the alcohol can be evaporated out of the mixture by mixing the drops with hot water and letting it sit for a few moments. Tinctures can be administered by squirting drops into the back of the child's throat. They can also be mixed with a *small* amount of juice or tea. Parents should be cautioned not to put the drops into a full glass of juice or water as the taste can be overwhelming when having to drink the formula in a large, yet diluted, quantity of liquid.

Parents who object that their children do not like the taste or refuse take their herbs should be reminded that, as parents, they do not hesitate to require that their children take other medicines such as antibiotics when needed. Parents need also be reminded that that this medicine can prevent the need for antibiotics. In any case, we rarely have compliance issues with herbs in liquid form.

BREAKING THE PATTERN WITH HERBS

In any ear infection situation, whether acute, chronic, or between infectious attacks always do the following:

Preventative Measures:

- Recommend probiotics
- Discuss diet - give handout information on mucus producing and mucus relieving foods along with information on food allergies and otitis

- If a child is taking antibiotics, always recommend finishing the prescribed course to prevent antibiotic-resistant bacteria. Then, follow up with an individually prescribed “Wellness” or tonifying formula.

Treat Acute Symptoms First, then treat the Root

We give parents three standard formulas to keep on hand for any contingency. These formulas address each of the three stages that children cycle through with recurrent otitis media. For specific individual needs and presentations, we modify and provide customized versions of the following formulas.

1. **Yin Qiao San** (or other Expel External Wind formulas to treat the early stages of the common cold) to halt the progression of External Wind before it invades the Shaoyang channels and becomes otitis media is recommended. Note, many children with recurrent otitis media either do not show signs of early Wind invasion or, because of Lingering Pathogenic Factor, suddenly decline into acute otitis media. In these cases, Hai Er Fang can be administered immediately.
2. **Hai Er Fang** for immediate treatment of acute otitis symptoms is a great formula for parents to keep on hand (detailed in following section).
3. **Minor Bupleurum (Xiao Chai Hu San)** for children with lymphatic congestion (persistent swollen glands, enlarged tonsils, etc...) (or another constitutional “Wellness” formula) for times between otitis media infections. Parents are carefully instructed with written directions to stop any “Wellness” formula at the first sign of a common cold or flu and are advised to switch to the acute formula provided.

Parents are instructed to continuing administering these formulas throughout the cold and flu season, or throughout the year if their child’s ear infections are not seasonal, until the pattern is broken.

When is the pattern broken?

A pattern of recurrent otitis media may not be broken by the first treatment regime but with patience and persistence it usually will resolve. The primary goal is to prevent and resolve otitis media without antibiotic use. Once this cycle is broken, the child's immune system can resolve the early stages of the pattern and their overall health begins to rapidly improve.

1. For cases of recurrent ear infections always preceded by common colds: The pattern is usually broken the first time an External Wind invasion is cleared without it leading to otitis media.
2. The first time a child has acute otitis media that is resolved without the use of antibiotics the pattern is usually broken.
3. Resolution of the symptoms of Lingering Pathogenic Factors when the child is well greatly reduces the chances of recurrent ear infections.

HERBAL FORMULAS

Note: Because children's symptoms can advance quickly during early stages it may be difficult to differentiate early Wind symptoms. If any ear pain is present, it is advisable to administer Hai Er Fang.

Early Stage: Wind Cold Invasion with Internal Heat

Modified Pueraria Formula (Ge Gen Tang)

Ge Gen Tang can be modified by grinding equal parts of patent formulas Ge Gen Tang and Chuan Xin Lian Antiphlogistic Pills or by combining tinctures or powders.

Ge Gen Tang for Wind Cold:

Radix Pueraria	Ge Gen	10 g
Herba Ephedra	Ma Huang	10 g
Ramulus Cinnamoni Cassiase	Gui Zhi	10 g
Radix Paeonia Lactiflorae	Bai Shao	10 g

Rhizoma Zingiberis Officinalis	Sheng Jiang	3 g
Radix Glycyrrhizae Uralensis	Gan Cao	3 g
Fructus Ziziphi Jujubae	Hong Zao	3 g

Combine with Chuan Xin Lian Antiphlogistic pill formula for internal Heat:

Radix Isatidis Seu Baphicacanthi	Ban Lan Gen	6 g
Taraxacum	Pu Gong Ying	6 g
Andrographis	Chuan Xin Lian	10 g

Chinese Medical Actions:

- Release the surface, expel Wind Cold
- Clear Heat
- Unbind the muscle layers
- Regulate Digestion

Early Stage: Wind Heat Invasion

Yin Qiao San

Modifications of Yin Qiao San are effective for the early stages of Wind invasion. K'an Herbals and Far East Summit carry tinctures specifically formulated and modified for children and a powdered form is available from Golden Flower and Brion Herbs. Yin Qiao San in patent medicine form can also be ground in a coffee grinder and powdered for reconstitution at home (see appendix 1 for herb instructions).

Flos Lonicera Japonica	Jin Yin Hua	10 g
Fructus Forsythia Suspensae	Lian Qiao	10 g
Rhizoma Phragmitis Communis	Lu Gen	10 g
Fructus Arctii Lappae	Niu Bang Zi	8 g
Herba Schizonepetae Tenuifoliae	Jing Jie	8 g
Radix Platycodoi Grandiflori	Jie Geng	5 g
Herba Menthae Haplocalycis	Bo He	5 g
Semen Sojae Preparatum	Dan Dou Chi	5 g
Herba Lophatherie Gracilis	Dan Zhu Ye	5 g
Radix Glycyrrhizae Uralensis	Gan Cao	5g

Chinese Medical Actions:

Expels Wind Heat from the exterior, Clear Heat, release Toxins

Stage 2: Acute Otitis Media present

Hai Er Fang

In our clinical experience, this is the most effective formula for the treatment of acute otitis media. This powdered formula was developed by Dr. Jake Fratkin and is available from Golden Flower Chinese Herbs. The following description is from Golden Flower's 4th Edition Formula Guide, p 12:

Hai Er Fang (Children's Ear Formula) is a modern formula developed by Dr. Jake Fratkin to treat ear infections in infants and young children (to 6 years old). Children's Ear Formula has proven itself over many years, with many practitioners. Given orally, it will usually stop the pain of otitis media (middle ear infection) and otitis externa (outer ear infection) within two hours. It is intended for painful ear infection, but is also appropriate for inflamed or bulging eardrum without pain. It is an excellent formula for parents to keep on hand for emergencies.

Ingredients

Herba Agastaches seu Pogostemi	Huo Xiang	10%
Sclerotium Poriae Cocos	Fu Ling	10%
Flos Chrysanthemum Morifolii	Ju Hua	8%
Rhizoma Coptidis	Huang Lian	8%
Fructus Forsythia Suspensae	Lian Qiao	8%
Radix Paeoniae Rubra	Chi Shao	8%
Radix Peucedani	Qian Hu	8%
Radix Angelica Dahuricae	Bai Zhi	7%
Radix Bupleuri	Chai Hu	7%
Bulbus Fritillariae Thunbergii	Zhe Bei Mu	7%
Rhizoma Pinelliae Ternatae	Ban Xia	7%
Fructus Viticis	Man Jing Zi	7%
Rhizoma Zingiberis Officinalis Recens	Sheng Jiang	5%

Chinese Medical Actions:

Clear Heat, release Toxins, Dispel Dampness, relieve pain

Indications:

Ear infections with pain for infants and young children
Eardrum, inflamed or bulging, without pain

Dosage: Reconstitute the powder with hot water using five grams of powder to one ounce of water. Shake well and stir. For infants, 2-3 eyedroppers is one dose. For children 2-3 years old, 4 droppers. For 4-6 years old, 5 droppers (1 teaspoon). Give one dose every two hours until the pain is relieved. Discard after 24 hours. Hai Er Fang (Children's Ear Formula) addresses the branch, the acute symptoms. When pain eases, the root problem requires treatment as well.

If the ear infection is not responsive within 24 hours, have the parents consult their primary healthcare physician.

Liver and Gallbladder Heat and Toxins

Long Dan Xie Gan Tang (Gentiana Drain the Liver Decoction)

Radix Gentiana Scarbrae	Long Dan Cao	6 g
Fructus Gardenia Jasminoidis	Zhi Zi	10 g
Radix Scutellariae Baicalensis	Huang Qin	10 g
Radix Bupleuri	Chai Hu	3 g
Caulis Akebia	Mu Tong	3 g
Rhizoma Alismatis	Ze Xie	6 g
Semen Plantaginis	Che Qian Zi	10 g
Radix Angelica Sinensis	Dang Gui	6 g
Uncooked Radix Rehmanniae	Sheng Di Huang	6 g
Radix Glycyrrhizae	Gan Cao	3 g

Chinese Medical Actions:

Clear the Liver and Drain Fire

A note on Wellness Formulas

Wellness formulas bring the best of TCM to bear by strengthening the immune system and resolving Lingering Pathogenic Factors. In this case, Wellness formulas prevent the recurrence of acute otitis media, however, these formulas provide a wealth of preventative medicine measures for many clinical scenarios.

Lingering Pathogenic Factors

Xiao Chai Hu Tang (Minor Bupleurum Formula)

This is a classical formula for harmonizing Shaoyang stage disorders where the pathogenic Qi is half interior, half exterior. It is especially helpful when the acute infection has resolved but symptoms have lingered for weeks or even months, including: swollen glands, enlarged tonsils, and other signs of Phlegm and Dampness. This formula harmonizes with the physiology of children especially well and may be administered for months, even to relatively healthy children. We tell parents to maintain children with this formula, switching over to either Yin Qiao San or Hai Er Fang at the first sign of colds or ear infections.

Xiao Chai Hu Tang (Minor Bupleurum formula) is available as a tincture from Far East Summit or as a powdered formula from Brion Herbs or Golden Flower Chinese Herbs. A patent formula can also be ground into a powder for reconstitution.

Radix Bupleuri	Chai Hu	15 g
Rhizoma Pinelliae Ternatae	Ban Xia	10 g
Radix Codonopsis Pilosulae	Dang Shen	9 g
Radix Scutellariae Baicalensis	Huang Qin	5 g
Rhizoma Zingiberis Officianalis	Gan Jiang	5 g
Honey-toasted Glycyrrhizae Uralensis	Zhi Gan Cao	3 g
Fructus Ziziphi Jujubae	Hong Zao	3 g

Chinese medical Actions:

Harmonize and release Shaoyang stage disorders
 Clear Heat, release pathogenic Qi
 Transform Phlegm
 Harmonize the middle burner and support Qi

Spleen Qi Deficiency

Yu Ping Fang San (Jade Screen Formula)

For weakness of Wei Qi, including allergies, characterized by low resistance to external pathogens. Available in tincture form at Far East Summit and powder form at Brion Herbs. A special note regarding Sun Ten herbal medicines from Brion Herbs, they prepare custom capsules of herbal formulas so that modifications can be made.

Yu Ping Feng jia Cang Er San (Jade Screen formula and Xanthium Powder)

Yu Ping Feng San and Cang Er San can be purchased individually in powdered form at Brion Herbs and then combined.

Yu Ping Feng San: strengthens Wei Qi, stops sweating

Radix Astragalus	Huang Qi
Rhizoma Atractylodes Macrocephalae	Bai Zhu
Radix Ledebouriellae	Fang Feng

Dosage: Ratio of Huang Qi to Bai Zhu and Fang Feng: 3:2:1

Cang Er San: benefits sinuses, releases the surface, relieves pain

Fructus Xanthii	Cang Er Zi	6	g
Flos Magnolia Liliflorae	Xin Yi Hua	3 - 6	g
Radix Angelica Dahuricae	Bai Zhi	6 - 9	g
Herba Menthae Haplocalysis	Bo He	3 - 6	g

Golden Flower Chinese Herbs provides a powdered, modified version of this combination called the Jade Screen and Xanthium formula which is effective for the treatment of allergies due to Wei Qi deficiency. Cang Er San and Yu Ping Feng San are combined with (Radix Paeoniae Rubra (Red Peony Root / Chi Shao) and Fructus Forsythiae Suspensae (Forsythia Fruit / Lian Qiao) to address symptoms of chronic or allergic rhinitis. This formula reduces swelling while opening and clearing the nasal passages:

Radix Astragalus	Huang Qi	16.8 %
Rhizoma Atractylodes Macrocephalae	Bai Zhu	13.3%
Radix Ledebouriellae	Fang Feng	13.3%
Radix Paeonia Rubra	Chi Shao	13.3%
Fructus Forsythiae Suspensae	Lian Qiao	11.1%
Fructus Xanthii	Cang Er Zi	11.1%
Flos Magnolia Liliflorae	Xin Yi Hua	11.1%
Radix Angelica Dahuricae	Bai Zhi	10.0%

Chinese Medical Actions

Tonify Qi, stops sweating, stabilizes the exterior, expels Wind and Dampness, reduces swelling, opens and clears nasal passages

Huang Qi Jian Zhong Tang

Also known as “Astragalus Decoction to Construct the Middle Burner” because it builds the Qi of the Spleen and Stomach. It is a major pediatric tonic formula used for children with delicate constitutions or chronic ear infections and is available in powdered form at Brion Herbs.

Saccharum Granorum	Yi Tang	32.3%
Radix Paeoniae Lactiflorae	Bai Shao	19.4 %
Ramulus Cinnamoni Cassiae	Gui Zhi	9.7%
Rhizoma Zingiberis Officinalis	Sheng Jiang	9.7%
Fructus Ziziphi Jujubae	Da Zao/Hong Zao	9.7%
Radix Astragali Membranacea	Huang Qi	6.4%
Honey-toasted Rx Glycyrrhizae	Zhi Gan Cao	6.4%

Rhizoma Atractylodes Macrocephalae Bai Zhu 6.4%

Chinese medical Actions:

Warms and supplements the middle burner
Dispels cold
Supplements Qi

Liver and Kidney deficiency with Fire uprising

Zhi Bai Di Huang Wan (Anemarrhena and Philodendron Rehmanniae Pills)

Cortex Philodendra	Huang Bai	15 g
Rhizoma Anemarrhenae	Zhi Mu	15 g
Prepared Radix Rehmanniae	Shu Di Huang	12 g
Fructus Corni Officinalis	Shan Zhu Yu	10 g
Radix Dioscorea Moutan	Mu Dan Pi	10 g
Sclerotium Poria Cocos	Fu Ling	6 g

Chinese Medical Actions: nourish Yin and reduce Fire

EXTERNAL HERBS

In clinical terms, we have not met with an external eardrop formula that parents universally accept. However, an external liniment massage along the **Qiaogong line**, from TB 17 to St 12, is useful in opening up blocked eustachian tubes thereby relieving pressure and draining fluids from the ear. This is especially helpful on car trips with changes of elevation.

Useful liniments for this purpose are:

Eagle Brand oil
White Flower Oil
White Tiger balm

APPENDIX I**Instructions for Reconstituting Herbal Powders for Children**

Patient's Name: _____

Formula Name: _____

- 1) You will be given a 2 ounce dropper bottle with 25% dry powdered herbs in it. Empty dried powder into a small bowl.
- 2) Pour boiling water into the bottle, $\frac{3}{4}$ full to the top. This provides a correct measurement for the herbs. Pour this measured hot water immediately into the bowl with the powder.
- 3) Cover and let stand 15 minutes.
- 4) Stir well, then pour the mixture through a strainer into another bowl.
- 5) Carefully pour the liquid back into the original dropper bottle.
- 6) Keep refrigerated between use. Shake well before each use.
- 7) Administer _____ droppers into back of throat of child, or in a *small* amount of juice or water.

Every ____ hours, or ____ times per day

____ until symptoms are gone

____ until bottle is empty. (Contact us for instructions when bottle is empty.)

- Infants under one year: 2-3 droppers, every 3 hours
- 1-3 years, 3-4 droppers every 2-3 hours
- Usually until symptoms are gone

Appendix 2:

Children's Diets and How to Reduce Mucus Producing Foods

by Colleen DeLaney, L.Ac. and John Struthers, L.Ac.

In the last issue of the *Natural News* we talked about the "echo" pattern in children. In this pattern, the parent can tell the child has never fully recovered wellness, but the child is no longer considered "ill" by western medicine. Symptoms of echo pattern usually include excess phlegm, such as a lingering cough, swollen glands, or runny nose.

Many parents spoke with us after that article, easily recognizing this pattern of symptoms in their own children. We thought it would be helpful to let parents know what they can do at home to help their children recover fully from illnesses.

In Chinese medicine, excessive mucus production is usually seen as originating from poor digestion, or what we call Spleen Qi deficiency. In Chinese medicine, the "Spleen" energy is responsible for assimilating food and transforming water. That this is of greater difficulty for children is reflected in the old Chinese saying, "Children's Spleen often insufficient." Why should this be? Because before a child is born, she gets all the nutrition she needs directly from her mother, but after a child is born, her greatest challenge in life is to learn how to eat and digest food in order to grow.

This may seem simple to you and me,

but to a child, this is a gargantuan task! A newborn baby has to actually double her weight within six months. Can you imagine if you decided to become a sumo wrestler and were told that you had to double your weight within six months? Think of how much you would have to eat, and what a strain it would put on your digestive system! Children's digestive systems have to work at **full capacity all** the time, and a small disorder can quickly become a large one. Spleen-related problems in children are so common that one famous Chinese pediatrician, Dr. Shen, says, "Children can only catch cold or have bad digestion." And this bad digestion translates into over-production of phlegm or mucus.

Most parents know that milk and milk products can cause phlegm, but so can foods like peanut butter or orange juice! Now, a child who is healthy can cope with a wide range of foods that may tend to cause mucus. But a child who is weakened by illness or over-use of antibiotics will have weakened Spleen energy. So if you have a child who is tired, ill, or still producing too much mucus as part of an "echo" pattern, you might pay greater attention to foods that have a known effect on mucus production.

Effects of Foods on Mucus:

Increase Mucus Greatly

Cow's milk, cream, butter, cheeses, etc.
 Roasted peanuts, peanut butter
 Oranges, orange juice
 Excessive sugar
 Bananas

Increase Mucus Slightly

Too much salt or sugar
 Too many fatty foods
 Fried foods
 Rich foods

Reduce Mucus Slightly

Green tea, jasmine tea
 Parsley, celery
 Pickles
 Lemon

Reduce Mucus Greatly

Horseradish, mustard
 Umeboshi plums
 Garlic, onions
 Watercress

In addition, there are certain eating habits that encourage production of mucus. Overeating in general, eating a heavy meal late at night, and snacking between meals all "congest" and weaken the diges-

tive system. Good eating habits include eating smaller, more easily digestible meals, eating the main meal earlier in the day, and avoiding snacking between meals.

Review Exercises for Personal Enrichment
Answers on the Next Page
(This is not the course quiz)

Chinese Medicine Pediatrics and Ear Infections

1. Which of the following statements is NOT true of pediatric otitis media?
 - a. "Children's Spleen is Often insufficient."
 - b. "Children's Yin is Often Insufficient."
 - c. "Organs are fragile and soft, Qi easily leaves its path."
 - d. "Organs are strong and hard, Qi easily leaves its path."
 - e. "Children easily become ill, and their illnesses quickly become serious."
 - f. "Yin and yang organs are clear and spirited. They easily and quickly regain their health."
 - g. "Liver often has illness."

2. Eating a heavy meal late at night...
 - a. congests the Liver and weakens the Spleen
 - b. congests the Heart and weakens the Stomach
 - c. helps to prevent otitis media

3. Which foods contribute to approximately 86% of otitis media in children?
 - a. dairy
 - b. wheat
 - c. eggs
 - d. peanuts
 - e. spinach
 - f. corn
 - g. soy

4. Hai Er Fang...
 - a. clears heat, releases toxins, dispels dampness, relieves pain
 - b. nourishes Kidney Qi, benefits blood
 - c. clears Liver damp heat

Answers to Review Exercises

1. Which of the following statements is NOT true of pediatric otitis media?
- a. "Children's Spleen is Often insufficient."
 - b. "Children's Yin is Often Insufficient."
 - c. "Organs are fragile and soft, Qi easily leaves its path."
 - d. "Organs are strong and hard, Qi easily leaves its path."
 - e. "Children easily become ill, and their illnesses quickly become serious."
 - f. "Yin and yang organs are clear and spirited. They easily and quickly regain their health."
 - g. "Liver often has illness."
- answer: d

2. Eating a heavy meal late at night...
- a. congests the Liver and weakens the Spleen
 - b. congests the Heart and weakens the Stomach
 - c. helps to prevent otitis media
- answer: a

3. Which foods contribute to approximately 86% of otitis media in children?
- a. dairy
 - b. wheat
 - c. eggs
 - d. peanuts
 - e. spinach
 - f. corn
 - g. soy
- answer: a, b, c, d, f, g

4. Hai Er Fang...
- a. clears heat, releases toxins, dispels dampness, relieves pain
 - b. nourishes Kidney Qi, benefits blood
 - c. clears Liver damp heat
- answer: a

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*Colleen DeLaney, L. Ac., M.T.C.M.
John Struthers, L. Ac.*

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