

## Recurring ear infections and child development



*By nutritionist and CNM graduate Louise Quinlan. Louise specialises in holistic children's health.*

Children are continuously being exposed to bacteria, viruses, fungi and parasites. A strong immune system allows their natural defences to be able to fight these invaders and ward off illnesses.

When a child gets an ear infection, wax build-up is their body's attempt at blocking the attacker. Ear infections at a young age can affect a child's development of good speech and language as they are trying to process and listen through the wax in the ear. By boosting your child's immune system, removing any food intolerances and enhancing their ability to fight invaders quickly, you can support their overall development and health.

### IMMUNE ENHANCING SNACK BARS

- 2 eggs – source of Vitamin D which has an antibacterial action in the body
- 250g gluten-free oats – source of zinc which boosts immunity and fights infection
- 150ml of almond milk – source of calcium
- 4 dates – source of Vitamin A which strengthens the mucous membrane
- Handful of berries – source of Vitamin C with antibacterial and antiviral actions

Place all ingredients in a food processor. Spread out mixture on baking paper and cook in an oven at 180°C/356°F/gas mark 4 for 20 minutes. Allow to cool, cut into slices and store.

\*Never use an earbud, finger or anything else to poke inside the ear to remove wax. It's OK to wipe the outside of the ear.

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