

# Chronic Ear Infections

## What Is Chronic Ear Infections?

A chronic ear infection is an infection that causes a discharge.

## What Causes Chronic Ear Infection?

Invariably, it is the result of intolerance to foods such as wheat and dairy products. A bowel dysfunction such as constipation (not passing stools 2-3 times per day) will contribute. Not drinking enough water -8 glasses per day are recommended (as opposed to tea, coffee, and soft drinks) will also be implicated. Poor diet is absolutely a contributor as it leads to unhealthy tissue and is a perfect breeding ground for bacteria/fungus/yeast infections (Candida).

Serrapeptase helps immensely as it clears out all of the inflammation and mucus. By clearing away this problem tissue, it enables the body's own immune system to deal more easily with the infection.



**“My right ear was oozing a mucousy discharge for weeks and it was causing me a great deal of distress. I started taking the Serrapeptase, SerraEnzyme 80,000IU as you recommended and I’ve noticed a big difference. I have also cut out the wheat and dairy as you suggested and overall I am feeling much better now, as well as the symptoms associated with the infection seemingly having disappeared. Thank you...”**

**- John, Leeds**



*Follow the Health Plan as recommended for the best results:*

## CHRONIC EAR INFECTION HEALTH PLAN

The following plan can aid in helping to heal any chronic ear infections when followed as part of a supplement regime and combined with a naturally healthy lifestyle for long-term relief.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support ear, nose and throat health - in order of priority:*

- **SerraEnzyme 80,000IU** - Start with 3 tablets of Serrapeptase x 3 times per day on an empty stomach and increase it to 4 x 3 if no relief with 7 days. Then gradually reduce to 1 x 1.
- **MSM+ Silver™ Drops** - Take 4 drops in each ear every hour until clear. Repairs damaged membranes, equalises pressure and softens tough leathery tissue.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See [www.Probiotic29.com/studies](http://www.Probiotic29.com/studies).)**
- **HealthPoint™** - Use daily on appropriate acupressure points. Treatment with an electro-acupressure device has proved to be highly effective in relieving ear infections. The unit will also instantly relieve any associated pain. **(See [www.dovehealth.com](http://www.dovehealth.com) for more information.)**