

Treatment of Mild Infection in Ears

What you'll need:

- 1 clove of garlic, peeled
- 2 to 4 tablespoons of olive oil
- small pan
- small glass jar with lid or dropper
- piece of cotton
- strainer

How to make garlic oil ear drops:

- Peel the garlic clove.
- Crush or roughly chop the garlic to open it up.
- Add the garlic and the oil to a small pan or pot that has not been heated yet.
- Warm the oil and garlic in a pan over low heat—you don't want it hot. The heat is too high if the oil is smoking or bubbling.
- Swirl the oil around the pan just until fragrant.
- Remove the pan from the heat and let the mixture cool.
- Pour the garlic oil into the jar, straining out the garlic pieces.

How to use the garlic oil ear drops:

- The person with the ear infection should be lying on their side with the sore ear facing up.
- Put two or three drops of warm garlic oil into the ear. Gently place the piece of cotton over the opening of the ear just enough to stop the oil from seeping out. The person being treated should remain in the same position for 10 to 15 minutes.
- Alternatively, you can soak the piece of cotton in the oil and rest it just inside the ear so the oil seeps into the ear canal.
- The remaining oil should be stored in the refrigerator in the glass jar to use as needed.