The following information is an excerpt from the book, "It's For The Animals! Natural Care & Resources" by Helen L. McKinnon  www.ItsForTheAnimals.com

--------          EAR PROBLEMS          --------

First: Relieve the pain  Then: Address the Cause to Restore Health

BLUE POWER EAR TREATMENT

said to be up to 99% EFFECTIVE

Until I knew better, all of my dogs and cats were fed half-homemade food and half-commercial stuff. In 1995, I eliminated the commercial feed so that their diet was exclusively homemade food. Prior to changing the diet to "Helen's Big Batch Recipe" and other real food additions such as raw chicken necks, I would see a lot of 'brown or black gunk' in my dogs' and cats' ears.

Fortunately, though, they've never had any ear infections -- and my dogs and cats are fed homemade food, which includes organic grains. For those whose dogs may have ear problems, the following information, taken from the book, It's For The Animals! Natural Care & Resources, and www.itsfortheanimals.com, may prove very useful.

Let's remember that pain relief is crucial, and the response to the famous Blue Power Ear Treatment has been phenomenal. People have shared their appreciation of the Blue Power Ear Treatment, saying that having this information has even saved their dog's lives.
Following the old adage, 'an ounce of prevention is worth a pound of cure', it is very important to address the actual cause of the ear problem, not just treat the symptoms (i.e., ear infections). The reason that I've brought up all this background about feeding fresh foods is because I believe that the primary reason that my dogs and cats don’t have ear problems is because they are only fed fresh, homemade food. One holistic vet said that when preparing our own dinner, “Make an extra plate for your dog, so long as it's not junk food.”

Well, feeding my crew that way was just too much, and besides which, I didn’t cook every night. Therefore, determined to develop a practical, easy way to make homemade food in bulk, I experimented and finally came up with my original “Helen's Big Batch Recipe" which is found in the book, *It's For The Animals! Natural Care & Resources*. The only foods that I avoid feeding my dogs are onions and chocolate. You don't have to feed everything raw and, in fact, some animals cannot handle all raw foods. Some experts advise feeding meats and veggies that are lightly cooked with organic grains such as white rice, rolled oats and flaked barley. Details that are more helpful are included later on about incorporating holistic methods to improve health and prevent problems.

The fact is ear infections can be excruciatingly painful! I had one myself after swimming in a pond as a kid. We can only guess how awful it is for our dogs to deal with an ear infection because of their sensitive ears. As I said, I have not had to use the Blue Power Ear Treatment; however, for over 40 years it has been used successfully and is very effective when used as instructed. Some folks also utilize other formulas for the ears too, and just a reminder -- that if using Tree Tea oil, it should always be very diluted in another oil such as jojoba or olive oil, and not used on cats because it can be toxic to them.

The Blue Power Ear Treatment was handed down from a wonderful veterinarian, now long deceased. Many have found it also effective for cuts, fungus between toes, and small tumor-like cysts, and the treatment MUST be done faithfully as instructed. Avoid the "shock" of a cold solution, remember, the ears are very sensitive, so your dog will appreciate having it warmed up a bit. I've found that the best way to warm up a solution is to place it in a cup or glass of very warm water for about a half hour or so.
Blue Power Ear Treatment

Caution: please have your veterinarian evaluate your dog's ear drum prior to treating the ear problem yourself. Be certain that the ear drum is NOT ruptured, as there could be the risk of deafness or loss of equilibrium. Your vet can rule out the presence of tumors or foreign bodies such as foxtails. A microscope smear would reveal bacteria, yeast or mites and then a culture and sensitivity test can be performed.

INGREDIENTS:

16 Oz. bottle of Isopropyl Alcohol (standard 70%)

4 Tablespoons of Boric Acid Powder

16 Drops of Gentian Violet Solution 1%

Mix together in alcohol bottle and shake well.

As detailed in the book, It's For The Animals! Natural Care & Resources, www.itsfortheanimals.com you will also need to shake solution every time you use it to disperse the Boric Acid Powder. Purchase a flexible plastic bottle with the opening at the top so that the solution may be gently squeezed out and dispense solution to affected ears. The ideal is a hair-dye bottle available at a pharmacy, Wal-Mart, Target, etc, or a beauty supply store.

TREATMENT PROCEDURE:

1) Evaluate condition of ears before treating and if very inflamed and sore: do not attempt to pull hair or clean out ear at all. Just flush and then wait until inflammation has subsided, which will be about two days.

2) Warm the solution (as instructed above) and shake the bottle each time before using it for treatment.

3) Flood the ear with solution (gently squirt bottle).

4) Massage gently to the count of 60, wipe with a tissue.

5) On first treatment: flood the ear twice, wipe with a tissue, and leave alone without massage.

6) The dog will shake out the excess, which can be wiped with a tissue.

Note: the Gentian Violet does stain fabrics, etc. so you may want to wear gloves.
The SCHEDULE of treatment is as follows:

- Treat TWICE a day for the first week to two weeks, depending upon severity of ears.
- After the second or third day you can clean out the ear with a Q-tip or cotton balls (see caution below & in It's For The Animals! Natural Care & Resources)
- Treat ONCE a day for the next 1-2 weeks.
- Treat ONCE a month (or even less frequently, depending on the dog).

Caution: When using a Q-tip, only insert it as far into the ear canal as you can actually see. Use care to prevent the gunk from falling down into the ear canal.

Note: All of these ingredients should be available at a pharmacy, and some will special order items for you. One brand of the Gentian Violet 1% solution is "Humco" and the one ounce bottle typically sells for slightly over $3. It is called an "Antiseptic First Aid Anti-infective". The Boric Acid powder in the 4 ounce size typically sells for about $3.25 and is usually in stock at the pharmacy.

Users of the Blue Power Ear Treatment have found that despite the alcohol, the dog will not object to even the first treatment. The Boric Acid Powder soothes the ear. The Gentian Violet Solution is an anti-infection agent, as it is a dye mixture that acts as a bactericide, fungicide, and anthelmintic (destroys worms). Remember, gentian violet will stain fur, clothing, etc.

As for the source for Gentian Violet, it, along with all the other ingredients, as was previously mentioned, they should be available at a pharmacy, or may have to be special ordered. The Gentian Violet comes in small bottles, similar to iodine, not at all expensive and will provide enough to make gallons of the Blue Power Ear Treatment. A very easy method to make the formula is to poke a hole in the top of the cap of the bottle of alcohol, add the Boric Acid, and then the drops of Gentian Violet.

The Blue Power Ear Treatment as detailed above appears to work well on any and all ear problems from mites to wax to canker. The success rate for this treatment is said to be 95-99%. Those who do not succeed have usually not done the treatment long enough or have not been regular about it.

According to the reports, dogs on the verge of ear canal surgery have been returned to normal with only the regular follow-up treatment to keep the ear healthy (www.ItsForTheAnimals.com).

If an infection seems to be remaining in the treated ear after the above course of treatment, may also be some Pseudomonas bacteria in the site. This can be eradicated by using a gentle flush of raw apple cider vinegar and water (warmed). Use 2 Tablespoons of vinegar to one cup of water, TWICE per week.

They have found the Blue Power Ear Treatment to be effective for treating fungus-type infections on the feet and elsewhere on the dog, for cuts on dogs or
people, and for hot spots. You may find other uses for this simple anti-infective agent. Remember it is for external use only and be careful not to get into the eyes.

One gal let me know that her dog's ear problem responded only when the Gentian Violet was omitted. Another gal, Diane Whitehouse, a Poodle fancier, states: "First, the stuff has worked miracles for us, too! I'm so glad to know about it ... the recipe I was initially given years ago called for 16 drops of 2% Gentian Violet, rather than 1%. I've always mixed it that way, and passed that along to a couple of Poodle friends who did not have success with the recipe [with only 1% Gentian Violet] on your web page. In both cases, adding the additional Gentian Violet resulted in success. She adds a helpful caution: "And.....my initial instructions also say "The vet must rule out a punctured ear drum before using The Blue Power Ear Treatment." The one Poodle friend who told me his Poodle reacted as though treatment was very painful took his girl to the vet and learned she did have a punctured ear drum."

More updated information about The Blue Power Ear Treatment, as it is known, may be available at www.ItsForTheAnimals.com, so, please check it periodically.

For those who find the Blue Power Ear Treatment successful, I have some suggestions: After your dog's ears are looking normal for a while, it really would be a good idea to find out what is actually causing the ear problem.

As mentioned in the book, It's For The Animals! Natural Care & Resources, back when I was feeding commercial feed, my dogs' and cats' ears had quite a bit of that 'black gunk' in them. In the late 1970's or early '80's, I'd been told by my holistic vet, Richard Kearns, DVM, that this was one of the body's ways of detoxifying itself. Sure enough, after being fed only fresh foods for a few months, that 'black gunk' virtually disappeared.

Also, it's been my experience, and that of many others, to notice a favorable improvement in their dog's and cat's ears and overall health, when the following three supplements are added to the diet. These nutritional supplements are just added to the food and are excellent for us too! A note about the following recommended products: there is no financial affiliation between this author and any company mentioned. The products mentioned are simply 'tried and true' favorites, which I feel are superior to others for a variety of reasons.

Three Important Considerations Which May Be Related to Ear Problems:

1) Probiotics This is commonly referred to as intestinal flora 'normalizers', Acidophilus, Lactobacillus Acidophilus, and Bifidus. These are the friendly bacteria found in a healthy intestinal tract which are crucial for good health and proper absorption of nutrients. According to a recent study (Hamilton-Miller 1996), only 2 out of 13 products had what their label claimed in viable friendly bacteria. So, I buy only the refrigerated brands, either powder or capsules, and rotate the strain.
Some of the experts suggest that only one strain be taken at a time because they compete with each other. These products are found in the health food stores' refrigerated cases.

2) **Digestive Enzymes** To my knowledge, Prozyme Digestive Enzyme formula is the only digestive enzyme product with peer-reviewed scientific studies to prove that it increases the absorption of vital nutrients (up to a 71% increase), including EFAs (Essential Fatty Acids). Prozyme comes in a powder that is sprinkled on top of the food in the dish at dinnertime. I also sprinkle a capsule of Pancreatin (any brand) on the food for my older dog's protein digestion. First-time users of Prozyme may get a free 85-gram trial size by calling Prozyme at 800/522-5537, there's just a $5 shipping and handling charge. Incidentally, Prozyme has a money-back guarantee and has a human formula, TymeZyme (capsules), which my husband and I take with each meal.

3) **Essential Fatty Acids (EFAs)** Many years ago I was researching a problem that my husband had: excessive ear wax buildup (think: brown gunk). It turns out that ear wax accumulation is a symptom of a deficiency of EFAs. These types of good fats (EFAs) are critically important for our health as well as our animals, and must be provided in the diet. There are lots of types of EFAs and, to keep it simple here, understand that these fats/oils are NOT for cooking. In fact, they should be kept away from light, heat, and air. Avoid partially hydrogenated fat and trans fats such as margarine.

My favorite EFA is [Omega Nutrition]'s certified organic, Hemp Seed Oil as it is said to be 'nature's perfectly balanced oil'. However, the restrictions of the government prohibit shipping to the US. What is great about the Hemp Oil is that it contains omega-3 and omega-6 EFAs and the vital GLA (Gamma-Linolenic Acid) GLA is one of the omega-6 EFAs such as Borage Oil, Black Currant Oil and Evening Primrose Oil. Other companies press seeds that have been sterilized (irradiated) and then pressed into oil, which is unacceptable to me. Another good organic EFA blend is Omega Nutrition’s Essential Balance and has the 1:1 Ratio of omega-6 to omega-3. I order the largest liquid size available and opt for 2nd day air delivery. Contact Omega Nutrition: [www.omeganutrition.com](http://www.omeganutrition.com) or call 800/661-3529. Their US office is located in Bellingham, WA, and for Canadians, in Vancouver, BC. Be sure to request their very informative Product Book and Catalog which are free.

Also, another very good organic EFA blend is Barlean's Omega Twin and it's available in the refrigerated case of most health food stores or you can call 800/445-3529 for the nearest distributor.

In addition to the EFA's, which are not to be heated, I add a good amount of butter (preferably organic) in addition to broth in the water that the grains are cooked for "Helen's Big Batch Recipe".

Some people have found that their dog’s ear problem was related to thyroid dysfunction. So, you may want to consider having a complete thyroid panel test through Hemopet and more information is available at the following: [www.itsfortheanimals.com/HEMOPET.HTM](http://www.itsfortheanimals.com/HEMOPET.HTM)
The Ears and The Body Detoxifying Connection! I suspect that it's probably the pesticide residue in the conventionally grown grains which may very well be the culprit for what some folks refer to as a "grain allergy" in their dogs. Pesticides are just one of the chemicals that can be adversely affecting our companions (and us). Seriously consider feeding only organic food and supplements. For most of us, organic meat may not always be available or it is too expensive, and, therefore, human-grade quality is the next best choice. However, organic grains are readily available and the cost is only slightly higher, especially when buying in bulk.

Since 1978, I’ve been following a holistic approach to health. In March of 1995, after reading Ann Martin’s article in Natural Pet magazine, Does Your Dog Food Bark? A Study of the Pet Food Fallacy, I completely eliminated commercially manufactured feed stuff. I just can’t consider it food. Remember, most animals need this transition to fresh foods be made gradually. I also avoid exposure to other chemicals, including flea/tick preparations, unnecessary vaccinations, and heartworm drugs. More updated information about The Blue Power Ear Treatment, as it is known, may be available at www.ItsForTheAnimals.com

Toxins can be chemicals which may be:
- Absorbed either through the skin as in topical flea/tick treatments, dips, shampoos or through the paws as with cleaning products, and pressure treated lumber
- Inhaled - room fresheners, indoor/outdoor pollution and outgassing of new carpeting.
- Ingested - pesticide-laden food, heartworm drugs, antibiotics, or other medications.
- Injected - vaccinations and other drugs. Be advised that all vaccine manufacturers' package inserts say: "Only healthy animals should be vaccinated". Even a rash, itchiness, or a slight infection means that an animal is NOT healthy and should NOT be vaccinated. (please see important information and references at: www.itsfortheanimals.com/ VACCINE1.HTM)

Another factor contributing to ear infections may be all those vaccinations that the animals are receiving, unnecessarily. Consider the fact that vaccines contain deadly toxins such as mercury, aluminum and formaldehyde. (please see additional important information and references at: www.itsfortheanimals.com/OVRVAC.HTM) Since 1994, my animals have NOT received those notorious annual "booster" vaccinations because I'd read the quote from from Kirk's Current Veterinary Therapy, Volume XI "A practice that was started many years ago and that lacks scientific validity or verification is annual revaccinations." ¹ By becoming educated and making the changes for the better, I know that it has helped my companion animals to be healthier and happier.
Some Helpful Alternatives Used For Ear Problems Passed Along:

As a suggestion, you may want to read some helpful information about ear problems at the following link: http://animalpetdoctor.homestead.com/Ears.html Also, Zymox, is an enzymatic medication available from veterinarians, which Roger Ross, DVM calls a “Miracle Ear Cleaning Product”:

"Chronic ear infections are one of the most common reasons for dog owners to seek veterinary care. Numerous products are sold for cleaning and treating inflammatory and infectious diseases of the ear. Left untreated, the worst cases may require surgery to obliterate the vertical ear canal (ear canal ablation), a horrible conclusion to an already painful condition. Dog ear infection or otitis externa is treatable without resorting to cleaning products, medications, or surgery." Also see this Web Page: http://www.crvetcenter.com/healthplan.htm "How we treat ear infections" "....fill the ears with a natural ear medication (antibacterial and antifungal) called "Zymox-E" once a day for 5 days."
http://www.petkingbrands.com

Other people have been using Colloidal Silver (CS) with great success -- which is very dependent upon the particular brand or quality of CS. Some folks have seen immediate results with CS, whereas the Blue Power Ear Treatment may take several days to notice improvement. I would think that it would be better to warm the solution prior to putting it into an animal's ear. This can be accomplished by simply soaking the bottle in a bowl of hot water. The typical method is to use an eye dropper-full of CS in each ear to thoroughly coat the entire area every two hours, and most folks notice that the animal will no longer be shaking his or her head. Then, treat with half a dropper-full every two hours. Also, after applying the CS, it's recommended to gently wipe the ear with a wash cloth soaked in warm water (wring out) and then repeat this an hour later. Treat twice a day for the first few days, then after improvement is noticeable, reduce the treatment to once a day, and later to once every other day. It's suggested that optimal results are obtained when CS is used frequently and in small doses. Caution: if you must dilute Colloidal Silver, CS, use distilled water or well water. Tap water, typically contains chlorine and when combined with silver it creates silver chloride which is NOT to be used.

Many people consider the CS available at the Health Foods Stores to be of inferior quality as it's not really true electro colloidal silver but a diluted liquid of silver protein. It's not a panacea, and will only be effective if it actually comes in contact with the viral, bacterial or fungal infection. Keep it refrigerated and if it gets cloudy, discard it. One reliable source I’ve found to obtain high-quality CS (total silver PPM will be between 5 to 15), is Rich Adams, e-mail: radams@kc.rr.com I ordered it from him, at $5.00 a quart. Typically, he puts two quarts at $5.00 each, then ships Priority Mail (6 ½ lbs.). He provides a lot of information about CS: http://home.kc.rr.com/richadams/cstrade.html
Additional information about Colloidal Silver is here: www.silverlist.com

Please let me know what has been most helpful for you.

Some folks are recommending a **liquid herbal** product specifically formulated for companion animals: "Natural Ear Comfort" by BioPathics

They are the manufacturers of the product which is so helpful for joints and connective tissue health, "Cartilade". I would appreciate hearing from folks who have found it to be effective.

**An annual wellness exam for our dogs is recommended** during which blood can be drawn and the vaccine titers (www.itsfortheanimals.com/HEMOPET.HTM) rather than have unnecessary revaccinations. For competent, reliable medical advice, it's always good to consult with a compassionate veterinarian who utilizes holistic modalities and is knowledgeable about nutrition in your area. To locate one in your area, contact: The American Holistic Veterinary Medical Association www.ahvma.org 410/ 569-0795. Our warm, loving companions depend upon us for their well-being. We owe it to them to make informed decisions. Give your dogs a Big Hug for me!

**References:**

1. The vaccine virus does indeed shed for up to 14 days in the environment. This information has been scientifically studied and repeatedly published in peer-reviewed veterinary literature for over a dozen years. The following references provide documentation:
   - DVM Vaccine Roundtable: Safety, efficacy heart of vaccine use: experts discuss pros, cons, DVM Newsmagazine 119:16, 1988

   **Some additional information which you might find helpful with regard to the judicial use of vaccines:**
   - Schultz, Ronald D., PhD, American Holistic Veterinary Medical Association Annual Conference, 1995.

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