Hearing Support

Based on Dr. Christopher's hearing formula — a five-herb combination traditionally used to support poor equilibrium, feed and support the motor nerve, and bring quick relief to earache.

This Herbal Combination



Blue Cohosh — recommended by Dr. Christopher as a nervine, especially alongside Black Cohosh and the other herbs in this blend — traditionally used to support the motor nerve, including for earaches and hardness of hearing.



Black Cohosh — traditionally used to support the motor nerve, and often considered a woman's remedy since so many women's complaints trace back to tension and nervousness.



Blue Vervain — one of the main herbs in this blend, traditionally used to support healthy circulation and blood pressure, and valued as a tonic during convalescence to help rebuild strength. As an anti-spasmodic, it's traditionally recommended for anything of a spasmodic nature, and to ease nervousness, sleeplessness, and nervous headache.



Skullcap — traditionally valued for supporting the spinal cord and motor nerve. Its traditional action centers on the medulla oblongata at the base of the skull, where the motor nerve lies — when that nerve is congested, messages have trouble reaching the rest of the body, and skullcap is traditionally used to help clear that congestion.



Lobelia — considered by Dr. Christopher to help correct the entire bodily system, prized for how easily it's diffused and utilized. Its greatest strength is traditionally said to be removing obstructions and congestion within the body, especially the blood vessels.

How It Works

This formula is traditionally used to support improvement of poor equilibrium, hearing difficulty, and motor nerve function. Dr. Christopher and his patients used the ear drops for hearing loss and balance troubles with good traditional success, as long as the eardrum was intact. It's also traditionally used for earache and ear infection.

Directions

With an eye dropper, insert 4 to 6 drops of Garlic & Mullein Oil into each ear, followed by 4 to 6 drops of Hearing Support. Plug the ears with cotton overnight. Repeat nightly, six nights a week, for 4 to 6 months or as needed.

On the seventh day, flush the ears with a small ear syringe using warm apple cider vinegar and distilled water, half and half.

In addition, take 6 to 10 drops of Hearing Support in a cup of juice or distilled water, up to three times a day.

WARNING: The ear is very delicate. Flush the ear out gently — never use force.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Ear Drops for Hearing, Balance and Earache" at www.daradietz.me.