Flying: A Pain in the … Ear



“There is nothing worse than a screaming baby on a plane!” I’m willing to bet many people say that because they feel the baby is interrupting their peaceful flight, right?

But in my case, there is nothing worse because I know the suffering of the baby and family. When I hear a baby screaming, the mother-in-me knows the baby can’t adequately communicate its pain in any other way, and the poor mother is probably trying everything she can think of to bring the child comfort.

I remember when one of my sons was an infant, he was prone to ear problems. Often while flying, because of their tiny, developing Eustachian tubes, babies are likely to experience ear pain due to the abrupt change in air pressure during takeoffs and landings.

So, whenever we had to fly, I assumed the pressure changes might be difficult for him. During each takeoff and landing, I made sure I was nursing him (the swallowing motion helps

keep the Eustachian tubes open). It worked. He never experienced ear pain on a flight.

Since nursing is not an option (without ending up on the no-fly list), many adults substitute it with chewing gum to induce the same swallowing mechanism. But gum alone doesn't work for everyone, so naturally, we can turn to homeopathy for an answer.

Generally, if an adult suffers from pain in their ears due to barometric pressure changes, they have had ear issues at other times as well: sinus blockages, tinnitus, or a history of ear infections.

It would be rare for them to experience ear pain out of the (literally) clear blue sky; something else is *usually* going on. The body doesn't just say, "I think I'll choose ear pain today." No, the ear is often an already weakened link. Consequently, we should always incorporate any previously existing condition into our thinking as we choose a remedy.

As one example, if the pain appears with an accompanying discharge from the ear, *Hepar sulph 200* is commonly used every 3-12 hours, depending on the severity of the pain, until all symptoms are gone.

But, let's say someone experienced horrendous, outrageous pain during a flight, with no pre-existing symptoms. What to do then? Well, *Chamomilla 200* would be the generally-accepted starting point, taken in the same fashion (every 3-12 hours until the pain disappears).

If the pain was absolutely excruciating, then it might be appropriate to consider *Belladonna 30* every 15 minutes, as an SOS until the pain subsides.

A student once told me her ear reacted painfully to flying – *every* time, with no pre-existing conditions – and the barotrauma lasted for days.

So, if I knew beyond a shadow of a doubt that I was going to experience this pressure-change pain during flight, then I would consider employing *Chamomilla 200* prophylactically – especially the first time I flew after gaining this knowledge.

After that first usage, my having taken this medicine may have uprooted the underlying issue, and I might not need to use it prophylactically again. But, you bet I would continue to have it handy in my carry-on!

Whatever the appropriate remedy, homeopathy provides us with a way to travel through the air comfortably – in the same way it allows us to travel through life comfortably. So, keep this blog post with your travel papers, as well as my article on my number one travel remedy (AAA), and my method for adapting to time change. Then put your seatbacks and tray tables in their upright positions and enjoy your flight!

P.S. Carrying a compact Homeopathy Kit containing 100 of the most necessary remedies is the best travel insurance you can have with you when you travel. Due to overwhelming demand, the Homeopathy Kits are occasionally on back-order. But, my office can help you get one of these imperative remedy collections and advise you on delivery expectations. Click here to learn more.