

# Case Histories

## Case History – Ear Infections, Deafness & Vertigo much helped with Nutritional Therapy

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| <b>Gender, Age, Occupation, Nationality, height and weight.</b> | Mr. A.W . is a 62 yr old English businessman and father of 2 grown children. He is 6 foot tall and weighs 13 stone 4 lbs (183 cm, 82.6 kg).   |
| <b>Presenting complaint – list and duration</b>                 | Mr. A.W. had been in good health all of his life except for intermittent tinnitus for over 35 years. 3 years prior to visiting me, however, his health changed and he experienced recurrent ear infections, impaired hearing and vertigo. This changed A.W.'s life completely as his favourite past-times of swimming and most other physical activities were no longer possible. Grommets were fitted in both ears and a hearing aid was also required. In addition, A.W. had a swollen and painful sinus area, some back pain in his right shoulder blade and weight gain.  |
| <b>Any Investigations</b>                                       | <p>Medical examinations had revealed a build up of mucus in the ear canals, Eustachian tubes and sinus. Inflammation and fluid was identified in his middle ear. His ear drum had been damaged by ear infections, and A.W. was told that he may require hearing aids in both ears soon. A.W. had taken antibiotics over 15 times in the past 3 years but they did not quickly or fully resolve the infections, and nor did they prevent them. A.W.'s hearing and vertigo were significantly worse when an ear infection was present. Antibiotic drops were also prescribed and self-administered. They did offer some relief but the recurrent nature of the infections was making A.W. feel depressed and there seemed nothing that he could do. A.W. felt as if he had aged rapidly in a very short time.</p> <p>The Dr then swab tested the mucus and identified that yeast was present, and so anti-fungal drops were also prescribed. These too improved symptoms related to his ears but only marginally and A.W. was only ever free from an infection for 2 weeks.</p> |
| <b>Strategy</b>   | The strategy was focused on two elements: the presence of yeast and A.W.'s innate mucosal immune defence. With so many antibiotics, it was likely that yeast would proliferate, and this was identified by medical testing within the mucus. Thus, based on his case history and the results of this lab test, diet and supplements were recommended.   |
| <b>Diet &amp; Supplements: name and dose</b>                    | <p>A yeast and sugar free diet was described and recommended, including the avoidance of all refined carbohydrates. A.W.'s diet was not at all poor, but he did consume bread at least twice a day and ate refined sugar at least once a day too. He also used to drink 2 to 3 glasses of wine, which was recommended to be put on hold during this nutritional intervention. Mucus promoting foods such as milk and other dairy products and soy were also recommended to be avoided.</p> <p>Supplements were recommended to support his innate immune system, but no specific anti-fungal remedy was included at the initial stage so as to minimise any potential die-off which may readily exacerbate the symptoms of vertigo and further deteriorate his hearing.</p> <p>The supplements recommended were:</p>   |

**Allergy Research – S. Boulardii – 1 capsule at each meal**

**Biotics Research – Bio D Mulsion Forte – 1 drop at each meal (6,000 iu per day)**

**Allergy Research – Lactobacillus Plantarum, Rhamnosus, Salivarius – 1 at each meal**

**Biotics Research – Bio Immunozyyme Forte – 1 at each meal**

The latter is a multi vit & min with additional glandulars (adrenal, thymus, spleen, liver, pancreas, parotid, lymph) that is a product from Biotics Research for immune support.

## Duration

A.W. followed the programme for 4 weeks and attended a follow up appointment. He reported notable improvements and continues with a variation of the programme (the probiotic was rotated with another product, BioDoph-7 Plus (BR)), before we reviewed his next course of action in another month's time.

Due to the success thus far, very few changes were made at the follow up, and A.W. was very keen to maintain the progress.

## Outcome

After 4 weeks of following the recommendations, A.W. had not had an ear infection, his vertigo was not as bad (50% improvement), he had "no mucus in my head" and therefore no swollen sinus and his face had changed shape accordingly and many people had commented on this. His back pain had disappeared, and he had lost 10 lbs of weight whilst not eating fewer calories. In fact, A.W. ate more food when he realised that he was losing weight but still lost 10 lbs in the first four weeks. The weight had stabilised in the last 3 to 4 days of the month.

Most importantly of all, and surprising to both of us was that A.W.'s hearing had actually improved. A.W. told me that he felt that the fluid and inflammation in his middle ear was much less now, and more dry.

A.W. definitely felt that the new foods he had been eating were of benefit to his health, and his wife now ate the same as he did.

## Comments

A.W.'s ear infections may well have been initiated and worsened by exposure to bacteria during his regular, three times a week swims. There was no other obvious source of infection and no indication of why A.W. would have a compromised immunity.

The antibiotics almost certainly then promoted yeast growth, altered the microbiome in the gut and increased mucus production by decreasing mucosal immunity and increasing immune reactivity to yeast. A.W. was caught in a vicious cycle of infection followed by antibiotic with ever-increasing degrees of yeast overgrowth. Nutritional therapy has broken that vicious cycle and offered a new lease of life and wellness to A.W. The combination of the appropriate diet and remedial supplements created sufficient benefits to make an unmistakable difference to A.W.'s life.

Given the diagnosed damage to A.W.'s hearing there may be no further improvement in his condition beyond what was achieved in the first phase of nutritional therapy. However, this marked change in health has motivated A.W. to follow this approach with dedicated energy.

In a very simple and elegant manner, this case represents a common example of how allopathic, medical treatment simply treats the symptoms whereas Nutritional Therapy addresses the underlying causes. Not only does the patient feel much better, there is also now one less patient for the doctor.

## Practitioner

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