How To Make & Use A Magic Salt Sock (Natural Relief For Ear Infections)

If you have kids and they have ever had an ear infection, you will totally understand how utterly helpless you feel due to your inability to ease their suffering... Ear infections seem to cause kids a huge amount of pain and discomfort, which is totally out of context with the severity of this relatively minor ailment. Nighttimes prove an especially difficult and stressful time and a sleepless night is usually guaranteed.

The next time your little one (or big one!) is suffering with earache, one of the nicest things you can do for them, to provide some instant relief, is to make a magic salt sock. Make one, heat it carefully in the microwave and see the relief on their face when they hold it to their ear. If you want to make a magic salt sock, head 'Patchogue Chiropractic' and follow the simple instructions on how to make and use one.

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(Image from: patchoguechiropractic.com)