**Swimmers ear solution and ear ach remedies**

Mahalo for sharing! 50% white vinegar and 50% alcohol, two drops in each ear for 2 minutes and works a charm :) Love you xoxo Mariah

**If You Put a Clove of Garlic in Your Ear, This Is What Will Happen!**

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If you have ever suffered from an earache, you then know that it is a real painful experience.

[The Mayo Clinic](http://www.mayoclinic.org/) states that an earache is a result of a bacterial infection in the ear, but its main cause is often related to some other issue like an allergy, flu, or a cold.

These conditions often lead to ear, nose, and throat swellings, as well as congestion and inflammation.  Yet, the earache often disappears without a medical treatment, but we will suggest several incredibly effective natural ways to relieve the pain and the accompanying symptoms:

**Garlic**

Garlic is an amazing remedy in this case, due to its potent antimicrobial, antiviral, and antibacterial properties. According to Wellness Mama, you can prepare garlic-infused oil, or just stick a clove of garlic in the [infected ear](https://www.healthyfoodhouse.com/say-goodbye-ear-infection-heres-cure-ear-infection-just-1-day/).

To prepare the oil mixture, you should add a clove of fresh, minced garlic mixed with some olive oil, leave it for 20 minutes, and then strain it and remove the garlic. Let the oil cool off and drop a few drops in the [painful ear](https://www.healthyfoodhouse.com/garlic-oil-amazing-cure-for-ear-aches-and-infections/).

**Coconut oil**

In a small saucepan, heat 1/8 cup of coconut oil with 2 cloves of garlic , leave it to simmer for 5 minutes, and strain. Next, just drop several drops in the ear, lie for 5 minutes, and repeat twice daily until you relieve all the symptoms.

**Honey**

Swedish researchers found that honey provides even better effects than antibiotics in fighting bacteria, which is a common reason for ear infections. You should pour a few drops into the painful ear to relieve the pain.

**Olive oil**

This method is safe for both, children and adults, and all you need to do is to pour a few drops of warm [olive oil](https://www.healthyfoodhouse.com/69-of-store-bought-olive-oil-is-fake-learn-how-to-test-yours-at-home/) in the ear in order to soothe the inflammation.

**Ginger**

The consumption of ginger tea treats ear infections, You can also prepare a ginger juice, by grating a piece of fresh ginger and crushing it to squeeze out the juice. Then you need to warm the juice and place 4 drops into the ear.

**Apple cider vinegar**

You should heat apple cider vinegar and pour a few drops in the ear, cover with a cloth, and lie down to help the vinegar reach the painful areas.

**Onion**

It has been shown that earaches can be quickly treated with an onion ear muff as well. You should slice the onion in half, remove the inner rings, and heat the outer 3 in the oven at 300ºF (150ºC).

As soon as they start to steam, remove them from the oven, and wrap them in a towel. Place the towel onto the infected ear, and it will quickly soothe the pain.

Source: [thehealthguide.org](http://thehealthguide.org/2016/08/25/if-you-put-a-clove-of-garlic-in-your-ear-this-is-what-is-going-to-happen/)  
Other included sources linked in The Health Guide’s article:  
[MAYO CLINIC](http://www.mayoclinic.org/diseases-conditions/ear-infections/diagnosis-treatment/treatment/txc-20199908)[PARENTING.COM](http://www.parenting.com/article/ask-dr-sears-natural-earache-relievers)[WELLNESS MAMA](http://wellnessmama.com/58936/garlic-olive-oil-for-ear-infection/)[KULA MAMA](http://kulamama.com/holistic-remedies-for-ear-infections/)[GINGER COMMUNITY](http://www.whatisaginger.com/the-healing-power-of-ginger-for-ear-infection/)[LIVESTRONG](http://www.livestrong.com/article/178087-at-home-remedies-for-ear-infections/)[MODERN FARMER](http://modernfarmer.com/2014/09/honey-drugs-cure-infections/)[MEDLINE PLUS](https://www.nlm.nih.gov/medlineplus/ency/article/003046.htm)