

Adenoids, Enlarged/Infected...

The adenoids (two swellings above the tonsils which help in resisting infection) may be naturally bulky or may become enlarged as a result of infection.

Usually this affects children aged between 5 and 7, who tend to breathe through the mouth and snore. Infection may lead to coughs, ear problems, loss of sense of smell and taste. The condition often disappears as children grow older.

Treatment.

Dietary

The following guidelines help reduce congestion:

Avoid cow's milk, cream, butter, cheeses, roasted peanuts, bananas and excessive sugar. Avoid fatty and fried foods and excessive salt. Increase intake of vitamin C to fight infection (found in citrus fruits, berries, green leafy vegetables, tomatoes, and potatoes.) Garlic also attacks infection: add to food liberally, or take 2 garlic capsules daily.

Herbal

Infusion of cleavers reduces inflammation and tones the lymphatic system: pour cup of boiling water onto 2 teaspoons of the dried herb, infuse for 15 minutes and drink 3 times daily. Red sage gargle helps fight infection and soothes the throat: pour a cup of boiling water onto 2 teaspoons of the leaves and infuse for 10 minutes, allow to cool and gargle 3 times daily.

Homeopathy

1 tablet to be taken twice daily for up to 2 weeks and repeat if necessary:

As a first resort try *Agraphis nutans* 6c. Inflamed adenoids and tonsillitis, poor mental and physical development: *Baryta carbonica* 6c. Inflamed adenoids, child overweight and prone to head sweats during sleep: *Calcarea carbonica* 6c. Thick yellow discharge from nose and throat, tearful child: *Pulsatilla* 6c.

Massage

Massage gently down either side of the nose using the thumb and forefinger.

Orthodox

Very large or persistently inflamed adenoids are usually removed surgically, especially if they interfere with hearing, speech or school attendance. However, unless the problems are persistent doctors do not recommend surgery, as the adenoids are useful glands which help fight infection.