



... Lend Me Your Ears

By Cory Soal
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FOOD ALLERGIES MAY CAUSE EAR INFECTIONS

If your child suffers from frequent ear infections, and you can't pin point the cause, it may be something he/her ate. It's recently been found that food allergies may trigger ear infections, which left untreated can cause hearing loss.

The allergies create mucous congestion in the nose, which then flows into the tube connecting the nose to the ears. Eventually the tube gets blocked and infection causing bacteria grow.

To determine if food allergies are causing your child's ear infection have him/her tested. Once the troublesome food is discovered your physician can suggest alternatives. And take heart, kids often outgrow food allergies – and their tendency towards ear infections.

For more information feel free to call...

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FEEDING A NEED



100 Women Who Care photo Sarah Burrows, 100 Women Who Care Halton Hills committee member (centre), presents a cheque for \$5,800 to Food for Life volunteer and 100 Women member Eleanor Young (left) and Food for Life North Halton Community Lead Lori Brading. To date, the local 100 Women Who Care chapter has donated \$90,100 to local charities and non-profit organizations.

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