

EAR CANDLING

Candling is a natural ear cleaning technique that began centuries ago, possibly originating in ancient Egypt. Because the process worked, candling spread to Greece and China and is now practiced around the world.

Using a hollow waxed cloth candle, this simple home remedy assists in removing excessive ear wax and may improve any of the following conditions: sinus problems, sore throat, ear ache, swimmer's ear, some chronic headaches, allergies and hearing difficulty.

There is no discomfort to the person receiving the treatment; old ear wax and noxious toxins are drawn up into the candle which has been placed gently in the ear and lit. The low flame of the wick creates a slow vacuum which softens and pulls the old wax into the base of the candle. When the candle has burned down sufficiently, one can then examine the base of the candle to see just what was in their ear.

Ear and Hearing Difficulties

The most common symptoms affecting the ears are ear ache, hearing difficulties, tinnitus (constant sounds in the ear) and labyrinthitis (a spinning sensation). Some ear problems affect only the structural parts of the ear, while others affect hearing as well. Although ear problems can be distressing, most are not a serious cause for concern and seem to benefit from EAR CANDLING.

QUESTIONS AND ANSWERS

This natural ear-cleaning technique is for:

Sinuses	sore throat
Excessive wax removal	swimmer's ear
Chronic headache	ear aches
Allergies	headaches
Hearing improvement	Cold