

# Ear Candling

Ear Candling is a process which has been around for hundreds of years but has primarily been either forgotten or replaced by the wonders of modern medical science.

In this age where so many of us are taking an active role in maintaining our own health and becoming less reliant upon the medical system, ear candling provides a marvellous tool for us to have at our disposal. Fortunately, with the tremendous resurgence in popularity in alternative treatments, ear candling has experienced a rediscovery as very helpful treatment technique for many health problems related to the ear and sinus area of the body.

Common ear wax build up muffles hearing for many people. Yeasts, allergies or just wax build up, removed from the ear canal regularly, often helps restore hearing, will relieve tension or pressure in the ear and sometimes relieve other symptoms not consciously connected with the ear condition before the process. Removal of excessive wax allows better hearing, usually immediately. Candida can cause a mold allergy which in turn causes itching inside the ear. Parasites can cause many problems if allowed to grow in the ear. "Swimmer's Ear" is quite often caused by growth of materials in the ear wax which stops the clearing of water from the ear.



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## What to expect during an Ear Candles appointment?

The basis of the technique involves the use of a candle which looks very much like a large hollow straw about 10" long and ½" in diameter. It has a hollow cotton structure which is tapered on one end and coated in bees wax leaving the top and bottom open. The person lies on their side with the tapered end resting gently, but snugly, in the ear canal. The top end of the candle is lit by a second person and as it slowly burns down, the heat created by the candle burning (since hot air rises) creates a very slight warm swirling current of air and a slight, relative vacuum. This pulls from the ear canal excess ear wax, toxins, remnants of past infections and candida yeast accumulations. It also seems to have a beneficial local cleaning effect upon the lymphatic system.



## How many candles are done in a treatment?

The standard treatment we do on most adults is 2 candles in a row per ear. The first one gets things loosened up and flowing, the second makes more of a noticeable difference. If at the end of second candle there is a large volume of wax or powder, I encourage the person to continue candling at that time. It is common for it to take several candling treatments before the ears are completely clear of old wax, candida, or remnants of past infections. For clients with no particular problems, candling appointments can be done monthly for 3 to 4 months or until the majority of the excess material has been drawn out. At this point, the process may be repeated quarterly, annually, or whenever the need arises to help beat an infection or flu bug which may be trying to make a home in your body. When treating the ears for a specific problem, it is recommended that the person have 3 to 6 ear candling sessions done, each being about a week apart. This will maximize the benefit from the process. At this point, a follow up appointment a month or so later will give you and your client an idea as to how actively their body is producing excess materials.

These are suggestions only, gathered from experience, not prescriptions written in stone, use your own good judgement when in doubt and most of all, trust your instinct.

Ask us for more information on treatments on preteens and infants (under 6 years) who seem to struggle with frequent ear infections.

## What will you notice from having your ears candled?

This is something which varies from person to person depending upon what their individual ailment or curiosity is with the process. Some of the more common things that are noticed by clients without any specific problems are; a much more open feeling in the sinuses, air comes more freely through the breathing cavities, the central part of their head feels lighter and less congested, “a nice clear feeling” is what many people have described the feeling to be. It is also quite common for this “clearer” feeling to extend down the sides of the throat where the lymphatic ducts travel from the head into the thoracic cavity. The heat from the flame creates a very warm pleasant sensation in the ear area. Similar to the sun shining on your face on a nice sunny day. Warm, soothing and very relaxing. A calm, almost meditative state is common.



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