

CANDLING QUESTIONS & ANSWERS

Does candling really work?

Responses from several thousand users indicate candling is very effective.*† There are frequent reports of relief from ear wax build-up, including hearing problems, ringing in the ears, sinus problems, headaches and even infection.*†

How does candling work?

Aside from helping to remove ear wax, it is thought that since the ears are so delicate the movement of smoke and the heat from the candle can cause subtle energy changes, which in turn may offer relief from pressure or energy blockage.*†

Can all of that wax remaining in the used portion of the candle really be from my ear?

No. Some of the wax residue is from the candle. By carefully examining the residue, you may be able to distinguish between candle and ear residue. The most important thing to notice after candling is how good your ears feel!.*†

How often can candling be used?

This has to be an individual decision. It takes the ears about twenty-four hours to replace their protective coating of wax if it has been removed. Obviously, using candles every day would not be advisable. Common sense is the best determining factor.

Is there any medical reason that candling should not be done?

Recently a candling client took candles to the Mayo Clinic and an MD there stated that using candles is fine, but felt they should not be used if the ear drum is perforated.*†

Does candling always work?

If ear wax is very impacted and has been an untreated problem for a long time, candles may not be effective.*† Also, if the candle is not properly used it may not give desired results. Again, use common sense and candling is a great experience!

*Federal law prohibits the use of this product as a medical device. The user assumes full responsibility for use of candles. Manufacturers or sellers are not held liable for any claims, costs or damages resulting from use.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

Ear Candling Instructions



**For more information on
candling instructions and
procedures, please contact
your supplier.**

Hollow candles are used to clean the ears and are believed to help with various ear disorders. Using candles is generally more comfortable and less expensive than conventional ear cleaning where water is forced into the ear canal. Hollow candles, sometimes called ear candles, are considered a folk medicine. The practice of using candling is actually an ancient art from many other countries such as China, Czechoslovakia, Mexico and Italy. Many doctors are using or recommending candling. They are being used in nursing homes, alternative health care centers, and are rapidly gaining popularity.

Many people use candles once a year or less, but others with chronic ear problems seem to benefit with much more frequent treatments. When using candles, the small end of the cone is put in the ear and the other end is lit. As the cone burns, the smoke travels into the ear canal warming the ear wax and creating a gentle vacuum. This can dislodge the wax or foreign debris and pull it into the candle. Many report this as being a rather pleasant sensation. Most often an improvement in hearing is reported after candling. Ears should not get water in them or be exposed to very loud noises for 24 hours after treatment.

GENERAL CANDLING INSTRUCTIONS ARE AS FOLLOWS:

DO NOT use candles alone. Have someone help you.

Things you will need are:

- 2 Flame Retardant Cloths
- 1 Bowl of Water
- Ear Oil
- Cotton Balls
- Moist Towelettes
- 1 Plate Guard
- 1 Pair of Scissors
- 1 Candle Snuffer
- Throat Comforts
- Q-Tips
- 3% Hydrogen Peroxide

Make an opening in the plate large enough for the hollow candles to fit through. Put the small end of the candle through the plate, making certain the opening of the candle is not beat or pressed shut. Lie on your side. Light the candle and wait until the smoke comes from the bottom. Put the small end of the candle firmly but gently into the ear. Leakage of smoke around the ear indicates improper positioning or seating of the candle. Simply adjust the position of the candle until no smoke appears. The candle needs to be trimmed as it burns, about every 1" to 1-1/2" until it burns to about 3 inches above the plate guard. Take the candle out of the ear and out of the plate, putting it into the container of water to extinguish. Do not attempt to blow the flame out.

Sometimes it is helpful to use more than one candle to obtain desired results. Do use common sense, being very careful with the flame. The user of this product accepts full responsibility. Manufacturers and sellers are not responsible for any accidents or results of misuse of hollow candles. We know you will be most pleased with the results of properly using hollow candles.

