

## EAR CANDLES

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

Many people use Ear Candles once a year or less, but others with chronic ear problems seem to benefit with much more frequent treatments. However, I myself prefer not to use more than three Ear Candles per ear, waiting at least seven days before next use. When using Ear Candles, the small end of the Ear Candle is put in the ear and the other end is lit. As the Ear Candle burns, the smoke travels into the ear canal warming the earwax and creating a gentle vacuum. This can dislodge the wax or foreign debris and pull it into the cone. Many report this a being a rather pleasant sensation. Most often an improvement in hearing is reported after using Ear Candles. Ears should not get water in them or be exposed to very loud noises or wind for 24 hours after treatment.

**GENERAL INSTRUCTIONS ARE AS FOLLOWS:  
DO NOT USE EAR CANDLES ALONE. HAVE SOMEONE HELP YOU**

Things you will need are:            paper plate - damp rag or container of water - 2 or more ear candles – matches – some one to assist you

Make an opening in the plate large enough for the Ear Candle to fit through. Put the small end of the Ear Candle through the plate, making certain the opening of the Ear Candle is not bent or pressed shut. Lie on your side and put the small end of the Ear Candle gently but firmly into the ear. Light the other end of the Ear Candle. Some people prefer to light the Ear Candle first, waiting to see the smoke come through the small end, and then seat the Ear Candle into the ear. Good results are reported using either method. Leakage of smoke around the ear indicates improper positioning or seating of the Ear Candle. Simply adjust the position of the Ear Candle until no smoke appears. The person assisting can gently massage around the ear being most cautious about the flame, making certain no one is burned. Let the Ear Candle burn to about 1-1/2 inches above the plate. Put out the fire on the Ear Candle with the damp rag, or take the Ear Candle out of the ear, and out of the plate, putting it into the container of water to extinguish it. **DO NOT** attempt to blow out the flame. Sometimes it is helpful to use more than one cone, (no more than 3) with each treatment.

Do use common sense, being careful with the flame. User of this product accepts full responsibility. Manufacturers and sellers are not responsible for any accidents of misuse of Ear Candle.