

birth trauma, environmental toxicity, hats, earphones, telephones, scarves, glasses -- all these can change the osmotic pressure on the nerves which deal with taste, smell, hearing and sight. The cochlea is responsible for sound production. It is a fluid filled structure which is located in a cavity. The cochlear area and the semicircular canal can become infected and irritated. The tiny cochlea hairs can become laden with debris and cease to move as freely as they should when stimulated. The smoke and gentle vacuum created by the candling process cleans the lymph within this structure as well as the cochlear hairs themselves, improving their function.

Old ear wax and toxins are drawn up into the candle which is lit and placed gently in the ear. The low flame of the candle creates a slow vacuum which softens and pulls the old wax into the base of the candle. When the candle has burned sufficiently, you can then examine the inside of the candle to see just what was in the ear. Laboratory analysis has shown the residue removed by candling consisted of earwax, residuals of past infections, fungus, bacteria, yeast, ear mites, worms, parasites and hair. The remains in the candle, when it is opened, is mainly what has been pulled from the person's ear -- only an estimated 20% is the candle residue. You will see **Ear Wax**: Color will be in various tones of yellow, brown and/or black. Some of the yellow tone wax will most likely be candle wax; **Infections/Fungus**: White and flaky powder which may have a yeasty odor (Candida). Approximately 1% to 10% of the powder is from the used candle; **Other Debris**: Sand, dirt, seeds, parasites, hair, cotton, etc.

There is no discomfort to the person receiving the candling. A candling session takes approximately 15 minutes for each ear. A person with severe pain can be candled 3 times (2 candles per ear) 48 hours apart. It takes the ears about 24 hours to replace their protective coating of wax -- not advisable to do candling every day. Never exceed 4 candles per ear in any one candling session as the canal may get irritated and swell. When candling a very young child, 1/2 to 1 candle per ear is all that is needed. Maintenance can be done with the change of seasons or whenever needed. Let the client's common sense determine.

Only one ear can be candled at a time. The person being candled must be positioned where they are always laying down on one ear.