EAR WAX, EAR FUNGUS

EAR CANDLING TO REMOVE EAR WAX

Many people use ear candles to help in pull out wax and fungus that accumulates in the ears. It is best to put some oil, eg. Olive oil, into the ear(s) at night before you do the candling (or for several nights before). Put some cotton batton or similar into the ear to stop the oil from running out. You need to do a minimum of 3 candles per ear. It is possible to do this for yourself if you use a mirror so you can see what the candle is doing. If you do it to yourself, lay on the floor, watch yourself in a mirrow so you can see that the candle is straight and no smoke is escaping from its base.

There can be side effects from candling and you do have to use common sense. You may feel a little dizzy. Be careful not to drip any wax down onto the skin or into the ear. You can use a wet face cloth surrounding the base of the candle on your hair and skin for protection. Some use a paper plate with a little hole in the center to put the candle through, any residue drips onto the paper plate.

At this time you can get ear candles online. If you can't, here is how you can make them yourself, and how to use them:

> **To make ear candles you need a 12 " wooden or metal dowel tapered on one end, strips of cotton sheets or pillow cases about 12" long and 2 " wide, paraffin wax or beeswax, melted, dip the cotton strip into the hot wax, wrap the strip around the dowel until it is just firm not hard, don't wait until it is totally hardened but just until it is still soft but firm and slip it off the dowel.**

HYDROGEN PEROXIDE

Drop or spray some 3% hydrogen peroxide into the ear. If it crackles, you likely have a bacterial infection. Continue every few hours putting a drop or so into the ear to kill the infection. If you have ear infections that don't seem to clear up, see your doctor, it may be coming from sinus problems.

If you don't have inner ear problems you can do this. Drop 2 drops or so of hydrogen peroxide (3%) into each ear before you shower. The hot showering helps to emulsify the wax. Do monthly.

EAR FUNGUS

Candida fungus can invade the ear canal. If you have itchy ears, suspect fungus, put one drop of mineral oil into each ear daily. Avoid alcohol and foods containing sugar.

EAR BATHS

The ear baths are taken to remove hardened wax and other substances - inflammations and abscesses. Ear injections are usually given with a small rubber syringe, holding the ear while the head is tilted over a tub or vessel. Be sure not to insert the syringe into the ear too far, and only use this therapy when absolutely necessary.

Tea is sometimes used between the temperatures of 70 to 84 degrees Fahrenheit, four to six applications daily. The injection should not be used with too much force so as to damage the eardrum. Chamomile and goldenseal teas can be used in case of inflammation.

Dr. John Christopher often suggested warm, distilled water mixed with apple cider vinegar (10 parts water to one part vinegar) as a remedy to clean out infections and wax. Three to six drops of sweet almond or olive oil have been used as ear drops twice daily and the ears flushed with warm water and apple cider vinegar on the third day. This is good for cramps in the ears, sharp pains in the ears and humming in the ears.

Warm garlic oil used as an ear drop has been reported to be beneficial.