

The Authenticity, Usage and Efficacy of Ear Candles

By

Harmony Cone

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## **ACKNOWLEDGEMENTS**

To my husband who carries me more than he will ever know and without whom I would not be the person I am becoming.

To my mom who totally understands and gets it.

To the wonderful team of women at Harmony Cone Ear Candles, I look forward to a very abundant and prosperous future with you. I could not do this without you. Thank you for fulfilling one of my big five for life.

But truly and sincerely, to Greg Webb and Patrick Quanten, who without their original thoughts and intentions, this research would never have received the catalyst it needed to even be inspired and created. Their ability to grasp and articulate thoughts, ideas and theories to the common man is fully appreciated and respected. I toast the masters of ear candling and heed them as frontier men for our industry. As a result of their thoughts and ideas, I truly believe that ear candling will be catapulted to a level of recognition and acceptance never heretofore achieved.

I only hope that this paper serves its intended purpose: To shed the myths and lies and to allow ear candles to truly be understood, recognized and shine for their inherent ability to heal the human body and soul in ways that will take many years for medicine and science to explain but for that which we already inherently know.

## **ABSTRACT**

The Authenticity, Usage and Efficacy of Ear Candles

Michelle A. Boulton  
Clayton College of Natural Health – Douglasville, 2007

Advisor: Dr. Janice Martin

Tales of ear candling and the use of ear candles are prevalent in a wide and diverse variety of cultures, including Europe, India, Japan and the United States. Ear candles have seen a resurgence in popularity within the last 10 years and currently millions are sold world wide. In conjunction with these sales has evolved a whole network and infrastructure of experts and information that has been unchecked since its inception. This has led to misinformation being circulated within a variety of channels, from word of mouth, to the Internet, and even, the press.

Ear candles are an incredible healing modality. In fact, ear candles trigger our whole bodies electrical system, including the autonomic nervous, meridian, and reflexology systems which overlay our nadis subtle human system. This trigger allows our bodies to relax from a sympathetic state to a very relaxed parasympathetic state. Although this relaxation can occur with many other healing modalities, such as meditation, massage, or reflexology, this shift begins an energetic fluctuation which affects the entire body structure leading to immediate physical responses.

The purpose of this research is to discover the originations of ear candles, to establish standards of safety for ear candles, and to reveal how ear candles truly work. Regrettably, to date, there have been no scientific studies to validate these remarkable shifts in the human body. However, the resultant effects of ear candling have been documented by numerous manufacturers and practitioners, and it will be shown that it is uniformly agreed that symptoms such as sinusitis, ear infections, pink eye and fluid retention (which can result from allergies,

asthmas, viruses and flu's) dissipate within a day after an ear candling session. Further validation of ear candles' efficacy is seen in long term chronic diseases, dissipating or easing up such conditions as glaucoma, vertigo and hearing loss.

The results of this research dated ear candling to over 80 years old, established safety and quality standards for all ear candling manufacturers, and has, for the first time ever, explained the mystery of ear candles – that is, how does it work? In the process, many myths, tales, and fraud were discovered and rejected while the truth prevailed. Ear candles are a marvelous energy tool and significantly help to aid the body in healing itself.

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## CHAPTER I

## Introduction

This study was designed to authenticate the historical usage of ear candles, to address the quality of ear candles and its relationship to their perceived functionality, and to provide realistic and substantial evidence in support of its efficacy. Since ear candling has experienced a newly found reputation for bringing an enhanced state of health for sinusitis, ear infections, sinus infections, pink eye, vertigo, and hearing loss it necessitates a clarification of these issues. (Quanten, introduction, 1990)

In the United States there is a resurging consciousness in Americans who are interested in choosing other options, outside of the allopathic arena, for healing themselves on physical, mental, emotional, and spiritual planes. Historically, the press in major media forums has held a biased support of the major medical monopoly. However, within the last five years the press has begun to acknowledge the inadequacies of allopathic medicine by exposing the medical communities' shortcomings and by reporting favorably in favor of holistic options. For example, the role of antibiotics has been prescribed for ear infections yet the media reported against this established and accepted medical protocol on CNN, August 16, 2000, "The analysis found that ear infections ran similar course, whether or not antibiotics were used." (Par. 3) This type of reporting is enough encouragement for the average person to consider holistic options and even to light an ear candle and 'stick it in their ear.'

Ear candling is a holistically home-based healing modality with a history of controversy, half truths, and propaganda in the natural health care industry (which, in general, supports ear candling and the sales of ear candles) and, of course, the allopathic medical establishment (which is opposed to ear candles and the usage thereof). The controversy is a direct result of a serious lack of accurate and consist information that correlates to consistent ideas, thoughts, directions,

or assertions from ear candling manufacturers, practitioners, and teachers. As a result, there are no demonstrable conclusions. Even though ear candling has been utilized both currently and historically for physical, emotional, and spiritual cleansing, the history of ear candling has been unknown and is only supported by oral tradition within the natural health industry and testimonials obtained by manufacturers of ear candles. The lack of truthful information available on ear candling has led to many spurious books, websites, and articles written by speculative experts that have plagiarized their fellow peers, resulting in a very misled and sometimes hesitant public.

The internal and external controversy surrounding ear candling, the natural health industry also is faced with an overwhelming majority of manufactures that produce and sell dangerous ear candles. It is apparent that standards need to be established for the protection of the consumer. The safety of ear candling should always be the number one priority of any manufacturer, practitioner, retailer, or end user. Because ear candling is not regulated, many manufacturers use inferior waxes that drip inside of the ear candle, misleading the public into thinking the ear candle has ‘sucked’ wax out of the ear. Worse yet, wax from the ear candle has dripped down into end users ears and damaged them. This lack of personal responsibility and integrity within the supply side of the ear candling community has opened the doors for scrutiny, allowing the FDA to tarnish the reputation of ear candling by issuing cease and desist orders, by giving false information to the press, and by creating a general sense of public opposition to ear candling.

Although ear candling is utilized symptomatically for a variety of physical ailments , inferior products and false information have led the general public to believe that ear candles are simply an ear wax remover. Ear candling creates positive changes and enhances health in

humans and animals by correcting imbalances in the flow of energy within the meridian pathways, the nadis human subtle system, and our chakra system, which in reality is an electrical grid within the human framework. With adequate testing, the use of ear candling would reveal a relationship between the parasympathetic and sympathetic nervous systems of the human body. The ear candles' ability to energetically shift the human body from a sympathetic state to a parasympathetic state is the physical trigger within the human frame for physical, emotional and, eventually, a spiritual recovery to excellent health (Webb, 1993b).

### *Background and History*

The history of ear candling is surrounded by colorful and mythical tales that have subsisted through oral tradition; however, the majority of these stories are unverifiable and unsubstantiated. These fables are written down by the ear candling manufacturers and illegitimate ear candling experts who sell ear candles and disperse this misinformation to the general public. Russell Shepherd, the leading manufacturer of ear candles in the United States and author of his sixth and expanded book, *Practical Guide to Ear Candling*, states:

Ear Candling, sometimes known as “ear coning” was used by the Egyptians, Essenes, East Indians, and Tibetans over 3,000 years ago. Ancient cultures of North and South America and Lemuria have also been associated with the technique.

Originally the process was described as “coning” because cone shaped instruments made from pottery clay were used. These glazed pottery cones had a double helix carved inside intended to create a downward spiral flow of smoke burning herbs into the ear canal.

For centuries, people around the world practiced the art of candling as a form of spiritual healing, to clear the mind and senses. They claimed a person could meditate

more deeply and open up their sensitivity. Typically, the spiritual leader or shaman of the area would perform a ritual using reeds or clay pottery to heal or improve the person's spiritual condition. In the New World, the Aztec, Mayan, and Native North American cultures all had important rituals involving "ear cones".

The procedure began with those of high social rank, like great warriors, royalty and spiritual leaders, and was used during special initiation rites. Before long, ear candling as a cleansing procedure became common in many cultures. (p. 9)

Russell continues his introduction with stories of 'double helix carved cones being used for spiritual healing' which were used by the spiritual leaders or shamans of the Aztec, Mayan and Northern Native American cultures. Russell writes that as a result of these 'special initiation rites' that ear candling became known as a cleansing procedure and is supposedly common in many different cultures.

None of these claims have ever been verified or substantiated by an independent, reputable source. The overwhelming majority of ear candle users in the United States believe and ignorantly continue to perpetuate these tales as facts. Ear candling has been in existence for at least two to three generations through written and verifiable testimonials. Currently, industry leaders are unsure of ear candlings' origins and the effective application thereof, even though they are aware of the fact that ear candling has been relied upon for the past few generations to help individuals with ear infections, colds, flues and a host of other symptoms.

### *Research Questions*

The majority of people who use ear candles are taught that ear candling is a simple, non-invasive, inexpensive method to remove earwax and debris which cleans the ears. The general public also thinks that ear candling works when the spiraling effect of the smoke and heat from

the flame forms a gentle vacuum that draws ear debris into the candle. (Layne, 2005, p. 1)

Another widely held misconception is the belief that ear candling removes candida from the ears which is believed to be an infection that breeds in the head because it is close to the blood supply, providing the yeast with a source of food. (Maccaro, 2003, p. 224)

Within the medical community, there are medical experiments that easily dispel the myth that an ear candle has the ability to extract anything from the ear. Yet, the controversy arises as a result of numerous notarized testimonials from end users of finding foreign objects in the ear candle after using the ear candle in their ear. This controversy has sparked a valid inquiry into the raw materials being utilized in the manufacturing of ear candles and a demand for lab work to determine what is the residue inside an ear candle after it has been utilized properly. There is an integral obligation within the holistic and alternative health profession to embrace manufacturers that are dedicated to the use of organic and/or environmentally low impacting raw materials. Therefore, it would be imperative to consider the quality of ear candles on the market in order to understand the results for the ear candle user.

Regardless of any controversy, people who use ear candles regularly and consistently experience not only relief from ear infections, sinus infections, pink eye, vertigo, hearing loss, itchy ears, headaches, and fluid build-up that causes pressure and pain but also a general improved sense of well being (G. Webb, personal communication, May 26, 2006).

### *The Significance of this Study*

This study aimed to confirm or to deny the ideology surrounding ear candles and to redirect the ear candling community to do what it always has done best, that is, to hear the truth and to help establish this modality of healing as acceptable. More significantly, though, this study sought to establish guidelines of safety and education for the manufacturers of ear candles,

eliminating any and all liabilities, while instilling a sense of trust in the end users. Ear candling has helped to relieve a wide variety of physical ailments and complaints, as well as to encourage and to accelerate emotional and spiritual growth amongst thousands of ear candle users (S. Yemm, G. Webb, K. Boulton, P. Quanten, personal communication, March 10, 2006). To limit the use of ear candles as simply an ear wax remover is demeaning to the true intention of the tradition. This paper aimed to show that:

Ear candling instantaneously normalized the level of overexcitement in the function of the adrenal glands while dramatically boosting the systems that are in a low energy state – the pineal, the pituitary, the thalamus, the hypothalamus – systems responsible for producing very powerful healing neuro-chemicals. Ear candling instantly affected the entire glandular system and brain region energy distribution in a very positive manner.

Within the pace of a few treatments ear candling worked to bring the entire glandular and limbic system to a very harmonious ideal state of function. This was commonly achieved by the sixth session. As a result people were more emotionally balanced; felt more capable, relaxed, less threatened, and had more hope (Webb p. 6, 1993a).

Ear candling is a home based remedy with long-term health resolutions that, if researched clinically, could dramatically affect the way people heal themselves of so many common and sometimes not so common ailments. Ear candling, perceived to be a rather simple home remedy, is riddled with questions that have transcended to a focal point in the natural health and medical industries. Although it is common knowledge that ear candles work on a plethora of physical and nonphysical symptoms, no one, to this date, has defined clearly the role that ear candles should or should not have as a holistic form of treatment. This lack of clarity has placed the true value of ear candling and its usage in jeopardy legally and culturally.

## CHAPTER II

### Literature Review

Ear candling and ear candles themselves remarkably have withstood the test of time in spite of the extremely limited scientific evidence. This serves as a testament in itself regarding the efficacy of ear candles on a variety of ailments. Even though there are approximately 4,240,000 hits on a Google Internet search for ear candles, the history of ear candling is vague and uncertain, enshrouded by tales of mystery, myth, and questions. There are no recognized or established standards for the manufacturing of ear candles, and there is very little agreement regarding the mechanical aspects of them. Oral tradition seems to prevail as the most accurate source of ear candles historical usage and conceptions of ear candles but even these stories do not define how ear candles function.

The majority of ear candle websites, holistic healers and teachers, manufacturers of ear candles and, consequently, the public in general teach, publish, and/or believe a variety of mythological stories intertwined with smatterings of truth about its origination, usage, and objective. For example, at [www.dakara.com/earintro.html](http://www.dakara.com/earintro.html), Kies regurgitates all of the myths surrounding ear candling. She writes about the coning process originating with the glazed pottery cones that causes a vacuum action inside the cone pulling debris out of the ear canal. She claims that this process was used in China, India, Tibet, Egypt, the Mayan, Aztec and American Indian Cultures and that this process dates back to Atlantis and Lemuria. Kies claims that ear candling is taught in the schools of Germany and that ear candles are used for the prevention of Candida, fungus growth, ear aches, parasites, bacteria and wax build up.

This information is a typical representation of the misconstrued beliefs that have been circulated within the ear candling and natural, holistic communities, which in the end only serves

as a self-attack against ear candles. These commonly accepted threads of myth and deception, which happen to be interwoven with truth, present a justified need to be challenged. It becomes necessary to question which German medical school taught ear candling, where the proof surrounding these stories of origination is located, how ear candles remove debris from the ear, and whether the debris really is from the ear?

Research reveals that some of these stories have evolved from channelings held in Sedona, Arizona at Coning Works. The most widely distorted repeated channeling was conducted by Eleanor Bucci, who is a spiritual consultant for Jane Joy Foundation. She channeled the following information on December 9, 1991:

Ear coning can be understood as an ancient healing modality – Atlantean, Mayan, Egyptian, Tibetan – which has, as many other healing practices, periodically spent time in “hiding.” It was originally used in conjunction with initiation practices for spiritual leaders in order to strengthen their positions as bearers of great truths and as beacons of light in the darkness. Ear coning was used to open the spiritual centers and to clear and cleanse the physical as well as emotional and other auric bodies. It was used in conjunction with other healing practices and assumed a co-creative position with these practices. Traditionally, conings were performed by master energetic healers who worked on the physical as well as intermediate planes. (Bucci, E. 1991, p. Channelings on Ear Candling)

Even with the advent of the comprehension in the realm of quantum physics, channeling is still not an acceptable form of scientific proof nor does it lend validity to any medical or scientific inquiry, including ear candles. Even the well believed story of a picture being painted

on the pyramid walls appears to have evolved from the channelings at Coning Works, where even the owner tells a story of ‘coning’ in a Mayan setting at a pyramid.

Myths surrounding the origins of ear candling are an overwhelming problem within the ear candling community. People continue to report and to publish inaccurate and unverified information, even to the point of violating tribal cultures, to wit:

This is an ancient and natural therapy handed down by many civilizations. It is believed that the Ancient Greeks used ear candles, initially probably for cleansing, purifying and healing on a spiritual basis, but much later on a purely physical basis. However the practice reached the modern world via the Native American Hopi Indians of North Arizona (it’s interesting to note that Hopi means peaceful people). Ear candles were used traditionally by Shaman healers. Ancient wall paintings show their importance in initiation rituals and healing ceremonies of the tribe. The candles are still made today on the basis of the old traditional formula originating from the Hopi Indians. (Hancher, 2006, p. A Look at Hopi Ear Candles)

The publishers of this statement on their website admit that they have not verified their or their claims on their websites and they simply defer to reference other manufacturers, like Biosun ear candles (the creator of the Hopi deception) or refer to other people on the Internet. For example, Lees Ear Candles owner, Betty Lee, responded to her claims of ear candles’ origination with the following response:

There is very little verifiable data on the history of candling. From the internet you can find numerous sources that state candling started in China and Egypt in very early cultures, but I have not found any historically recorded references. (B. Lee, personal communication, July 10, 2006)

Regrettably these types of unfounded assumptions continue to be published over and over without any verification. As an example of a grotesque and an even unethical representation of the origination of ear candles, let us begin with the lies being perpetrated by Biosun, the largest European manufacturer of ear candles, selling well over a million ear candles a year.

Biosun claims to have learned the history, usage, and method making of ear candles from the Native American Hopi Tribe (U. Leschik, personal communication, June 18, 2004) However, after much research and deliberation, neither Biosun nor the Hopi Tribe has revealed any authorization or permission within the recognized and official Hopi Tribe elders, members, or organization to use the Hopi name or theoretical Hopi techniques.

The Hopi Cultural Preservation Office states their policy as follows:

The Hopi people desire to protect their rights to privacy and their intellectual property rights. Due to the continued misrepresentation and exploitation of the rights of the Hopi people, guidelines were established to protect the rights of present and future generations of Hopi people.

The Hopi Tribe requires that any entity whether private or commercial wishing to engage in research, publication, or recording activities on the Hopi Reservation first obtain a permit from the Hopi Cultural Preservation Office, located in the Honahnie building in Kykotsmovi, AZ. (Hopi Cultural Preservation Office, 1997, p. HCPO Policy and Research)

As of this date, there has not been a permit granted to Biosun to use the Hopi name or share any of the Hopi Intellectual Property, especially for commercial profiteering. The Hopi Tribe, which is a very poor and devastated tribe, has repeatedly asked Biosun to stop using its name illegally but has been ignored by Biosun. Since the Hopi Tribe is indigent they have no recourse

available to them except to respond to the claims that Biosun has made with the following statement:

The Hopi Cultural Preservation Office is not aware of Hopi people ever practicing “Ear Candling.” Biosun and Revital Ltd. are misrepresenting the name “Hopi” with their products. This therapy should not be called “Hopi Ear Candeling.” The history of Ear Candeling should not refer to as being used by the Hopi Tribe. Use of this false information with reference to Hopi should be stopped. (T. Mogart, personal communication, March 1, 2004)

Not only has Biosun stolen the Hopi name and used it for commercial purposes, but it also has misrepresented one of the United States of America’s most treasured assets – The Grand Canyon. Biosun has strategically placed a mural from the Desert View Watchtower on their website and marketing materials next to Martin Gashwesoma, a Native American of the Hopi Tribe, to represent the use of ear candling within the Hopi Tribe. Biosun (Leschik, 1984 p. The Legend) states that the picture is a “coloured wall mural in the Hopi tower Grand Canyon,”

insinuating, that the picture depicts ear candles as being passed down from father to son.



This picture is not part of the Grand Canyon but instead was created in 1932 by architect Mary Coulter and later constructed by the Fred Harvey Company. According to the National Park Service of the United States of America, the mural is one quadrant of a four-quadrant mural painted by Fred Kabotie in 1932 at the Desert View Watchtower. In her 1933 book entitled *Manual for Drivers and Guides of the Indian Watchtower at Desert View and its Relation, Architecturally to the Prehistoric Ruins of the Southwest*, the image displayed is one of

the father giving prayer sticks to his son. The son is about to leave on a journey down the Colorado River in search of the snake people. The mural is part of the snake legend story of the Hopi people. The prayer sticks (feathers) are commonly depicted as part of Hopi customs (J. Balsom, NPSA, personal communication, February 23, 2006).

In order for ear candles to be understood properly and respected as a serious modality of healing, it is imperative that the natural health industry and its ear candle manufacturers adhere to Fair Trade policies and truth in advertising.

### *Quality and Safety*

Another recurring problem besieging the ear candle community lies in its manufacturing and handcrafting process. Since the introduction of ear candling in the United States, it has been generally regarded that ear candles are used as an ear wax removal device. This has led to the widespread and commonly held belief that ear candles help with ear infections and ear problems by removing the wax in which various bacteria and parasites live (Relfe, 2006). However, this deception lies in the raw materials that manufacturers use to create their ear candles. As the ear candles burn down, they leave behind residue that not only has been misconstrued as ear wax, bacteria, fungus, candida, and other debris but also has damaged end users ears, externally and internally.

Most ear candles creators use a heavily laden beeswax, soywax, or paraffin wax, due to their ignorance of the complexity of the burn, viscosity, and combustion rates in conjunction with their desire for cheap raw materials. Beeswax and soywax ear candle manufacturers falsely advertise an environmentally friendly product when in reality they are not only releasing potentially hazardous materials into the environment but they are endangering end users' ear

health and misleading the public into thinking that the residue inside the ear candle came from within their own ears.

The public at large continues to believe that ear candle pulls wax from the ears and hence this removal is what heals their ailment. The medical community has conducted some studies and the ones that they have conducted show that there is no human debris within the ear candles or that there is not enough of a vacuum to lift even a grain of salt. In January of 2005, Andrew Skeats, the top ear candler in the United Kingdom, commissioned the accredited Reading Scientific Services laboratory to test the Biosun Original Hopi Ear Candles. He did so by comparing and analyzing a new, unburnt pair of candles and the remains of four pairs of candles which had been burnt within one hour of each other. The new and burnt candles were from the same batch. This test confirms that the residue wax in the candles was from the candle and was not ear wax (Skeats, 2004 p.11).

Seely (1996) also completed an investigation using Rainbow Ear Candles that demonstrated that ear candles do not generate any negative pressure and that they do not remove cerumen from the ear. An ear candle was placed into a plexiglas canal with the same dimensions as an ear candle. This canal was separated from a second canal of similar dimensions by a thin plastic membrane bolted in place over an O-ring to obtain a seal. Calibration with two tympanometers confirmed that as little as 5 mm of water pressure change in the upper canal could be detected by the probe in the lower canal. Each candle was burned to a length of approximately 2 inches. Between each tympanometric trial the plastic membrane separating the two chambers was replaced. In the course of doing this, a powder was deposited on the membrane. This substance was analyzed as multiple alkanes, which are found in candle wax

(Seely, 1996). In conjunction, Harris (1999) published a report based on Egyptian ear candles that revealed liquid wax from the ear candle had dripped onto the tympanic membrane.

Manufacturers of ear candles could produce high quality, drip-free ear candles which would establish standards for the production of ear candles, allowing this modality to be far more understood, accepted, and free from litigation. The overwhelming number of manufacturers in the United States have chosen to use a very cheap paraffin wax or a chunky beeswax, which has led to the uncomplimentary studies' results and damaged ear drums. To use a cheap, paraffin-based wax or a 100% pure beeswax ear candle in conjunction with false claims is very irresponsible and has led to easy attacks from the Food and Drug Administration (FDA). This could be avoided easily if the manufacturers would properly educate their customers and use a high quality, organic, food grade wax. Although the cost may be prohibitive to many of the smaller ear candle companies, it surely would avoid injury to the end user who is properly using ear candles.

#### *Functionality of Ear Candles*

The medical community and most of the members of the ear candling community have not considered reflexology, meridian systems, and implosive energy in connection to the autonomic nervous system when making conclusions regarding the efficacy and functionality of ear candles. Regrettably, there has been only one unpublished clinical which was undertaken in Germany by Biosun Ear Candles.

The lack of clinical trials completed in the United States, compounded with ear candle users being injured and a serious mixture of misinformation, has given the FDA and the medical community time to establish their own conclusions. In reality, the FDA has based all of its laws, internationally and domestically, on one letter written by Dr. Vasant G. Malshet, Ph.D., DABT,

Toxicologist for the Ear, Nose, and Throat Device Branch of the Center for Devices and Radiological Health of the FDA, to wit:

Based on the growing concern associated with the manufacture, marketing, and use of ear candles, the FDA has undertaken several successful regulatory actions, including product seizures and injunctions, since 1996. These actions were based, in part, upon violations of the Food, Drug, and Cosmetic Act that pose an imminent danger to health. Specifically, the devices were considered to be misbranded in accordance with Section 502(j) of the Act because:

- Ear candles are dangerous to health when used in the manner, or with the frequency or duration prescribed, recommended, or suggested in the labeling. FDA considers these devices to be dangerous because the use of a lit candle in proximity to the face carries a significant risk of potentially severe burns to the skin/hair, ear canal, tympanic membrane, and middle ear structures.

- The labeling was deemed to be false or misleading [section 502(a)], in that there is no valid scientific evidence to support the efficacy of the intended uses.

- The label of the device fails to bear adequate directions for use since adequate directions cannot be written for the device's purported use, Section [502(f)(1)]. (FDA, 2005, p. x)

As a result of this letter, we now have an administrative body that has implemented exact or similar wording into each and every state law and federal legislation internationally and

domestically. However, this letter also states within it that this letter is only the professional opinion of himself and not an official or legal document (Malshet, 2005, p. 2)

The medical and political communities' presumptive conclusions ignore one simple fact: Ear candles do indeed work. In conjunction with thousands upon thousands of verbal testimonials of ear candle users, there are notarized testimonials held by Harmony Cone Ear Candles that attest to the fact that adults and children alike have had ear infections, pink eye, sinusitis, pain in their ear, hearing loss, foreign objects, and vertigo alleviated successfully with the usage of ear candles. It is extremely damaging to the integrity of ear candling when convoluted claims are made. TC Naturals blatantly makes unsubstantiated claims regarding the removal of inches of impacted earwax, Candida infections and fungus. To combine the truth with misinformation is a recipe for disaster. Ear Candles can and do return hearing, improve physical balance, cleanse the sinus cavities and the lymphatic system, eliminate pains, and promotes healthier ears. However, it is physically unable to get rid of impacted earwax, candida infections, and fungus. Instead, what ear candles do is to serve as a conduit for any releases that the body is prepared, willing, and able to release.

### *Summary*

What the ear candling community faces is a serious challenge to establish criteria and standards within their own industry. To avoid further negative press, consumer disparity, and attacks from the FDA, producers of ear candles need to self-regulate. It is imperative that the retailers start purchasing products from manufacturers that are interested only in providing an ear candle that is safe to burn in the ear and that provides truthful and accurate marketing and educational materials. Ear candles are a catalyst that effect our whole electrical system,

including the autonomic nervous system, meridian system, reflexology, and the nadis subtle human system.

This catalyst allows our bodies to relax from a parasympathetic state to a sympathetic state (that is, the shift from a highly stressed state to a very relaxed state). But this can occur with relaxation techniques, in general. Ear candles go a step further in that they allow the eustacian, sinus, and lymphatics to open and to drain, initiating a self-propelling wave of healing energy along our electrical grid, eventually enabling an uplifting of energy that prods the manifestation and release of physical objects.

## CHAPTERS III AND IV

## Results and Findings

*Historical and Current Applications of Ear Candles*

It is imperative to consider the implications of an ear candle being labeled and used as a medical device especially because it simply is not true or applicable. Ear candles have been utilized successfully for millions of people world wide for a plethora of symptoms. Certain Native American tribes used corn husks, in India great grandmothers used papyrus reeds, in Italy individuals used cheese cloth, and during the Great Depression people used newspaper or wax paper. Ear candles simply have withstood the test of time.

Some of the oldest and substantiated accounts regarding the origins of ear candles come from the West in the United States. Since 1981, Anne Molch, of Montana, has been ear candling. She was taught by 80-year-old Stan Onderichek, from Poland. Stan was from the 'old country' in Poland and brought to the United States the teachings of ear candles. He taught Anne and several others how to make and to use ear candles. Stan created and used ear candles molded around a form like a pencil and stored them in Pringles cans. However, he died soon after teaching Anne and for several years it was almost impossible to find ear candles.

During the 1970's, Anne Tatum started a company known as AP Enterprises, which was one of the first ear candle companies in existence. She learned either from her grandmother or from her husband who, during his travels to New Mexico, had been taught an entirely different style than Mr. Ondericheck's. Anne, her husband, and her teenagers set to work making and selling ear candles out of their home (A. Molch, personal communication, November 8, 2006).

On the East Coast, Dr. Berryhill, a Naturopath in Decatur, Georgia, was trained over 40 years ago when he was interning at the Royal Homeopathic Hospital in England. He, Dr. Trevor

Smith (a noted homeopathic doctor and psychiatrist), and Dr. Peter Chapel (a homeopath from the UK) used ear candles with success. They were taught how to perform ear candling treatments and how to make the actual ear candles (J. Berryhill, personal communication, January 19, 2007). Tom Bluewolf of the Native American Muscogee tribe, has shared his story of his fathers usage of ear candles in the form of a rolled up corn husk as a Medicine Man in his tribe (T.Bluewolf, personal communication, 1998). And Marie Bando, of Beaumont, Texas remembers that during the 1950s the wife of her cousin, Jeff Baranco, had used some type of fine material that was almost paper-like to make a hollow candle, which they then lit when in the ear. This method was used in her home whenever anyone had a cold or flu-like symptoms (M. Bando, personal communication, January 2007).

### *Safety of Ear Candles*

Ear candle makers use a variety of waxes in the creation of their particular brand of ear candle. The top four types of waxes used are beeswax, soy wax, paraffin, and food grade wax (which is a highly refined petroleum product). An issue arises within the environmental and natural health communities when retailers and consumers are posed with a choice between the perception of a naturally occurring substance, such as beeswax or soywax, and a petroleum product, such as paraffin or food grade wax. The perception is that beeswax and soywax are non harmful to the environment, unlike petroleum products, such as paraffin and food grade wax.

However, the retailer and their customers have neglected or ignored the far more prevalent issue of safety. The question to consider is the harm an inferior ear candle's wax may inflict upon people if they use the wrong kind of wax with an improperly wrapped ear candle for use in the ear.

However, there are several facts to consider. Any and all smoke in the environment is unhealthy at some micro and/or macro level within our universe. But the real correlation between micro and macro management of the release of toxins from ear candles is based upon the laws of physics in relation to combustion rates. This relationship determines the amount of smoke that any item on fire will release into the environment. With ear candles, there is an added element of wax integrity and toxicity. An active member of the National Candle Association, Stephen Philips, has thoroughly researched the issues of carbons, pollutants, and other similar substances and has concluded in conjunction with the National Candle Association that there is no such thing as a 100% natural candle. Carbons are carbons, and they are released when you burn anything in the world (S. Philips, personal communication, June 21, 2006). However an ear candle manufacturer's goal should be the reduction of any negative impact upon the environment as a result of product usage.

Over the centuries, candle waxes have been developed from a variety of fats, oils, and waxy-like substances derived from animals, insects, plants, and rocks. Waxes are generically classified as materials that have certain characteristics of being: solid at room temperature; liquid at higher temperatures; primarily hydrocarbon in structure; water repellant; low in toxicity; low in reactivity; low in odor; and combustible. Paraffin wax was developed after chemists found a way to remove the naturally-occurring waxy substance from the petroleum during refining. Within this category of paraffin waxes are a variety of paraffin, food grade wax, and microcrystalline waxes. All waxes are primarily hydrocarbons, whether the wax is of animal, vegetable, or petroleum origin. The chemical composition of all waxes used for candle making is similar and there has never been any indication of candle wax ever being shown to be or toxic or harmful to human health (S. Philips, personal communication, June 21, 2006).

Because all types of waxes are based on hydrocarbon chains and create carbon when burning, the issue becomes the reduction of any harm to the environment by creating the cleanest burning ear candle, which will also invariably eliminate any danger of damage to the ear of an ear candle user. What appears to be imperative for an ear candle manufacturer to create is a slower burning ear candle with a consistent, thinner wick that will decrease the soot rate and allow the ear candle to burn slower (S. McColl, IGI Wax, personal communication, July 21, 2006). To control the combustion rate and decrease any and all molten candle wax, it is necessary to compare the characteristics of each wax.

Beeswax, in general, is a favored marketing term in the natural and alternative health industries, which draws a parallel in the retailer's and consumer's mind as being synonymous with healthy, organic, and environmentally-friendly. However, there appears to be several issues with this very sticky and soft wax that potentially could be dangerous to the end user and the air we breathe, particularly while ear candling. Whereas beeswax does create a slower burn because it has a stickier, thicker composition, it is impossible for an ear candle manufacturer to create a 100% percent beeswax ear candle that does not have the inherent disposition to become molten at lower melting points, which increases the risk and inevitability of hot beeswax dripping directly into the consumers ear and onto the eardrum. It is irresponsible of any ear candle manufacturer to create an ear candle without blending in a synthetic or food grade wax. This is readily observable by closing the ear end of the ear candle burning down a 100% beeswax ear candle. One can cut open the remains of the ear candle and readily observe the debris that has dripped down to the tip of the ear candle in order to confirm the dangers of using a beeswax ear candle. Harris (1999) documented a 55-year-old female lay midwife who had burned her ear using Egyptian Beeswax ear candles. She was very familiar with ear candling and had used

them regularly. The pictures of her ear candles clearly depict a dangerously abundant amount of beeswax inside the ear candle when independently burned down. Not only is beeswax thicker and more dangerous than petroleum waxes, it is important to know where the bees had circulated in their collection of pollen. This determines the rate of oil content and extra residues within the beeswax. This is either unknown or unpublished information by any ear candle manufacturer interviewed or researched except for one. This leads to an inconsistency in integrity from beeswax ear candle to beeswax ear candle. This creates an almost impossible environment in which to assess the end results that appear inside an ear candle, and it further instills an inaccurate belief system among retailers and end users that the debris left over from a beeswax ear candle came from their ears.

Using beeswax in the manufacturing or hand crafting of ear candles makes it impossible to create a consistent burn rate, which is integral to the reduction of toxins, either carbon or other elements, into the air. Ear candle manufacturers use different types and shades of beeswax. Lighter beeswax is indicative of bleach, chlorine, or some other chemical agent being used to represent virgin beeswax, which immediately after being secreted, elaborated, and formed into comb is white. It only becomes darker with the bees' use. Rendered but untreated beeswax comes in varying shades of yellow, and pure beeswax has at least 284 different compounds, not all of which have been identified. Beeswax is unable to be certified organic, as it is not possible to track every single bee's movement within the hive. Bees fly about freely and contribute to the creation of beeswax that could contain pesticides and other toxins that they carry back to the hive to create their honey and, hence, the beeswax. These pesticides and toxins are then burned off into the environment in a very close proximity to the end users face, which could, in fact, trigger a negative reaction within the nasal, sinus, and lung cavities.

Inconsistent procedures are maintained within the ear candling manufacturers' process when beeswax is heated, as it changes the ratio of ester to acid beyond the limits set for pure beeswax. Longer heating or higher temperatures lead to greater degradation and loss of hydrocarbons, thus changing the physical characteristics of the wax. Thus, excessive heating during rendering or further processing changes the wax structurally and alters the beneficial characteristics of many of its minor compounds, not only the aromatic and volatile compounds (Santa Fe Candle, 2006). At this point, 100% beeswax ear candle manufacturers have lost control of combustion, fuel, and viscosity rates. They are unable to guarantee an environmentally-friendly or natural remedy that will not cause damage to the end user or the environment.

Another product deemed environmentally acceptable in the natural health industry is soywax, which is actually hydrogenated soybean oil. However, this process is incredibly toxic, to wit:

To prevent the spread of fire and unreasonable risk of soy candle usage, soybean oil has to hydrogenate the vegetable liquid to capture the utility of these oils and to produce varying degrees of solidification or harness. The oil will typically be refined to remove undesirable impurities, bleached and then hydrogenated.

The process of hydrogenation may be carried out in a hydrogen environment, typically at elevated temperatures (from 400 to 700 degrees Fahrenheit), under pressure, and in the presence of a hydrogen catalyst such as nickel. Whereas other catalysts have been used to accomplish the hydrogenation and may be suitable in the practice of the present invention, nickel is most preferred. The hydrogen will preferably be mixed with the oil, either by mechanical agitation or through various jets or bubblers which

effectively pass the hydrogen through the vegetable oil. As the oil is progressively hydrogenated, its properties are monitored for optimum values and characteristics. Among these are the iodine value, which in the preferred embodiment will be between approximately 49 and 53 with one embodiment having a value of 51, and the Mettler melting point, which will range between 122 and 128 degrees Fahrenheit. Preferably there will be less than 0.1 percent free fatty acids after hydrogenation. Once the hydrogenation is complete, the catalyst will be removed, the oil will be cleaned and purified, and the oil may again be bleached. It is important to note here that, contrary to commonly held beliefs regarding suitable compositions, the soybean oil referred to herein is not isolated to yield a soybean stearine as an attempt to substitute for stearic acid. Instead, the preferred ingredient is quite surprisingly a shortening stabilizer. In addition to this first hydrogenated vegetable oil, a small amount of synthetic wax has been found to offer some benefit in some embodiments. A most preferred material is a hydrocarbon polymer of alpha olefins, polymerized or copolymerized in the presence of free radicals at low pressures. The resultant hydrocarbon polymers are highly branched, and have increased molecular weight, higher viscosities, and greater hardness but lower melting and congealing points than the original alpha olefins from which they are derived. An iodine value of approximately 15, with a melting point of approximately 124 degrees Fahrenheit, has been found to be satisfactory, though other suitable materials having slightly different characteristics and melting points may be determined in light of the present teachings. The preferred synthetic wax may help to increase the opacity of the candle, to bind and to disperse fragrance oils throughout the candle composition, to harden the candle, to reduce the formation of air bubbles, and to inhibit mopping of the

candle. Color quality of the candle will typically be improved by the addition of the preferred synthetic wax. (Free Patents Online, 2006)

As it turns out, the argument for soy wax being environmentally friendly becomes defunct as it is shown in the patent process to utilize heavy metals, bleaching, and free radicals. Soy wax has a very oily content. It is created through hydrogenation utilizing toxic elements that are later removed, it has a low melting point and, therefore, is not an environmentally-friendly product, not to mention being an imminent danger to ear candling users. As with beeswax, soywax is very oily in its content with a lower melting point, which produces a tremendous amount of wax residue that when molten can drip and burn an ear candle user's ear.

Regrettably, there is no such thing as an organic ear candle. However, there are no toxicity studies revealing any toxic environments for humans or the earth when using a petroleum based candle, in general. The Environmental Protection Agency (EPA) reported that only when burning candles with lead core wicks or incense, or when combustion conditions are impaired, does burning candles can cause health concerns and/or exceed EPA recommended toxicity thresholds (National Risk Management, 2006).

Ear candles that are manufactured or handcrafted with high-quality, food grade waxes with the highest melting point on the market and the cleanest, unbleached, unprocessed muslin on the market, creates not only a clean burning but also a safe ear candle for ear candle users. What is integral to the safety and toxicity of ear candles are high quality raw materials. The equation for success lies in the rate of burn, how much fuel is being used, how big the flame is to burn, and how controlled the burn is. With fully refined food grade waxes having higher melting points, a user can obtain the optimum conditions, of course, depending on the type of wick or cloth used as the wick. (S. McColl, IGI Wax, personal communication, July 21, 2006). Food

grade wax is created from a multi-step processing of wax that provides clean, high quality organic products that meet FDA requirements. These highly purified white waxes have less than 0.5% oil content and meet all FDA requirements for use in and in contact with humans and food (Astorwax, 2006).

Fully refined food grade waxes are heated from the by-product derived from refining lubricating oil. This product, slack wax, is heated, cooled, crystallized, and then filtered numerous times in order to obtain the different low oil content required. To produce fully refined wax requires that it be passed through a bed of clay to remove color and that it be vacuumed for odor removal. The results are then blended together to produce the high molten point required of some fully refined food grade waxes (IGI Wax, Wax Refining page, 2006). These waxes contain predominantly straight-chain hydrocarbons with an average chain length of 20 to 30 carbon atoms, unlike a paraffin wax, which has a range of 50 – 95% carbon chain link. Highly refined food grade wax viscosity rates are not toxic to human contact and are approved by the FDA for use in even food.

Food grade wax is a natural product derived from the molecular components of decayed vegetable and animal material. It is non-reactive, non-toxic, a clean burning fuel, and colorless. Typical wax properties that can be measured and controlled include melting point, congealing point, hardness, oil content, viscosity and color. However, these properties alone do not define completely the suitability of a wax for a particular application. The functional properties of wax should be considered as well. Ear candles need a wax with a melting point that exceeds 150 degrees Fahrenheit and that have a low viscosity rate. Food grade wax, with the highest melting point possible and a oil content below 1%, is desirable for the production of an ear candle that is tightly and consistently wrapped with an unbleached muslin, and that will create a wick that will

combust and rapidly disintegrate its fuel (food grade wax). This process eliminates the dangers and issues surrounding ear candles and environmental toxicity.

*What Ear Candling Actually Does and How It Does It*

The only way to understand how ear candles affects the human body is to study the physical as well as the nonphysical aspects of healing, in particular reflexology, meridian pathways, and energy healing. Despite the fact that the pressure effect inside an ear candle may not be measurable by modern medicine's equipment, it does have an effect. According to Patrick Quanten, ear candles are far more than simply a physical device:

With the ear candle inserted into the ear, the heat from the flame creates a stimulating, soothing, warming effect. The mechanics of this process are energetic in nature. Adding heat to the system, especially in such a subtle way, results in a stimulation of lymphatic drainage (swelling goes down); in burning off excess mucus in middle and inner ear, sinuses and nose (breathing improves); in increasing mobility and effectiveness of the white blood cells (improved immune response); in stimulating the pituitary gland (controls glandular system). Ear candling strengthens the bodily systems through balancing the energetic system. (1994, Earcandling.)

Ear candling works energetically in nature though the actual mechanics have yet to be understood. Harmony Cone has numerous notarized testimonials from people all over the world who have had different yet beneficial experiences with ear candling. Marlie King notarized a statement on September 7, 2007, stating:

I have been using, successfully, ear candles since the summer of 1988. I first used them while I was in high school because of ear problems. I have used them ever since. I received such relief that other people have successfully used them also from my

testimonial ever since. Now, 2004, I am a licensed professional and have the pleasure of offering ear candling to the general public. People are so thankful that there's such an easy, fast, painless way of cleaning out the inner ear with no ill side effects. People have reported better hearing, relief of dizziness and pressure, ridding of 'cricket' sounds and ringing, relief of ear infections and debris. One lady had a son that was seven and put a popcorn kernel in his ear. The emergency room tried to remove it, unsuccessfully, two different times. It was very painful for him and bled. Eight candles removed the kernel and he now is fine. There are more stories that can't all be written but should be considered before trying to remove such a valuable tool of inner ear cleansing. (M. King. Personal Communication. September 7, 2007)

Eric Brown, in a notarized testimonial given to Harmony Cone Ear Candles affirmed that he, too, had had a small sliver of grass, about ¼ inch long that was removed from his ear with a second ear candle. There also has been a preponderance of affidavits submitted that have reported similar symptoms of ringing in the ears, blurred vision, and vertigo or dizziness. After using several ear candles, all of these symptoms were alleviated immediately and with regular use the symptoms never reoccurred. Rachel Rae Ringen testifies to several facts regarding ear infections:

On June 30, 2006, I used Harmony Cone Ear Candles and I had remarkable, very satisfying results. My eardrum was very swollen and full of fluid. After using two candles in that ear, the relief was immediate. The swelling, pressure and pain went down. In the days to follow, the ear problem completely cleared up. Perhaps ear candles do not remove wax from ears, but I am certain in my case that they remove fluid and infection. Prior to using the candles, I took a course of antibiotics that did not help at all. In fact my

ear problem progressed to the point that my ear drum almost popped. I have recommended candle use to many of my friends and they have all been very happy with their personal results. I will never stop using ear candles. They are safe and very effective. They have relieved pain in my ears immediately, whereas, no medication can do that.

Additionally, I have used ear candles on my friend's dog. His dog, Gomer, is a very old Pekinese. He had itchy ears for several years. The vet had given him many kinds of medication and had done many kinds of treatment on his ears. Nothing relieved his itching. The dog was in misery and very cranky because of it. His owner held him while I did ear candles on his ears. The dog did not oppose the treatment, but looked quite happy with what he was feeling! After I finished doing his ears, he took a restful nap. He is a much happier, more sociable dog now! Do you think the results of the dog are fake? Not hardly!

These ear candles are a wonderful option for ear itching, pressure, pain, etc. My entire family uses them. I whole heartedly endorse the worthiness of this product!

There has been one study completed by the German company, Biosun, June, 2000. This clinical trial used descriptive statistical procedures without inductive methods as a way of comparing symptoms prior to, during and after ear candling. All patients on whom at least one ear candle had been applied through an "Intention to Treat" evaluation were considered for the study. There were 78 patients ranging in age from 3 to 91 years with an average age of 43 years. Of these, 30 were males and 48 were females. Thirty-seven were recorded as having colds, 28 as having ear noises, 35 as having headaches, 34 as having secondary effects of colds, 19 as having earaches, and 29 as suffering stress symptoms with multiple ailments as a possibility. The

average application frequency was 3.3 ear candles per patient but the length of time for treatment and observation was determined by the individual symptoms of the patient.

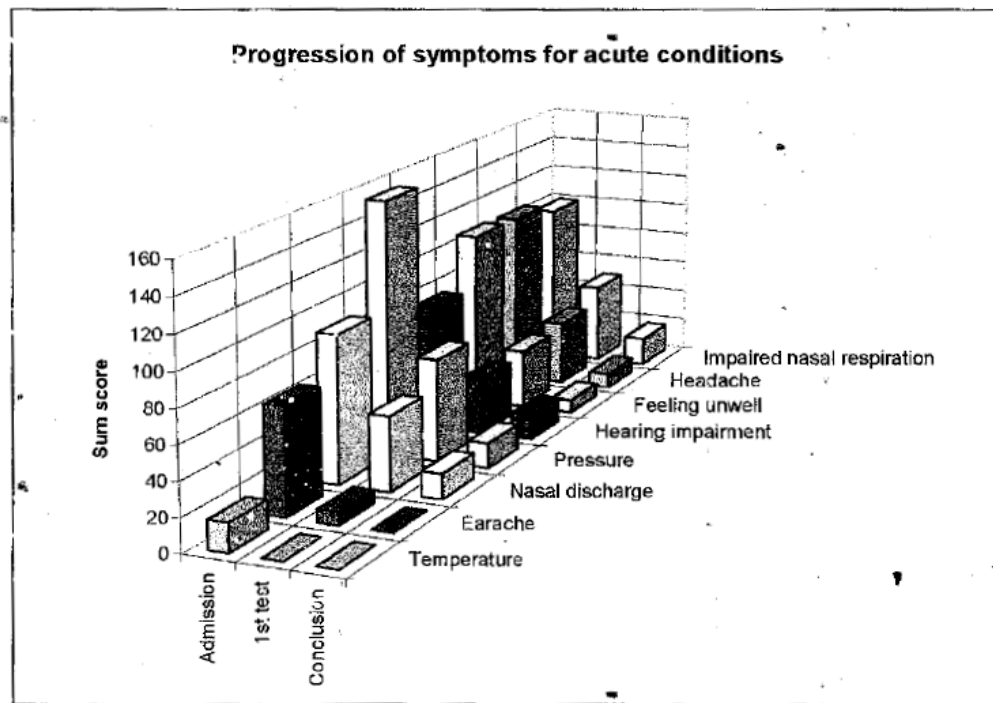
Seventy-five of the 78 patients experienced spontaneous reactions immediately after the application of one ear candle. One patient mentioned an ear allergy, and the ear candle treatment was suspended. In addition, one female reported that the treatment was “unpleasant” for her and another patient reported only “a slight improvement.” However, 96% of the patients described the application in terms of a positive, therapeutically spontaneous reaction, such as “relaxing,” “a feeling of warmth,” “disappearance of pressure,” “freedom from pain,” and a short-term increase in nasal discharge (p. 5). Biosun reported:

Over the course of treatments the sum scores decline continually at all questions relating to particular complaints, from the first control test right up to the final test, which indicates a lessening of the symptoms.

The individual symptom intensities can be divided into two groups. In one group, consisting of symptoms of “pressure,” “headache,” “feeling unwell,” “nasal discharge,” and “impaired breathing,” there was at the beginning of the treatment more than a 20% “severe” impairment noticeable as the highest score value. Up to the first control test the intensity of the symptoms shifts from “severe” to “moderate,” and especially to “slight,” while the increase in the are of “no complaints” turns out very moderately at this time of observation. Only at the final test, where in no case were there more severe complaints mentioned, the percentage share of expressions of “moderate” and “slight” shifted in particular towards “no complaints.”

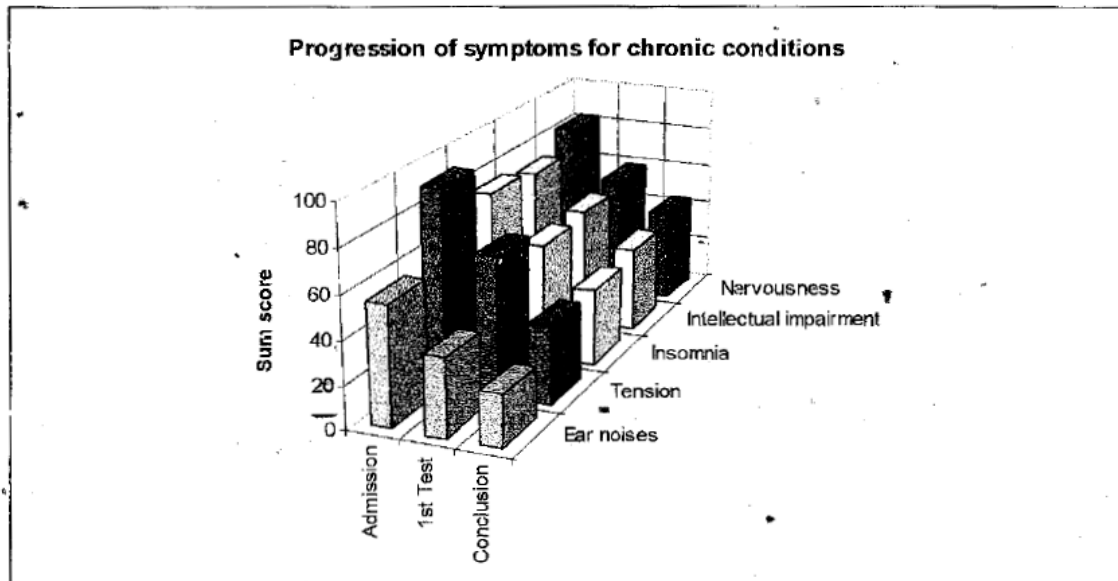
The acute conditions can be summarised by the effect of the symptoms of “pressure,” “headache,” “feeling unwell,” “nasal discharge,” and “impaired breathing” as

being clearly indicated. There is continuous improvement via the symptom intensifies of “moderate” and “slight” right up to freedom from complaint.



In a second group consisting of symptoms of “hearing impairment,” “earache,” and “high temperature,” this development of improvement is not so clearly pronounced. Already at the start of treatment nearly 50% of cases expressed “no complaints.” As the intensity of the symptoms was not especially characteristic, over 70% of the cases should be indicated as experiencing “no complaints” already after the first test. A genuine shift of percentage expressions from “severe” through the intermediate stages to “no complaints” did not take place in this symptom group, with the exception of “hearing impairment.” In contrast to all other symptoms there was still a severe hearing impairment in 2.7% cases at the final test as well. The symptom intensities of “severe,” “moderate,” and “slight” in fact declined continuously during the course of the three consultations but still persisted in the final test. For chronic conditions, the symptom

improvement curve is considerably shallower than in the acute conditions.(pages 6 – 12)



In sum, all the acute complaint conditions continuously became less severe to the point of no complaints and chronic conditions became milder in their individual intensity. The symptom progression in the form of relative improvements of complaints could be established which justifies the quest to establish a precedent for longer treatments, especially in the area of chronic complaints.

The testimonials, Biosun's clinical, and the continued use of ear candles in society substantiates a serious inquiry pertaining to ear candles that can unveil the ear candles' internally specific operations and functionality. Initially, it was theorized that the temperature increases in the ear canal, which is then transmitted through the ear passages and its surrounding structures such as the nose and sinuses. This change in temperature could lead to a change in pressure and an expansion in these areas and if congestion or having sinusitis or rhinitis will lead to them draining and clearing. It is this reaction that receivers often experience when they are having their ears candled that leads to fluids trickling down the throat. According to Charles' law of

physics, “the law of volume of a given mass of gas at a constant pressure is directly proportionate to its absolute temperature” (Sceats, 2004, p. 11).

The circulation of vapors within the ear candle is very gentle and their temperature and strength is such that it is not possible to remove any wax that may be contained within the ear canal. However, this is still the fact that there remains an overwhelming number of testimonials received by practitioners and manufacturers, worldwide, testifying to finding foreign objects inside of their ear candles after using them in their ears. A. P. Enterprises had their ear candles evaluated for ear wax and the presence of bacteria, yeasts, or mold. The testing facility Thomas J. Stephens & Associates, Inc. found in one of seven samples submitted gram positive and gram negative rods of bacteria (Tatum, n.d.). Tatum was the first known person to document the fundamental reasoning behind the mechanics of ear candling:

Structurally, the internal carotid artery, the auditory tube, the cochlear nerve, the facial nerve, the semicircular canal and the first turn of the cochlea are all located in the area immediately behind the tympanic membranes. This lends credence to the theories surrounding the actual spiral vortex that is created inside of the ear candle. All nerves have a thin coating of spinal fluid which can become polluted. The fluid in your body circulates 14 times a day in order to cleanse itself. If the system is laden with toxicity from the environment and the food we eat, then the body can not take in what it needs in the way of metabolites for the nerves.

There are several tympanic membranes, all of which vibrate. These membranes are linked by a series of canals. The ear canal itself forms and helps support the brain, a pivot point for the skull. These bones only need to move a paper’s thickness worth of distance in order to make a correction. When the bones are properly aligned, the osmotic

pressure on the nerves that relate to your senses are shifted as well. It is believed that the gentle reverse osmotic pressure of the Ear Candling is enough to effect such a correction, which is why people often feel better afterwards. (p. 4)

We have since learned that the vortex is the mechanism that triggers the beginning of the flow of energy from the ear candle throughout the entire body. It is this implosive energy that explains the results and the contents of an ear candle after it has been used and it is the vertical downward movement that materializes the energy into a physical manifestation when the pressure increases and the temperature drops (P. Quanten, personal communication, July 9, 2006).

Implosive power is the result of the spiral vortex within the burning ear candle. Vortexes occur in nature and they are physical entities that are capable of transforming liquids from one chemical or physical condition to another chemical or physical condition that can be measured. However, more applicable is the fact that the vortex is also an ethereal device which contains subtle energies that have been captured from external surrounding energy sources that are then capable of imparting wide ranges of energy into other entities, such as water, the body, and its cells. (Aqua Technology, 2007)

This implosive energy is an integral key to understanding the mystery of finding foreign and human objects in the ear candles. Implosion is the opposite of explosive energy, which is extremely wasteful and inefficient. In nature (unlike conventional technologies), minute temperature differences cause very large changes. Even our own body's temperature if risen one half of one degree will cause us to feel unwell. Implosion is a sectional process that causes matter to move inward, in a spiraling, whirling path called a vortex. The outside of the vortex moves slowly while the center moves fast. This vortex motion causes a drop in temperatures and

an increase in density, which allows the body to relax and to shift from a parasympathetic state to a sympathetic state. Noting also, in nature spiral vortexes are produced to reduce resistance, this natural occurrence serves to further encourage the body's fluids and the energetic connections through the body to release any resistance from the body. This creates free energy, also known as vacuum energy, scalar wave, or quantum energy because of its non-conformity to the laws of thermodynamics. In Eastern cultures this energy is known as life force, Prana or Chi. Vortex energy is the substance that enables the perpetual motion of planets, stars, and universes. It is the driving force. It is no surprise that the spiral vortex inside of a burning ear candle can affect the nervous, lymphatic, and our nadis subtle human system, which is comprised of our autonomic nervous, acupuncture and meridian systems (Center for Implosion Research, 1998-2000, p. 2).

Gregg Webb, Registered Massage Therapist, Touch for Health instructor, and ear candle researcher has studied the autonomic nervous system and describes it as an electrical grid that affects every part of our bodies. This electrical grid connects the brain with the organs that relay signals with short electrical impulses. The spiral vortex inside these ear candles initiates the flow of physical matter in the body and dissolves it into its energetic form. This energy is then cycled properly through the the body via the electrical grid and eventually returns it to the physical form, demonstrating why sometimes we actually see physical items from a human's body inside the ear candle. (Webb, 1993b. p 2) Webb has documented for the past 15 years the positive end results of ear candling through muscle testing and live blood cell analysis. Muscle testing, which is a system of testing based on the fact that every cell and every part of the body holds all of the information about everything the system has ever experienced. The muscle is used as an indicator tool, which will have this database of knowledge at its disposal. His research has

yielded consistent results of using ear candles for enhanced lymphatics, clearing and improved sinus drainage, improved hearing, and improved balance (Webb, 1993a, p. 35).

During his testing, Webb has concentrated on the heat that may be generated by the flame and concurs that there is no direct heat exchange between the candle and the body (i.e., the ear) of the person, as the bottom of the candle never even gets warm. He describes the spiral vortex in ear candling as when the air moves spirally, whereby the air molecules in that particular motion transfer the heat (i.e., temperature, kinetic energy) from the top into an ever increasing vertical movement, which cools the air but highly charges it. In this sense, the temperature of the air moving quickly down inside the candle is cool but the energy is high. When this air now comes close to the layer of air-body contact, it releases that energy into the body. It is this energy input that will make all the difference in the state of health in which the body lies. (Webb, 1993a, p. 7)

Webb contends that ear candling is equally about having a flame, which creates and transfers energy close to an area and acupuncture points that are related to areas in need of healing. The region in which the ear candle is burning (i.e., the ear) is a complete acupuncture point diagram of the entire body in the shape of an upside-down fetus. These acupuncture points allow this marvelous influx of energy into the whole of the acupuncture meridian system.

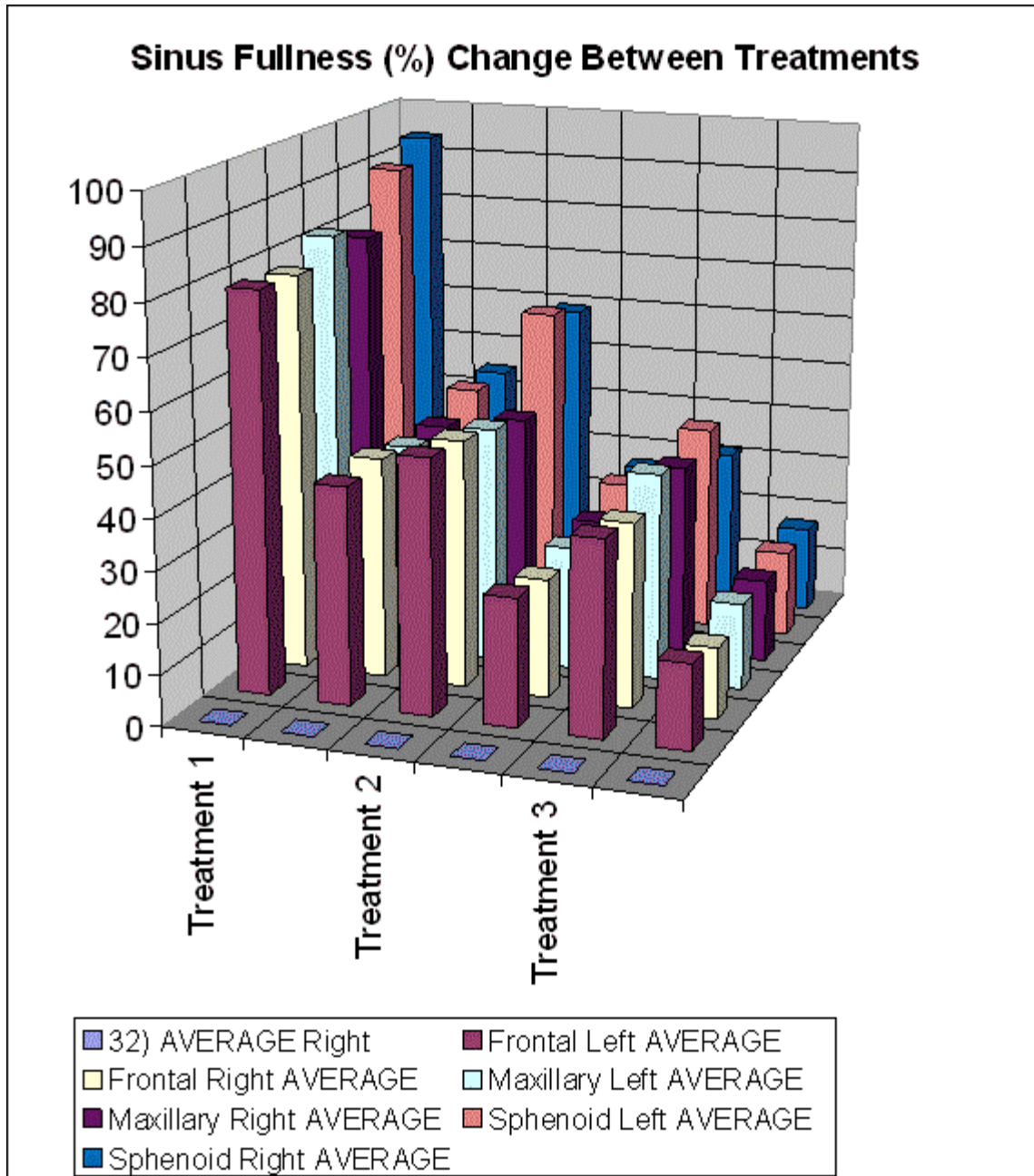
(Webb, 1993a p. 8)

In general, Webb's clients, without any specific problems noticed: improved mental focus, a much more open feeling in the sinuses, air flowing more freely through the breathing cavities, and the central part of their head feeling lighter and less congested – a “nice clear feeling” is how many people have described this feeling. 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. (Webb, 1993a. p.5)

As with Biosuns study, Webb notes that people who do ear candling while experiencing a cold, the flu, or other acute symptoms will notice that their overall condition improves much more rapidly than it would otherwise. Webb describes the heat from the flame as a very warm, pleasant sensation in the ear area, similar to the sun shining on your face on a nice sunny day – soothing and relaxing. He also notes in his observations that ear candling has the ability to bring harmony to the glandular system, which regulates the emotional state, resulting in an evenness of mood as a calm, almost meditative, state is common during treatment (G. Webb, personal communication, December 18, 2006).

More specifically, Webb has been able to track decreases in sinus fullness in clients between ear candling treatments. He demonstrated a decrease in sinus fullness as much as 55% to 60% for the frontal, maxillary, and sphenoid areas. In between the ear candling sessions, the sinus fullness only increased 10% to 15%, keeping the client well below the initial assessment.



Webb also has documented correlations between fluid build up and other diseases in the body. A fellow practitioner of Webbs treated a 93-year-old gentleman who had been almost completely blind for the last two to three years as a result of glaucoma complications. Eight ear candles per ear were performed on the man's ears. Midway through the treatment, the gentleman could see shapes of people moving about in the room. Later that day as he was being driven home, he

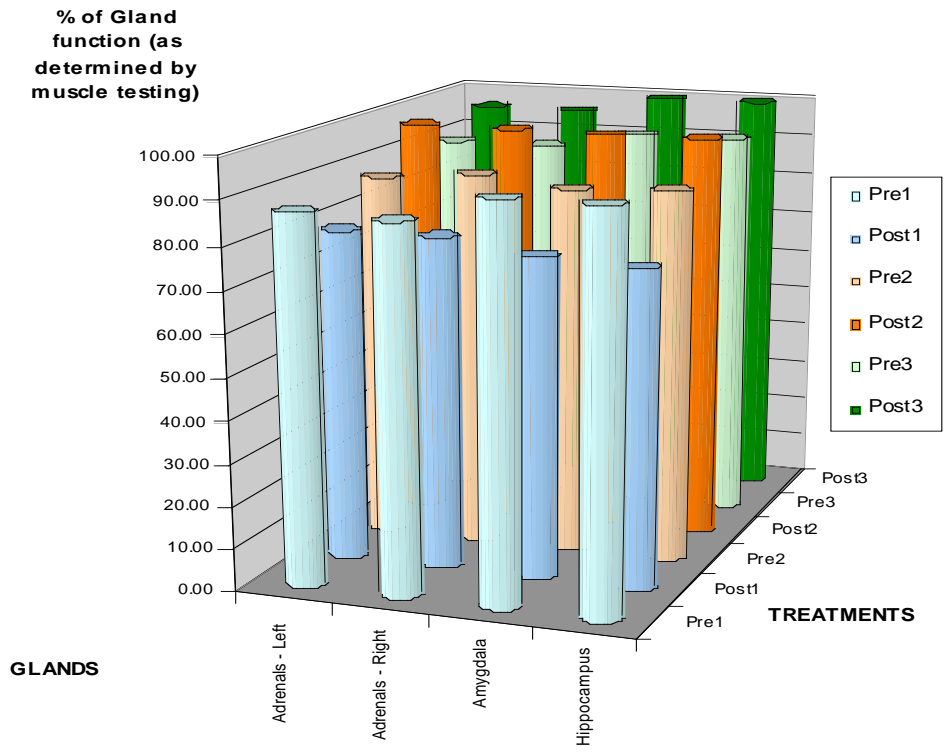
could make out the solid and divided line on the highways. When he returned home, he could see where the doors, windows, and furniture were in his home, no longer having to make his way around by feel. Most importantly, for the first time in two and a half years, he could see the features of his wife's face. (Webb, 1993a p 27)

The vortex's effect on the fluid within the body was documented by Webb in 1993. Glaucoma is a fluid pressure-related condition. The tissues on the backside of the iris produce aqueous humor, which occupies the space between the cornea (the rounded part at the front of the eye) and the lens (positioned behind the iris). Normally, this fluid returns to the bloodstream through the sclera venous sinus (canal of Schlem), located at the outside of the iris as quickly as it is formed. With glaucoma the fluid accumulates and it creates and increases in fluid pressure in the space between the cornea and the lens, compressing the lens into the vitreous body and putting pressure on the neurons of the retina. If the pressure continues over a long period of time, glaucoma can produce visual impairment and blindness. Ear candling has a marvelous ability to assist the body in locating restricted macro- and microscopic canals, through which fluid is supposed to flow in the body. These canals often become blocked or swell shut for one reason or another. Ear candling facilitates a relaxing of and an opening in these canals, thereby improving fluid drainage flow capacity. In the case of glaucoma, it is partly the lack of fluid drainage ability that creates the excess pressure. Enabling the excess pressure to drain by ear candling often relieves the symptoms. It is this same protocol of ear candling's ability to relax and to open canals that results in improved drainage in the lymphatic system and many other subtle fluid flow patterns in the body.

Webb also shows a similar, albeit less dramatic, effect of ear candling on the adrenals, the amygdala (which has been shown in research to perform a primary role in the processing and

memory of emotional reactions and is considered to be a part of the limbic system), and the hippocampus (which also forms a part of the limbic system and plays a part in memory and spatial navigation). This helps to define why the overwhelming majority of ear candling users report a 'clear and open' sensation, enabling them to take deep breaths and admit that they feel good.

### SYMPATHETIC GLANDS



	Adrenals - Left	Adrenals - Right	Amygdala	Hippocampus
Pre1	87.28	86.67	93.06	93.06
Post1	79.11	79.06	76.11	75.11
Pre2	87.80	89.80	87.60	88.60
Post2	97.20	97.20	97.20	97.20
Pre3	90.00	90.00	94.00	94.00
Post3	96.00	96.00	100.00	100.00

Webb (1993a) has concluded that the top four systems that retain the most positive healing energy from ear candling treatments are the posterior pituitary, the immune system, the lymphatic system, and the kidney meridian. In these categories, it is observed that significant changes occur as a result of ear candling. Since the lymph system is an essential tool for the elimination of toxic material and houses a vast array of immune cells, Webb was easily able to witness dramatic visual reports of swollen lymph glands disappearing under ear candling treatment like 'snowballs in the sun' and of diffusing lymphatic swelling in the neck and throat area. Although the drainage is most prevalent in the area from the ears upward, including the cranial cavity, the middle and inner ear areas, the sinuses, and the area around the eyes, ear candling also establishes an unceasing of the cranial sutures. This results in the articulation of the cranial sutures and a smoothness in the rhythm of the cerebral spinal fluid pumping mechanism and the cranio sacral articulation pump (whereas blockage of these areas can cause a lot of problems, as demonstrated in cranial osteopathy). Further sessions progressively drain the lymphatic system from the collarbone up, from the mid-chest up, from the mid-abdomen up, down to the thighs and working its way toward the toes until the entire body's lymphatic system becomes much clearer in its drainage and detoxification capacity. Not only does this indicate the role ear candling plays in the cleansing of the body but it also shows the cumulative effect of regular ear candling sessions, whereby the clearing and cleansing of tissues continues down the body structure rather than having to start from scratch each time too much time elapses between sessions.

The fact that fluids migrate to an area of lower pressure through a permeable membrane, affecting such a plethora of bodily functions, seems integral to this discovery process. Once again, this is witness to the implosive power of the spiral vortex inside of the ear candling to

effect such dramatic changes. It stands to reason that the heat and the pressure created by the ear candling process, presented initially by Sceats in his Ear Candling book would also expand the pore spaces and the intercellular spaces in the tissues of the ear, creating a permeable membrane but more importantly creating a trigger effect of our complete human electrical grid, meridian, chakra, and nadis subtle human systems, all of which combine to form the infrastructure of our autonomic nervous system.

To understand these reactions, it seems relevant to begin looking at the structure of our meridians and ear candling's effect upon them. Kaptchuk describes this system as channels or pathways that carry qi and blood through the body, comprising an invisible network that links together all of the fundamental substances and organs. In Chinese meridian theory, these channels are unseen but are thought to embody a physical reality, as the meridians move the qi and the blood, regulate yin and yang, moisten the tendons and bones, and benefit the joints. The meridians connect the interior with the exterior. This is the basis of acupuncture theory: that working with points on the surface of the body will affect what goes on inside the body, because it affects the activity of the substances that are traveling through the meridians.

The ear candle directly affects the stomach meridian, the small intestine meridian, the bladder meridian, the triple burner meridian, the gall bladder meridian, the liver meridian, the governing vessel and the conception vessel, as these pathways all have a start or an end within the head area. These meridian pathways are part of the energy systems of our being, which interfaces with our body's electrical and physical system, the autonomic nervous system. The intertwined functions of this system is an integral part of the electrical grid that provides comprehensive life force energy to all parts of our being and, therefore, to each cell of our body through our permeable membranes. If the energy grid experiences disruption then there will be a

physical part reduced in its function and its health capacity. Strengthening and balancing or aligning the energy systems with the energy from the spiral vortex, which is created and then transmitted by the lit ear candle, provides us with good resistance to states of ill health.

There are many schools of “non-Western” medicine that believe that in order for any disease to manifest in the physical body there first must be a weakness or congestion in the energy body. The reverse of this principal is that the stronger and clearer the energy body, the greater the potential for overall health and reversal of the disease process. Ear candling strengthens and purifies the energy fields of our body with its vortex energy that implodes through our bodies. With each treatment building upon the residual strength of the previous treatment, aberrations of clarity in the energy field cease to exist and there are increased levels of health with a greater sense of feeling balanced in clients who receive frequent treatment (Webb, 1993).

In Chinese medicine, the key factor to health is a strong balanced acupuncture meridian flow carrying the Chi “life force” to all body parts. In particular, the kidney organ, or meridian yin energy, is seen as a vital storehouse of life’s energy. Therefore, strengthening the state of kidney energy and its distribution is essential to any form of healing process. Webbs (1993) research has shown that, of the systems receiving healing energy from ear candling, the yin aspect of the kidney meridian very often is within the top three benefits derived. In Chinese medicine, the ears relate directly to the kidneys and cold is damaging to the kidneys. Webb hypothesizes that with ear candling the heat of the flame creates a reverse flush of energy back down to the kidneys, filling them with warmth and vitality and providing a storehouse of “life energy.”

In East Indian medicine, it is the flow of the Prana “life force” that determines the capacity for vitality in all body parts and aspects of our lives. The central part of the Prana movement, the spine, is from the base of the physical spine upward in a double helix fashion around a central straight channel. The sum total of the chakras forms a vertical column in our bodies called sushumna. This column is a central integrating channel for connecting the chakras and their various dimensions. It can be thought of as a ‘super highway’ on which these energies travel, just as our asphalt highways are channels through which physical items travel from the manufacturer to the consumer. Traveling beside, around, and through the sushumna, there also are many back roads, such as the Chinese acupuncture meridians, and the thousands of other nadis, subtle energy conduits, which Hindus have found within the subtle body. Nadis can be thought of as alternate channels, such as the telephone network, gas lines, or stream beds, where there are special channels for moving certain kinds of energy, all passing through the same vortex (Webb, 1993b).

This complex nadis subtle human system is based upon Kundalini energy, which collects and migrates in a sort of intertwining figure eight pattern, interfaces with all of the chakras, through all of the meridian pathways and spins out of the glands as it travels up this spiral pattern through the spine. In metaphysical terminology, a chakra is a vortex. Chakras spin in a wheel-like manner, attracting or repelling activity on their particular plane by patterns analogous to a whirlpool. Anything the chakra encounters on its particular vibrational level gets drawn into the chakra, processed, and passed out again. (Anodea, p. 23. 1987, 1999). Webb (1993) further theorizes that within the nadis system there is a place from which consciousness rests and/or sprouts. As the ear candle is burning down within the auric field, creating spiral vortex energy and affecting the human electrical grid, the implosive energy hits this place of consciousness and

travels down to the root chakra. As it hits the root chakra, landing with high frequency, it begins its climb back up the chakra system to feed and to support the glands and the immune system. Then it integrates the brain, leading it to a higher state of consciousness and calm. The calm is of the central nervous system and your higher spiritual centers. However, most importantly, this rising energy is lifting energy, pushing back up and through these many systems, providing the lifting power necessary to allow the body to release blockages as well as to allow for the physical manifestation of foreign objects within the ear candle.

Upon closer inspection we see that in the spine there are three major nadis known as ida, pingala and sushumna. Nadis means flow, like the flow of electricity within a cable. Ida represents the negative force, the flow of consciousness, pingala represents the positive force, the flow of vital energy, and sushumna represents the neutral force, the flow of spiritual energy. The union, the connection between these three flows occurs in ajna chakra, which is the eyebrow center. But the revelation is found in one of the three channels in this nadis system: the sushumna, which caters to the parasympathetic nervous system, or to the autonomous nervous system. The one on the left looks after the left sympathetic nervous system, and the one on the right looks after the right sympathetic nervous system. “Now, it is neither accepted nor discovered in medical science yet that the left and the right sympathetic nervous systems are two juxtaposed systems but their functions are absolutely opposite to each other.” Shri Kamya Devi (Kamya [321<sup>st</sup>]: (Webb, 1993b p. 1)

This coiled energy is known as kundalini, or life energy, and has a very close connection with the physical body. It provides the body with vitality and strength, and it relates to our survival instinct and procreation. The gross manifestation of this subtle energy in the sushumna channel of the spinal cord is termed the parasympathetic nervous system. Along this spinal cord

flows kundalini, where more energy will be distributed all the way up the spine and to all bodily tissues via the interfacing of the chakra centers with the central nervous system and the major clusters of nerves coming from our spine (Webb, 1993b)

Webb writes about the vital energy of the sympathetic nervous system. There are two systems: left and right. The two channels, which carry this energy in subtle form (in the medulla oblongata), are known as ida and pingala, respectively. The right-side system (in the right-handed person) caters to the emergencies of the active consciousness (i.e., extra efforts and emergencies). The left-side system (which in medicine is said to remain dormant) caters to the subconscious mind of the psyche (i.e., libido). This free flow of “life energy” is enhanced as a result of ear candling, clearing and strengthening all aspects of chakras, meridians, and auras. Hence, the entire energy grid is much improved in its ability to deliver life force energy to every cell in our body. If we have cells in a state of ill health, providing a fresh input of this vital life force energy is of extraordinary importance in the cells’ ability to regain health (Webb, 1993b).

In the natural health fields, it is believed and well supported that in order to relieve the stress caused by progressive malfunctioning one has to “clear up” the system as best as one can. This can be achieved through stimulation and support of the elimination systems. To this effect, it is essential to reduce the negative influences and build-up of toxins, to strengthen the immune system, and to increase elimination. All of these processes require extra energy input. The spiral vortex within the burning ear candle not only delivers that extra energy but it also mobilizes the immune system throughout, it increases lymphatic drainage allowing areas to be cleaned up, and it delivers through positive mood changes a series of balancing chemicals which brings the whole systemic function back into a smooth operation, creating an environment conducive to healing and the building of health. Patrick Quanten, former MD, teaches that the changes that

occur as a result of ear candling are a result of changes within the body, not a result of an outside source or effect. Quanten goes on to explain a relationship worth considering:

Who you are, what you believe, we now know to be energetic entities with very specific qualities to the energy field that is creating you and your belief system. We also know that a burning flame produces heat and that heat has specific energetic qualities of its own. Energetic fields always interact with each other and it seems logical to suppose that if we place one inside the other that the first one will have a profound impact on the latter. What is more, from empirical observation we know that burning ear candles in your ear profoundly changes your physical reality. And now we know that the physical reality is determined by the energy field in which the candles are being burned. One influences the other.

The main qualities of fire we need to concentrate on are the heat it disperses, the dryness it brings about, and the lightness it turns everything into. It warms, it dries, and it lightens. When you burn coal or wood, or anything else for that matter, you create heat, you dry out the surroundings in which you do the burning, and you end up with dust where once heavy coal or wood existed. When heated-up fluids become lighter they flow smoother and easier. Eventually the fluid becomes so light it turns into gas and the container which held the fluid becomes dry.

Within our energy field the energy blockages and malformations are described as dense, heavy, sluggish. The energy becomes more stagnant, less mobile. There is a disturbance of the free flow of energy, which distorts the flow and causes disturbances within the pathways and energy lines. It is these distorted energy lines that eventually

manifest themselves in the physical body as malfunctions, which the medical profession call diseases.

The fire we light directly within the astral and the mental bodies of our being must have a huge impact on the energy distributions within those fields. One can imagine that the impact on the energy disturbances there are. If there are no serious densities or malformations within the fields, then the fire will deliver more heat, more energy, more power; it will also bring about more dryness, which will be welcomed if the system is damp but will be shunned if the system is already being a bit too dry; and it will bring lightness, which will be helpful if the system is too heavy, but otherwise it will cause the energy field to move up to a higher vibrational level. As we have seen, each higher, extended, level of our being vibrates at a higher frequency. Each level of higher frequency relates to moving away from the spiritual levels. The higher vibrational frequencies relate to higher spiritual living thus we are witnessing Kundalini energy at work.

So, the fire of the ear candle will give the person, including his physical body, more energy, will make it drier and lighter. On an energetic level, this means that the heavy dense energy clouds will lighten up and move more freely. It means that the blockages within the field become less of a hindrance and become more penetrable, which results in fewer distortions of energy lines. This, as seen, results in less distortions of the messages delivered to the cells of the physical body. This means that, on a physical level, all symptoms of coldness, dampness and heaviness will disappear. This includes all kinds of congestion from ear, nose and sinuses to throat and lungs, and also of heart, liver and kidneys. As well as, weeping conditions such as open infections and

boils, and better still emotional heartache. Think of heavy bodies as well as heavy hearts and heavy heads. Think of low energy people, of high energy demands. And always remember what the qualities of fire are, and that you can't be selective about the qualities you want to select from the fire: you will always get them all.

The huge impact ear candling has on the aura and the energy field of the human being, is why we experience the magical healing effects from this ancient method. It changes the substance that is responsible for making the physical body appear the way it does, and by doing so it repairs faults and discordances at the planning stage. This explains why there cannot be a physical reason for the changes reported after ear candling. The search for an explanation as to "where the mucus congestion has gone to?" or "what has happened to all the stuff that was stuck in my nose?" has now come to an end. The question is as irrelevant as asking, "Where has the cold air gone to after the open fire has warmed the room?" The answer is simply: "Nowhere." It has changed into something else. How? Because the field that created the congestion and the mucus has now been changed to a drier template and this new template is now being expressed." (Quanten, 1993, p. 7-8)

Quanten theorizes that the spiral vortex has the ability to create and change energy by changing the temperature and/or pressure. In general terms this is how all energy becomes heavier, denser, and consequently more solid. It is this way that we compress water vapor into water, and cool water into ice. This is how our bodies come into being. This is how the world as we perceive it comes into existence. And now we have seen it with the ear candles. When we compress the white smoke, it materializes out, mostly into dry powder and a fatty substance that looks and feels like ear wax. A good example of this is a sinus infection. When a person ear

candles, they have a dramatic reduction of mucus in their sinuses because it changes. It is no different than lighting a fire in a cold room and realizing the cold air is gone. It is not gone; it simply has changed into warm air. The heaviness and dampness of the mucus you carry simply changes into lightness and dryness and, therefore, the physical expression of those characteristics changes as well. In this sense your body responds immediately to changes made in the field that created it. It makes your body different moment by moment, relating all the time to the energetic “you.”

Ear candles are isolates of a particular air part inside the candle, which becomes trapped by a ring of fire. This produces the spiral vortex, which partly floats up into the surrounding area as black smoke but also partly gets pushed and condensed toward the physical body as white smoke. It is this energy that creates the greatest changes, not only because the heat created is greater but also because it directs that extra energy toward the center of its energy field, the body itself. The heat of the candle produces the visible effects of black smoke floating straight up into the air from the top of the candle and of white smoke going down inside the candle, which Quanten believes materializes out into the dry powder and fatty substance we find in the bottom of the candle. Heat is a form of energy, energy is stored inside the body in the form of fat, and fat is the physical equivalent of trapped, stored energy, or heat. This means that the more powder you find as a result of the candling process, the more water, or dampness, has been changed into dryness; the more fat that is present, the more energy has been stored by the body for later use; and the more black smoke that exists, the more heaviness has been changed into lightness (Quanten, 2007).

*Summary*

Humans are an energy field and ear candling changes this field by adding heat to that field and by creating a spiral vortex energy pattern. We know that every piece of matter lies at the center of its own energy field. The body is the center of our energy field, but at the same time every piece of our body, every cell, lies at the center of its energy field. The body's field can be seen as an association of all cellular fields. All cellular fields together make up the body's field. Thus, when the fire changes the human energy field, it essentially does so by having an impact on all the cellular fields at once. Every cell of the body is hit by the same energy frequencies from the body environment at the same time and, hence, every cell of the body knows what is going on in the body's environment at all times. This is called signal transduction and occurs because every cell in the body produces neuropeptides (Quanten, 2006). The hollow ear candle delivers the *qualities* of heat, dryness and lightness, into the physical body through the vortex, spiraling down towards the body in a process called "implosion." It does not deliver heat, as in a warmer temperature, to the ear. The actual temperature at the bottom of the candle does not significantly change throughout the whole process. Instead, it wakes up our body's kundalini, the sleeping serpent that lies at the base of our spine, according to ancient teaching. The spine allows electrical information from all of the nervous systems to be supplied to the entire body. When this serpent wakes up, it splits and starts to dance around the spine as powerful energy manifested in ionizing spinal fluid, which can change the body's molecular structures.

Amazingly enough, ear candles trigger and remind our subconscious through example how to generate this kundalini spiral vortex energy within our bodies, creating health and exuberance. Spiral vortex energy triggers a reaction and that reaction sets off an effect through our nadis subtle human, meridian, and chakra systems that manifests itself in our physical autonomic nervous system.

## CHAPTER V

## Discussion

Ear candles trigger an energetic response upon our whole electrical system, including the autonomic nervous system, meridian system, reflexology points, and the nadis subtle human system. This trigger serves as a catalyst to encourage our bodies to relax from a sympathetic state to a parasympathetic state. Although this occurs with most relaxation techniques, the ear candle specifically influences the Eustachian area, sinus cavities, and lymphatic systems. Via the spiral vortex's implosive capabilities, it initiates the energetic wave of kundalini energy, which traverses along its destined path, releasing any necessary toxins, energy, and blockages. The end result is seen in the ear candle and/or the physical body, which serves as a conduit for any physical manifestations of release.

It is quite apparent that ear candles are in dire need of some very specific studies, clinical trials, and research in a wide arena. There are five categories that would be deserving of additional research and consideration: establishing standards for the manufacturing of ear candles; measuring the physical changes within the eyes, ears, nose, throat, and lymphatic systems; measuring the physical changes within the autonomic nervous system; measuring the physical changes within the brain, electrical magnetic fields, and energy patterns; and measuring the physical implications of the spiral vortex, implosion, pressure, and temperature issues. Regrettably, there is no further research that feasibly can be completed to discover the origin of an ear candle. Only with due diligence and through the continued documentation of verbal testimony will we be able to have a more complete picture.

*Ear Candles*

There are a wide variety of ear candles on the market. They are made with different ingredients. It would seem imperative to establish a standard for the cleanest burning ear candle based on what properties make it the cleanest and the safest burning. Manufacturers need to establish an acceptable carbon rate and vapor rate. Lab work needs to be completed by an independent clinic that could measure, compare, and analyze the residue left behind in the ear candle and that could compare the results with a variety of ear candles being used properly. There also should be established a level of acceptable residue from an ear candle that is burned down, with its end plugged, while not in an end user's ear. It also would be extremely beneficial to compare the variety of ear candles and to note the differences in their actual burning, their burn rates, their air flow, and their effects based upon amount of cloth used in the manufacturing of the ear candle.

#### *Physical Changes Within the Eyes, Ears, Nose, and Throat*

Since the nervous system serves as the body's control center and communications electrical-chemical wiring network, testing this network between the Eustachian and sinus cavities could help us to detect and to interpret responses to changes in the internal and external conditions. It seems imperative to compare the sinus cavities before and after using an ear candle, particularly the measurement of any changes within the fluids of the sinus cavities and any changes within the actual physical dimensions of the cavities. It would be beneficial to make these comparisons after the first and third ear candle in order to try to establish a pattern of improvement and/or drainage. A comparison of the Eustachian tubes before and after ear candling would compare any physical differences within the Eustachian cavities.

It would be extremely beneficial to compare the recovery time from an ear infection using three ear candles daily on each side to the typically established seven-day recovery rate.

It also could be interesting to determine if the placebo effect is a factor regarding ear candles. A placebo would establish whether a lit candle, as opposed to a non-lit candle, produces the effects.

Physical differences of the end user could be noted by ear candling one side of a person that has sinusitis or water retention of any type in the facial area. A picture could be taken before and after using an ear candle to document the physical differences. These individuals also could be interviewed in order to analyze the differences in feeling between one side and the other. This entire process could be repeated for two and three more ear candles, documenting the changes. Another possibility would be to establish the effect of ear candling upon hearing by completing a hearing test on someone who is complaining of hearing loss. The individual could complete a hearing test after using an ear candle. Once again, the process could be repeated for two and three more ear candles.

#### *Physical Changes Within the Lymphatic and Autonomic Nervous Systems*

The lymphatic system could be measured for any increases or decreases in the lymphatic fluids and their performance. One could note at which number ear candle there is a significant degree of difference. Measuring the correlation between the change in the flow of lymphatic fluids and any decrease in sinus congestion could establish a pattern of a decrease in pressure and pain. One also could document any experiences by the end user of an audible 'pop' sound in his or her ear canal and any release in pressure, comparing this effect to any change in the lymphatic and sinus areas. Then one could discover from where this 'popping' noise originates. Equilibrium pressure could be an issue or an answer to this mystery. If there is a way to measure the equilibrium pressure inside the ear canal or sinus passages, one could note any changes.

Another tactic would be to measure the shift between the sympathetic and the parasympathetic nervous systems and when it occurs. One could measure any heart rate variability patterns to document further this shift. One also could measure blood pressure before, during, and after ear candling, noting any fluctuations and correlations within the autonomic nervous system.

#### *Physical Changes Within the Brain, EMF, and Energy Patterns*

The brain and spinal cord make up the central nervous system (CNS); the connecting nerve processes to effectors and receptors serve as the peripheral nervous system (PNS). These control special sense receptors that provide for taste, smell, sight, hearing, and balance. It would be revealing while ear candling to track the messages exchanged between the CNS and the rest of the body, measuring any differences in the patterns or differences in (a) the brain waves and/or brain wave patterns affected, repeating these tests for the second and third applications; (b) the ear candle's energetic output (EMF) and any correlation between the end user's EMF, chakra centers, or meridian pathways; and (c) cranial pressure.

#### *Spiral Vortex, Implosion, Pressures and Temperature Issues*

With implosion technology, two types of motion take place simultaneously: centrifugence, which gives pressure, friction, temperature rise, and biological deterioration, and centripence, which gives suction, temperature drop, and biological improvement. The working mechanism is the double cycloid spiral curve. This contraction cools and this cooling creates a vacuum. This vacuum augments suction and the whole process generates a diamagnetic force. Compacting physical matter to a point beyond which it dissolves into its energetic form and allowing it to return to its physical form can be achieved artificially or mechanically. What would be important to measure is (1) the combinations of the centrifugal and centripetal

movement, (2) the equatorial alignment of particles, and (3) the negative electric ionic charge and the negative pressure, to determine whether there is a gradual or sudden concentration of liquids or gasses producing a negative pressure through this implosion.

We are interested in the intensification of vorticity which takes place in three dimensions when a vortex line is extended. The vortex is a physical entity capable of transforming liquids from one chemical or physical condition to another by way of measurable parameters.

The following additional tests might be helpful in this category: (For all of the below tests that may be engineered, colored smoke may be the key to identifying the answers below):

1. Measure, probably in micrograms, how much smoke flows into the ear.
2. Create an ear candle so that the bottom half of the ear candle is actually glass. If necessary, cut the ear candle off, slide it down into the same shape of a glass ear candle, and then burn it that way so that the spiral vortex can be photographed.
3. Use a visibly colored powder or glitter in the glass ear to observe if the spiral vortex has any effect on the powder or glitter.
4. Determine when the vortex begins in the burning process of the ear candle.

The technology behind an ear candle needs to be examined. It needs to be established whether there are forward or reverse vortices that run in both directions, simultaneously or non-simultaneously, in the ear candle, which enables an effect that encourages the body to release physical objects into the ear candle.

If the circular burn of the ear candle creates toroidal vortex at the top, as convection currents build up a conservation of momentum like a donut-shaped air flow pattern, it creates a pressure in the tube. The tube being hollow, forces this spinning toroid down into the candle.

It appears that the tubular hollow creates a tuned cavity. This tuning amplifies toroidal

airflow, if there are nodes and voids in the tube that reduce friction of the airflow at certain points.

To further reduce friction, air flow spins into a vortex. The vortex reaches a small opening, implodes, condenses, and boosts lifting power as it exits upward. This leaves a very tiny vortex channeling into the ear canal, just like a tornado with great lifting power. Perhaps this little micro tornado runs down the whole gamut of kundalini, chakras, etc. and sends a spiral vortex back up the ear candle, resulting in the physical manifestations found inside the ear candle. This appears to be the whole key to the mystery of ear candling.

### *Summary*

This research has revealed many of the accepted myths in our society regarding ear candles: Ear candles are not ear wax removers; they are not taught in German schools; there is not a picture of an Egyptian princess being ear candled on the pyramid walls; the residue left behind in an ear candle is, generally as a rule, not candida, bacteria, pollen or a virus; ear candles do not originate with the Hopi Native Americans but instead are found in a variety of other cultures. More importantly, this study has authenticated the historical usage of ear candles for a plethora of symptoms, including but not limited to: ear infections, sinus infections, and colds.

There has also been established a beginning set of standards that need to be implemented in the manufacturing of ear candles. They need to be manufactured with the end users' safety in mind. This will ensure the future of ear candles as it will help to protect ear candles from any foolish government regulations placed upon irresponsible manufacturers and, invariably, upon all manufacturers. Most importantly, ear candles are not and should not be labeled as a medical device. Ear candles are an energetic tool that has been adopted by the holistic community

without even realizing that ear candles are the trigger within the human frame for physical, emotional, and spiritual healing.

Ear Candle research is integral to the recognition and eventual advancement of ear candles in all areas of the end user's health. Ear candles help with ear infections, sinus infections, pink eye, vertigo, hearing loss, pressure pain related to allergies and cold, and the release of blockages and toxins in an extremely economical and safe means. Instead of people suffering from these ailments, ear candles provide a very viable, practical resource.

This amazing modality needs to be further researched so that it can be protected from medical labeling, whether that be in the form of acceptance or rejection. Ear candles began in the home and so should stay in the home. However, as all growth necessitates, standards must be expected among the manufacturers. However, ear candles can and will continue to help aid the body in healing itself and, as such, deserves to be further investigated.

### Definition of Terms

**Ear Candle** – A hollow candle that is generally handcrafted or manufactured using paraffin, beeswax, or specially formulated waxes. The length and the diameter of ear candles vary from each vendor.

**Spiral Vortex** – A vortex (pl. *vortices*) is a spinning, often turbulent, flow (or any spiral motion) with closed streamlines. The shape of media or mass swirling rapidly around a center forms a vortex. It flows in a circular motion.

**Sympathetic nervous system** – The sympathetic nervous system activates what is often termed the fight or flight response. This response is also known as sympatho-adrenal response of the body, as the pre-ganglionic sympathetic fibers that end in the adrenal medulla (but also all other sympathetic fibers) secrete acetylcholine, which activates the secretion of adrenaline (epinephrine) and to a lesser extent noradrenaline (norepinephrine) from it. Therefore, this response that acts primarily on the cardiovascular system is mediated directly via impulses transmitted through the sympathetic nervous system and indirectly via catecholamines secreted from the adrenal medulla. (Wikipedia, 2007.)

**Parasympathetic nervous system** – The parasympathetic nervous system is one of three divisions of the autonomic nervous system. Sometimes called the *rest and digest* system, the parasympathetic system conserves energy as it slows the heart rate, increases intestinal and gland activity, and relaxes sphincter muscles in the gastrointestinal tract. (wikipedia)

**Nadis Human Subtle System** – Yoga describes some 72,000 lesser nadis for energy distribution within and without the body. This leads us to the more external system of acupuncture in Chinese medicine.

**Chakra** – In Hinduism and in some related Asian cultures, a chakra (Devanagari) is thought to be a nexus of metaphysical and/or biophysical energy residing in the human body. The New Age movement, and to some degree the distinctly different New Thought movement, have also adopted and elaborated on this belief.

**Meridians** – Meridians are the channels of pathways that carry qi and blood through the body. They are not blood vessels. Rather, they comprise an invisible network that links together all of the fundamental substances and organs. The substances qi and blood move along them, carrying nourishment and strength. Because the meridian system unifies all the parts of the body, it is essential for the maintenance of harmonious balance.

**Acupuncture** – is a technique of inserting and manipulating needles into "acupuncture points" on the body. According to acupunctural teachings, this will restore health and well-being and is particularly good at treating pain. Acupuncture is thought to have originated in China and is most commonly associated with traditional Chinese medicine. Other types of acupuncture (Japanese, Korean, and classical Chinese acupuncture) are practiced and taught throughout the world.

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