

Ear candling

by Jili Hamilton

Ear treatment candles and your child

Your child is crying inconsolably with earache in the middle of the night. What's the solution? She suffers from allergies. What can help? He suffers from repeated ear infections and the doctor is suggesting an operation. What to do? Before you get to that stage had you thought of using ear treatment candles? Oh, you may indeed have heard of them, possibly in pejorative terms, possibly as a form of ear cleaning, but do you *really* know what ear treatment candles can do for you and your child?

Background

First of all, ear candling has been around for aeons and is used in many parts of the world. It sometimes comes under the heading of an 'old wives' remedy' - and how many of these are we rediscovering today with excellent results?

Simple in themselves, ear candles are hollow tubes or cones made from cotton or linen impregnated with wax and various herbs. In some cultures, blowing smoke into the ear was a method of treating ear problems; in Cyprus honey is added to the mix to stop the candle from burning too quickly as theirs are made from paper. Pottery and glass cones have also turned up in various parts of the world.

The treatment

The candle is placed just over the entrance to the ear and the top is lit. As it burns it sends a gentle warmth spiralling downward and it is this that massages the eardrum and stimulates the immune system; we know that a properly functioning immune system is vital for perfect health and when this is built up in children from the earliest age they have a wonderful gift to take them through life.

The acupuncture points in the ear are also treated and six of the main meridians in the human body (those involved in allergies) either start or terminate at a point between the nose and the ear. The candle is therefore sending energy right



through the body by means of the meridians and its efficacy in treating allergies is clear.

Working with children

So what sort of results have we seen from candling children? Many years ago a therapist working with children told me he had used candles on his little patients and two of them, booked for surgery for glue ear, had had their appointments cancelled as, after four or five candle treatments, they no longer needed the operation.

One of the most impressive was at an exhibition in Scotland a few years ago. A lady with a small boy arrived on our stand to ask us about the candles. We explained how they worked and she told us that Jamie had suffered from ear problems for most of his life and had been subjected to some painful treatments. Could the candles offer a gentle solution? He adamantly refused to have anything to do with them so we suggested treating his mother first. He crouched in a corner and during the treatment she talked him through the process. Seeing that she was not in pain, he agreed to try and even enjoyed the treatment, his mother vowing to continue with the candles.

There are so many stories to tell of children and candles and some of them are contained in my book, *Hopi Candles* in

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English and *Les bougies auriculaires et leurs bienfaits méconnus* in French (*Ear Treatment Candles and Their Unknown Benefits*).

FAQs

How often do you treat? The child may ask for a treatment, may start pulling his ears or be hearing less well. Otherwise, every two or three months; that way the child should avoid problems.

Who should treat? A qualified therapist is best qualified to treat, certainly in the first session. After this a 'maintenance' treatment can be done at home.

How old must the child be? At least 12 months

When is a good time to do the treatment? Just before bedtime as the treatment relaxes the body.

Are they only for children? Absolutely not, and many people have found relief from long-standing problems.

Do they only work on the head? Not at all; I have can give many instances where ear candling has addressed various problems all over the body.

Is there any more to the candles than that? A resounding "yes"! There is much, much more to be learnt and that is why I wrote a book. That is also why I train therapists to use the treatment as only a therapist can see the problem from all angles, ask the right questions and suggest the number of treatments necessary, often giving advice on diet, etc. as well.

Where can I find a qualified therapist? Check my website or contact me directly.

The treatment, known as Ototherapy, has been accredited in Switzerland by ASCA the main professional association and complementary medical insurance policies will reimburse treatments performed by therapists trained by me and registered with ASCA.

Details of courses for lay-persons as well as for qualified therapists can be found at www.jilihamilton.com Contact Jili directly at: info@jilihamilton.com. ■

About the author: Jili Hamilton has worked with ear treatment candles for over 20 years; she has written the first book in English and the only book in French on the subject. In 2006 she was a keynote speaker at an International Ear Candling Conference held in the UK. She is fluent in English and French.

