



Brighton Holistics
&
Lodge Hill Holistics

Biosun Hopi Ear Candles Handout

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Nothing stated in this document should be considered as medical advice for dealing with a given problem. You should consult your health care professional for individual guidance for specific health problems. This text is for informational and educational purposes only, and is simply a collection of information in the public domain. Information conveyed herein is based on pharmacological and other records - both ancient and modern.

Thank you Jon Matson MCMA, BABTAC & MGHT
Principal of Brighton Holistics & Lodge Hill Holistics

HOPI EAR CANDLE SUITABILITY

BIOSUN Ear candles are useful for headaches, migraines, stress, tinnitus, sleeping disorders, blocked ears and sinuses, and glue ear on children.

If used regularly they can prevent syringing and grommets being fitted. However, we do not recommend using the Ear candles if you have a perforated eardrum, if grommets have been fitted and are still in place inside the Ear, if there is inflammation inside the Ear, the patient has a cochlear implant, or the patient is on medication from their doctor.

BIOSUN Ear candles are safe to use during pregnancy. However, we do not recommend using them within the first 3 months.

There are no contraindications with the use of the Essence Ear candles that contain essential oils as the amount of essential oil within the candle is only 0.001 gram of the whole weight of the candle which is hardly enough to cause any contraindications.

Whilst results vary from person to person, many users of Hopi Ear Candles report that use can aid with the following problems:

- Excessive wax in the ears
- Discomfort in ears and sinuses
- Regulating pressure where it relates to rhinitis, sinusitis, glue ear, colds / flu and migraines.
- Poor or 'muffled' hearing
- High stress
- Ringing in the ear (tinnitus)
- If you have any concerns regarding use of ear candles you should consult your local healthcare or complimentary medicine provider.

Remember

Whilst there are no known contradictions it is wise not to use Hopi Ear Candles:

- If grommets are in place
- If Cochlear implants have been fitted
- You are suffering an ear infection
- You are allergic or sensitive to any of the ingredients used in the candle's manufacture



HOW DO EAR CANDLES WORK?

Ear candles have physical function. A light suction action (chimney effect) and the movement of the flame create a vibration of air in the ear candle, generating a massage-like effect on the eardrum.

This induces a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses. It is soothing and helpful for earache and headache, ear noise, stress and nervousness. These benefits have been well known through 19 years of experience and confirmed by thousands of doctors holistic practitioners worldwide.

This physical effect is often described directly after the treatment as a soothing, pressure and pain relieving sensation, mainly in the ear and head area. The treatment may also spontaneously cause freer nasal breathing and an improved sense of smell, even when the nose was blocked before treatment.

Please note: Ear candles do not draw hard and compact ear wax up and into the ear candle and Biosun has never made and do not make claims that this happens during a treatment (this is a belief that seems to have been adopted by some therapists and used as a sales technique for other ear candle brands).

The Biosun ear candles may pull a small amount of loose or flaky earwax, dead skin cells or yeast cells from the very external part of the ear, but the residue that remains in the candle after treatment is actually beeswax and honey that has not burnt away completely.

The way in which the Biosun ear candles work to remove ear wax or mucus in the sinuses is through the sound frequency vibration. The sound of the flame creates a vibration that travels through the ear candle penetrating the eardrum which in turn vibrates the inner ear bones at such a frequency it is like an inner ear massage. This then pushes further into the eustachian tubes and the sinuses helping to push out any blocked pressure.

The heat from the ear candle and the vibration help to soften and break up any ear wax or mucus that is blocking the head and ears, and once broken down the body finds it easier to flush the waste through the lymphatic system. This treatment is therefore detoxifying, and is still working in the body up to 48 hours after the treatment. There is also the added benefit of the herbal essences within the ear candle transferring through the skin and into the blood stream helping to relax and calm you.

Furthermore, the whole ceremony brings a wonderful relaxation, a deep sense of security and a feeling of happiness, which is seldom experienced in the world we live in today.

HOPI EAR CANDLE SAFETY

More and more satisfied customers around the world use BIOSUN Ear candles. They benefit from over 19 years of Ear candling experience plus the best quality and uncompromised safety standards.

The red line (maximum burn) marking around the candle and a specially developed safety filter ensure simple and safe application.

BIOSUN Ear candles are regularly tested by independent institutes and are the only Ear candles that are certified medical products class 11a according to medical device directive 93/42/EEC. It is important for Practitioners of this therapy to understand the difference with the CE label as other Ear candle makes do carry a CE label, but it is not of the same standard or classification as BIOSUN Ear candles.

BIOSUN Ear candles are the only Ear candles in Europe to have a Medical Device Classification, which is a much higher level of safety standards to obtain. In order to have the CE level IIa classification BIOSUN have to adhere to a very strict Quality Control Procedure during their manufacturing process.

There are many other makes of Ear candles on the market today, but none that carry such high standards of quality and safety as BIOSUN Ear candles. The BIOSUN Ear candles are the only Ear candles that are covered by insurers for practitioner use as they are the only Ear candles classified as a Medical Device. They are safe and easy to use, and each packet is supplied with its own leaflet detailing how they work and how to use them safely.

If you are a practitioner of Ear candling Therapy (Thermal/Thermo-Auricular Therapy/ Hopi Ear candling, as it is sometimes known) we do not recommend you purchase BIOSUN Ear candles from outside the UK as they may not be supplied with the UK English leaflet. It is a legal requirement that BIOSUN Ear candles are sold in their original with the English leaflet detailing the UK specifications and the safe instructions for use.

