

Natural Living Tip:



## Ear Candle Risk

If someone was to ask me if they should use ear candle, would response no.

### What is an ear candle?

An ear candle, also known as an ear cone, is a long hollow tube that fits into the outer ear canal.

### What is it for?

Removing wax. The large end of the candle is lit, and the smoke travels through the ear canal. The heat melts the ear wax, which is then pulled into the base of the candle resting in the ear.

### Any Risks?

There are some risks you should be aware of: Skin and hair burns, possible ear damage and possible hearing loss.

Yours for health naturally,

**Dr B**

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