

# *Be Well* *Live Well*

**HEALTH & WELLNESS CENTER**

**DR. MICHAEL LA MASTRO**



## **EFFECTS OF EAR WAX AND THE HISTORY OF EAR CANDLING**

Ear wax is like a recycling center, as your ears produce a sufficient amount of protective wax to trap dust, dirt, and dead hair in your ear canal. As wax builds up it moves to the ear opening, and the excess debris are bathed away when you wash around your ears. Excessive productions of wax, or a narrowed meatus (ear canal) leads to impacted cerumen (impacted wax) causing partial or complete obstructions of the ear canal (1).

When obstruction is complete partial deafness results.

Tinnitus or dizziness may accompany (2).

Egyptian, Chinese and Tibetan cultures practiced ear candling thousands of years ago.

The same was true in the New World, where the Aztecs, Incas and Mayans all used ear cones in their cultural rituals. Native Americans used ear candling for therapeutic, as well as spiritual reasons.

Eventually people began to recognized the value of ear candling in the improvement of common ear ailments, and the practice spread to virtually every country in the modern world. It is in this climate that ear candling is becoming more popular, and is an alternative for improved ear health.

For Ear Candling and Additional Services  
Call and reserve your appointment today

**973-729-7803**

(1.) Reference: El Degowin, RL Degowin Diagnostic Examination of the Ears, 1976, pages 178-193

(2.) Reference: The Merck Manual, External Ear Obstructions 1981, page 1623, Cerumen