

Tyler 25 months old, his first candle treatment. Cut the candle every 2-3 inches as it burns and put the ash in a glass of water. Have the child or adult occupied with a story, etc. Be relaxed and figure on 15 minutes per candle. For a small child, ½ -1 candle per ear every 6 months works well. Use 3 candles per ear for an adult once per year. We also use the candles at the first sign of a sore throat.



At 50% burnt, take the candle out of the ear and turn upside down and "flick" your finger against it to cause the tube to be free of wax and ash, etc. Make sure the tip is open. Insert and relight.



Burn down to with in 3-4 inches, carefully remove and put out the fire in the glass of water. Cut with scissors length ways and peel apart and look for orange wax. All dust comes from the candle material and all the wax has come from the ear. You must do both ears equally! Clean the ears with a cue tip and apply 1-3 drops of garlic oil. **This is self-applied preventive health, not FDA approved for safety or effectiveness. Use at your own risk!**



-The Barefoot Herbalist