



What is Ear Coning?

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Ear coning is a safe, simple home remedy for gently removing excess wax and toxins from inside the ears and eustachian tubes. Long, tapered cones are inserted into the ears and lit. The waxy, tacky smoke generated by the beeswax cones spirals down into the eustachian tube and then returns the toxins which adhere back to the cone. The entire process is relaxing and noninvasive.

What are Ear Cones made of?

The cones are made of strips of unbleached cotton dipped in a mixture of beeswax infused with rose oil. They look much like cotton candy cones. The particular cones sold by the Coning/Candling Company are handmade by us. Though there are a large variety of cone sizes and styles, we have settled upon this particular cone for a variety of reasons. Our cones tend to run 12 inches in length; some make cones that are 8 to 10 inches. When you burn a cone, for safety purposes, it is wise not to burn the last 4 to 6 inches.

What is the History of Ear Coning?

The art of ear coning dates back for centuries, to the ancient Egyptian, Chinese, Tibetan, Aztec, Mayan and American Indian cultures. Cherokee, Mexican Indian and European healers interested in reviving the lost traditions still practice coning. German medical students are taught coning as a part of their medical practice. It is said that the Amish use ear cones as well. In working with clients over the past years (since 1992), I've heard interesting stories about ear cleaning which have included the Turkish bringing coning to the middle east, and beautiful girls cleaning ears in Thai barbershops. The culture of India gives its own special brand of ear care with men who publicly walk the streets offering to clean your ears with long instruments carried in their hats which they will whip out and use to clean your ears for a penny (they produce some amazing results). I have also heard that the Egyptians had a form of coning and worked with frequency medicine. Ear cleaning has been practiced for at least five thousand years by many cultures and is considered as necessary a part of personal hygiene as is tooth and gum brushing.

How does the Process Work?

Let it be known we are cleaning the eustachian tubes. As the beeswax candle/cone burns, the burnt beeswax forms a slightly tacky powdery smoke. As you look into the top of the burning cone, you can see the smoke spirals down in the cone. As the smoke is pushed into the tube, the sticky particles adhere to toxins and incoming smoke causes them to return to the cone to be collected, as the blocked tube is in itself a closed channel. This is why paraffin cones (which are oil based and mildly carcinogenic), lack significant effectiveness - they do not smoke.

The eustachian tube is one of the drains of the lymphatic which has the daily job of cleaning your blood. It releases the toxins it accumulates through the surface of the skin, the elimination tract and through the eustachian tubes. These tubes are quite small and eventually become blocked, due to the large amounts of inorganic substances which our bodies incur. Examples would be: prescription drugs, chemicals in our foods, plastics etc. and toxic substances in our water and air.

Some symptoms that can improve by ear coning

- act as an alternative to "tubes put in your ears"
- assist lymphatic circulation
- cleanse the ear canal
- clear the eyes,
- improve hearing
- improve symptoms of tinnitus (ringing in the ears)
- may help TMJ pain and stiffness
- may help with Meniere's Syndrome
- regulate pressure
- relieve earaches
- relieve pain and fever associated with a ruptured eardrum
- relieve sinus pressure and pain
- relieve vertigo
- swimmer's ear and other ear infections