

## **CHAPTER 18 - THERMAL AURICULAR THERAPY**

### **Knowledge review answers**

1. Thermal auricular therapy, also known as ear candling, is a centuries old method of bringing an enhanced state of health to the ear, nose, throat and sinus areas of the body. This is done using hollow tubes known as ear candles.
2. It is thought that the Hopi Indians used the candles for spiritual cleansing purposes before meditation or entering a trance state.
3. Active ingredients are herbs like chamomile, sage and St. John's wort and essential oils like frankincense and cedar.
4. An otoscope is a medical instrument, which is placed in the ear enabling you to inspect the ear before treatment. Otoscopes have a magnified lens and a bright light.
5. Physical benefits of treatment include: lymphatic drainage to the head and neck thus helping to eliminate waste material from the body; is effective for tinnitus; revitalizes the whole body; relieves sinus congestion, colds, flu, sore throats, ear aches, ear infections, lymphatic congestion, swollen glands, snoring, allergy symptoms, hearing difficulties, pain or pressure when flying and scuba diving.
6. Psychological and subtle effects of an ear candling treatment include: creates a 'balanced' feeling; helps clearer thinking by increasing alertness and concentration; re-balances the energy flow to the body; release of stagnant energy; revitalizes the whole body; aura cleansing; spiritual opening; and emotional cleansing.
7. Candles burn for approximately 12 minutes each.
8. You burn down to the red safety mark.
9. When the burning of the candle is complete, it should be extinguished in the bowl of water.
10. The benefit of the facial massage after an ear candling treatment is to encourage drainage.
11. Two safety features candles may have are a line to burn down to and a filter.
12. After care recommendations include: drinking water, keeping out of draughts, not swimming for 24 hours and to reduce intake of dairy products such as milk and cheese as these produce mucus.
13. The three principle regions of the ear are: the external or outer ear, the middle ear and the internal or inner ear.
14. The individual names of the auditory ossicles, which are named for their shape, are the malleus, incus and stapes, commonly called the hammer, anvil and stirrup, respectively.
15. The bones containing the paranasal sinuses are the frontal, sphenoid, ethmoid and maxillae bones.
16. Vertigo is a sensation of spinning or movement in which the world is revolving or the person is revolving in space.
17. Causes of perforated eardrums include: ear syringing, compressed air, explosion, scuba diving, trauma (skull fracture or from objects such as ear swabs), or acute middle ear infections.
18. The many causes include a build up of wax (cerumen) in the ear; damage to the eardrum; diseases of the inner ear, such as otosclerosis and Meniere's disease; drugs such as aspirin and quinine; and abnormalities of the auditory nerve and its connections within the brain.

19. The time frames will be different for each person. Those who have severe problems may use candles up to three times a week, until symptoms improve. Following this, you may want to use the ear candles once a week, then once a month. For general maintenance once every four months is a good guide, usually with the change of season.
20. Grommets are tiny plastic tubes measuring about 2mm in diameter that are put in the eardrum for people, usually children, suffering with glue ear.