# Friday Favorites Any Benefits to Ear Candling What's the Best Way to Remove Ear Wax Transcript

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## Ear candles and the claimed vacuum effect

## Testing the ear wax removal claims

[Music] ear candles also known as ear cones are promoted as a lowcost effective treatment for ear wax they hollow tubes of fabric impregnated with paraffin or beeswax one end is placed in the entrance to the ear canal and the other end is lit after 15 minutes or so the flame is extinguished and a brownish waxy substance can be seen within the remaining stub this is claimed to be ear wax drawn out by some sort of vacuum chimney effect but the same residue presumably from the burning wax smoke appears if you burn it alone outside the ear researchers actually took the additional step of running used ear candle stubs through a mass spectrometer and indeed no evidence of ear wax was found not surprisingly perhaps since tanom metric measurements showed no signs of negative chimney effect pressure at any point not to be dissuaded proponents suggest that well no ear wax maybe drawn out that day the candling process at least heats up and melts the ear wax which then comes out naturally over the next few days but Health Canada measured the air temperature at the ear end of the burning candle and the highest temperature reach was only 72° fenhe well below body temperature though the purported theories were found to be implausible and demonstrably wrong the only way to really tell if it works is to examine the wax buildup in people before and after ear candling photographs inside the ear canal were taken before and after ear candling Not only was no wax removed but in some of the ear canals candle wax was deposited so they ended up worse than they were before uh not to mention the recorded complications including ear burs complete candle wax blockage of ear canals eard drum perforation infection and setting people's hair on fire researchers concluded ear candles have no benefit in the management of ear wax and may result in serious injury ear candles appear to be a Triumph of ignorance over science so what is effective for getting rid of ear wax I'll cover that next [Music]