



BOOK REVIEW:
**EAR CANDLING AND OTHER TREATMENTS FOR EAR, NOSE & THROAT
PROBLEMS**
Andrew Sceats

Ear candling, sometimes called Hopi Ear Candling, is not a newly invented therapy; in fact it has been practised for years like reflexology. Andrew Sceats' comprehensive book explains the origins and history of ear candling, even describing details of actual ingredients of the candles used for this therapy and recommendations of items needed for a treatment session. The questions and sub-headings answer issues related to contraindications, what a treatment involves, conditions which may be helped by ear candling. I would say this is aimed at those interested at a practitioner level as it presents as a text book. It is interspersed with diagrams of the skull, head, ear, parts of the ear and photo's of the equipment used, but can appear text heavy in parts. However, don't be put off by the layout, as the content is very good and makes up for it.

Chapters include:

- The Ear Candling Therapy
- The Head; it's parts and how they work
- The Ear and how it works
- Ear Wax
- Ear Problems
- Prevention of ear problems
- Conventional treatment of ear problems
- Other inner head problems
- Complementary Therapies
- Self help and other useful organisations

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