

Complementary Healthcare

Aroma HealthCare also offers a range of powerful natural therapies for men and women, aimed at detoxifying the body thereby improving the immune system, restoring good health and promoting well being. These include:

- ◆ A pathogen cleanse programme – to help rid the body of parasites, accumulations of chemicals and harmful bacteria.

- ◆ A liver cleanse programme based on a North American Indian recipe – to flush the liver of toxins, parasites and cholesterol that left untreated could form gallstones and other complications.

Lung, bowel and kidney cleanses also available.

- ◆ Food Intolerance Testing ~a unique service where analysis of a person's blood can be used to identify food intolerances. Also available are heart and allergy tests.

Workshops and short courses available on request. Home visits for all treatments also available

Contact Miriam for further details
Find out more or book online at:
www.aromahealthcare.net

Miriam Drugan trained at the Belfast Institute of Further & Higher Education where she was awarded Diplomas in Aromatherapy Massage and Swedish Massage recognised by the International Institute of Health and Holistic Therapies.

She is also a qualified practitioner in Indian Head Massage and Reiki. And trained to perform Ear Candling. Miriam is a member of the Federation of Holistic Therapists and is bound by a strict code of ethics. You can be assured and confident that you will be in the hands of a highly competent professional during your consultation.



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Herbal Ear Candles

*Giving You the Best
Naturally*



The Ancient Art Of Ear Candling.

Ear candling is a centuries old method of bringing an enhanced state of health to the person, healing ear, nose, throat and sinus problems. The Egyptians used reeds, packing a bit of mud around the ear to form a seal. This process was also used in Tibet, India, China, Aztec and by American Indian cultures.

A build up of common ear wax muffles hearing for many people. Breaking down the ear wax helps restore hearing.

Candida can cause a mould allergy which in turn causes itching inside the ear. Parasites can cause many problems if allowed to grow in the ear.

“Swimmers ear” is quite often caused by the growth of materials in the ear plus ear wax which stops the clearing of water from the ear.

The candles contain herbs, which are largely chosen for their benefits to the ear, nose and throat, their ability to stimulate immune response, and to balance the energy systems of the body.



How do the ear candles work?

With the Ear Candle inserted into the ear, the heat from the flame creates a stimulating, soothing and warming effect. The mechanics of this process are energetic in nature. Adding heat to the system, especially in a subtle way, results in the stimulation of the lymphatic drainage process (swelling goes down); in burning of excess mucus in the middle and inner ear sinuses and nose become more clear and breathing improves; in increasing mobility and effectiveness of white blood cells together with stimulation of the pituitary gland (controls glandular system)

Treatment frequency?

The real power of ear candling comes from repeated treatments. Each treatment brings your body to a higher state of well being. Long term problems are best treated with 4-6 sessions of 2-4 candles per ear over a period of 6 weeks.

Short term symptoms are most effectively treated by daily treatments of 2-4 ear candles per ear for several days followed by 2-3 weekly treatments for maintenance.

How can ear candling help?

Ear candling has a very consistent track record of success, helping people with problems like: sinus congestion, colds, flu, sore throats, ear aches, ear infections, sinus infections, lymphatic congestion, swollen glands, snoring, vertigo, balance, tinnitus, allergy symptoms, asthma, bronchitis, most hearing difficulties, ear pressure when flying or diving.

Treatment

You will be asked to lie on your side whilst the candle is inserted into the outer ear. You will be covered with blankets to keep warm. The treatment finishes with a relaxing face massage.

Do not put your ears in water for 24 hours and if ears are sensitive post candling use cotton wool in your ears for the first two hours, especially if going out in the wind or cold. Drink plenty of water after the treatment to help remove toxins from the body.

Price 40 mins ~ 2 candles ~ £18

*Your Health is your
Greatest Asset*