

Hearing Disorders – Helping with Helichrysum

Before beginning the application listed below, review the following steps thoroughly.

1. Check the condition of the recipient's hearing. *See #15 below.*
2. Put 2-3 drops *Helichrysum* in the hand.
3. Hand the oil bottle to the recipient to sniff and hold. *See #11 below.*
4. Apply to ear canal by rubbing it lightly around the ear canal.
5. AVOID ENTERING THE EARDRUM AT ANY TIME! *See caution below.*
6. Then, follow along the mastoid bone outside the ear and on down and around towards the center of the neck.
7. Repeat in the other ear.
8. Put fingers in both ear canals, gently push in and “rock” fingers, pulling up, down, and back in the canal several times.
9. Tug on ear lobes.

CAUTION: *If you accidentally get Helichrysum in the ear drum, IMMEDIATELY add Message Carrier Oil to dilute the Helichrysum. There is potential for the ear drum to blister, but if you're cautious in application, no problem should arise.*

10. Repeat steps 1-8 using the Geranium oil.
11. The recipient should hold the bottle just below the nostril and inhale deeply. (At least 3 times on each side.) Holding the bottle is another connection to the oil.
12. It is important to balance the applications of any oils you use, so do both ears even if only one is affected.
13. After the ears have been treated, have the person “rest”. The person should sit quietly for a moment and then walk around the room.
14. You may have to apply Geranium to ease the emotions that can well up from the experience of sudden sound. An emotional reaction (emotional or irritable) is okay and should be handled with Geranium.
15. After a minimum of five minutes, test their hearing.
 - a) Speak softly behind the damaged ear. Avoid speaking towards the good ear.
 - b) Determine how far away you should be by how severe the hearing loss is.
 - c) If there is no noticeable improvement in their hearing, repeat #1-9.
16. Restored hearing may be minimal; it's a process that takes time.

Let the recipient know that his/her hearing can improve more if they will repeat the process twice a week for as long as they feel it is necessary to gain optimum hearing.

To order, for class information, or if you have questions contact:

Debby or Penny Swann
208-852-2295
www.TracesEtc.com

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