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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

NON-TOXIC AND HEALTHY CANDLES

By Patty Avey

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Upon retiring to bed each evening for weeks, Mark was repeatedly alarmed as he experienced shortness of breath, heart palpitations, extreme weakness, and pressure in his chest. One evening, he was so concerned that he went to the emergency room of the local hospital where he was diagnosed as having panic attacks. Mark could not understand the diagnosis because he did not sense any anxiety or concerns that would precipitate in panic attacks. He left the hospital continuing to question why he was experiencing these symptoms.

One evening as Mark retired to bed, he noticed the four wick scented candle burning on his night stand as it normally did, he wondered if there might be any connection between the scented candle and his symptoms. At that point, he put his head closer to the candle and inhaled the smoke to see if he would have a reaction and immediately the symptoms manifested very strongly. Mark and his wife immediately proceeded to rid their home of the candle in their bedroom and others around the house. Mark's alarming physical symptoms disappeared.

As you festively decorate your home during any Season, bring ambiance, tradition and warmth to your family with the natural glow of candles. When choosing candles to burn in your home, carefully take into consideration that not all candles are made the same and some candles may be exposing your family to a toxic and unhealthy environment. According to the American EPA, certain candles when burned release carcinogens (cancer causing agents) such as benzene and toluene into the air and are toxic when inhaled. These toxins will also settle on surfaces in your home. Candles made from paraffin, which is a derivative of petroleum wastes, create both smoke and soot which carry toxic substances. One air quality researcher has stated that soot from paraffin candles contains many of the same toxins produced by burning diesel fuel. Some paraffin candles also have lead core wicks which upon burning emit small particles of lead into the atmosphere.

There is also concern that some scented candles when burned may cause health challenges. Toxic chemicals such as acetone, benzene, carbon disulfide, carbon monoxide and many others have been cited as toxins emitted as some fragrances mix with the burning wax. If you desire to burn scented candles, make sure the candles are authentic aromatherapy candles which are scented with real

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essential oils.

But be of good cheer, candles can still be enjoyed without concern for toxic elements. Candles made from beeswax or soy provide a healthy alternative to potentially harmful candles made from paraffin. Beeswax does not produce toxins or soot when burned. Soy is a new substance used in the manufacturing of candles with the benefits of clean burning with little soot, made from a renewable resource, and uses no petroleum products. Soy candles are also available in many wonderful scents. Also, look for aromatherapy candles that are scented with real essential oils. Read labels carefully on candles before purchasing or ask the sales clerk for information on the ingredients. Unfortunately, candle manufacturers are not required to list hazardous, toxic or carcinogenic compounds used in their ingredients but you can call the manufacturer with your questions if the label is unclear.

WHAT TO LOOK FOR FOR IN A NON-TOXIC CANDLE:

- candles made with beeswax or wax with vegetable derivatives, with no animal products
- candles that burn with zinc-core or cotton wicks – NOT LEAD
- check to see if candles are authentically aromatic

HELPFUL SAFETY REMINDERS:

- Always keep a burning candle within sight
- Never burn a candle on or near anything that can catch fire.
- Keep candles out of reach of children and pets.
- Trim wicks to ¼ inch prior to each use
- Keep candles away from drafts and vents.
- Always use an appropriate candleholder placed on a stable, heat resistant surface
- Never touch or move a votive or container candle when the wax is liquid

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## **Evoking The Right Moods With Aromatherapy Candles**

**By Bryan Josling**

For your wedding anniversary this time, you planned a lovely evening, complete with a sumptuous dinner by the candle light. Though everything went right according to your plans, it were the candles that spoiled the evening. First, the table got all dirty with burnt wax all over it. Second, the soot and smoke marred the romantic atmosphere.

## NON-TOXIC AND HEALTHY CANDLES

The ordinary candles that we get in the market are made out of paraffin. Paraffin is a petroleum-based product and thus results in more soot and smoke when the candle is burnt. So, if you are using these candles, be prepared for the unclean burning. However, if you want to avoid these, go for aromatherapy candles.

Aromatherapy candles are made from essential oils of plants. And lighting the room is only a secondary feature of these candles; the primary use is in stimulating oneself physiologically and therapeutically. It is well known that aromas and fragrances are effective for evoking mood and emotions. So if you are looking forward to romantic evening, just use aromatherapy candles and see how your beau says just the right words.

The market place has a wide range of options for you to choose in aromatherapy candles. Choose from floating, pillars, gel, votive and jar candles. If you are free and want to do something creative then go for designing aromatherapy candles for yourself. It is easy. You must be aware of the basic preparation method and have a knowledge of essential oils. And lo! Your candle is ready.

Lavender is the most popular oil used in the preparation of these candles. Light a candle when you are taking bath. Or place a candle by the dining table. Lavender has stress relieving features and will keep you stress free for the entire day.

You have a large choice in fragrance too. Just understand the mood you want to stir up and make your choice. If you are suffering from sleeplessness, you can use Sage, Chamomile, and Ylang Ylang. Looking for uplifting mood, use Rosemary and Grapefruit induced aromatherapy candles. Similarly, there are candles with aromas of Eucalyptus, Geranium, Peppermint, and many more.

The wax used for preparation of the candles must preferably be natural. The soot released from paraffin candles has been associated with many diseases. Vegetable based wax like soy, palm and beeswax burn clean and for long. They release less soot.

However, while purchasing aromatherapy candles, one must be cautious. What is sold as aromatic candles may be made of synthetic wax and fragrances. These may be toxic at times. So choose the aromatherapy candles with care.

Bryan Josling is working with the Horticultural Research Station in Adelaide. He has also been involved with research on Plants. To find Aromatherapy essential oils, Aromatherapy Massage Oils, essential oils wholesale visit



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