

Beeswax: Your Natural Solution to Indoor Air Pollution

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I have written previously on the [health benefits of honey](#) that include [helping reverse antibiotic resistance](#). Well, the bees also give us another health-promoting gift, this time in the form of beeswax.

Why Burn Beeswax Candles?

- While you can [click here to read about the benefits of beeswax](#), the simple answer is that burning beeswax puts negative ions into the air to neutralize the positive ions that arise from air pollution.

The Facts on Indoor Air Pollution

- According to [the CDC](#), *"Poor indoor air quality (pollution) can bother your eyes, nose, and throat. It can also lead to chronic heart and lung problems and cancer.*
- Instead of purchasing [expensive air purifiers](#), try the natural air purifier that is beeswax.

Where Can You Get Beeswax Candles?

- There is a company in Canada, [Pheylonian Productions](#), that is celebrating their 40th year in business. I HIGHLY recommend the ["Stress Relief Aromatherpy"](#) candle as well as the ["Pot O' Gold"](#) candle.
- I called Pheylonian and they said it only takes 30-45 minutes of burning a beeswax candle to help ionize "a large room" so you don't have to burn the candle all day!

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Author: Greg Arnold, DC, CSCS

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