

8 signs from ear wax reveal your current health condition

If there is one of the 8 signs below, it is very likely that your ear has been infected so be very careful. Please refer to the article!

1. What does the body shape say about your health?
2. 9 reasons you should drink some olive oil when you're hungry
3. Spend 10 minutes a day to lose belly fat quickly, this is the way for you!

Everyone has a habit of cleaning clean earwax with cotton swabs that rub their ears every few days without even knowing that earwax has a self-cleaning mechanism and can reveal to us the current health status of me

Use a cotton swab to pick your ears and see how their colors look. **If there is one of the 8 signs below, it is very likely that your ear has been infected so be very careful** . Invite you to consult!

8. Earwax is gray



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If your earwax is gray without any other symptoms, it may be due to dirt, dust and dust accumulating in your ears. This is often the case for people living in polluted big cities. Therefore, you should not be too worried about this case.

7. Earwax has blood stains



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If you see blood on the cotton swab when cleaning the ear, this sign indicates that your eardrum has been affected. In this case, your ear can become infected, resulting in **ear infections** and **hearing loss**. So, you should quickly go to the doctor to check your ear condition.

6. Earwax is brown



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If the earwax is brown, it means you are experiencing **pressure** problems **in your life** , possibly due to over-stressed work, everything being repressed and severe stress. Therefore, the best way is to relax for a few days to regain consciousness.

5. Earwax is black



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If this phenomenon only happens once, there is nothing to worry about. However, if your ear is itchy and itching gets worse, you should go to the doctor because the black color of the earwax is a sign of a fungal infection.

4. The earwax is white



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White earwax can be a sign that the body is deficient in vitamins and micronutrients, especially **Iron** (Fe) and **Copper** (Cu). Therefore, you should add beans and oats to your meal.

3. Earwax has an unpleasant smell



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If your earwax has an unpleasant smell, you should be very careful because it may be a sign of **middle ear infection** . In addition to the smell, sometimes you can hear unpleasant noises, explosions or buzzing sounds. If there are signs, go to the ear, nose and throat doctor as soon as possible.

2. Earwax in liquid form



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If recently, your earwax status changes in liquid and is yellow, which may be a sign of infection. See a doctor for a better understanding of this situation.

1. Wet or dry earwax



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The earwax is wet or dry depending on the regional climate and age. According to a study published in *Nature Genetics*, most Asians often have dry ear wax, while those of African or European descent have wet earwax.

Unlike other parts of the body, the **ear has a self-cleaning mechanism**. Therefore, we should also limit the use of cotton swabs to scratch the ear because the risk of injury is very high.

Listen to the help from the body, do n't let the illness destroy your body and rush to heal it!

See also: 10 ways of eye muscle training and vision enhancement are not to be missed

Having fun!

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