

HEALING & IMMUNITY TINNITUS RECIPES

By James and Timothy Tylor
www.StopTinnitusForever.com



The Natural & Holistic
Step-By-Step System to
Stop Your Tinnitus Forever

Published in 2012 by James and Timothy Tylor

www.StopTinnitusForever.com

Special Thanks to Editor and Book Layout Designer: Isabelle Ngin

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the author.

Disclaimer

The author, publisher, and distributor of this product assume no responsibility for the use or misuse of this product, or for any injury, damage and/or financial loss sustained to persons or property as a result of using this report.

While every effort has been made to ensure reliability of the information within, the liability, negligence or otherwise, or from any use, misuse or abuse of the operation of any methods, strategies, instructions or ideas contained in the material herein is the sole responsibility of the reader. The reader is encouraged to seek competent, professional medical advice before using any tips and strategies shared in this publication.

No medical benefits are either claimed or implied. There can be both relative and absolute contraindications to the use of our products. Nothing in this offer is a substitute for proper health care. Whereas many health care professionals use our programs as a take home care modality for support purposes, this is not to be confused with health care per se. If you have a serious physical or mental condition, see your health care provider before ordering any of our programs. We are in the business of helping people help themselves.

TABLE OF CONTENTS:

SAMPLE MEAL PLANS ONE

juices

GINSENG CARROT BLAST TWO

CITRUS MELON TWIST FOUR

soups

SPINACH CHICKPEA SOUP SIX

mains

STUFFED BELL PEPPER EIGHT

SWEET POTATO CURRY STEW TEN

SESAME SEAWEED SOBA NOODLE TWELVE

salads

FRESH CORN AND BEAN SALAD FOURTEEN

BERRY DELIGHTFUL SALAD SIXTEEN

desserts

NUTTY KIDNEY TONIC EIGHTEEN

GINKGO BILOBA BEANCURD TONIC TWENTY

StopTinnitusForever.Com

Sample Meal Plans

We have created sample meal plans with most of the 10 recipes in this cookbook.

They are divided according to juices, soups, mains, salads and desserts so that you will enjoy tinnitus healing meals at any time of the day.

Most of the recipes are loaded with fresh fruits, vegetables and herbs that are aimed to fortify your ear. From the outer ear to the inner ear and the nervous system!

What's more, they are not just helpful in alleviating loud noises in the ear. Bountiful nutrients and minerals are also richly abundant in the ingredients used.

Your body will feel lighter and detoxed, and most importantly, your ear and immune system will thank you for strengthening them up to prevent ear damage and the healing process will begin naturally.

Ginseng Carrot Blast

STOP TINNITUS FOREVER.COM



HEALTH BENEFITS

One of the causes of tinnitus is noise-induced temporarily hearing loss, which can be due to damage in the ear membrane or the inner ear. Vitamin A is an excellent and essential vitamin for healthy development of the inner ear. Rich in carotenoids, antioxidants, and polyacetylenes, a phytonutrient, carrot is an excellent source of Vitamin A.

Siberian ginseng, is also a prized herb to boost yang “qi” in the kidney. Recent research has also shown that it is a good relief for patients who suffer from inner-ear related tinnitus. Siberian ginseng is also shown to boost mental health being and is a great remedy to tackle the psychological reasons behind tinnitus.

Ginseng Carrot Blast

Feel invigorated and energized with this unusual combination of ginseng with carrot and apple. Power up with this delightful juice and you'll be up and running the whole day!

INGREDIENTS:

- 1/2 tbsp siberian ginseng powder
- 3 large carrots, peeled and chopped
- 2 red apples, cored
- Parsley for garnish

DIRECTIONS:

1. Juice carrots and apples in a food processor
2. Stir in ginseng powder. Garnish with parsley and serve!

Citrus Melon Twist

STOP TINNITUS FOREVER.COM



HEALTH BENEFITS

Rich in warm shades of yellow and orange, cantaloupe melon, and apricot are great sources of Vitamin A which will help fortify the ear membrane and inner ear.

It is also loaded with lots of Vitamin C which protects our cochlear hair cells from damage! This is extremely important as damaged cochlear hair cells increase our exposure to surrounding noise which will result in hearing problems. Vitamin C is also a good soldier to fight off ear infections and reduce cellular damage.

Citrus Melon Twist

A fantastic mix of orange fruits to brighten up your day. Sweet and refreshing with minty freshness, this low-calorie juice will keep you slim and you'll be feeling fabulous.

INGREDIENTS:

Cantaloupe melon, 300g or 2 cups

2 medium oranges, peeled

1 apricot, cored

3 mint leaves

Ice cubes, to serve

DIRECTIONS:

1. Juice all the fruits using a juicer.
2. Garish with mint leaves and serve over ice!

Spinach Chickpea Soup

STOP TINNITUS FOREVER.COM



HEALTH BENEFITS

Besides being rich in phytonutrients like flavonoids and carotenoids that will help the body to fight free radicals, this top-ranking vibrant vegetable is rich in Vitamin A, Magnesium and Iron. Low levels of magnesium and excessive noise exposure contribute to inner ear cells damage and iron deficiency is also one reason that contributes to tinnitus. Eating plenty of green leafy vegetables will help to protect the ear from exposure to noisy environment.

Spinach is also rich in Vitamin B1 which helps to manage our nervous system and manage stress, reducing stress-related tinnitus symptoms. However, Vitamin B can be lost through long cooking process, so it's ideal to leave one half of the spinach uncooked to enjoy the full benefits of Vitamin B!

Spinach Chickpea Soup

The secret to the bright green color of the soup is to first boil half of the spinach first and add the remaining fresh spinach before blending. This nutritious soup is a perfect accompaniment to toasted whole grain bread.

INGREDIENTS:

1 cup baby spinach, chopped

3 cloves garlic, minced

1/3 cup chickpeas

1/2 cup potato, peeled and chopped

1 1/2 tsp extra virgin olive oil

1 cup almond milk

2 cups vegetable stock

Finely shredded carrot, for garnish

A handful of wolfberries, for garnish (optional)

Celtic salt and pepper, to taste

Vegetable Broth:

5 cups water

4 stalks celery, chopped

1 carrot, chopped

2 cloves garlic, chopped

1 onion, chopped

1/3 cup mushrooms, chopped

1/2 turnip or potato, chopped

2 bay leaves

Celtic salt and pepper to taste

DIRECTIONS:

1. Prepare fresh vegetable stock beforehand. Soak dried chickpeas overnight and boil them in water with oil and a little salt till soft. Remove chickpeas from pot.
2. Add olive oil and heat a saucepan over medium heat. Stir onion and saute it till fragrant and soft. Add garlic and cumin and saute while but do not burn the garlic.
3. Pour in a little of the stock and saute potato and chickpeas for 5 minutes until fragrant.
4. Pour the remaining stock and almond milk and bring the saucepan to a boil.
5. Cover the saucepan and let it simmer for 7-10 minutes.
6. Add 1/2 of the spinach and simmer for 15 minutes. Allow the soup to cool.
7. Blend the soup in a blender, adding the remaining fresh spinach to retain its bright green color. Stop when it has reached a smooth consistency.
8. Add carrot and wolfberries for garnish. Serve!

Stuffed Bell Pepper

STOP TINNITUS FOREVER.COM



HEALTH BENEFITS

Crunchy and tangy, bell peppers are glossy and colorful vegetables which boasts an excellent source of Vitamin A, Vitamin C and Vitamin E. Choose fully ripen bell pepper as they have the highest Vitamin C content.

Bell peppers are not only helpful in fighting ear infections and protecting the ear membranes. They also contain beta carotene which strengthens the heart and protect against cancer. Mix different hues of bell peppers to enjoy different nutrients that they offer!

Stuffed Bell Pepper

You'll never look at bell peppers the same way again. A great way to coax children or vegetable nay-sayers by this bright and attractive dish! Perfect for hungry appetites and it will make you crave for more!

INGREDIENTS:

6 bell peppers	1 tbsp fresh basil
¼ cup carrot, chopped	1 bay leaf
2 cups tomatoes, chopped	½ cup vegetable broth
2 cups white button mushrooms, diced	Bragg's Liquid Aminos to taste
2 tbsp extra virgin olive oil	Celtic salt and pepper to taste
2 cloves garlic, minced	
1 onion, peeled and chopped	
1½ cup cooked brown rice	

DIRECTIONS:

1. Cut the top of the bell pepper about 1 inch from the stem. Remove the seeds. Keep the top as it will be used to cover the bell pepper later.
2. Saute onion and garlic till fragrant. Add mushrooms, tomatoes and carrot. Simmer for 3 minutes.
3. Add rice, basil and bay leaf. Simmer till vegetable stock almost absorbed. Remove bay leaf.
4. Season with salt, pepper and Bragg's Aminos.
5. Stuff bell peppers with rice mixture and cover them with the tops.
6. Place bell peppers on lightly oiled baking dish and bake for 25 minutes (when they turn soft) in a preheated oven of 350 degrees F.
7. Serve and enjoy!

Sweet Potato Curry Stew

STOP TINNITUS FOREVER.COM



HEALTH BENEFITS

Orange and red colored fruits and vegetables are loaded with Vitamin A and it's a perfect shield to prevent noise damage to your ears! Increasing the intake of Vitamin A will promote healing of the ears.

Sweet Potato Curry Stew

Surprise your guests or family with this spicy stew. Great for a big crowd and extremely filling, it will tickle your taste buds. Stir fry the spices until fragrant before adding the vegetable broth and the entire kitchen will be bursting with the spicy aroma of curry!

INGREDIENTS:

1½ sweet potato, peeled and diced	½ tbsp curry powder
⅓ cup cauliflower	½ tsp curcumin powder
⅓ cup carrot, diced	1 bay leaf
1 onion, peeled and chopped	20g lentils
½ cup fresh tomatoes	2 tbsp extra virgin olive oil
2 cloves garlic	Coriander leaves, for garnish
3½ cup vegetable broth	Celtic salt and cayenne pepper to taste
1 cup fresh coconut milk	
1 tbsp minced ginger	

DIRECTIONS:

1. Saute onion, garlic ,ginger and cayenne pepper over medium heat till fragrant.
2. Add cauliflower and carrot, bay leaf, sweet potatoes, curcumin and curry powder.
3. Stir quickly and add 1 cup of vegetable broth. Simmer over low heat till it's partially evaporated.
4. Add tomatoes, lentils and the remaining vegetable broth.
5. Slowly stir in coconut milk and simmer for 30 minutes and turn off heat when sweet potatoes are tender.
6. Garnish with coriander leaves and serve!

Sesame Seaweed Soba Noodle

STOP TINNITUS FOREVER.COM



HEALTH BENEFITS

Zinc, which is present in high amounts in sesame, decreases loud noises heard by older tinnitus patients in some researches. The role of zinc is especially prominent in age-related tinnitus and noise-induced tinnitus. Vitamin A, B1, B2, E, and iron are also found in sesame.

Magnesium, a leading mineral to protect the ear from noise, and Vitamin B-folate, is also present in high amounts in seaweed.

Sesame Seaweed Soba Noodle

Soba Noodle is a staple in the Japanese diet, and are readily available in most health food stores and major supermarket. You may also add onion and garlic for a Chinese twist, or add vegetables such as mushrooms and zucchini for more flavors.

INGREDIENTS:

- 1 packet buckwheat soba noodles
- 1 tbsp sesame seeds
- 3 tbsp kelp or dried seaweed
- 2 tbsp extra virgin olive oil or toasted sesame oil

Tahini Sauce:

- 1½ tbsp tahini paste
- 1 tbsp cashew nut paste
- 2 tsp juice of fresh lemon
- 1 tbsp apple cider vinegar
- Celtic salt to taste

DIRECTIONS:

1. Add a dash of salt and oil to boiling water. Cook the noodles for approximately 5 minutes or as per packaging instructions.
2. Remove from pot, drain, and place them in ice-cold water immediately.
3. Drain noodles after 5 minutes and leave aside.
4. In a bowl, whisk evenly cashew and tahini paste.
5. Add lemon juice and apple cider vinegar slowly and mix them till it is a creamy consistency.
6. Add salt to taste. Heat tahini sauce over low heat in a saucepan.
7. Transfer the sauce back to the bowl and add soba noodles. Toss evenly.
8. Top up the dish with kelp and sesame seeds. Ready to serve!

Fresh Corn and Bean Salad

STOP TINNITUS FOREVER.COM



HEALTH BENEFITS

Dried beans are an excellent source of Vitamin E. One of the causes of tinnitus is the reduction of blood supply to the cochlea, which will cause a mini-like stroke in the ears and aggravates the loud noises.

Vitamin E increases the supply of oxygen to blood cells and clears the arteries from cholesterol buildup. The smooth flow of blood inside the ears will certainly help to reduce part of the loud noises in the long run.

Fresh Corn and Bean Salad

Contrary to beliefs of being bland, salads can be flavorful and artistic! Bursting with the sweetness of corn and lima beans, and topped with herbs and tomatoes, this salad is a fuss-free way to start your meal!

INGREDIENTS:

- 1½ cup fresh corn ears
- 2 cups lima bean
- 1 cup tomatoes, chopped
- 2 cloves garlic, minced
- 2 shallots, chopped
- 2 tbsp extra virgin olive oil
- Sprig of parsley, for garnish
- 1 tsp fresh basil
- Celtic salt and pepper to taste

DIRECTIONS:

1. Season tomatoes and corn with salt, pepper, basil and olive oil for 10 minutes. Bake tomatoes and corn at 380 degrees F for 10 -15 minutes.
2. Add a dash of salt and oil to boiling water. Boil lima beans for 5 minutes or until soft but not mushy. Strain the beans and set it aside.
3. Next, saute shallots and garlic over medium heat in a large frying pan.
4. Add tomatoes, corn and lima beans. Stir evenly.
5. Transfer salad to a bowl, and garnish with parsley. Enjoy!

Berry Delightful Salad

STOP TINNITUS FOREVER.COM



HEALTH BENEFITS

Delicate yet delicious, red raspberry provides armor-like protection with its extremely high anti-oxidant activity. Ellagitannins, which is present and almost exclusive to raspberries, helps to prevent cancer. On top of this, it is very rich in Vitamin C, protecting ear tissues from oxygen related damage.

Berry Delightful Salad

Fruit salads are easy to prepare and looks good on your kitchen table. You can prepare them before rushing off for work and enjoy the multi-colored salad during lunch break. Try to purchase them organic if possible, or do remember to wash the fruits thoroughly and squeeze a little lime of lemon for that extra zest.

INGREDIENTS:

1 cup fresh raspberries

½ cup fresh blueberries

2 kiwifruits, peeled and diced

1 cup fresh strawberries, halved

1 mango, peeled, stoned and diced

Juice of 1 lime

DIRECTIONS:

1. Prepare the fruits and refrigerate for 1 hour before serving.
2. Toss the salad together and squeeze the juice of one lime to add a citrus twist to the salad. Serve!

Nutty Kidney Tonic

STOP TINNITUS FOREVER.COM



HEALTH BENEFITS

Acupuncture is based on meridian points of the human anatomy, as each meridian is linked to a certain organ in the body. Based on the theory of acupuncture, tinnitus can be a result of deficiency in the yang energy of the kidney. Walnuts effectively nourishes the kidney and boost the kidney's yang energy.

On top of that, it is known to be rich in Vitamin E to increase immunity and eyesight, and also prevent high blood pressure and coronary disease. More so through strengthening of the nervous system, tinnitus conditions due to neurological reasons.

Nutty Kidney Tonic

Bursting with nutty goodness, this creamy paste is an ideal snack in between meals. A dash of coconut meat adds crunchiness and color to the paste. A perfect snack or dessert all year round!

INGREDIENTS:

Chestnuts, 100g

Walnuts, 100g

Manuka Honey, or agave nectar for sweetness

2 tsp of fresh coconut meat, shredded

2 cups water

DIRECTIONS:

1. Remove kernel from both chestnuts and walnuts. Wash thoroughly.
2. Boil chestnuts and walnuts till soften.
3. Grind them using a blender till it's a smooth paste.
4. Slowly stir the thick paste into water. Cook and stir regularly till the paste has completely dissolved into an even mixture.
5. Remove from pot and stir in Manuka honey or agave nectar. Manuka honey should be added when the dessert is cool so as to retain its antibacterial properties.
6. Sprinkle fresh coconut and serve!

Ginkgo Biloba Beancurd Tonic

STOP TINNITUS FOREVER.COM



HEALTH BENEFITS

A treasured herb used in Traditional Chinese Medicine over many centuries, ginkgo is used for many medicinal purposes which includes improving one's mental health being, promote longevity, and improves the absorption of oxygen in our brain which is researched to reduce tinnitus symptoms.

The main components of ginkgo biloba are bilobalide and ginkgolide which reduce free-radical actions, improves metabolism, and increase blood circulation. This is helpful for tinnitus patients who suffer from the ringing noise due to lack of blood flow in the inner ear.

Ginkgo Biloba Beancurd Tonic

A very popular Chinese dessert enjoyed by people of all ages, this sweet dessert is not only a great remedy for tinnitus. Ladies rave for this dessert as it is touted to improve complexion, and it's a great dessert for children who are looking to improve their memory and concentration to prepare for their examinations!

INGREDIENTS:

- 2 sheets of dried bean curd
- 10-20 dried ginkgo bilobas
- 1 piece of honey rock sugar, for sweetness
- 2 tsp of dried barley
- 2½ to 3 cups of water

DIRECTIONS:

1. Soak dried ginkgo bilobas in water 2 hours prior to cooking. After soaking, place ginkgo in a pot and boil till it's the kernel has softened.
2. Use a nutcracker, or a mortar and pestle , gently break the shell and remove the ginkgo from the membrane. Do not exert too much force or the ginkgo will be bruised easily. The membrane is usually tough to remove. After removing the kernel, soak the ginkgo in cold water and the membrane will automatically drop off after a few minutes.
3. Pierce a toothpaste through the ends of the ginkgo to remove any mature embryo from the centre of its flesh. This will remove its bitterness.
4. Add rock sugar to water and boil till the sugar is fully dissolved. Soak ginkgo bilobas into the sweetened solution for them to fully absorb the sweetness and remove bitter taste of ginkgo.
5. Remove the ginkgo from the sweetened solution and set aside. Add dried barley and boil till they turn soft. Add ginkgo and lastly, the beancurd skin. Boil for 1 or 2 minutes and serve!