

Stop Tinnitus Forever



By James and Timothy Tylor
www.StopTinnitusForever.com

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

Copyright © 2012 by James and Timothy Tylor

First Edition 2010

Revised Edition 2012

All rights reserved. Unauthorized duplication of this material in any form is strictly prohibited. Violators will be prosecuted to the fullest extent of the law. 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 prior written permission from the author/publisher.

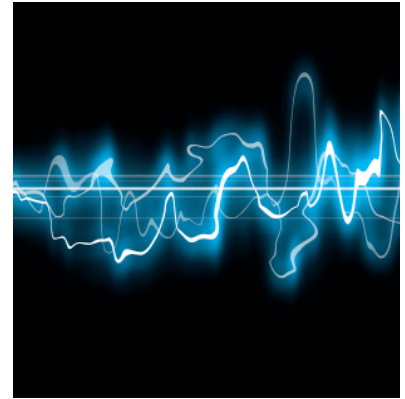
Disclaimer

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.

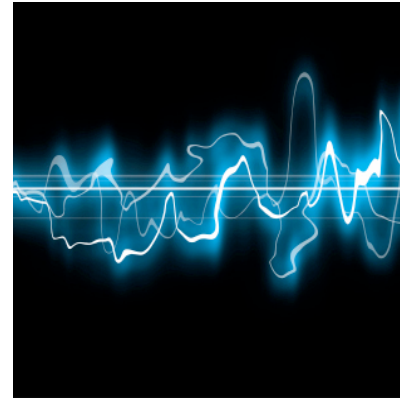
No medical benefits are either claimed or implied. There can be both relative and absolute contraindications to the use of our products. Nothing in this offer is a substitute for proper health care. Whereas many health care professionals use our programs as a take home care modality for support purposes, 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



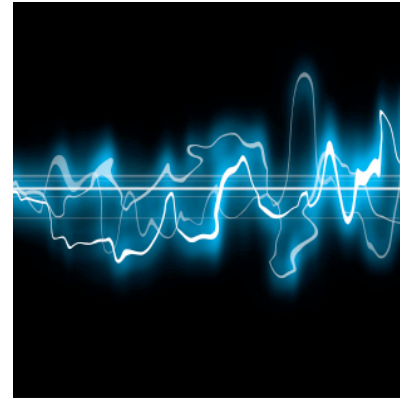
Chapter Titles	Page Numbers
What is the Stop Tinnitus Forever 8-Step System?	1
Stop Tinnitus Forever - Introduction	3
Causes of Tinnitus	4
<i>Otological Causes</i>	6
<i>Sensorineural Hearing Loss</i>	7
<i>Deposition of Ear Wax</i>	11
<i>Ear Infection in the Middle Ear</i>	12
<i>Ear Infection in the Outer Ear</i>	14
<i>Neurological Disorder</i>	15
<i>Multiple Sclerosis</i>	15
<i>Head and Neck Injuries</i>	16
<i>Myoclonus and Palatal Myoclonus</i>	16
<i>Idiopathic Stapedial Muscle Spasm</i>	17
<i>Patulous Eustachian Tube</i>	18
<i>Metabolic Disorder</i>	19

TABLE OF CONTENTS



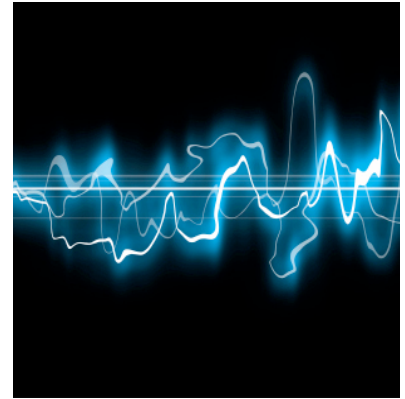
Chapter Titles	Page Numbers
<i>Thyroid Disorder</i>	20
<i>Hyperlipidemia</i>	21
<i>Vitamin B12 Deficiency</i>	22
<i>Vascular Disorder</i>	23
<i>Vascular Tumor</i>	24
<i>Arteriovenous Malformation</i>	24
<i>Venous Hum</i>	24
<i>Arterial Bruit</i>	25
<i>Psychological Disorder</i>	26
<i>Fibromyalgia</i>	26
<i>Stress and Anxiety Disorder</i>	27
<i>Other Causes</i>	29
<i>Temporomandibular Joint Disorder (TMJD)</i>	29
<i>Other Manifestation of Tinnitus</i>	32
<i>Summary</i>	33

TABLE OF CONTENTS



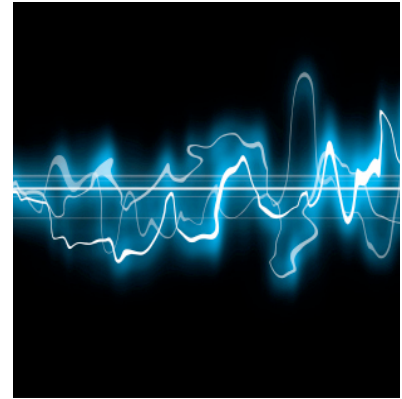
Chapter Titles	Page Numbers
<i>The Emotional Side of Tinnitus</i>	34
Step 1: Determine the Cause of Tinnitus	35
<i>Diagnosis of Your Condition</i>	35
Stress	35
<i>Meniere's Disease</i>	39
Ototoxicity	40
<i>Sinus-Induced Tinnitus</i>	41
Cochlea Damage	41
<i>General Health Problems</i>	42
Step 2: Stop Tinnitus Forever Foods to Avoid	44
<i>Reduce Consumption of Stimulants</i>	44
Reduce Occurrence of High Blood Pressure	45
<i>Identify the Food You Eat From the Various Categories</i>	45
Condiments	46
Salt	46

TABLE OF CONTENTS



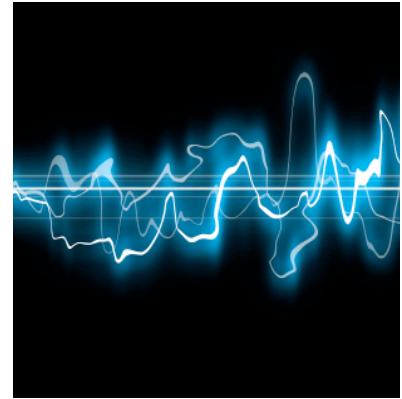
Chapter Titles	Page Numbers
<i>How Do you Reduce Salt?</i>	47
<i>Ketchup</i>	47
<i>Chili Sauce</i>	48
<i>Soy Sauce</i>	48
<i>Miscellaneous</i>	49
<i>Fats and Oils</i>	49
<i>Saturated Fats</i>	49
<i>Unsaturated Fats</i>	49
<i>Glutamate</i>	50
<i>Glutamate and Cochlea Hair Cells Damage</i>	50
<i>Cochlea-synaptic Tinnitus</i>	50
<i>What Should You Do?</i>	50
<i>Canned Food</i>	51
<i>Smoking</i>	51
<i>Sweets and Artificial Sweeteners</i>	52

TABLE OF CONTENTS



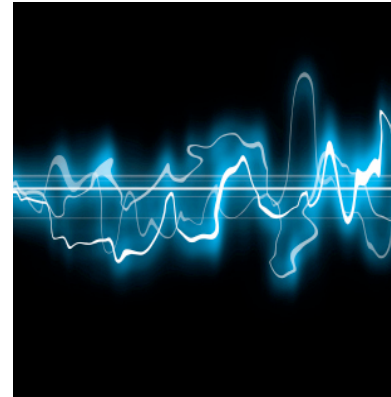
Chapter Titles	Page Numbers
<i>Sugar</i>	52
<i>Syrup</i>	53
<i>Artificial Sweeteners</i>	53
<i>What You Should Eat</i>	54
<i>Beverages and Drinks</i>	55
<i>Caffeinated Products</i>	55
<i>How Do You Replace Caffeine?</i>	55
<i>How Do You Replace Chocolate?</i>	56
<i>Alcohol</i>	56
Step 3: Stop Tinnitus Forever Holistic Diet	57
<i>Vitamin A</i>	58
<i>Benefits</i>	58
<i>Introduction to Vitamin B Complex</i>	59
<i>Vitamin B1 (Thiamine)</i>	59
<i>Benefits</i>	59

TABLE OF CONTENTS



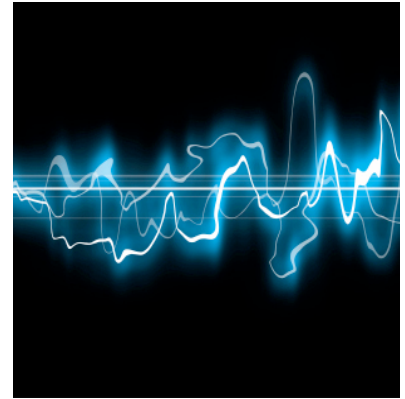
Chapter Titles	Page Numbers
<i>Vitamin B2 (Riboflavin)</i>	60
<i>Benefits</i>	60
<i>Vitamin B3 (Niacin)</i>	61
<i>Benefits</i>	61
<i>Vitamin B5 (Pantothenic Acid)</i>	62
<i>Benefits</i>	62
<i>Vitamin B6 (Pyridoxine)</i>	63
<i>Benefits</i>	63
<i>Vitamin B12 (Cobalamin)</i>	64
<i>Benefits</i>	64
<i>Vitamin C</i>	65
<i>Benefits</i>	65
<i>Vitamin E</i>	66
<i>Benefits</i>	66
<i>How Anti-oxidants Helps to Fight Tinnitus</i>	67

TABLE OF CONTENTS



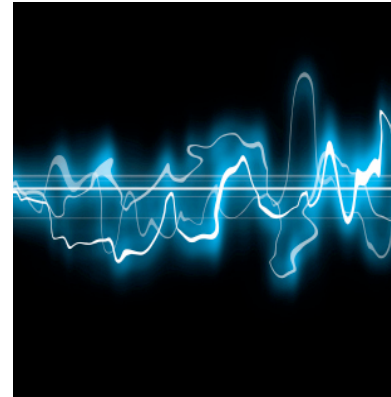
Chapter Titles	Page Numbers
<i>Magnesium</i>	68
<i>Benefits</i>	68
<i>Zinc</i>	69
<i>Benefits</i>	69
<i>Potassium</i>	70
<i>Benefits</i>	70
<i>Iron</i>	71
<i>Benefits</i>	71
<i>ALA (Alpha-Lipoic Acid)</i>	72
<i>Benefits</i>	72
<i>ALC (Acetyl-L-Carnitine)</i>	73
<i>Benefits</i>	73
<i>Biotin</i>	74
<i>Benefits</i>	74
<i>Choline</i>	75

TABLE OF CONTENTS



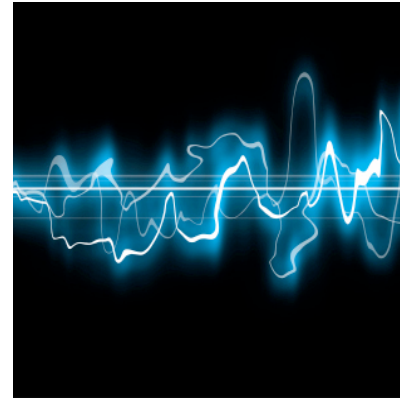
Chapter Titles	Page Numbers
<i>Benefits</i>	75
<i>Folic Acid</i>	76
<i>Benefits</i>	76
<i>NAC (N-acetyl-cysteine)</i>	77
<i>Benefits</i>	77
<i>What Should You Do Now?</i>	78
Step 4: Stop Tinnitus Forever Homeopathy	79
<i>Sources of Homeopathic Remedies</i>	79
<i>Effectiveness and Recovery</i>	79
<i>Homeopathic Remedies</i>	80
<i>Want to Know More About Homeopathy Remedies?</i>	82
<i>Calcarea Carbonica</i>	82
<i>Carbo Vegetabilis</i>	82
<i>Cinchona Officinalis</i>	82
<i>Chininum Sulphuricum</i>	83

TABLE OF CONTENTS



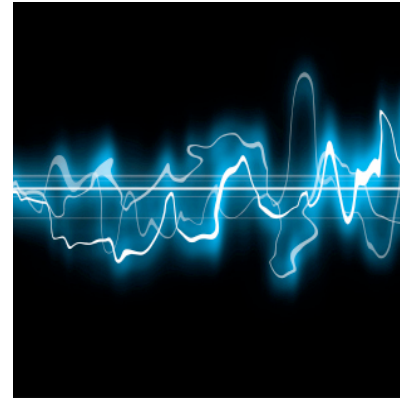
Chapter Titles	Page Numbers
<i>Cimicifuga Racemosa</i>	83
<i>Coffea Cruda</i>	83
<i>Graphites</i>	84
<i>Kali Carbonicum</i>	84
<i>Lycopodium (Club Moss)</i>	84
<i>Natrum Salicylicum</i>	85
Step 5: Stop Tinnitus Forever Herbal Remedies	86
<i>Pattern Diagnosis</i>	86
<i>TCM and Tinnitus</i>	86
<i>Want to Know More About Herbal Remedies?</i>	88
<i>Black Sesame</i>	88
<i>Gingko Biloba</i>	88
<i>Lesser Periwinkle</i>	89
Step 6: Stop Tinnitus Forever Exercise Plan	90
<i>Reducing Stress and Anxiety</i>	90

TABLE OF CONTENTS



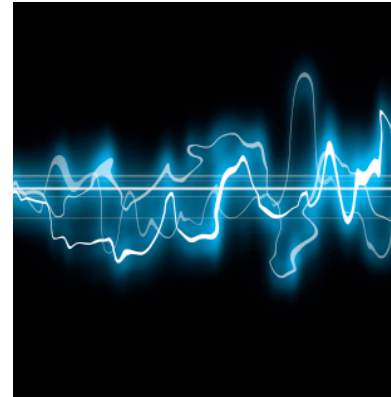
Chapter Titles	Page Numbers
<i>Improves Blood Circulation</i>	90
Full-Body Warm Up	91
<i>Loosen Up</i>	91
Higher Intensity Warm Up Exercises	92
<i>Aerobic Exercises</i>	93
Swimming	93
<i>Jogging/Running</i>	93
Brisk Walking	94
<i>Cycling</i>	94
Cooling Down	94
Step 7: Stop Tinnitus Forever Meridian Massage	95
Introduction to Meridians	95
<i>What is Meridian Massage?</i>	96
Yin and Yang Meridians	97
<i>Meridians and Acupuncture Points</i>	97

TABLE OF CONTENTS



Chapter Titles	Page Numbers
<i>12 Standard Meridians</i>	98
<i>Yin Meridians of the Arm</i>	98
<i>Yang Meridians of the Arm</i>	98
<i>Yin Meridians of the Leg</i>	98
<i>Yang Meridians of the Leg</i>	98
<i>8 Extraordinary Meridians</i>	98
<i>Organs and Meridians</i>	99
<i>Enhance Kidney Functions</i>	100
<i>Additional Steps</i>	105
<i>Stress and Emotions Related Tinnitus</i>	105
<i>Poor Appetite and Shortness of Breath</i>	110
<i>Cicada-Like Ringing</i>	112
<i>Lumbar Soreness and Dizziness</i>	115
<i>Step 8: Stop Tinnitus Forever Aromatherapy</i>	116
<i>Carrier Oils and Essential Oils</i>	116

TABLE OF CONTENTS



Chapter Titles	Page Numbers
<i>Carrier Oils</i>	117
<i>Vegetable Butters</i>	117
<i>Essential Oils</i>	118
<i>Aromatherapy Recipes for Tinnitus</i>	119
<i>Recipe 1 - Great for Relieving Stress</i>	119
<i>Recipe 2 - Great for Relieving Stress</i>	119
<i>Recipe 3 - Great for Relieving Stress</i>	119
<i>Recipe 4 - Great for Anxiety</i>	120
<i>Recipe 5 - Great for Insomnia</i>	120
Stop Tinnitus Forever - Are You Going to Take Action?	121
<i>The Simple Solution</i>	123

Stop Tinnitus Forever 8-Step System

What is the Stop Tinnitus Forever 8-Step System?

In this course, you will discover how to holistically get rid of the noise in your head. Tinnitus is a very disturbing and it may also appear as a depressing condition for a large group of people. The sounds in the head often cause mental tensions and anxiety and greatly affects millions of people around the world.

Different people have different level of knowledge as well as the understandings of the topics covered, our course would be covering on all the topics. You may know some of these topics but I still strongly encouraged you to read through the whole book itself as some of them are opposing what we have learnt in our daily life.

Before beginning your journey to stop tinnitus forever, I've included a section on the causes of tinnitus. Understanding the causes of tinnitus will help you to identify the various remedies in our Stop Tinnitus Forever 8-Step System to heal your tinnitus.

Stop Tinnitus Forever 8-Step System

I know you're excited about having the remedy, so i'm going to give you the Stop Tinnitus Forever straightaway. Stop Tinnitus Forever focuses on practical how to cure your Tinnitus steps and recommendations. As we know that there is no one cure for Tinnitus, it is recommended that you try some of these treatments to see which one works best for you. However, before consuming any form of prescription medicine or alternative treatments, you should always consult your physician.

Live your life to the fullest and embark on the natural way to heal your tinnitus by consuming foods that are high in vitamins and minerals which will help to gently boost your body to alleviate the tinnitus symptoms. And we should also not forget exercise which is also a major contributing factor towards your path to recovery.

To your good health,
Timothy Tylor

Stop Tinnitus Forever - Introduction



Over the years, the field of medicine attempted to cover the range from drug therapy, vitamins, acupuncture, masking, hypnosis, etc. Given the numerous origins of tinnitus, the patient has to expect that there is no single treatment that may be likely to cure their situation.

There can be many causes of tinnitus. It is possible for multiple classification of tinnitus causes for one individual. Tinnitus noise can be heard in at least of one the three locations: aurium, central or binaural.

But does that mean that tinnitus can never be ‘cured’ as popularly put by ENT specialists and many tinnitus patients? The answer is NO. There are many ways to put it into remission, i.e., to treat it so that the ringing sounds doesn’t bother you anymore. For the group who is suffering from stress, anxiety and depression, there tinnitus is just a surface symptom from which these emotional distress is exacerbated as ringing sounds in your ears.

From our years of research, tinnitus is rarely experienced because of hearing loss. They mostly due to other causes like stress and anxiety. We have put together a fantastic holistic remedy solution for you so that you can pinpoint some of the causes and apply our holistic cures to bring relief to the noise in your head.

First, learn the various causes of tinnitus and learn to identify the cause of your tinnitus.

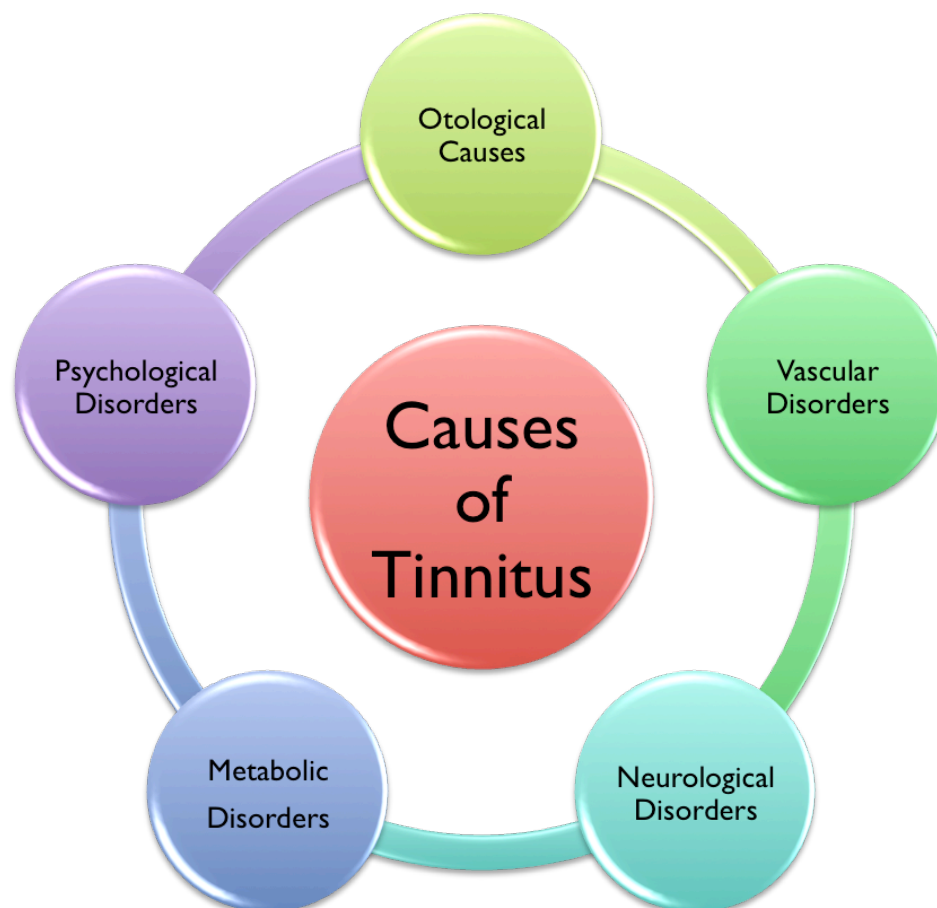
Remember that the key is to take a holistic approach to curing tinnitus. Start on the Stop Tinnitus Forever 8-Steps System now to bring more relief to your ears!

Causes of Tinnitus



If tinnitus continues to bother you, you cannot just simply choose the easiest way to get rid of it by taking medication, undergo surgery, and go for any laser treatment and audio therapy. You have to understand the cause that attracts the ringing inside your ear and brain.

The causes of tinnitus can be classified as:



Otological Causes

Means damage inflicted physically on the ear, which extends from the external ear all the way to the inner ear. Tinnitus is caused by damage in the structural anatomy or the nerve cells of the ear.

Neurological Disorders

Often related to blood circulation problems affecting the inner ear, the brain and the nervous system.

Metabolic Disorders

Abnormal metabolism in the body hinders the production of oxygen and sugar in the bloodstream which affects the inner ears.

Vascular Disorders

Often a cause of pulsatile tinnitus when blood vessels become weak.

Psychological disorders

Typically known as the silent killer as there is no obvious physical damage to the body. Manifests in the form of stress, anxiety etc.

Other Reasons

Temporomandibular Joint Disorder (TMJD), which connects our jaw to the skull via the eardrum.



I. Otological Causes

Otological in medical terminology deals with the function, structure and pathology of the ear. Going back to the theories behind tinnitus, it is well presented in many studies that the main cause of tinnitus is the abnormality of neuronal movement in the auditory cortex (cochlea, auditory cortex, brain stem nuclei, and auditory nerve).

This is where these auditory pathways are altered or disrupted in some manner. What maybe the cause of the disruption? The loss of control of intrinsic cortical activity and the creation of new neural connections may lead to disruption.

Otological problems can be considered hearing as loss symptoms and can be classified into two types – **sensorineural hearing loss** and **conductive hearing loss**.

Sensorineural pertains to several factors like aging, excessive loud noise, acoustic trauma, ototoxic medications, Meniere’s disease, and central nervous system disorders.

The conductive hearing loss, on the other hand, is more on outward factors such as external ear infection, earwax impaction, and middle ear infection. Whatever damage is being done to the ear due to these aforementioned factors, the risk of hearing loss symptoms will be higher.



A. Sensorineural Hearing Loss

Sensorineural hearing loss is one type of hearing loss that may indicate an abnormality of the cochlear portion of the inner ear. It can be congenital if the person lacks the development of the cochlea or acquired through noise induced exposure to high frequency noise, inflammatory, medication, etc. Sensorineural hearing loss can also be passed and inherited if both recessive and dominant genes for deafness exist in the family. For the most part, the noise-induced hearing loss or NIHL is said to be the main cause of tinnitus. NIHL is irreversible but can be prevented.



Aging (presbycusis)

Sensorineural hearing loss usually occurs in elderly patients (presbycusis) and relatively coexists with annoying tinnitus. It is a fact of life that there is no way we could stop the aging process but presbycusis is the type of disorder which is age-related hearing loss and normally starts to develop in elders between the ages of 65 to 75 years old. The changes in the blood supply to the ear due to age-related diseases like high blood pressure, heart disease, diabetes, and circulatory problems are also linked to presbycusis disorder.

When elders developed presbycusis, they have a hard time hearing other people or external noises which also make them incapable to withstand loud sounds. The development of presbycusis varies in different rates and may depend on the extent of the damage in the auditory pathways leading to the brain. The presbycusis may occur in both ears and since the process of hearing loss takes gradually, the person affected may hardly notice that their sense of hearing is little by little diminishing.



Acoustic Trauma

It is an injury occurred in the inner ear due to extremely loud noise. Nearly everyone who had acoustic trauma experienced sensory hearing loss. The noise can originate from an explosion near the ear like the sound of explosive bombs and gunshots. Moreover, the long-term exposure to loud music and machinery at work are also the culprit in developing acoustic trauma.

Ototoxic drugs

Ototoxic drugs are proven to be damaging to cochlea and vestibular structure in the ear which may trigger the tinnitus, hearing loss and disequilibrium like vertigo and dizziness. The damage it may inflict upon the ears begins with the inner row of hair cells and eventually progresses through the other hair cells before it penetrates the inner hair cells. The damage done in the ears can be reversible or may incur permanent damage depending on the type of ototoxicity drugs taken, the dosage, and the duration of the treatment.

Source: Seligmann H, Podoshin L, Ben-David J, Fradis M, Goldsher M. "Drug-induced tinnitus and other hearing disorders".

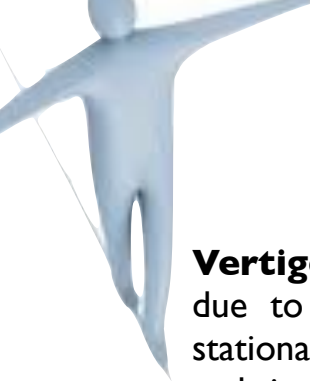
Drugs which are labeled as ototoxic medications, reported in Tinnitus Today in 1996, are

- **Analgesics** containing drugs (aspirin),
- **Non-steroidal anti-inflammatory drugs (NSAIDS)**,
Aleve, Indocin, Lodin, Nuprin, Poradol
- **Antibiotics**
Aminoglycosides, chloramphenicol, erythromycin, tetracycline, vancocin
- **Anti-depressants**
Although some anti-depressants are helpful in reducing anxiety or stress-related symptoms, it is not advisable to be overly-dependent because it may worsen the tinnitus condition.
- **Loop diuretics**
Bumetanide, ethacrynic acid, furosemide
- **Chemotherapy agents**
Bleomycin, cisplatin, mechlorethamine, methotrexate, vincristine
- **Others**
Chloroquine, ethacrynic acid, furosemide and quinine

Meniere's disease

Tinnitus, Meniere's disease, and vertigo are closely related, although not all people suffering from tinnitus can experience vertigo. **Meniere's disease** is considered a chronic condition that leaves the aching sensation to the patient with their feeling of pressure inside their ears, and this condition in the inner ear affects the sense of balance as well. Adults between the age of 40-60 are more likely to have Meniere's disease.

Source: Vernon J, Johnson R, Schleuning A; The characteristics and natural history of tinnitus in Meniere's disease. Otolaryngol Clin North Am. 1980 Nov;13(4):611-9.



Vertigo is connected to this sense of balance. It is in fact, a feeling of dizziness due to the loss of balance when you feel like you're moving when you're stationary. Patients with Meniere's disease experience severe hearing loss, vertigo, and tinnitus. Sudden loud noises and hearing fluctuations precede an attack which lasts for about two to four hours. After which, the sufferers are left extremely exhausted.

For most patients diagnosed with Meniere's disease, this is a frightening medical condition that they carry as a burden. What is even more upsetting is that the underlying cause is still unknown.

In clinical observations, there is a fluid imbalance or pressure build-up within the semicircular canals causing the hair cells to react that makes the feeling of fullness inside the ear. The fluid-filled hearing and the inner ear's balance structures are injured so that the independent control of the body's overall blood or fluid system eventually decreases. Once the control is lost, the concentration of the fluid inside the ear will fluctuate with significant changes in the body's fluid system as well.

Source: Kazmierczak H, Doroszevska G. Metabolic disorders in vertigo, tinnitus, and hearing loss. *Int Tinnitus J.* 2001;7:54-8

How Food Affects the Ear Fluid

It is worth taking note how certain substances in our blood can influence the ear fluid. For instance, notice that when we consume foods with high sodium or sugar, the blood concentration also increases. What is beyond our knowledge is the result of increased blood concentration with the changes in the concentration of certain substances inside the ear. Then, the fluctuation of trace elements is now the cause of fullness in the ears, imbalance, dizziness, as well as the tinnitus hearing loss.



Central Nervous System Lesions

Subjective tinnitus may come from several lesions and from various sites which is referred to as “site of lesion”. Since the auditory system involves complicated ear structure, many nerve pathways and nuclei form a very multifaceted meshwork.

It is also assumed that tinnitus can be the result of neural plasticity operation which did not succeed. Likewise, when patients had surgery on their ear and the procedure failed to cure the tinnitus, the site of lesion may shift into the delicate part of central nervous system.

More than 90% of central tinnitus patients will have side to side perfusion asymmetries of the brain when the brain is scanned by SPECT imaging, which is an advanced brain scanning technique. In their research, scientist have agreed their this area of the brain controls our memory and stress, which may be the reason why our sound is registered in the memory ad replayed in your ears. Since there is an emotional connection to hear these noise, some researches believe that breaking such a connection can stop tinnitus altogether.



B. Deposition of Ear Wax

Our ear canal confined by skin but unlike our body skin, it cannot be reached. The skin serves as an effective barrier to harmful external agents. If you think cleaning your ears with cotton swab is necessary and part of clean hygiene, you must be mistaken. We do not need to clean the ears using swabs but a wet flannel that will touch over the ear canal opening is more than enough. Self-cleaning will only push back the wax into the canal and once it accumulates so much wax, chances are that this can block the ear canal and produce problems.

One of the ear problems is the wax deposition as it hinders the hearing process. Once the ear wax is deposited in great amount, it would trigger severe ear pain. For some people who have troublesome tinnitus, the change in hearing process may increase the loudness of the ringing.

If you experience any symptoms of ear pain, ear fluid discharge, and hearing impairment, it is recommended to make an appointment with an ENT specialist. Normally, the removal of deposited wax involves the process of softening the ear wax performed by ENT specialist.

The softened wax appears brownish liquid as it transports out of the ear canal with somewhat unpleasant odor. Another alternative done to remove the deposited wax is through syringing using a metal probe and suction with the use of a narrow tube to clean the ears.

Source: J F Sharp, A Wilson, Linda Ross, RM Barr-Hamilton; Ear wax removal: a survey of current practice, BMJ 1990;301:1251

C. Ear Infection in the Middle Ear

Middle ear infection occurs behind the eardrum located in the middle part of the ear. Children are the most susceptible to get middle ear infections after they had the flu or cold. It is the result of bacteria which can interfere with hearing process and leads to ear pain, hearing impairment, and some other symptoms vary in intensity and character.

Otitis Media

To give meaning to Otitis Media, we would come up with the term for middle ear infection. Otitis is the inflammation of the ear while media means middle. What normally causes otitis media are stated in simple sore throat and colds or more serious health condition like respiratory problems wherein the virus already spreads to the middle ear. The mucus, bacteria and pus start to accumulate behind the eardrum which cause the pressure and pain.

As mentioned a while ago, children are the most susceptible to get ear infections as their Eustachian tube that runs from the middle ear and connected to the back of the throat and nose is shorter as compared to adults. With this regard, the microorganisms can easily enter the middle ear causing infection that leads to otitis media.

If you happened to experience the symptoms of bulging eardrum accompanied by pain in short duration, it is the rapid onset of acute otitis media. If the inflammation in the middle ear continues for a month, following an acute infection, it is a case of chronic otitis media wherein the fluid remains behind the ear drum. This fluid may last for up to three months before treating the infection. Chronic otitis media can create damage to the eardrum and the middle ear and may set off to a subtle loss of hearing if not given medical attention.

Tinnitus is one of the symptoms of otitis media aside from nasal congestion, pain the neck and sore throat. If the underlying condition namely otitis can get cured, then tinnitus can be treated as well if the main cause of the disorder is otitis media. Otherwise, if the sufferer of tinnitus cannot uproot the main cause of their ear suffering, then recovery will take some time.

Source: Sharon Sanders, Paul P. Glasziou, Chris Del Mar, and Maroeska Rovers. "Antibiotics for acute otitis media in children (Review)" Cochrane database of systematic reviews.2 (2009): 1-43.

Otosclerosis

Another possible cause of tinnitus is otosclerosis, an abnormal growth of the bone in the middle ear that also affects the hearing process. Although medical experts cannot specify the main cause of otosclerosis, there are claims that this condition can be linked to hereditary component and can be passed down among family members. The sponge-like bone which grows in the middle ear prevents the vibration in response to sound waves. The vibration is vital in order for us to hear a sound; otherwise, the lack of vibration can eventually lead to mild hearing loss and may continue to get worse with time.

Patients with otosclerosis show symptoms of tinnitus to some degree. It develops as the delicate nerve endings located in the inner ear gets irritated and since the nerve is responsible for carrying sound, the irritation is often manifested as buzzing, roaring, and ringing. Otosclerosis with tinnitus may be broad hissing sound, pulses, or discreet tones. When the nerve gets worse because of otosclerosis, the tinnitus may get worse in this case.

Source: Ayache, Denis; Earally, Fady; Elbaz, Pierre, 2003, Otology & Neurotology Characteristics and Postoperative Course of Tinnitus in Otosclerosis, 00129492-200301000-00011 Issue 1, pg 48-51

D. Ear Infection in the Outer Ear

Swimmer's Ear - Otitis Externa

Otitis Externa is an inflammation of the outer ear and ear canal. If your tinnitus is caused by Otitis Externa, the most common symptom that you will notice swelling of the ear canal with discharge. This condition generally happens from swimming in polluted waters, or having excessive water trapped in the ear canal.

Two factors are attributed to swimmer's ear – one is the presence of bacteria in the ear that may infect the skin, and secondly placing foreign objects such as cotton swabs into the ear canal will cause the surface of the ear canal to break, providing a breeding ground for otitis externa to develop.

It's important to treat swimmer's ear as soon as possible to prevent the condition from escalating to acute otitis externa. The pain from swimmer's ear can be intense enough to affect our sleep because there are many nerve cells in the ear canal. Ear wax together with the swelling of the ear canal can affect the travel of sounds waves to the extent that your hearing is affected, leading to temporary conductive hearing loss.

One of the natural home remedies for swimmer ear is to drip garlic oil into the ear and apply some cotton on it. Once healed completely, swimmer's ear does not usually tend to lead to tinnitus on a prolonged basis.

Source: Peter C. Weber, Alan J. Klein, Hearing Loss, Medical Clinics of North America, Volume 83, Issue 1, January 1999, Pages 125-137



II. Neurological Disorder

The second given cause of tinnitus can be attributed to neurological disorder. It is a kind of disorder in the nervous system with biochemical, structural, and abnormalities in the spinal cord or the brain. The phenomenon of the nervous system closely linked to the ear and characterized the perception of the ringing with no external source. Patients who had neurological disorder and blood circulation problem are often diagnosed with tinnitus. In some cases, head injury comes first before the sufferer develops tinnitus. To further explain, kindly refer to the detailed explanation below with regards to neurological disorders that are linked as the cause of tinnitus.

A. Multiple Sclerosis

Multiple sclerosis (MS) is a progressive disease of the central nervous system that can damage the brain which controls the hearing process. It is a debilitating disease that can eat away the protective sheath of our nerves and interferes the way our brain communicates with our body. The process of deterioration is irreversible and for people with severe multiple sclerosis, they lose their ability to speak or walk. The disorder may occur at any age and can hardly be determined in early stage because the symptoms often come and go.

People who have multiple sclerosis may have difficulties including tinnitus once the lesion appears on the acoustic nerve as the myelin coverings of the nerves are damaged. Multiple sclerosis damages the myelin sheath that envelop around the nerves in the spinal cord and brain, thus, affecting the nerves is indeed the main source of ringing in the ears.

We always reiterate that tinnitus is not an illness, but rather a symptom to a certain underlying health condition so it should not be taken for granted. If you experience any of these symptoms such as changes in your eye vision, having a hard time walking straight and you experience severe headache, call the emergency hotline before anything unfavorable happens to your health .



B. Head and Neck Injuries

Head or neck injuries can be the start of living with annoying tinnitus. Almost 10% of the population affected with this symptom comes from a head or neck injury. In some theories, the part of the brainstem known as dorsal cochlear nucleus also adjust with the injury and the cause of the phantom sounds in the ears.

While in neck region, the hyper extending of the neck may also cause the maddening tinnitus. In most cases, after a surgery has been performed, tinnitus is discovered as the cause of the unbearable suffering of the patient.

Head or neck injury can damage the auditory nerve and the structures involved in hearing process, and leads to ringing in the ears. Aneurysm, to be particular, is one of the causes of tinnitus in which the blood vessels are weakened and swollen. The weak wall ruptures that increase the rate of stroke for sufferers who had head injury.

The most common ringing in the ears occurs due to head or neck injury is the swishing sound in sync with the pulse or heartbeat. If you experience the symptoms like dizziness, make an appointment with medical experts and consult your condition. There are some patients diagnosed to have weakened blood vessel wall which increase their chances of a stroke.

Source: Folmer, Robert L., Griest, Susan E. Chronic Tinnitus Resulting From Head or Neck Injuries. *The Laryngoscope*, Volume 113, Issue 5, pages 821–827, May 2003

C. Myoclonus and Palatal Myoclonus

We have discussed the certain types of tinnitus wherein there are sounds which is not ringing, but rather, the sound is heard as clicking and thumping that represents the mechanical process near the ear. This can be heard by another person.

Like objective tinnitus, the contraction of certain muscles in the middle ear caused the clicking sounds. The middle ear muscle contraction is called **myoclonus**. Some people can hear the sound clicking either in one side of the ear or both ears, most especially when they swallow.

The two tiny muscles in the middle ear attached to the ossicles conduct the sound. If the muscles develop a twitch (like a muscle twitch in leg), it causes the ossicles to vibrate and instead of feeling it, you can hear the sound of the twitch such as “click click click” when you attempt to make a movement.

The person who is experiencing it cannot control the twitching. Likewise, **palatal myoclonus** is almost the same problem whereas the twitch of a muscle is in the soft palate which is responsible for producing the sound. Both types of myoclonus can be heard by the examiner.

Myoclonus may occur due to infection, head or spinal cord injury, brain tumors, stroke, liver or kidney failure, drug poisoning, and lipid storage disease. It can also occur from several symptoms linked with nervous system disorders (Parkinson’s disease, Creutzfeldt-Jakob disease, and multiple sclerosis).

D. Idiopathic Stapedial Muscle Spasm

The smallest part of the skeletal muscles is called the stapedius muscle which lies in the wall of the tympanic cavity. It is a mixture of fibers that join into a tendon and attaches the muscle to the posterior leg of the stapes.

The main function of the stapedius muscle is to protect the inner ear from external loud noises including the volume of our own voice that can accentuate the spasm. It also stabilizes the smallest bone which is the stapes and prevents its excess movement to control the conduction of sound waves from any high volume noises.

When the stapedius muscle becomes paralyzed, it would allow the wider fluctuation of the auditory ossicles to vibration of the sound, therefore, loud noises can be deafening.

Idiopathic stapedial muscle spasm induced to ringing is described as crackling noise that can be worsen by external noises. The muscle spasm can be **stimulus-sensitive myoclonus** if it is generated by external events such as noise, light and movement. On the other hand, **sleep myoclonus** may experience on the initial phases of sleep and people experience this have some trouble in getting enough rest. The symptoms are caused by complex sleep disorders and treatment is necessary for this medical condition.



E. Patulous Eustachian Tube

This is a benign condition but still considered as troublesome to some tinnitus sufferers wherein the Eustachian tube is abnormally patent and stays open for long period of time.

Eustachian tube is the part whereas the mucosal tube extends from the middle ear to the throat and back to the nose. It has to remain close and opens only occasionally so that the air pressure in the middle ear can equalize with the air pressure. Now, if the Eustachian tube remains open for some period of time, you may notice that there is an unpleasant sensation like your voice is loud, distorted, and sometimes there is an echo registered out of nowhere.

Many sufferers of tinnitus that damaged the delicate structures of their ear may cause the soreness that will trigger the increased blood flow to any damaged tissue present in the ear. The blood flow is one of the sources of the ringing sound. In the case of Patulous Eustachian tube which remains open, it causes an echo sound of the sufferer's own breathing, speech and heartbeat. In general, when the Eustachian tube is infected, it causes pulsating tinnitus, especially when a liquid is combined in the air filled space inside the middle ear.

Patulous Eustachian tube is rarely found in children but more common in women than in men. Moreover, neurological problems may cause muscle weakening such as multiple sclerosis, stroke, and motor neuron disease. Other factors causing patulous Eustachian tube according to medical studies are linked with medications, fatigue, anxiety, and stress.

III. Metabolic Disorder

Metabolism plays a very important role in converting energy from the food we consume which is made up of fats, proteins, and carbohydrates. The chemicals in the digestive system will break down the food parts into acids and sugars that serve as the body's fuel or energy. Either our body will use the fuel immediately or store it in body tissues like body fat, muscles and liver.

Whenever there is an abnormal chemical reaction in our body, it will lead to metabolic disorder that can damage our health. We can develop the metabolic disorder in some parts of our organs like pancreas and liver that may become diseased and will no longer function normally.



The connection between metabolic disorder and tinnitus has been part of hearing discussions for quite some time. The inner ear as compared to the brain is without any energy reserves and the metabolism will depend on the oxygen and sugar supply from the blood. Therefore, any alterations in glucose metabolism can disturb the hearing mechanism of the inner ear.

For that reason, metabolic disorder has something to do with what we eat, drink, take for medicines and vitamins and whatever we consume and put into our body. Examples of metabolic disorder that leads to tinnitus are thyroid disorder, vitamin B12 deficiency, and hyperlipidemia disorder.

A. Thyroid Disorder

Thyroid gland, one of the endocrine glands located in the neck, produces the thyroid hormone which is necessary for normal metabolism as it controls the rate of how fast the body can burn energy and how sensitive our body responds to other hormones. These thyroid hormones are responsible for regulating the metabolic rate of every cell in the body that which is involved in cell protein differentiation, synthesis and maturation. Another important function of thyroid gland is to regulate the heartbeat.

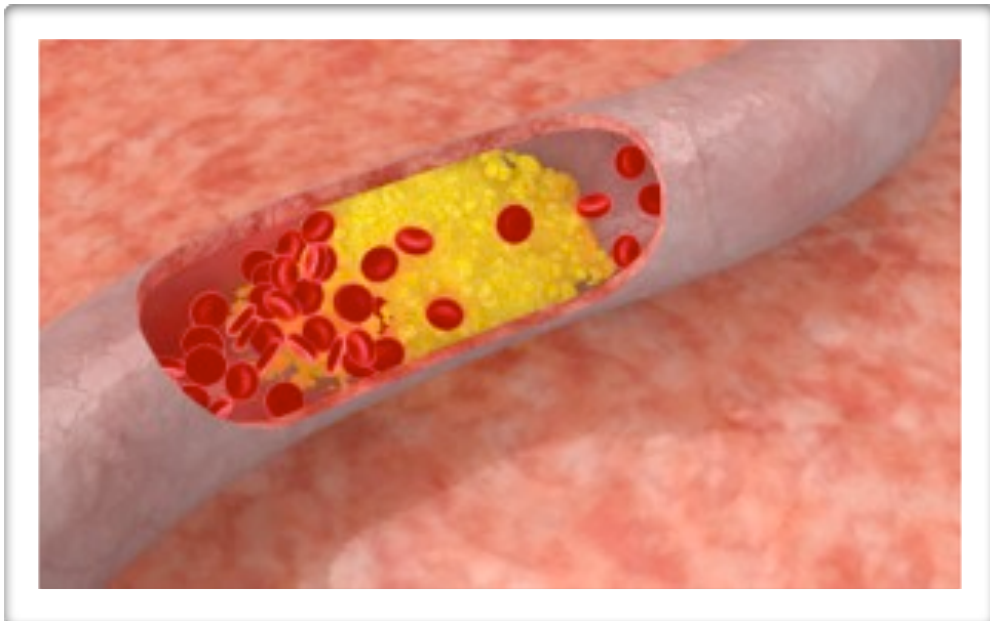
Thyroid disorder leads to several health problems like weakness, sensitivity to pain, depression, weight gain, and can cause permanent or temporary changes in the inner ear which leads to tinnitus. Either the deficiency or abundance of the thyroid hormone can cause the hormonal disorder. If the thyroid gland produces too many hormones, the T3 and T4, the heart beats harder and faster causing a pulsating noise that even other parties can hear aside from the sufferer of tinnitus. This is where the ear can pick up sounds of the heartbeats and blood pressure from inside the body.

B. Hyperlipidemia

Hyperlipidemia is a condition of elevated fats (lipids) in the bloodstream. These lipids are the cholesterol, phospholipids, and triglycerides. There are several studies of the occurrence of this condition in patients who are suffering from tinnitus and hearing loss.

Take for example a research conducted by Gulhane Military Medical School and published in 2007 from the journal issue of The International Tinnitus, which studied the prevalence of hyperlipidemia in patients who had tinnitus hearing loss symptoms due to noise exposure. The 42 male respondents with elevated cholesterol are placed on a low cholesterol diet for two years and took Lipitor and Zocor medication.

After that time, the group of patients who were unresponsive and had no response to low cholesterol diet and the 20 patients who responded well to the therapy were given tinnitus questionnaires and their hearing levels were tested. When compared to the unresponsive group, 35% of the patients belonging to responsive group decreased their tinnitus and another 20% totally recovered from tinnitus. Therefore, lowering the blood cholesterol is one of the holistic approaches in improving tinnitus among patients who have high cholesterol level.



C. Vitamin B12 Deficiency

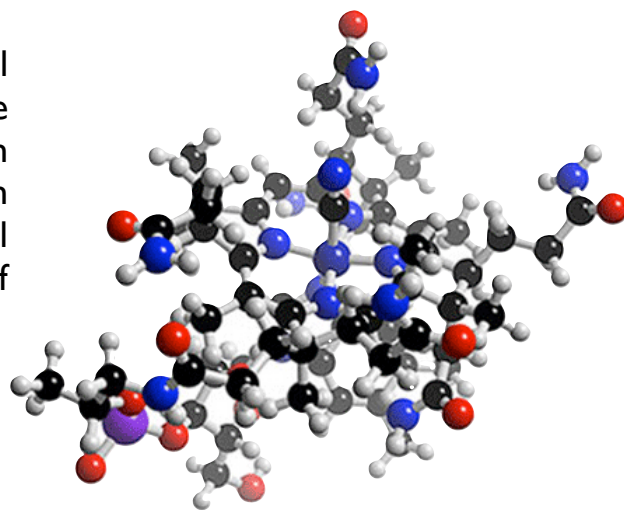
Vitamin B complex can stabilize the nerves and have beneficial effect on people with tinnitus problem. This is the most common deficiency experienced by over 80% of the population and more accompanied with anemia and loss of position sense. Although the pathogenesis of tinnitus is still unclear, many clinical observations were made and linked tinnitus to damaging the nerve fibers and the metabolites such as cobalamin, which is needed to stabilize the neural activity. Hence, vitamin B12 is essential for methylation of myelin cell membrane phospholipids and protein.

The relationship between patients who have dysfunction of the auditory pathway and vitamin B12 deficiency is very evident in several studies. An interesting result was found in a group of army personnel with noise induced hearing loss or NIHL and chronic tinnitus, and have low levels of Vitamin B12 in their blood levels. The study recommends that Vitamin B12 deficiency can increase the danger of developing tinnitus.

Likewise, electrophysiological studies in respondents with Vitamin B12 deficiency showed that it has clear effects on their sensory fibers and since neural dysfunction is directly linked to tinnitus, it is believed that the deficiency may aggravate the symptom of ringing in the ears.

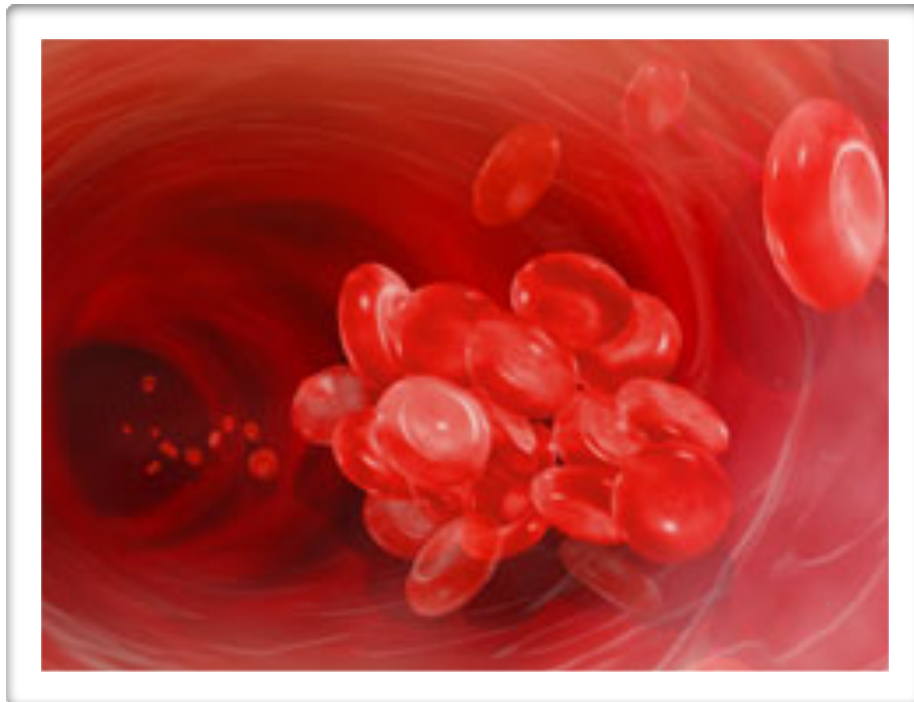
For the elderly, the issue of hearing loss is also related to the lifestyle they have opted to live for many years which eventually leads them to numerous degenerative diseases and vitamin deficiency. The side effect of initial symptoms of hearing loss is the ringing in the ears and the development of auditory hallucination.

There is a need for proper testing and medical intervention in this case but everyone should be aware that prevention is always better than cure. As aging process continues, maintain enough levels of Vitamin B12 supplements as well as live a healthy life all throughout the course of your existence.



IV. Vascular Disorder

The network of blood vessels that makes up the vascular system includes the veins, arteries, and capillaries which are responsible for transporting blood to and from the heart. Any vascular disorder can be serious as the arteries can become stiff and thick leading to blood clotting and blockage of blood flow to the brain and heart. If blood vessels become weak, bleeding inside the body may happen.



In our previous discussion, pulsatile tinnitus is the irritating ringing sound that coincides with our heart beat. The symptom is closely related to blood flow problems inside our body. Vascular anomalies such as vascular tumors, arteriovenous malformation, arterial bruit, and venous hum are the given vascular disorders that may cause pulsatile tinnitus. Although the mechanism is still unknown, medical attention is necessary and must be sought.

A. Vascular Tumor

If you experience recent hearing loss, you may develop one of the vascular tumors considered benign which is called the **Glomus tumor**. This is located at the skull base just below the ear. This part consists of intertwined blood vessels and hearing loss is a common symptom of the Glomus tumor. It is a slow growing tumor and considered benign and predominantly occur in women. The tumors often goes unnoticed because of the subtle onset of symptoms which are pulsatile tinnitus and conductive hearing loss.

Although the tumor is benign, it has to be removed to avoid any other serious symptoms which have the tendency to become malignant. The mass of tumor can block the ear canal so the sound is not transmitted. As the tumor grows, the sufferer may feel dizzy and the worst implication could be facial paralysis.

Source: Glasscock, M. E., Dickins, J. R. E., Jackson, C. G. and Wiet, R. J. (1980), Vascular anomalies of the middle ear. *The Laryngoscope*, 90: 77–88.

B. Arteriovenous Malformation

This is a condition of tangled blood vessels in the brain. Normally, oxygen –rich blood enters the brain through the arteries, which branch out into even smaller blood vessels called capillaries. Our brain uses oxygen that is removed from the blood in the capillaries. The depleted blood passes into small venules, then to the larger veins which drain the blood from the brain to the ear, and lastly to the lungs. Arteriovenous malformation happens when the blood passes directly from the arteries to the veins, missing to pass the capillaries. Bypassing the capillaries can rupture the veins and arteries causing the brain to bleed, headaches, and tinnitus.

C. Venous Hum

The turbulence in the jugular veins, the visible vessels in the neck, can cause the venous hum. Jugular in layman's term refers to neck or throat which derives from the Latin word "jugulum" meaning throat. The external jugular vein collects the blood from the deep parts of the face and outside of the skull, while the internal jugular vein collects the deoxygenated blood from the outside of the face and from the brain.

The wooshing sound or murmur sounds like water passes through a garden hose. The low-pitched and soft sound rather than ringing may come and go over time and can be altered by activity, pressure on the jugular vein, and head position. Mostly, venous hums are prominent in patients with hypertension or people who have an abnormal high placement of their jugular bulb (the dilated portion of throat vein and the junction between the jugular vein and sinus). A jugular bulb is considered high riding if it already extends into the middle ear.

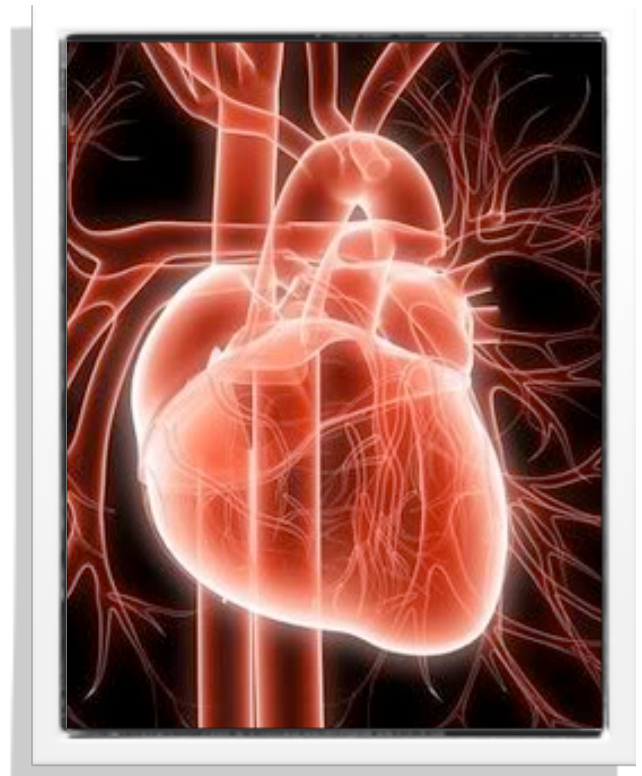
D. Arterial Bruit

Bruit is the term for any unusual sound which blood makes whenever there is an obstruction in an artery. Another common terminology used for arterial bruits is vascular murmur which is often confused with a heart murmur.

Vascular murmur originates in blood vessel while heart murmur is the unusual sound that originates from a heart beat. The arterial vessels located near the temporal bone can transmit sounds linked with turbulent blood flow wherein the high frequency of the sound exceeds the threshold in hearing.

It is the carotid system that is said to be the common source even though other arteries may also cause the tinnitus.

It is actually not a serious condition, but the patient may still be required for a medical evaluation to test if there is such underlying atherosclerotic disease. It is a medical condition wherein an artery wall becomes thickened due to cholesterol build-up.



V. Psychological Disorder

A psychological disorder is a pattern of psychological symptoms that impact every living aspect of the person experiencing the behavioral disorder. Nevertheless, there are consistent reports indicating that the perception of the sufferers of tinnitus and the personality variables can determine the response to numerous treatments, but little is known on how severe the tinnitus related to psychological disorders.

A. Fibromyalgia

This is a debilitating and severe fatigue characterized by pain at tender points in muscles, joints and other soft tissues. Fibromyalgia can also be linked to sleep problems, fatigue, depression, and anxiety. Hence, the cause of the disorder remains unknown as there are assumptions that emotional or physical trauma can be one factor which contributes to develop the syndrome.

Sleep disturbances among the possible factors has been suggested to cause the condition. Other theories also suggest that this can be associated with decreased blood flow and skeletal muscle metabolism that may trigger chronic fatigue and weakness.

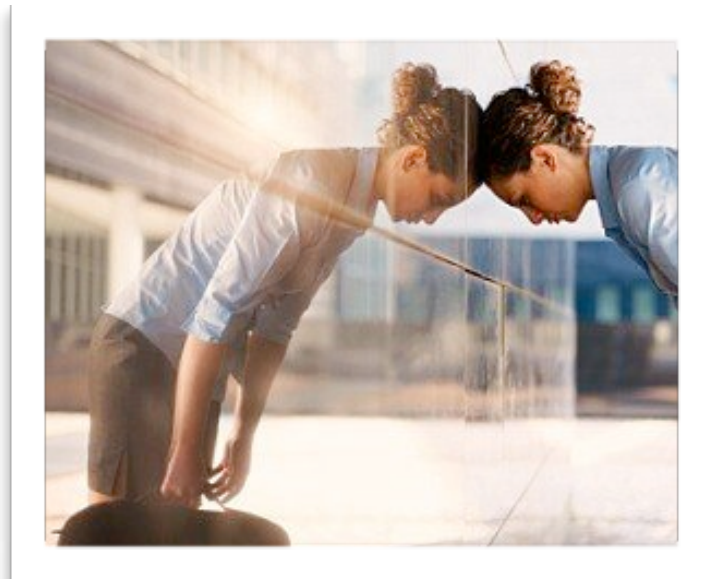
Fibromyalgia normally develops gradually over many years so it would be hard to diagnose the condition during the early stages. Most of the time, fibromyalgia has reached the advanced stage before it is suspected.

If you happen to experience symptoms such as diffused body ache, disabled fatigue, disordered sleep pattern, decreased concentration that lasted for more than six months, medical attention is required to give the patient necessary comprehensive treatment. Other possible causes of chronic fatigue are cancer, anemia, lupus, diabetes, polymyalgia rheumatica, or chronic infection.



B. Stress and Anxiety Disorder

It is normal that we hear the usual causes of tinnitus such as exposure to loud noises, hearing loss due to aging, and damage occurring in hearing pathways. Hence, aside from those factors that trigger tinnitus, stress and anxiety can also be considered as direct causes of the symptom. Forces from the outside world and modern living can directly affect everyone, yet every individual responds to stress differently.



Stress

Stress can be both internal (overall health, emotional well-being and nutritional status) and external (physical environment, relationship with others, challenges, and expectations) factors. Uncontrollable and constant stress has many health consequences on the mental and physical health and it recurs throughout our life.

Anxiety

On the other hand, stress as manifested in fear and apprehension leads to anxiety. Anxiety disorder is considered serious illness when people tend to always expect something bad will happen to their lives and never stop worrying about almost everything which concerns them. Most often than not, people with anxiety disorder are dominated by unrealistic proportion of anxiety that debilitate their daily functioning and relationship among others.

Once high level of stress and anxiety is aggravated, tinnitus can totally impede the person to function well as stress and anxiety can exacerbate our natural weakness and make us feel worse.

The hypothalamus is part of the brain that controls many body systems such as pituitary gland, endocrine organs, and autonomic nervous system. It is the organ in the brain that produces vital chemicals we need for us to function normally.

Whenever a person experienced grief, anxiety, and continued stress, the hypothalamus is greatly affected and tinnitus is one of the unhealthy conditions that can occur to a person that is exposed to stress and anxiety for long period of time. Whenever a person is feeling stressed and anxious, the rush of blood pumps through the body and the tinnitus is hard to get rid of for sufferers who hear the constant ringing in the ears.

Understanding what causes the anxiety and stress disorder is crucial in order to give a starting point and provide a steady ground to where the sufferer can build a healthy well-being.

Source: Jonathan B.S. Halford, Stewart D. Anderson, Anxiety and depression in tinnitus sufferers, Journal of Psychosomatic Research, Volume 35, Issues 4-5, 1991, Pages 383-390



VI. Other Causes

A. Temporomandibular Joint Disorder (TMJD)

TMJD is a complex dysfunction of the joint that connects our jaw to the skull through the ear drum.

The medical term for the joint is known as temporomandibular joint (TMJ), and this joint is responsible for movements of our jaws like smiling, chewing, speaking and other facial movements.

To find out if TMJD is the cause of your Tinnitus, ask yourself if you have the following symptoms

- headaches
- pain in the neck or face
- dizziness
- ringing in the ears
- pressure in the ears
- difficulty swallowing

Source: Gelb, H., M. Gelb, and M. Wagner: The Relationship of Tinnitus to Craniocervical Mandibular Disorders, Journal of Craniomandibular Practice, vol. 15, no. 2, pp. 136-142, April 1997.



To cure your TMJD conditions, you would need to stimulate and increase the blood flow to the affected areas and prevent that area from getting muscle ache.

This can be achieved with the massaging therapy below or herbal remedies that include blood flow in the later part of the chapters.

Massaging

Using your index finger knuckle, direct it from your cheekbone to your jaw hinge, and apply small pressures to these muscles for about 5 to 10 seconds. You can do this one side of the jaw at a time and repeat the steps for the other side of the jaw.

With your index finger and middle finger side by side, place them close to your right ear. The correct position will be just below your cheekbone. There's an indentation between the top part of your jaw and the bottom of your cheekbone. Again, hold on to this area for about 5 to 10 seconds before gently applying downward pressure along your jaw line. Repeat the same steps for the other side of the jaw.

Stretching

Yes, you can stretch your jaw too! Choir singers typically have to stretch the jaws as part of their warm-up exercises before long singing practices, all for a good reason. Stretching your jaw helps to relieve tension in the jaw muscles.

In a comfortable sitting position, tilt your head backwards and open your mouth slowly to the widest you can manage (do not overstretch your jaws!), and feel the sides of your cheek and jaw stretch. Inhale deeply and then exhale slowly.

You may want to close your eyes to totally relax other parts of your body and let the oxygen travel to your brain. Feel more refreshed? Repeat these steps for a few times and you can feel your jaw muscles loosen.

Strengthening

Now that you have loosened and stretched your jaw, it's important to strengthen your jaw to prevent recurrence of TMJD. Press your lips tightly together and leave a gap between your teeth. Move your jaw up and down while in this position and produce an "Omm" sound, like a sheep munching on grass. It may sound weird but it works to strengthen your jaw muscles!



VII. Other Manifestation of Tinnitus

These are the possible physical, emotional symptoms and discomforts as a result of or associated with tinnitus.

Physical symptoms are manifested in sweaty palms, cold hands and feet, migraines, sleep disturbances, neck and shoulder pain, jaw pain, blurred vision, acid stomach including irritable bowel syndrome, constipation and diarrhea, eating disorder, fatigue, high blood pressure, reproductive problem, colds and flu, chest pain, or shortness of breath.

Likewise, if you have these **emotional symptoms**, you may probably have the symptoms of tinnitus: anxiety, depression, frustration, lack of concentration, substance abuse to the extent that you are feeling out of control, over reaction and phobias.

If you happen to experience more of these symptoms, consult your doctor for further diagnosis.



Summary

There are 5 major causes of tinnitus:

1. Stress

Often experienced by middle-aged white collared adults who faces huge stress at work, has very little sleep due to many social activities. Tinnitus may be even more serious for upper management personnel.

2. Menopausal Endocrine Disorders

Many women who reached menopausal age often complain of tinnitus despite hearing test showing normal hearing functions. Some unexplainable reactions include hearing tinnitus sounds when using the hands to touch the pinnae or to tap the scalp. Researchers have come to the preliminary conclusion that endocrine disorders, decrease of estrogen levels and nervous system disorder are some of the causes of tinnitus in menopausal females.

3. Emotional Instability

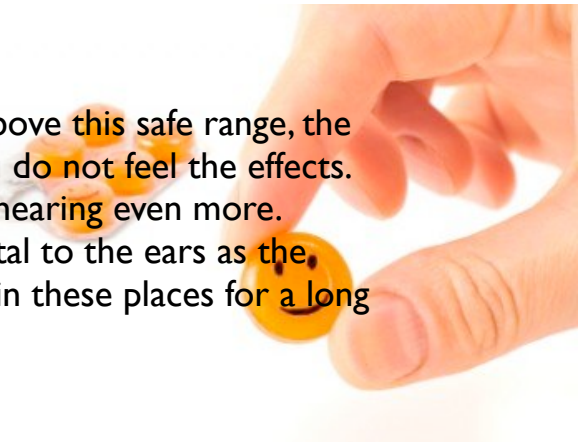
A tendency to fall into anxiety or depression will cause tinnitus or even exacerbate the symptoms of tinnitus.

4. Long-term Exposure to Noise

The ear can only take up to 90 decibel (db) of volume. Above this safe range, the fragile and sensitive inner ear will be damaged even if you do not feel the effects. Irregular, erratic and piercing loud noise will damage the hearing even more. Exposure to music in lounges and concerts are detrimental to the ears as the sound usually exceed 115 db and it's not advisable to be in these places for a long time.

5. Drug Intoxication

Ototoxic drugs are proven to inflict on the ear and one should stop consuming these drugs immediately once tinnitus signs are spotted.



The Emotional Side of Tinnitus

Is it Only a Ear Problem?

Tinnitus isn't just caused by physical damage of the ear, and experts have readily agreed that for some group of tinnitus patients, it is not altogether a 'ear' problem. It is not uncommon to hear stories from deaf people that they continue to hear normally in their dreams. Even though the physical ear has ceased to hear, the brain registers sounds that is previously heard and recreates the sound.

By acknowledging that your brain may indeed be the root cause of your tinnitus, you should see a skilled professional to retrain your brain so that it can focus its attention on other things instead of the tinnitus sound in the head. But don't undergo this treatment thinking that it's going to cure your tinnitus overnight. Remember, have the time to see through the treatment, and have the patience to see through the time! You'll be amazed by the results.

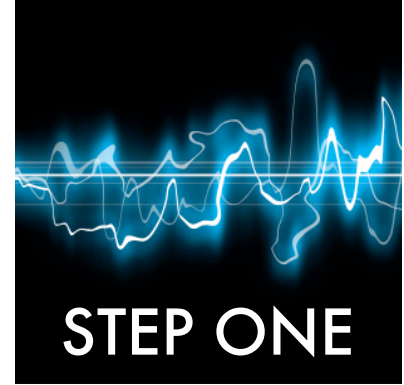
The Link Between Tinnitus and Emotion

The emotional brain is very powerful. Physical illnesses cannot be just attributed to physical malfunctioning of our body. More often than not, our emotions control our mind, our mind controls our perception and thinking, and our mentality will snowball down to our health. This completes the cycle. Fear, anxiety, panic and stress will ignite a response in the brain. Whenever the brain is subjected to emotional strain, it will trigger the noise and the body will react to the noise similar to how it reacted in the past.

How to Break Free of the Tinnitus Cycle

Tinnitus impacts our daily life and work, causes emotional imbalance, frustration, anxiety, panic, pessimism and over-zealousness in finding a cure. All these will seriously impact the effectiveness of tinnitus treatment. It's important to understand the psychological reasons behind tinnitus and adopt treatment or holistic attitude to 'calm the nerves' so as to regain confidence in tinnitus treatment and build optimism that it can ultimately be cured.

Determine the Cause of Tinnitus



There can be many causes of tinnitus. It is possible for multiple classification of tinnitus causes for one individual. Tinnitus noise can be heard in at least of one the three locations: aurium, central or binaural.

It is useful to note that Tinnitus is rarely experienced because of hearing loss. They mostly due to other causes like stress and anxiety. We have put together a fantastic holistic remedy solution for you so that you can pinpoint some of the causes and apply our holistic cures to bring relief to the noise in your head.

Diagnosis of Your Condition

The first step of diagnosing your tinnitus is to know what exactly triggers your tinnitus. Find a quiet and relaxed environment, sit down in comfortable and close your eyes. Recall the first instance where you experience ringing in the ears. Do you still remember any incident that might have triggered ringing in your ears? If there was no significant incident that happened that might caused your Tinnitus, it could be a health problem that has developed over period of time.

1. Stress - Is Stress Causing Tinnitus?

Stress is one of the top few reasons why you hear ringing in your ears. There are numerous researches indicating that all subjective idiopathic tinnitus patients suffer from anxiety and/or depression. However this factor seem to be overlooked by most people who are looking for 'physical' reasons for tinnitus.

Imagine heavy metal music blasting at high volumes in a concert. After the concert, will all the concert-goers encounter ringing in the ears? Definitely not. Only one or a few individuals will get tinnitus. It is very likely that they are experiencing the onset of stress in their work and/or relationship or have similar experiences in the past with depression, stress, anxiety and emotional instability.

If you are able to tackle and reduce your stress, you will notice positive results emotionally and in tinnitus reduction. Since stress is experienced by many people, how do you know if you are overly stress? Developed by psychiatrists Thomas Holmes and Richard Rahe in 1967, the Holmes and Rahe stress scale comprises of 43 stressful life events that are able to contribute to illness.

Answer the questionnaire below to find out whether is stress the major contributor for your tinnitus.

Add the number of Life Change Units and your final score will give you an estimate on how stress affects tinnitus.

Life Event	Life Change Unit
Death of a Spouse	100
Divorce (yours)	73
Marital Separation	65
Imprisonment	63
Death of a close family member	63
Personal injury or illness	53
Marriage (yours)	50
Dismissal from work	47
Marital reconciliation	45
Retirement	45
Change in health of family member	44

Life Event	Life Change Unit
Pregnancy (yours or your wife)	40
Sexual difficulties	39
Addition to the family	39
Business readjustment	39
Change in financial status	38
Death of a close friend	37
Change to different line of work	36
Change in frequency of arguments	35
Major mortgage, over \$10,000	32
Foreclosure of mortgage or loan	30
Change in work responsibilities	29
Child leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Spouse starts or stops work	26
Beginning or ending school	26
Change in living conditions	25
Revision of personal habits	24
Trouble with boss	23
Change in working hours or conditions	20
Change in residence	20
Change in schools	20
Change in recreation	19

Life Event	Life Change Unit
Change in church activities	19
Change in social activities	18
Minor mortgage or loan	17
Change in sleeping habits	16
Change in number of family reunions	15
Change in eating habits	15
Vacation	13
Christmas	12
Minor violation of law	11
TOTAL STRESS POINTS	

If your score is:

- 300 and above
 - o At risk of illness and may already be suffering from stress-related tinnitus.
- 150 - 299
 - o Moderate risk of stress-related illness. Current tinnitus due to stress highly probable.
- <150
 - o Slight risk of illness.

Suggested Remedies

- Aromatherapy
- Meridian Massage
- Stop Ringing Tinnitus Diet

II. Meniere's Disease - Is Meniere Disease Causing Your Tinnitus?

If you have 2 or more "Yes", then chances are that you may be suffering from Meniere's disease. Often, the symptoms of Meniere's disease come without any warning.

Questions	Response
Do you feel dizzy or giddy often?	
Do you lose your sense of balance frequently?	
Do you experience any hearing loss?	
Do you feel there is pressure in your ears?	
Do you feel nauseous after a tinnitus attack?	

Suggested Remedies

Most treatments are targeted to cure the problem of excessive endolymphatic fluid. Also stick to a low-sodium diet, and avoid caffeine, nicotine, alcohol, stress. Follow our Stop Ringing Tinnitus Diet to obtain niacin, and other vitamins and minerals. Combine it with meridian massage and homeopathy to obtain the best results.

III. Ototoxicity - Is Ototoxicity Causing Your Tinnitus?

Ototoxic drugs results in dysequilibrium (problem with balancing), and sensorineural hearing loss. If you are all long-term medication, check the name of the drugs. Do you take these drugs?

Analgesics

Aspirin

Nonsteroidal anti-inflammatory drugs

Antibiotics

Aminoglycosides

Chloramphenicol (Chloromycetin)

Erythromycin

Tetracycline

Vancomycin (Vancocin)

Chemotherapeutics

Bleomycin (Blenoxane)

Cisplatin (Platinol)

Mechlorethamine (Mustargen)

Methotrexate (Rheumatrex)

Vincristine (Oncovin)

Loop diuretics

Bumetanide (Bumex)

Ethacrynic acid (Edecrin)

Furosemide (Lasix)

Others

Chloroquine (Aralen)

Heavy metals: mercury, lead

Heterocyclic antidepressants

Quinine

Suggested Remedies

If your tinnitus is due to ototoxic drugs, reduce these drugs or do not consume these drugs.

Consult your physician before you do so.

IV. Sinus Induced Tinnitus - Do You Have Congested Sinus?

When the eustachian tubes are congested with mucous or polyps you will experience sinus congestion. You have to simply cure the sinus first. Avoid eating meat especially fowls as they are hormones injected animals that will aggravate the sinus conditions.

Suggested Remedies

Apple Cider Vinegar

One of the best natural remedies for sinus, organic apple cider vinegar, when consumed before the start of a sinus infection, helps to dissolve mucus. When the body is 'heaty', the mucus formed is green in color. After consuming apple cider vinegar, the mucus will gradually turn from green to yellow to being thinner and clearer. Dilute Apple Cider Vinegar in water and drink it throughout the day. Top it off with loads of water.

Dairy Products

Do not eat dairy products such as milk or cheese as it causes the formation of mucus very easily.

V. Cochlea Damage

Ask yourself the following questions:

Are you constantly exposed to loud noise? For example, are you working in an environment that has a lot of noise e.g. military, musician

Do you recently has ear wax removal?

Do you have ear infections?

Do you recently encounter any head or ear injuries?

If your answers to the questions contain more than 3 'yes', you may be suffering from cochlea damage.

Suggested Remedies

In the 1980s, Dr. Douglas Cotanche discovered that cochlea hair cells are able to recover and regenerate in chicks. The research was found in the journal article “Genetic and pharmacological intervention for treatment/ prevention of hearing loss”. He is confident that given breakthroughs in gene therapy and stem cell transplantation, a new therapy may be developed in the future to regenerate hair cells in the human cochlea.

VI. General Health Problems

If there is no significant thing that happened prior to the time your tinnitus started, it could be due to health problems.

- Lack of certain vitamins and minerals
- Thyroid disorders
- or it could be due to tumors.

Suggested Remedies

If it is due to lack of certain vitamins and minerals, you can follow our Stop Ringing Tinnitus Diet

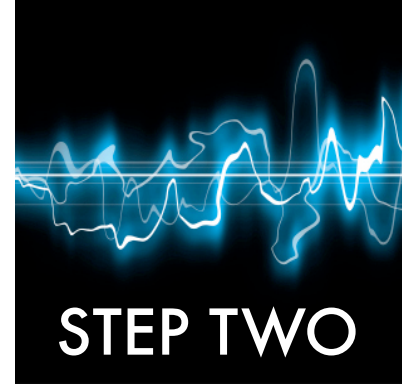
Few things to take note

1) The more accurate you are able to pinpoint the causes of tinnitus, the easier you'll be able to cure it. Most people don't know exactly what causes their tinnitus, and are not able to tackle the problem from its root cause.

2) It would be advisable to visit a ENT specialist to diagnose accurately the causes of your tinnitus. As the specialist has proper equipments, they would be able to properly diagnose your conditions for most cases. CT scan and MRI may be performed to determine if there are tumors pressing on the nerves.

3) It is possible to have 2-3 causes of Tinnitus. There are times where there could be more than 1 cause of Tinnitus. In this cases, it is best to keep your body healthy and strong, and adopt a holistic approach to improve your health.

Stop Tinnitus Forever Foods to Avoid



The first thing that you can do to help your tinnitus condition is to stop consuming harmful foods and stimulants that aggravate the condition. Try the Stop Tinnitus Forever Diet with our guidelines and the Bonus Tinnitus Recipes. Keep a Tinnitus Journal to record down the foods you have eaten and the degree of the ringing to find out what works for you.

Just as there is an ideal diet for tinnitus patients, there's also foods that you should avoid in order to ensure that your diet plan don't go to waste. It's really easy to make do without them, you just need determination, discipline, and to find a healthy substitute for these foods. The two main categories you need to cut down on are stimulants and salt (sodium).

Reduce Consumption of Stimulants

Stimulants don't just come from synthetic drugs which are illegal. In fact, we are poisoning our body with the heavy intake of stimulants daily. Part of the reason is the high degree of stress in today's society. Stress presses us down and we need an extra boost of energy to cope with the demands of stress.

Try to cut down or even remove some or at best, all of the stimulants. After taking these actions you will experience a greater surge in energy, healthier nerve cells and less prone to anxiety and nervousness, all of which helps in your tinnitus condition.

Reduce Occurrence of High Blood Pressure

To a tinnitus patient, one of the most important ways to recover is to ensure there is continuous and sufficient blood flow to the inner ears. Blood cells carry oxygen and vital nutrients to keep the inner ear cells healthy and to remove the buildup of toxins. Your diet should be low in saturated fats and higher proportion of unsaturated flow for a better blood flow to your inner ear.

Identify the Food You Eat From the Various Categories

Some of these foods are just the usual foods that you eat on a daily basis. Unknowingly, you're introducing tinnitus causing agents to your body.

STOP and read through the list. Make informed decisions on what you should keep in your kitchen to stop your tinnitus.



Condiments

Salt

Even though our body require a certain amount of sodium for our bodily to stay healthy, excessive consumption of salt, together with low consumption of dietary potassium, can lead to high blood pressure and heart diseases. Packaged and processed food have a very high salt content because the salt act as a preservative to prevent the food from turning bad quickly.

Salt is one of the main aggravator of tinnitus. Research has shown that the severity of the tinnitus intensity improve significantly after consumption of salt is reduced.

Reduction of sodium intake is also beneficial to pulsatile tinnitus sufferers where irregular blood circulation is the main factor in the tinnitus noise. A low sodium diet is also seen to be effective in controlling Meniere's disease because reducing salt can in turn reduce pressure build-up and fluid retention in the ears.



How Do You Reduce Salt?

Salt can never totally be removed from our diet as fresh fruits and vegetables contain certain levels of sodium. Remember to limit your sodium intake and not totally remove them from your diet. Here's some tips:

- Cut down on eating packaged and processed food.
- Avoid sprinkling salt on your dishes during meals.
- Add only a dash of Celtic sea salt when cooking
- Do not dip side dishes into soy sauce (which contains plenty of sodium) during meals.

Ketchup

Though ketchup is made of tomatoes which has a high vitamin C content, you should avoid it as much as you can. Ketchup contains a high amount of sugar and high-fructose corn syrup and is commonly found as a condiment with fast food. Since fast food is oily and high in calories, avoid them totally. In that way, it'll decrease the chance of you coming into contact with ketchup.



Chili Sauce

Also known as hot sauce or pepper sauce, it is often laden with salt and sugar. Although there are some reported effects of cayenne pepper which improves tinnitus, it's still no excuse to squeeze an extra serving of chili sauce.

Instead, prepare your own fresh chili sauce by grinding your own chili. Instead of flavoring it with the usual table salt, add a dash of Celtic salt and vinegar to flavor the chili sauce.



Soy Sauce

Avoid flavoring your food with excessive soy sauce as it contains a high amount of salt. Soy Sauce includes tamari, dark soy sauce and light soy sauce.



Miscellaneous

Fats and Oils

Saturated Fats

Saturated fats get plenty of attention for being the ‘bad fat’ and clogging up arteries and blood vessels. As a result, the auditory pathways narrow and restrict the access of oxygen and nutrients, giving rise to hearing loss.

Sources of saturated fats are mainly from animals and includes butters made from dairy milk. They are usually solid at room temperature. Although margarine is said to be healthier than butter, recent studies have shown that our body process the trans-fatty acids used in the hydrogenation process the same way as it metabolizes saturated fats.

Unsaturated Fats

Known as monounsaturated fat or polyunsaturated fats, unsaturated fats protect the heart and exist in liquid form at room temperature. Sources of unsaturated fats include nuts and seeds, and cold-pressed oil.

Cold-pressed oil includes rapeseed oil, olive oil and safflower oil. Extra virgin olive oil is a great oil to use when cooking and also excellent as part of salad dressing. Take note not to heat these oils beyond its smoke point as it will cause free radicals to be released which are extremely damaging to our body.



Glutamate

Perhaps a more familiar term will be MSG, or Monosodium Glutamate, an artificial flavoring used to chemically alter processed food to make them tastier. Similar to aspartame, glutamate falls into the deadly category of excitatory neurotransmitter and is also another cause of tinnitus. Simply put, MSG is deadly. Frequent consumption of MSG causes thirstiness, joint pain, itching, headaches, stomach upsets and sneezing.

Food manufacturers are very clever nowadays and don't list MSG as one of the ingredients outright. They are often disguised as yeast food. Yeast extract, natural flavouring, hydrolysed yeast, vegetable protein, sodium caseinate, hydrolysed protein, and autolysed yeast are all different personas of MSG.

Glutamate and Cochlea Hair Cells Damage

Glutamate is not only created after being ingested into the body. The cochlea hair cells in our body can also create glutamate when it is being damaged by noise exposure, consuming ototoxic medication, and ear infections.

Under huge exposure to noise, the nerve cells in the auditory pathways are hyperactive to the extent that the fire neurons continuously and die eventually. At the later stage, more free radicals are formed and this accelerates the entire damage of nerve cells.

Cochlea-synaptic tinnitus

Hearing loss that is due to nerve cells damage is called cochlea-synaptic tinnitus.

What Should You Do?

Go to your kitchen and start checking the food labels. Remove food products that contains MSG or yeast food. When shopping for groceries, look out for food labels and do not buy anything that contains MSG. It's always wise to pay a little more for natural food products. No amount of money is compared to the agony of tinnitus noise in the head.

Canned Food

You should be aware that canned food is bad for you. Most people are unwilling to give up the convenience of canned food. However, canned food represents the combination of all the unhealthy ingredients that you should avoid. Food manufacturers add plenty of sugar, salt and other chemical preservatives to prolong the shelf life of the canned food.



Smoking

We all know that smoking is bad for our health but do you know that it is as bad for tinnitus as well? Smoking cuts down the blood flow to the auditory pathway and increase free radical damage, perpetuating tinnitus.

Many tinnitus patients have reported that their tinnitus conditions improve significantly after smoking lesser number of cigarettes and some quitters have their tinnitus noise completely gone. The link between nicotine and tinnitus cannot be ignored. Perhaps the best thing you can give to your body is to stop smoking.



Sweets and Artificial Sweeteners

Sugar

Consumption of sugar has been linked to many illnesses like heart diseases, diabetes, and some studies have linked it to hearing loss and an increase in the tinnitus sound. Cut down or even best, totally eliminate the consumption of white sugar from your diet. That being said, our body still needs sugar to convert it into fuel for our body.

Sugar metabolism is crucial to our auditory functions but the sources can be naturally derived from complex (unrefined) carbohydrates and fruits. After digestion our intestines will convert these sugars to simple sugars that our body need for metabolism.

Excessive sugar consumption is also linked to sugar metabolism disorder, such as diabetes. Some studies have shown that as many as 84%- 92% of tinnitus patients are also suffering from a sugar metabolism disorder called hyperinsulinaemia.



Hyperinsulinaemia occurs when there is excessive insulin present in the blood because the insulin, a hormone, is not able to cause cells and fat tissues to take up glucose from the blood. Because of this, it sends a signal to our body to produce even more insulin in an attempt for our body to take up glucose from the bloodstream.

Too much of insulin in our blood is the onset of Type II diabetes. It has been reported that if you follow a diet that is suitable for diabetics, you can significantly reduce the tinnitus noise or even cause it to disappear.

Syrup

Syrups are usually made by dissolving sugar into a solution of water. Reduce your consumption of synthetic syrups like golden syrup and corn syrup.

Artificial Sweeteners

What about artificial sweeteners? Since you should avoid white sugar, refined sugar, and simple carbohydrates, the thing to do would be to replace it with a sugar substitute. Is this the right approach to tackle the limitation of refined sugar consumption?

Many products have now included 'aspartame' an artificial sugar that is supposedly safe for diabetics. Aspartame can be commonly found in the supermarkets under the brand name of Equal, NutraSweet, Indulge, Spoonful and Equal-Measure. It is also commonly found in vitamin pills which claim to add healthy flavoring to the pills.

Why is aspartame harmful? It is a super neurotransmitter which accelerates the transmission of information from neuron to neuron. In its excited state, an excessive amount of free radicals is triggered which kills the exhausted cells. As a result, the nervous system is damaged and this starts the slippery slope to neurological related illnesses, such as multiple sclerosis, neuroendocrine disorder, and hearing loss.

People who wish to lose weight also wrongly consume aspartame. In fact, the reverse will happen as aspartame will make you body crave for more

carbohydrates so that your body gains weight easily. There are many experts in this related field who have give testimony to the side effects of aspartame. They are Nancy Markle, an expert in the field of multiple sclerosis, neurosurgeon Dr Russell Blakelock, and diabetes specialist Dr H.J. Roberts.

What You Should Eat

It may be difficult for you to adapt to a diet that does not contain white or refined sugar at the start, even more so for a sweet tooth! For a start, healthy unrefined sugars are found in fruits and vegetables.

Unlike refined sugar or aspartame, they do not give an immediate sugar rush as such complex sugar takes a longer time to digest. Thankfully, there are healthier alternatives if you'd like to add something sweet to your cooking. Agave nectar, Manuka honey, stevia, molasses can be found in most health-food stores.



Beverages and Drinks

Caffeinated Products

Caffeinated food and drinks including coffee, tea, cola, cocoa and chocolate, release toxins in the liver and interfere with the body absorption of vitamins and minerals. If consumed regularly in high amounts, it will cause nerve cell damage, and chronic anxiety. Symptoms of chronic anxiety include headaches, insomnia, agitation, and palpitations.

Most people get addicted to caffeine and there's usually this 'mad rush' for the coffee machine before heading off to work. Reduce your caffeine intake or withdraw from caffeine at gradual stages. It is normal to encounter withdrawal symptoms such as fatigue and headaches.

Fortunately, these symptoms do not last very long and caffeine can be completely eliminated from your system in a few weeks time. You will find that due to the improvement of anxiety, tinnitus noise in your head is also significantly reduced.

How Do you Replace Caffeine?

Caffeine can be easily replaced by other delicious drinks such as fruit and vegetable juices, herbal teas, and other healthy drinks like almond tea, oatmilk, almond milk etc. Do not be taken in by decaffeinated products as they usually contain chemicals.



How Do you Replace Chocolate?

Try carob, a caffeine-free alternative to chocolate and cocoa. Carob is has a natural sweetness unlike cocoa which is often sweetened with sugar. Carob is available as bars for quick snacking and in the powder form for use in drinks and baking.



Alcohol

Alcohol is toxin and stimulates the release of free radicals in the liver during the detoxification process. As highlighted earlier, free radicals damage nerve cells and exacerbates tinnitus noise.

Stop Tinnitus Forever Holistic Diet



Now that you have known what to eat (in the Diet and Exercise Section) and what not to eat, you'll be wondering how to include it in your daily diet. Keeping in mind the health principles behind what's good for a tinnitus patient, we have incorporated the Alkaline Diet principle in this diet plan as well.

Why is there a need to base your breakfast, lunch and dinner on the alkaline diet? A pH of 7.35- 7.45 is the ideal pH in our body for optimal cell activities and bodily functions. The alkaline diet will balance out excess acidity, reduce fatigue, and give you more energy throughout the day. How is that related to tinnitus?

Having an alkaline environment promotes the absorption of vitamins and minerals (yes that includes those that helps to alleviate the tinnitus condition or prevent tinnitus), and also helps in blood circulation.

Blood circulation, especially in the inner, nervous system and auditory pathways, are especially crucial to uninterrupted supply of oxygen to maintain and build healthy cells and to prepare free radical damage in the inner ears. An alkaline body creates the perfect environment to speed up the healing process for healing of damaged cochlea cells, inner ear, ear membrane and all other cells in your body.

The first change that you have to commit yourself to is to switch from a Standard Western diet, which is loaded with saturated fats, colorings, chemical flavorings, meat, dairy, refined sugar, excessive salt, to a healthy and wholesome diet consisting 7 parts vegetables, 2 parts fruits and 1 part grains, nuts and seeds . In addition, your diet should consists of 70 -80% alkalizing foods and 20 - 30% acidifying foods.

This 7:2:1 principle is how you should go about eating to achieve the alkaline state. Going deeper into this principle, select fruits, vegetables and grains that contains essential minerals and vitamins to heal your tinnitus.

The chart below lists the details of various fruits and vegetables that bring about great health benefits to tinnitus patients

Vitamin A

Fruits and vegetables contain carotenes which are also known as provitamin A. Unless activated by enzymes in our digestive system and surrounded by sufficient fats, it will not turn into Vitamin A (retinol).

Benefits

Boost the immunity system so our body will be less prone to infection (ear infection). Deficiency will cause inner ear problems.

Source: Miles Atkinson; Vitamin A in A Treatment of Tinnitus and Chronic Progressive Deafness: Results of an Investigation; AMA Arch Otolaryngol. 1954;59(2):192-194.

Vegetables (70%)	Fruits (20%)	Grains/Nuts/ Legumes/Others (10%)
<i>Yellow and Orange Vegetables</i> Apricot Butternut Squash Carrot Sweet potato Pumpkin <i>Dark Green and Leafy Vegetables</i> Spinach Brussels sprouts Broccoli Chinese cabbage Kale Leeks Bok choy	<i>Yellow and Orange Fruits</i> Cantaloupe melon Mango Orange Guava Papaya Passionfruit Grapefruit Watermelon	<i>Grains</i> Oats <i>Nuts</i> Chestnuts Pecans Pistachios <i>Others</i> Chili powder Paprika Dried Herbs (Basil, Dill, Oregano)

Introduction to Vitamin B Complex

The different complex vitamins under the Vitamin B family works as a team and they are interdependent on one another to bring great relief to tinnitus patients. B complex vitamins are indispensable when it comes to regulating the nervous system, reducing stress and regulating the energy production in our body. Note that since Vitamin B is a water soluble vitamin, it needs to be replenished daily.

Source: Berner B, Age-Related Hearing Impairment and B Vitamin Status, Department of Audiology, Bispebjerg Hospital, 2000, Vol. 120, No. 5 , Pages 633-637

Vitamin B1 (Thiamine)

Benefits

Supports brain activity and boost metabolism by converting carbohydrates into energy. Deficiency in Vitamin B1 will leave you fatigued and tired.

Vegetables (70%)	Fruits (20%)	Grains/Nuts/Legumes/ Others (10%)
Asparagus Brussels Sprouts Squash Corn French Beans Lima Beans Okra Peas Sweet Potato	Asparagus Brussels Sprouts Squash Corn French Beans Lima Beans Okra Peas Sweet Potato Avocado Dates Grapes Grapefruit Logan Mango Orange Pineapple Pomegranate Watermelon	<i>Grains</i> Buckwheat Millet Oats Quinoa Brown Rice Rye Spelt <i>Nuts</i> Brazil nuts Cashew Chestnuts Flax seeds Hazelnuts Macadamia Nuts Peanuts Pecans Pine nuts Pistachios <i>Legumes</i> Black beans Kidney beans Navy beans White Beans

Vitamin B2 (Riboflavin)

Benefits

Helps to relieve stress, reduce depression and fatigue. Deficiency in Vitamin B2 may lead to inflammation of mouth, and anemia.

Vegetables (70%)	Fruits (20%)	Grains/Nuts/ Legumes/Others (10%)
Artichoke Asparagus Bok Choy Brussels Sprouts Chinese Broccoli Mushrooms Peas Pumpkin Spinach Spirulina Squash Sweet Potato	Avocado Banana Dates Grapes Lychee Mango Mulberries Passion fruit Pomegranate Sun-dried Tomatoes	<i>Grains</i> Buckwheat Oat Quinoa Rye <i>Nuts</i> Almond Chestnut <i>Legumes</i> Adzuki Beans Fava Beans French Beans Edamame Beans Lima Beans Mung Beans Navy Beans Pinto Beans Soy Beans <i>Others</i> Sesame seeds

Vitamin B3 (Niacin)

Benefits

Vitamin B3 helps to improve the nervous system and alleviate anxiety and reduce with the neurotransmitter, gamma aminobutyric acid (GABA).

Helps to improve blood flow to peripherals (inner ear) by dilating the blood vessels. Niacin is also helpful for patients who encounter inner ear blood circulation problems. A slight deficiency in Vitamin B3 can lead to anxiety, depression, and fatigue.

Vegetables (70%)	Fruits (20%)	Grains/Nuts/ Legumes/Others (10%)
Artichoke Bell Peppers (paprika) Butternut Squash Corn Okra Mushrooms Parsnip Peas Potato Pumpkin Spirulina Sweet Potato	Avocado Breadfruit Dates Guava Lychee Mango Nectarine Passion Fruit Peach Sun-dried Tomatoes	<i>Grains</i> Barley Bran (rice and wheat) Buckwheat Rye Spelt <i>Nuts</i> Peanuts <i>Legumes</i> Adzuki Beans Fava Beans Edamame Beans Soy Beans <i>Others</i> Sunflower Seeds Yeast extract

Vitamin B5 (Pantothenic Acid)

Benefits

Essential for the production of anti-stress hormones by the adrenal glands, to support metabolism and to promote good health of our nervous system. A deficiency of Vitamin B5 can cause fatigue, muscle cramps and irritability.

Vegetables (70%)	Fruits (20%)	Grains/Nuts/ Legumes/Others (10%)
Artichoke Bell Peppers (paprika) Butternut Squash Corn Okra Mushrooms - Shitake Parsnip Peas Potato Pumpkin Spirulina Sweet Potato	Avocado Breadfruit Dates Guava Lychee Mango Nectarine Passion Fruit Peach Sun-dried Tomatoes	<i>Grains</i> Barley Bran (rice and wheat) Buckwheat Rye Spelt <i>Nuts</i> Peanuts <i>Legumes</i> Adzuki Beans Fava Beans Edamame Beans Soy Beans <i>Others</i> Sunflower Seeds Yeast extract

Vitamin B6 (Pyridoxine)

Benefits

Many patients who suffer from depression are deficient in Vitamin B6. B6 catalyzed the reaction to convert the amino acid tryptophan to a neurotransmitter, serotonin. Vitamin B6 is also necessary to lower stress, anxiety and to protect the nerve cells

Vegetables (70%)	Fruits (20%)	Grains/Nuts/Legumes/Others (10%)
Bell Peppers Bok Choy Broccoli Corn Carrot Celery Cauliflower Eggplant French Beans Garlic (raw) Kale Mushrooms- Shitake Mustard Greens Okra Onion Peas Potato Spinach Spirulina Summer Squash Tomato Turnip Greens	Avocado Banana Cantaloupe Melon Garlic Grapes Guava Lychee Mango Pineapple	<i>Grains</i> Bran (Brown rice and whole wheat) Oat Rye <i>Nuts</i> Chestnut Hazelnut Pistachio Walnut <i>Legumes</i> Edamame Beans Kidney Beans Lima Beans Navy Beans Soy Beans White Beans <i>Others</i> Pumpkin Seed Sesame Seed Sunflower Seed Dried Herbs (Chili powder, tarragon, ground sage, spearmint, basil, chives, turmeric, rosemary, dill, oregano) Molasses

Vitamin B12 (Cobalamin)

Benefits

A diet that has Vitamin B12 deficiency is known to cause tinnitus due to the dysfunction of the auditory pathway. Increasing your intake of B12 is especially useful for chronic tinnitus, hearing loss and frequent exposure to loud noises. Vitamin B12 is manufactured by synthesizing bacteria so it can also be found in non-animal fortified foods.

Vitamin B12 is key to the production of neuro-transmitters in our brain. These neuro-transmitters include chemicals like serotonin and dopamine which are essential to good sleep patterns, healthy psychological well being and a positive mood.

Although there have been claims by researchers and nutritionists that fermented soy products, and sea vegetables contain Vitamin B12, there is lack of scientific evidence to support this fact. Consuming animals as a source of B12 is not encouraged as they will leave highly acidic ash in the body.

Source: Zecharia Shemesh, Joseph Attias, Michal Ornan, Niva Shapira, Amnon Shahar, Vitamin B12 deficiency in patients with chronic-tinnitus and noise-induced hearing loss, American Journal of Otolaryngology, Volume 14, Issue 2, March–April 1993, Pages 94-99

Vegetables (70%)	Fruits (20%)	Grains/Nuts/Legumes/ Others (10%)
Sea Vegetables Nori Seaweed Algae Spirulina	None	Grains Fortified cereals Others Fortified energy bars Yeast extract (Marmite) Raw milk Organic yogurt (Low -fat) Free-range eggs Soy Products Fortified tofu Fermented Soy Products (shoyu miso, tempeh, tamari)

Vitamin C

Benefits

Vitamin C is the mainstream oxidant richly found in fresh fruits and vegetables. It prevents cells to be damaged due to oxidation and helps to prevent the blood vessel membrane from injury. Vitamin C is also necessary for the smooth blood circulation of the blood to the brain.

Source: McFadden SL, Woo JM, Michalak N, Ding D, "Dietary vitamin C supplementation reduces noise-induced hearing loss in guinea pigs," Hearing Research 2005 Apr; 202 (1-2): 200-08

Vegetables (70%)	Fruits (20%)	Grains/Nuts/ Legumes/Others (10%)
Asparagus Bell Peppers Beets Broccoli Brussels Sprouts Cabbage Cauliflower Celery Chili Eggplant Kale Mustard Green Parsley Potato Romaine Lettuce Sweet Potato Swiss Chard	Apple Avocado Banana Cantaloupe Melon Cranberries Grapefruit Guava Kiwifruit Lemon Lime Orange Papaya Pear Pineapple Plum Strawberries Tomato Watermelon	<i>Other</i> Cayenne Pepper Herbs (Basil, Cloves, CorianderThyme, Parsley)

Vitamin E

Benefits

A fat-soluble anti-oxidant, Vitamin E is important to ensure there is sufficient and continuous supply of oxygen to nerve cells. It is also essential in forming red blood cells.

Source: Anne Elizabeth Conlin; Lorne S. Parnes; Treatment of Sudden Sensorineural Hearing Loss: I.A Systematic Review; Arch Otolaryngol Head Neck Surg. 2007; 133(6):573-581.

Vegetables (70%)	Fruits (20%)	Grains/Nuts/ Legumes/Others (10%)
<i>Leafy Green Vegetables</i> Spinach Turnip Green Mustard Greens Swiss Chard Bell Pepper Butternut Squash Asparagus Broccoli Green Olives Taro	Avocado Apricot Papaya Pomegranate Prunes Peach Kiwi Guava Mango Nectarine <i>Berries</i> Cranberries Blackberries Blackcurrant Raspberries Mulberry	<i>Grains</i> Bran (Brown rice and whole wheat) Wheat germ Rye <i>Nuts</i> Almond Hazelnut Pecan Pine nut Pistachio <i>Legumes</i> Edamame Beans <i>Others</i> Pumpkin Seed Linseed Sunflower Seed Dried Herbs (Basil and Oregano)

How Anti-oxidants Helps to Fight Tinnitus

The health product market these days are all hyped up on the word “anti-oxidants”. You’ve probably heard about berries, green tea and other health foods touting to have anti-oxidative properties to prevent free radical cellular damage. But really, does it have anything to do with tinnitus?

The answer is a resounding yes. Having a diet packed full of antioxidants reduce the chances that the cells in the auditory system gets damaged. Anti-oxidants are like shields which protects cells from being destroyed by UV radiation and oxidative effects. Protecting your inner ear cells and nerve receptors are extremely important to prevent and heal tinnitus.

Although, there are many foods that contain anti-oxidants, it’s always good to know what are the foods rich in anti-oxidants. Having this knowledge will help you to make more informed choices on stopping the tinnitus.

Magnesium

Benefits

Some studies have linked magnesium deficiency to chronic tinnitus. Magnesium is required to protect the inner ear, to ease anxiety, stress, poor sleep, and high blood pressure, and to relax the muscles. Whole grains, nuts, legumes and seeds are excellent sources of magnesium.

Source: Attias J, Sapir S, Bresloff I, et al., "Reduction in noise-induced temporary threshold shift in humans following oral magnesium intake," Clinics in Otolaryngology and Allied Sciences 2004 Dec; 29 (6): 635-41

Vegetables (70%)	Fruits (20%)	Grains/Nuts/Legumes/Others (10%)
<i>Leafy Green Vegetables</i> Collard Greens Kale Mustard Spinach Swiss Chard <i>Sea Vegetables</i> Kelp Kombu Nori Seaweed Wakame Asparagus Beets Broccoli Cauliflower Celery Fennel Tomatoes Potatoes Romaine Lettuce Cucumber	Avocado Apricot Banana Dates Fig Grapefruit Jujube Kiwi Longan Plum Prickly Pears Raisin Raspberries	<i>Grains</i> Buckwheat Brown Rice Corn Oats Quinoa Wild Rice <i>Nuts</i> Almond Brazil nuts Cashew <i>Legumes</i> Adzuki Beans Edamame Beans Kidney Beans Lentils Soybeans <i>Others</i> Flax Seeds Pumpkin seeds Sunflower seeds Tahini (Sesame seeds, Sesame Paste) Watermelon Seeds Black molasses Dried herbs (coriander, chives, spearmint)

Zinc

Benefits

Some tinnitus patient suffer from zinc deficiency and zinc is necessary for our ears to function properly. Zinc is needed for metabolic activities, boost our immune system so that the body will be less prone to infection. The antioxidant in zinc protects our inner ear from damage. Whole grains, legumes and nuts are the best sources of zinc.

Source: Kentaro Ochi, Hirotsugu Kinoshita, Mutsumi Kenmochi, Hirohito Nishino, Toru Ohashi, Zinc deficiency and tinnitus, Auris Nasus Larynx, Volume 30, Supplement, 15 February 2003, Pages 25-28

Vegetables (70%)	Fruits (20%)	Grains/Nuts/ Legumes/Others (10%)
Mushrooms - Crimini and Shitake Spinach Swiss Chard Peas Okra Potato Pumpkin Asparagus Wild Yam Lima Beans French Beans	Avocado Apricot Banana Blackberries Blueberries Dates Figs Peach Pomegranate Raspberries	<i>Grains</i> Brown Rice Buckwheat Oats Wheat Germ <i>Nuts</i> Almond Cashew Peanut Pecan Pine Nuts Pistachio Nuts <i>Legumes</i> Adzuki Beans Black Beans Chickpeas Kidney Beans Lentils Soy Beans <i>Others</i> Pumpkin seeds Sunflower seeds Tahini (Sesame seeds, Sesame Paste) Ginseng

Potassium

Benefits

Potassium is key in regulating blood pressure and can help to alleviate tinnitus due to high blood pressure. It also stabilizes the transmission of nerve impulses, balance electrolytes, and helps to metabolizes carbohydrates.

Deficiency will leave you prone to insomnia, nervous disorders, fatigue, cramps and weakness.

Source: McCarron DA, Morris CD, Henry HJ, Stanton JL. Blood pressure and nutrient intake in the United States. Science. 1984;224:1392–8.

Vegetables (70%)	Fruits (20%)	Grains/Nuts/ Legumes/Others (10%)
Asparagus Bok Choy Brussels Sprout Cauliflower Chili (Paprika) Fennel Mushroom Mustard Greens Potatoes Romaine Lettuce Spinach Sweet Potatoes Swiss Chard Yam	Apricot Avocado Banana Beet Blackcurrant Cantaloupe Melon Chinese Pear Carrot Coconut (Water) Grapefruit Guava Kiwi Lychee Orange Papaya Prune Starfruit Strawberry Sun-dried Tomatoes	<i>Grains</i> Buckwheat Oats Rye <i>Nuts</i> Almond Chestnut Pistachio <i>Legumes</i> Lima Beans Soy Beans Lentils Kidney Beans <i>Others</i> Flaxseeds Pumpkin seeds Sunflower seeds Dried Herbs (coriander, chervil, basil, parsley, dill, tarragon, turmeric) Molasses

Iron

Benefits

Iron is good for idiopathic sudden hearing loss and after consuming iron, research shows that more than half of the respondents improved their hearing. Iron transports oxygen from the lungs to other parts of the body, gives energy to the body and keeps our immune system healthy.

Plant sources of iron does not cause as much damage as animal sources of iron. Eat plenty of Vitamin C as it helps in the absorption of iron into the body. Green leafy vegetables, legumes, dried herbs, and dried fruits are good sources of iron.

Deficiency causes anemia which leads to fatigue, and a serious deficiency will lead to organ failure.

Source: Sun, A-H, Wang, Z-M, Xia, X-Z, Li, Zhao-Ji, Lin, D-Y, Noise-induced Hearing Loss in Iron-deficient Rats *Acta Oto-laryngologica*, 1991, Vol. 111, No. 3 : Pages 684-690

Vegetables (70%)	Fruits (20%)	Grains/Nuts/Legumes/Others (10%)
Asparagus Artichoke Beet Broccoli Cauliflower Collard Greens Kale Mushroom (Crimini) Mustard Greens Olive Pea Romaine Lettuce Sea Vegetables Spinach (cooked) Swiss Chard	<i>Dried Fruits</i> Apricot (dried) Prunes Raisins Tomato	<i>Grains</i> Iron-fortified grains <i>Legumes</i> Black beans Kidney beans Lentil Lima beans Navy beans Soybeans <i>Others</i> Cocoa powder Dried Herbs (thyme, parsley, spearmint, black pepper, cumin, dill, oregano, basil, tumeric, fenugreek) Molasses Pumpkin seeds Squash seeds Sesame seeds Sunflower seeds Tofu

ALA (Alpha-Lipoic Acid)

Benefits

Popularly branded as an antioxidant in the United States, ALA has been discovered by scientists as powerful antioxidants. Specifically for tinnitus, ALA helps to reduce oxidative stress, and also helps to relief multiple sclerosis. Another function of ALA is to prevent our cells from oxidative damage and helps Vitamin C and E (both are essential vitamins) to stay longer in your body.

Deficiency is shown by a weakened immune system, weaker memory, and getting colds and infections easily.

ALA is available in almost all of the foods that you consume but it is not available in high amounts. One of the best sources of ALA is leafy vegetables and yeast. Although it is available in meat sources like organs and cows, it is not advisable as they are highly acidic. If you are a vegetarian, you may want to consider taking supplement for ALA.

Source: Packer.L, Tritschler, H.J., Wessel, Klaus, Neuroprotection by the Metabolic Antioxidant alpha-lipoic acid. Free Radical Biology and Medicine, Volume 22, Issues 1-2, 1997,

Vegetables (70%)	Fruits (20%)	Grains/Nuts/Legumes/ Others (10%)
<i>Leafy Vegetables</i> Collard Greens Spinach Broccoli		<i>Others</i> Brewer's yeast

ALC (Acetyl-L-Carnitine)

Benefits

ALC, is also known as ALCAR, a form of L-carnitine. ALC is produced in both animals and plants. Why is ALC important? ALC has been reported to be a powerful anti-oxidant, able to prevent the brain cells from aging and also helps to improve your mood, significantly lowering bouts of depression and enhancing the brain's performance,

Sources of ALC include plants and grains. Animal sources of ALC include red meats but they are not recommended due to negative implications on health. Vegetarians and vegans are advised to consume ALC supplements under the advice of a doctor to ensure that you're getting enough ALC.

Deficiency of ALC will bring about tiredness, cramp in the muscles, and irregular beating of the heart.

Source: Kopke R, Bielefeld E, Liu J, Zheng J, Jackson R, Henderson D, Coleman JK, "Prevention of impulse noise-induced hearing loss with antioxidants," Acta Oto-laryngologica 2005 Mar;125 (3): 235-43

Vegetables (70%)	Fruits (20%)	Grains/Nuts/Legumes/ Others (10%)
Contains ALC, but in little amounts		Present in whole wheat, but in little amounts.

Note: ALC and ALA work wonderful synergies together. Synergies mean that when you put two different things or events together, the result will be greater than 2 - sometimes they multiply to very large amounts! In controlled experiments, this synergy enhance the ability of the mind to think and remember, and also experience less cell damage from harmful free radical substances.

Biotin

Benefits

Helps to promote cellular growth and provides energy for the body. It is also important for keeping the nerve cells healthy.

Biotin can be found in a wide variety of food so it is not common for anyone to suffer from biotin deficiency. Biotin is very stable to high heat, but overcooking food that is rich in biotin will decrease the amount available.

Deficiency results in depression, loss of hair, muscle ache and nausea.

Source: David P. Kosow, M.Daniel Lane, Restoration of biotin-deficiency-induced depression of propionyl carboxylase activity in vivo and in vitro, Biochemical and Biophysical Research Communications, Volume 4, Issue 2, 24 February 1961, Pages 92-95

Vegetables (70%)	Fruits (20%)	Grains/Nuts/Legumes/ Others (10%)
Swiss Chard	Strawberries Watermelon	<i>Grains</i> Whole-grain products, e.g., whole wheat bread <i>Legumes</i> Soybeans <i>Nuts</i> Almond Walnut

Choline

Benefits

Choline is a water soluble B-vitamin which is extremely essential for the brain to function well, bridging the connection between your nerves and muscles. Choline also produces acetylcholine, a neurotransmitter responsible for sending signals to the brain. One of the causes of tinnitus is the inability of the inner ear to transmit sound signals correctly to the brain so it's important to have sufficient amounts of choline in your body.

Deficiency is shown through high blood pressure, insomnia, fatigue and neurological problems where the muscles is not able to respond to nerve messages.

Source: National Academy of Sciences. Dietary Reference Intakes: Thiamin, Riboflavin, Niacin, Vitamin B-6, Vitamin B-12, Pantothenic Acid, Biotin, and Choline. Institute of Medicine, Food and Nutrition Board, National Academy of Sciences. Washington, DC, National Academy Press, 1998;390-422 1998.

Vegetables (70%)	Fruits (20%)	Grains/Nuts/Legumes/ Others (10%)
Asparagus Broccoli Brussels Sprouts Cabbage Cauliflower Collard Greens Green Peas Mushrooms Potato Swiss Chards Spinach	Grapefruit Tomatoes	<i>Grains</i> Amaranth Oats Quinoa <i>Legumes</i> Almonds Green Beans Kidney Beans Lentils Peanuts Soybeans <i>Others</i> Flax seeds Lecithin Sesame

Folic Acid

Benefits

Folic acid has the reputation of keeping brain functions healthy and there is increasing evidence that folic acid prevents hearing loss and is important for inner ear health. Folic acid will also help to improve age-related hearing loss. Folic acid should be taken together with foods rich in vitamin B12 and Vitamin B6 to prevent the build up of homocysteine in the blood. Do not cook these foods for a prolonged period of time as it will kill the folic acid in the food.

Deficiency is shown through insomnia, lack of mental clarity, fatigue, and poor memory.

Source: Cadoni G, Agostino S, Scipione S, Galli J. Low serum folate levels: a risk factor for sudden sensorineural hearing loss? Acta Oto-laryngologica 2004, Vol. 124, No. 5, PP 608-611.

Vegetables (70%)	Fruits (20%)	Grains/Nuts/Legumes/ Others (10%)
Asparagus Beets Bell Peppers Broccoli Brussels Sprouts Cabbage Cauliflower Celery Collard Greens Eggplant Kale Leeks Mushrooms Mustard Greens Romaine Lettuce Sea Vegetables Summer Squash Swiss Chards Spinach Turnip Greens	Avocado Cantaloupe Melon Orange Papaya Raspberry Strawberries Tomatoes	<i>Grains</i> Quinoa <i>Legumes</i> Black Beans Garbanzo Beans Kidney Beans Lima Beans Navy Beans Pinto Beans <i>Others</i> Lecithin

NAC (N-acetyl-cysteine)

Benefits

NAC is N-acetylcysteine, is an anti-oxidant that helps to protect cells from free radical damage which damage nerve cells.

Although there are quite a number of foods which contains NAC, the amount of NAC in food is quite low. Sometimes, supplements are necessary to ensure adequate intake of NAC.

Deficiency is shown through insomnia, lack of mental clarity, fatigue, and poor memory.

Source: Duan M, Qiu J, Laurell G, Olofsson A, Counter SA, Borg E, "Dose and time-dependent protection of the antioxidant N-L-acetylcysteine against impulse noise trauma," Hearing Research 2004 Jun; 192 (1-2): 1-9

Vegetables (70%)	Fruits (20%)	Grains/Nuts/Legumes/ Others (10%)
Bell peppers Broccoli Brussels Sprouts Garlic		<i>Grains</i> Oat Whole Wheat <i>Legumes</i> Soy Beans <i>Nuts</i> Lecithin <i>Others</i> Yogurt

What Should You Do Now?

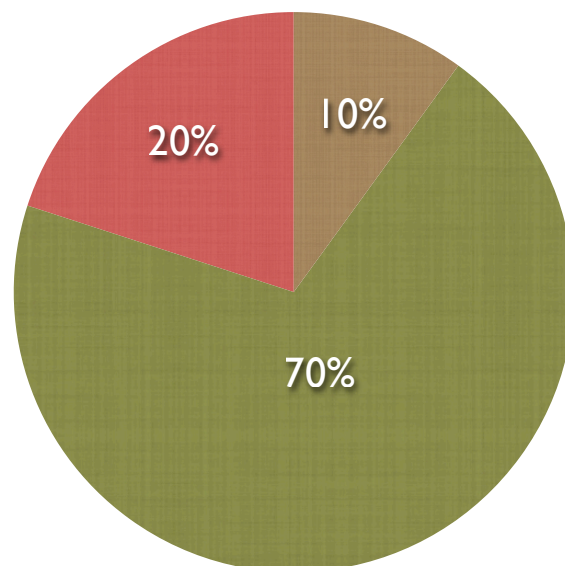
So very simply, you'll have to identify what vegetables, fruits, grains, nuts, legumes and herbs that you need. Simply whip up a delicious meal by following the 7-2-1 Stop Ringing Diet.

Don't know how to start? We have provided you a bonus complimentary copy of Stop Ringing Diet Recipes. Start committing yourself to improve your diet today because you are responsible for your health and also to alleviate tinnitus.

Stop your intake of stimulants like caffeine, smoking, alcohol and refined sugar. The more you crave for them, the more it means that your body is hitting its stress button. Naturally, your body will react to stress by requiring a higher intake of energy. But do not be fooled as the boost from these unhealthy stimulants are short-lived, and you'll have to bear the damage they inflict on our bodies. Reduce the amount of stimulants gradually from your diet. There'll always be healthier substitutes available for you!

Once you have completely kicked off these stimulants aside, your health will greatly improve, your anxiety will lessen, and you will feel more energetic. If you think that it's only to cure tinnitus, think again, your body will reward you for taking the first step.

● Grains, Legumes, Nuts, Others ● Vegetables ● Fruits



Stop Tinnitus Forever Homeopathy



Homeopathy is a holistic approach to medicine, encompassing both the physical, as well as the emotional aspect of the tinnitus patient.

Sources of Homeopathic Remedies

Homeopathic remedies are primarily plant-based. Besides plants, there are also animal and minerals which are used to derive the essence used in the solution. You can consume the fresh herb or the solution. The herbs are soaked in alcohol to extract the essence and then made into solutions, ointments, tablets or powders for convenience.

Effectiveness and Recovery

Homeopathy remedies when taken under the supervision of a certified homeopath, are safe and non-addictive. The recovery may take a longer time as compared to conventional medicine because the herbs help to restore the internal balance in the body and bring it back to equilibrium. You may also experience a 'healing crisis' where the tinnitus symptoms may be temporarily worsen at first. You do not need to worry as this indicates that the homeopathy remedy is effective in treating the tinnitus.



Homeopathic Remedies

The following remedy form part of the holistic approach to tinnitus. Identify the type of tinnitus sound that you encounter and apply the corresponding homeopathy remedies.

Main Symptoms	Other Symptoms	Homeopathy Remedy
Presence of vertigo	Hearing difficulties, and cracking sounds in the ear. A tendency to love sweet foods, shiver, fatigues all the time and gets anxious easily when not feeling well.	Calcarea carbonica
Flu with vertigo and nausea	Symptoms worsen at night, with fainting spells and coldness all over. Feel that air is stifled and welcomes fresh air.	Carbo vegetabilis
Fatigued, angsty and sensitive to noise	Heavy loss of fluid through diarrhea, perspiring and vomiting or loss of blood due to surgery.	China (Cinchona officinalis)
Very loud buzzing and ringing in the ears, with vertigo and chills	Experience vertigo and cold chills, where the tinnitus ringing will escalate to a worser situation.	Chininum sulphuricum
Muscle ache in the back and neck with high degree of noise sensitivity	Encounter headache during the menstrual cycle (for females) and feel depressed.	Cimicifuga
Buzzing feeling at the back of the head	Gets nervous and excited easily, resulting in insomnia due to excess brain activity.	Coffea cruda

Main Symptoms	Other Symptoms	Homeopathy Remedy
Clicking and hissing sounds in the ear for milder conditions, or loud sounds in worsen conditions, accompanied by deafness.	Skin breakouts, constipation and have problems concentrating.	Graphites
Roaring or ringing sound in the ears. The sounds usually crack and after it cracks the ears will itch.	Anxiety in the abdomen and vertigo.	Kali carbonicum
Impairment of hearing. Tinnitus in the form of humming and roaring simultaneously.	Tinnitus noise echo in the ears and ear infections with liquid or pus discharge are common. Suffer from urinary tract problems and serious digestive issues.	Lycopodium
Low and dull humming ring in the ears, vertigo, and nerve interference (throbbing pain in the back or leg without being able to locate the source of the pain)	Loss of hearing due to poor conduction of sound to the inner ear though the bones of the skull. Great remedy when tinnitus is experienced after flu or together with Meniere's disease.	Natrum salicylicum
Very loud ringing or roaring in the ears, with vertigo and deafness.	Encounter flu and/or Meniere's disease. Good remedy if tinnitus occurs after taking excessive aspirin, which is ototoxic.	Salicylicum acidum

Remember to consult a certified physician or medical doctor before starting on any homeopathy remedies.

Want to Know More About Homeopathy Remedies?

Calcareo Carbonica

is made from the translucent inner layer of oyster shells, powdered. Not only it is used to treat psychological symptoms like depression, it is also a remedy for tonsillitis and glue ear.

Source: Thomaz L.C.L, Symptomatic nucleus of homeopathic remedies:remedies derived from carbon as case-study. International Journal of High Dilution Research, Vol 8, No 26 (2009)

Carbo vegetabilis

is made by heating wood to extreme temperatures and usually known as vegetable charcoal. This homeopathy remedy works effectively to relieve symptoms of cold sweats, weakness and mucus when one has terrible cough, asthma, and even bronchitis. As such, carbo vegetabilis works well to relieve Tinnitus that is caused by flu with vertigo and nausea.

Source: Thomaz L.C.L, Symptomatic nucleus of homeopathic remedies:remedies derived from carbon as case-study. International Journal of High Dilution Research, Vol 8, No 26 (2009)

Cinchona Officinalis

is a South African tree that grows in the Amazon rain forest. The bark of this tree is what is used to make medicine. And it is also used for the production of quinine, which is an anti-fever agent.

Cinchona officinalis is commonly used for nervous exhaustion from illness, or excess dehydration due to perspiring, vomiting, or diarrhea. This remedy should not be used during pregnancy and breastfeeding.

Chininum Sulphuricum

is also known as Sulphite of Quinine. Basically, Chininum Sulphuricum is the alkaloid of Cinchona Officinalis. (Alkaloids are nitrogen containing compounds that are alkaline when in solution).

This remedy usually helps when Tinnitus is believed to be caused by quinine tablets and the buzzing and ringing sounds can be so loud that the Tinnitus sufferers may perceive that they may go deaf.

Cimicifuga Racemosa

is also known as Black Cohosh. Though popularly used to treat menstrual disorders like pain in the lower abdomen and cramps. Black Cohosh is also approved by the German health authorities in 1978 to treat tinnitus as it helps to increase blood circulation.

Source: "Black Cohosh (*Actaea racemosa*): An Annotated Bibliography"; Mary L. Predny, Patricia De Angelis, and James L. Chamberlain; November 2006

Coffea Cruda

is also known as unroasted coffee beans that is introduced by the Dutch into Java in 1960s. It is a small tree with a height of 15-30 feet. The consumption of Coffea Cruda is well known as a potent aid for detoxicating a coffee addict patient.

Taking Coffea Cruda is most recommended for people with sensitive hearing and are experiencing the buzzing feeling in their head, but not advisable for elderly who have tinnitus because they are more prone to raise their uric acid production that may irritate their kidney and cause joint and muscle pains.

Coffea Cruda also treats tinnitus caused by over consumption of coffee and insomnia. Some people respond well to these homeopathic remedies and they tend to act nervous and excited because it increases the vascular and nervous activity and stimulates the functional activity of many body organs.

Coffea cruda is not advisable to be regularly consumed by senior citizens. Do not over consume as the excessive by-product, uric acid, that is produced are known to be bad for the kidneys and worsen arthritis.

Source; Vasandi, Y, Materia Medica and Cases Homeopathic Links 2006; 19(1): 9-12

Graphites

Graphite is made up of carbon atoms and forms the main compound in pencils. It is commonly used in polishes, lubricants, electric motors and batteries. This homeopathic remedy is meant for people who have tendency to constipation, metabolism problems and skin complaints. Graphite can be used to treat ulcers due to weakness in the lining of the stomach and it is also good for treating excessive mucus production.

Tinnitus patients with related deafness and loud whistling heard in their ears can benefit from this medication. Moreover, those who have poor concentration, cracking skin, and constipation are prescribed with this homeopathic remedy.

Kali Carbonicum

is a homeopathy remedy derives from Potassium Carbonate. In the past, Kali Carbonicum was prepared by using ashes from burning wood and boiling it in iron pots. It is usually recommended for those who are suffering from respiratory issues like coughs, cold, and asthma.

Lycopodium (Club Moss)

Lycopodium is a native evergreen plant of North America and Europe and the roots of the moss resembles a claw. This has been used as traditional medicines for digestive orders, water retention, gout and kidney stones. Moreover, homeopathic physicians are recommending this lycopodium to treat abdominal bloating that can be relieved through burping.

We usually associate tinnitus to fear and anxiety, and thus, lycopodium is said to be for chronic fear and insecurity, sleeplessness, and night fears which physical manifestations come in the form of digestive disorders. This remedy is prescribed to people with tinnitus with roaring and accompanied by itching in the ears. These sufferers have a tendency to develop ear infections with discharge and chronic digestive problems or even urinary tract complaints.

Source: K. Pilkington, G. Kirkwood, H. Rampes, P. Fisher, J. Richardson, Homeopathy for anxiety and anxiety disorders: A systematic review of the research, Homeopathy, Volume 95, Issue 3, July 2006, Pages 151-162

Natrum Salicylicum

Natrum salicylicum has an extensive range of action for metabolism, liver, kidneys, head, ear and throat. This homeopathic remedy can also treat influenza, drowsiness, and tremor.

It is said that it produces notable effects on internal ear, tinnitus noises, deafness, vertigo and Meniere's disease.

Stop Tinnitus Forever Herbal Remedies



In the Stop Tinnitus Forever Herbal Remedies, there is a focus on Traditional Chinese Medicine. Symptoms will be looked at there will be corresponding herbal remedies for each symptoms.

Pattern Diagnosis

TCM physicians will identify the symptoms and signs of the patient and make their diagnosis based on the “Eight Principles”. What does the “Eight Principles” mean? Basically, there are four pairs of fundamental characteristics of imbalances, which lead to diseases: “heat vs cold”, “yin vs yang”, “exterior vs interior” and “vacuity vs repletion”.

Heat: aversion to cold, need to consider it together with vacuity and/or repletion

Cold: aversion to heat, need to consider it together with vacuity and/or repletion

Exterior: disease that manifest on the superficial on the body

Interior: disease that manifest inside the body, or anything that is not superficial in the body

Vacuity: Also referred to as deficiency

Repletion: Also referred to excess, or stagnation

TCM and Tinnitus

Though there hasn't been an uniform standard to treating tinnitus. TCM colleges have documented that there are least 3 different types of treatment, with the most being 8 treatments. Many TCM scholars attribute the main cause to kidney vacuity. According to years of clinical studies, it can be divided into two categories - vacuity and repletion. One is the wind-heat invasion with heat in the liver. The other is deficiency of the liver and kidney with spleen and stomach vacuity.

Description	Symptoms	Herbal Remedy
Heatiness in the liver, with acute loud tinnitus ringing noise and strongly related to emotional changes. Tinnitus gets worst after phases of feeling angry and depressed.	Bitterness in the mouth, dizziness, emotional upsets, headaches, anxiety and irritability.	Clear the liver's heatiness, usually through Long Gan Xie Re Tong Qiao. Commonly used herbs are: radix scutellariae, gentiana scabra bunge, angelica, shengdi, calamus, etc.
Wind-heat invasion, acute onset of tinnitus which has a lower pitch, fullness in inner ear, with a thin floating pulse.	Nasal congestion, runny nose, cough and related lung illnesses. Western medical doctor usually diagnose it as otitis media. Ear membrane is congested with blood.	Remedies are targeted to 'opening' the lung according to Liu's treatment. Herbs commonly used are forsythia, campanulaceae, almonds, calamus. if there's phlegm add snakegourd fruit. If there's block nose add magnolia, siberian cocklour fruit and angelica.
Kidney and liver deficiency which occurs in mainly the elderly, with cicada-like moderate bright ringing sounds, slippery pulse. Also applicable to a group of young adults.	Weakness in waist and knees, with blurred vision, dry eyes, red tongue with little coating. Clinical studies have also shown that this is accompanied by increase of 'fire' in the heart, anxiety, easily irritable, insomnia, mouth ulcers and rapid pulse.	Aims to tonifies the kidney and nourish the yang. Commonly used herbal remedy is er long zuo ci pill. Some commonly used herbs are Rehmannia glutinosa, chinese yam, burdock, Cornus officinalis, calamus etc. The remedy should also clear the 'heatiness' in the heart.
Excessive phlegm obstructing air passageway with the symptoms lasting longer.	Dizziness, stuffy head, ear swelling, inner ear blockage and fullness. May be accompanied by tightness in chest, poor appetite, thick coating on tongue, and slippery pulse.	Remedies are targeted to clear the phlegm and open the 'qi' in the stomach, and also removing heatiness in the body. Commonly used herbal remedy is er chen tang. Herbs used are Pinellia Tuber, Citrus reticulata (dried tangerine peel), Wolfiporia extensa, Radix Angelicae Sinensis etc.

Remember to consult a certified traditional chinese medicine (TCM) physician or medical doctor before starting on any herbal remedies.

Want to Know More About Herbal Remedies?

Under Traditional TCM Herbal Remedies, there are certain common herbs aimed at improving kidney functions and blood circulation. Targetted at tonifying the yin, these remedies will in turn help to stop your tinnitus.

Black Sesame

Black sesame is a popular ingredient in Chinese cuisine and snacks. The roasted version of black sesame is able to bring out the neutral and sweet properties to a higher degree than raw sesame.

Black sesame is also an important ingredient to boost the functions of the kidneys, blood circulation and weakness in the body. Consuming black sesame will directly affect the Liver and Kidney Meridians, and balances these two organs. By balancing the emptiness in liver and kidney and improving blood circulation especially in the inner ears, black sesame is often prescribed to treat tinnitus.

Follow the 10 Healing and Immunity Recipes where we will show you how to make delicious sesame cuisines.

Note: Under TCM, do not over-consume sesame, especially if you reside in a tropical country. Overconsumption may lead to heatiness of the body, which in turn results in cough, phlegm, or fever.

Ginkgo Biloba

Ginkgo does not only boost memory and increase your ability to concentrate, but is especially beneficial for inner ear tinnitus and blood circulation disorders that causes tinnitus.

For tinnitus patients who suffer from high blood pressure, ginkgo's ability to smoothen blood flow and regulate blood pressure will also help to improve tinnitus condition.

Consuming ginkgo or its supplements has also been researched to improve blood circulation in the inner ears. Currently ginkgo has been adopted by both Chinese and Western doctors as a natural herbal remedy to treat tinnitus.

Source: Holgers, K., et al. (1994) 'Ginkgo biloba extract for the treatment of tinnitus', Journal of Audiology, 33:85-92.

Morgenstern, C., et al. (1997), 'Ginkgo biloba extract in the treatment of tinnitus', Fortschritte der Medizin, 115: 7-11

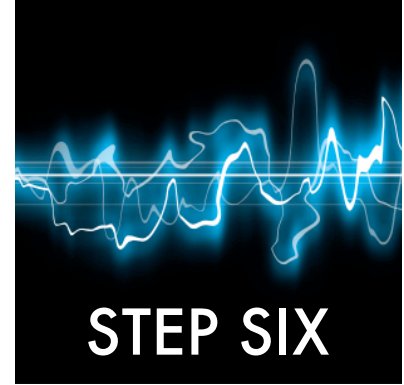
Lesser Periwinkle

Vincamine is a compound that is found in lesser periwinkle, which is useful to boost blood circulation to relief patients in Germany from tinnitus. It can be attempted for patients with poor blood circulation but always consulted a physician and certified herbalists before consuming dried lesser periwinkle.

Source: Weiss RF. Herbal Medicine. Gothenburg, Sweden: Ab Arcanum and Beaconsfield, UK: Beaconsfield Publishers Ltd, 1988, 181.

Ribarti O, Zelen B, Kollar B. Ethyl apovincamate in the treatment of sensorineural impairment of hearing. *Arzneimittelforschung* 1976;26:1977–80.

Stop Tinnitus Forever Exercise Plan



As part of relieving your stress and building a stronger immune system, regular exercise is recommended for those with tinnitus. What are the benefits exercising brings to tinnitus relief?

Reducing Stress and Anxiety

Firstly, it helps to reduce stress and anxiety. Exercise boost endorphin production and these hormones make you feel good and also great at relieving stress. After exercising, it will improve your sleep at night and you will feel more energized. With more energy and better fitness to put you through the hustle and bustle of the daily life, you are less likely to feel exhausted. Sedentary modern people who exercises regularly can also relieve anxiety.

Improves Blood Circulation

Exercising makes your heart pump faster and increase blood circulation through the whole body and also to the ear structures. Improving blood circulation also make you feel energized and you'll less likely to feel drained from a day's work.

Important Note: Do not over-exercise and exert strain on the neck as it may aggravate tinnitus. These exercises are breaststroke swimming and cycling.

What kind of exercise routine should you follow? A good exercise begins with warm up, followed by the main exercise and then cooling down.

Full-Body Warm Up

Why is warm up important? It prepares your body and your heart for workout by slowly directing the blood flow to the different parts of your body. Dilation of capillaries will enable more oxygen to travel to different parts of the body. At the same time, your body temperature will also increase. Warming up with stretches can also prevent injury and muscle soreness by reducing or even removing the production lactic acid.

Place your feet firmly on a level ground, feet with the shoulder width apart. Stand in a relax posture, shoulders rolled back, back straight and stomach tucked in. The warm ups should be carried out continuously without disruptions. Perform these warm up exercises while standing. They should be performed from top to toe, i.e. from head to the ankle.

Loosen Up

Loosening your joints and muscles reduce the risk of injury and also start the body's engine.

Neck Tilt

Tilt your head to the left and hold it for 10 seconds. Tilt it to the right, up and down. Repeat it for another set. Do it gently.

Neck Turn

Turn your head to the left and back to the original position. Repeat it on the right side. Repeat it for another set. Do it gently.

Tilting to Your Side

Place your left hand on your waist in a relaxed position, raise your right hand up and keeping your abdomen tight, tilt your body to the left. Your left hand should not move from your hips. After bending you should feel a stretch on your right side of your body. Repeat the same action, tilting to your right. Repeat this set for 10 times.

Circling Your Shoulders

Roll your shoulders forward for 10 times. Repeat in another direction.

Swinging Your Arm

Stretch your arms out, and turn them in circular motion as if you are wiping windows. Do this for 10 times.

Circling Your Hips

Place both hands on your hips. Rotate clockwise 10 times. Rotate anticlockwise 10 times.

Lifting Your Knees

Raise your knee and bend it towards your chest as inward as possible without feeling uncomfortable and place it down. Do the same for the other knee. Repeat this set for 10 times.

Hamstring Stretches

Place your left foot firmly and flat on the ground. Stretch your right leg forward and bend your hips downwards a bit. Feel the stretch in your left side. Repeat the same for your right foot. Repeat this set for 10 times.

Ankle Tilt

Stand up straight, point your toes upwards, downwards, left and right. Do this 10 times. Repeat for another foot.

Higher Intensity Warm Up Exercises

Jumping Jacks

Jumping jack originates from America. It is basically a star jump with the legs spread wide apart and arms high up in the air and then returning to the posture where the feet are together and arms by the side. Perform around 20 times of jumping jacks. It's a great way to keep your adrenaline up!



Aerobic Exercises

Pulse raising activities gives a good workout. The best type of workout is aerobic exercises which pumps in more oxygen into your body. Remember that you should choose an aerobic exercise that you enjoy so that you can continue it for a long time. Before you begin on the exercises, consult your doctor

Swimming

Swimming is known for its full-body workout without putting strain to your joints and spine. All the muscles of your body will be worked out after a good swim. Go to the swimming pool weekly or twice-weekly and steadily increase the number of laps you swim. Do not swim the breaststroke as the swimming style may cause hyper-extension of the neck which will aggravate the tinnitus conditions.

Jogging/Running

Many people find that jogging or running gives a good workout, and a very economical way of keeping yourself fit. You may slow jog for 5 minutes as a warm up and then increase your pace and jog for 20 minutes.



Brisk Walking

The easiest exercise you can do. Just put on a pair of good walking shoes, and walk briskly for 20 to 30 minutes. You can even walk on a treadmill if the weather is bad. Never use a treadmill to replace walking outside as walking on the spot for a prolonged time may hurt your knees.

Cycling

Cycling is an excellent cardiovascular workout. You can cycle on a stationary bicycle, cycle to work, or cycle to the park for fresh air. Slowly increase the workout from 5 minutes to 20 minutes. Do not cycle for a prolonged period of time as the bending posture will cause strain to the neck and worsen tinnitus.

Cooling Down

Repeat the warm-up exercises. Do not repeat exercises from the high intensity warm up section.

Stop Tinnitus Forever Meridian Massage



Traditional Chinese Medicine (TCM) emphasizes on natural healing. Besides homeopathy, another widely practiced method is to use acupuncture to unblock meridian points that disrupts the flow of 'qi' around the entire body.

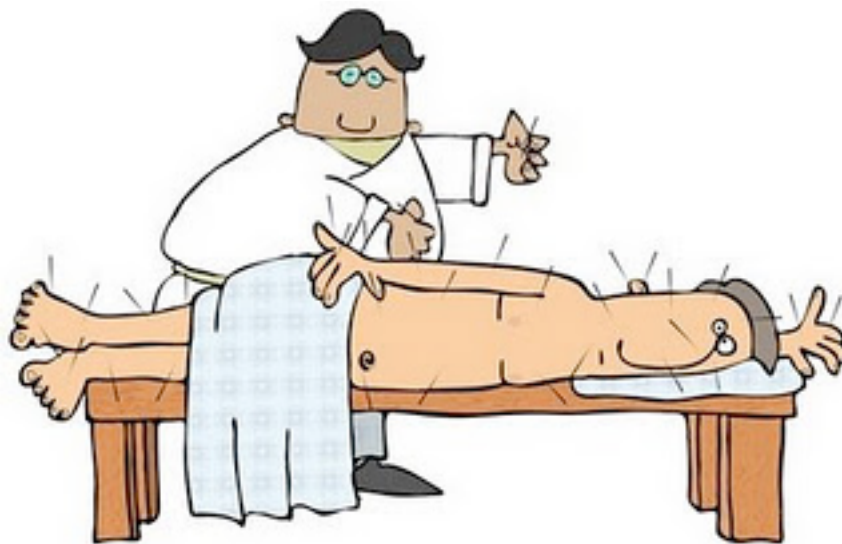
Introduction to Meridians

Meridians are also known as acupressure vessels. It's an invisible energy pathway network where energy run and *qi* flow. The continuous smooth flow of *qi* hits all parts of our body and recharges our energy. Specific acupressure points along our meridian are connected to or affects a specific organ or other parts of the body. There are also acupressure points that does not relate to any particular meridian.



The action of piercing acupuncture needles into designated points on your body serves to unblock qi in your body. If the flow of blood and qi are disrupted or blocked, or lack of or excessive blood or qi along the meridians, we may fall sick as a result.

It is important to note at this point that acupuncture should only be performed by a certified TCM physician or acupuncturist. Do not attempt acupuncture by yourself. Since acupuncture has been documented to bring relief to tinnitus, how do you achieve similar relief without visiting an acupuncturist frequently?



What is Meridian Massage?

There is a Do-It-Yourself method called meridian massage, or Meridian Shiatsu in Japan. It is also widely practiced in other Asian countries like China, Taiwan, and Singapore.

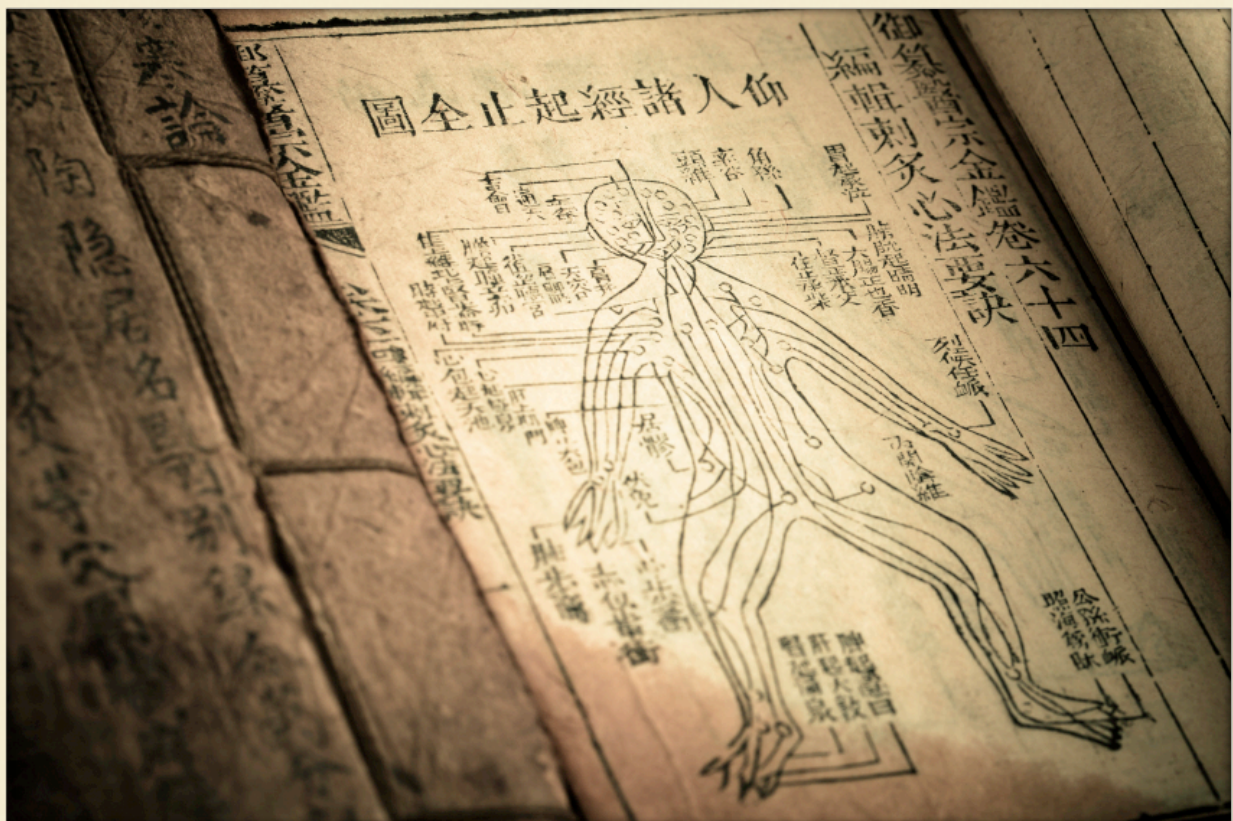
The aim of Meridian Massage is to stimulate the acupressure points by using our fingertips and palms, thus achieving the aim of clearing blockages and balancing the yin and the yang in the meridians. By targeting acupressure points and meridian passages that are linked to our ears, you can experience relief from tinnitus sounds.

Yin and Yang Meridians

The upward motion of the flow of blood from our feet to the torso to the finger or from the torso to the fingertips refers to the *yin* meridian. On the other hand, the downward flow from our fingers to the face to the feet refers to the *yang* meridians.

Meridians and Acupuncture Points

There are 20 meridians and 649 acupuncture points that are connected to the meridians. The 20 meridians include the “twelve regular meridians” or “twelve standard meridians”, and each of the 12 meridians is connected to one organ and is responsible for nourishing that organ.



12 Standard Meridians

Yin Meridians of the Arm

Lung (LU)
Heart (HT, HE), and
Pericardium (P, PC)

Yang Meridians of the Arm

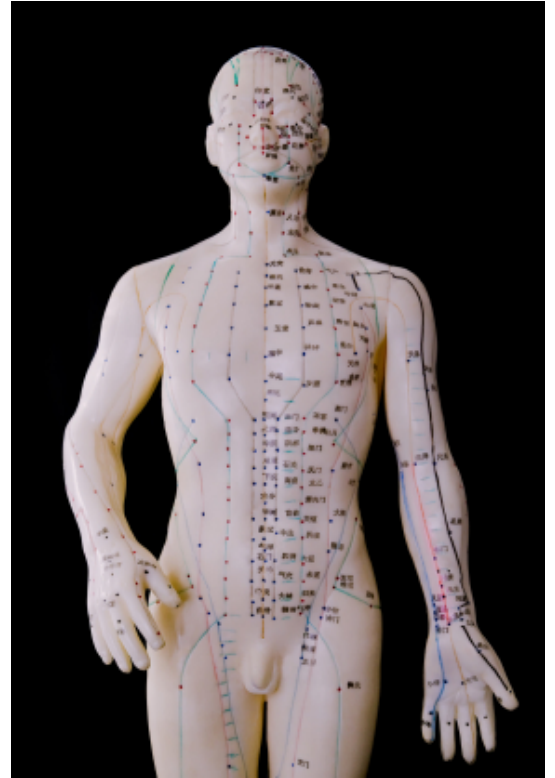
Large Intestine (LI)
Small Intestine (SI)
Triple (San Jiao) Warmer (TW, TB, SJ)

Yin Meridians of the Leg

Spleen (SP)
Kidney (KI)
Liver (LV)

Yang Meridians of the Leg

Stomach (ST)
Bladder (BL, UB)
Gall Bladder (GB)



8 Extraordinary Meridians

Conception/Directing Vessel Meridian, or Ren Mai (CV, Ren)
Governing Vessel Meridian, or Du Mai (GV, Du)
and 6 other extraordinary meridians

Organs and Meridians

For each organ, there is/are corresponding organs that represent openings. For the kidney, the opening is the ears (which shape reflect the shape of the kidney), as well as anus and the genitalia. According to TCM, tinnitus or hearing problems can be accustomed to an **internal disharmony in the kidney**.

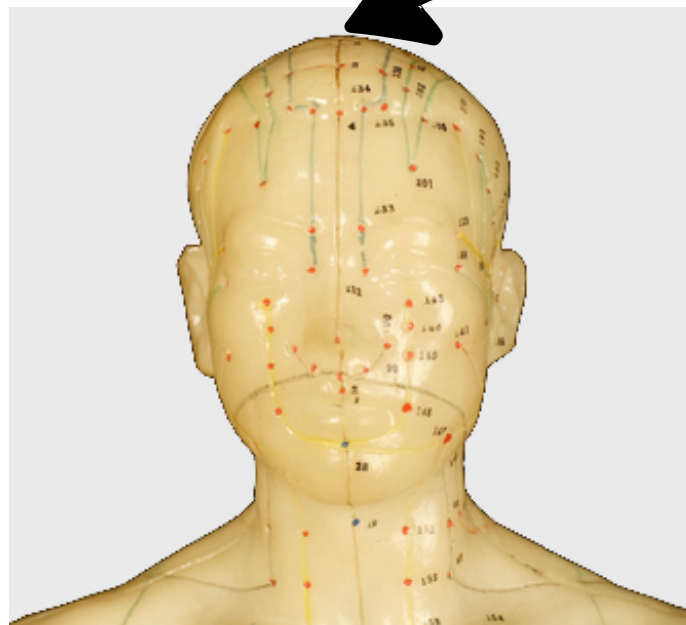
But because all the meridians and organs are interconnected, ringing sounds are not just solely due to the kidney alone. By identifying the type of ringing sounds in your ear, we can pinpoint which Meridian needs more nourishment or unblocking of the 'qi'.

Types of Ringing Sounds	Meridian	Reasons
Mild ear ringing, relieved mildly when ears are covered	Spleen Meridian (SP)	Dampness which obstructs 'yang' energy from flowing to the head Kidney did not nourish the ear to the required extent
Heavy ringing, aggravated when ears are covered.	Gall Bladder Meridian (GB), or Liver Meridian (LV), or Triple Burner Meridian (TW, TB, SJ)	LV/GB Fire Rising, Phlegm Fire Rising upwards to the top

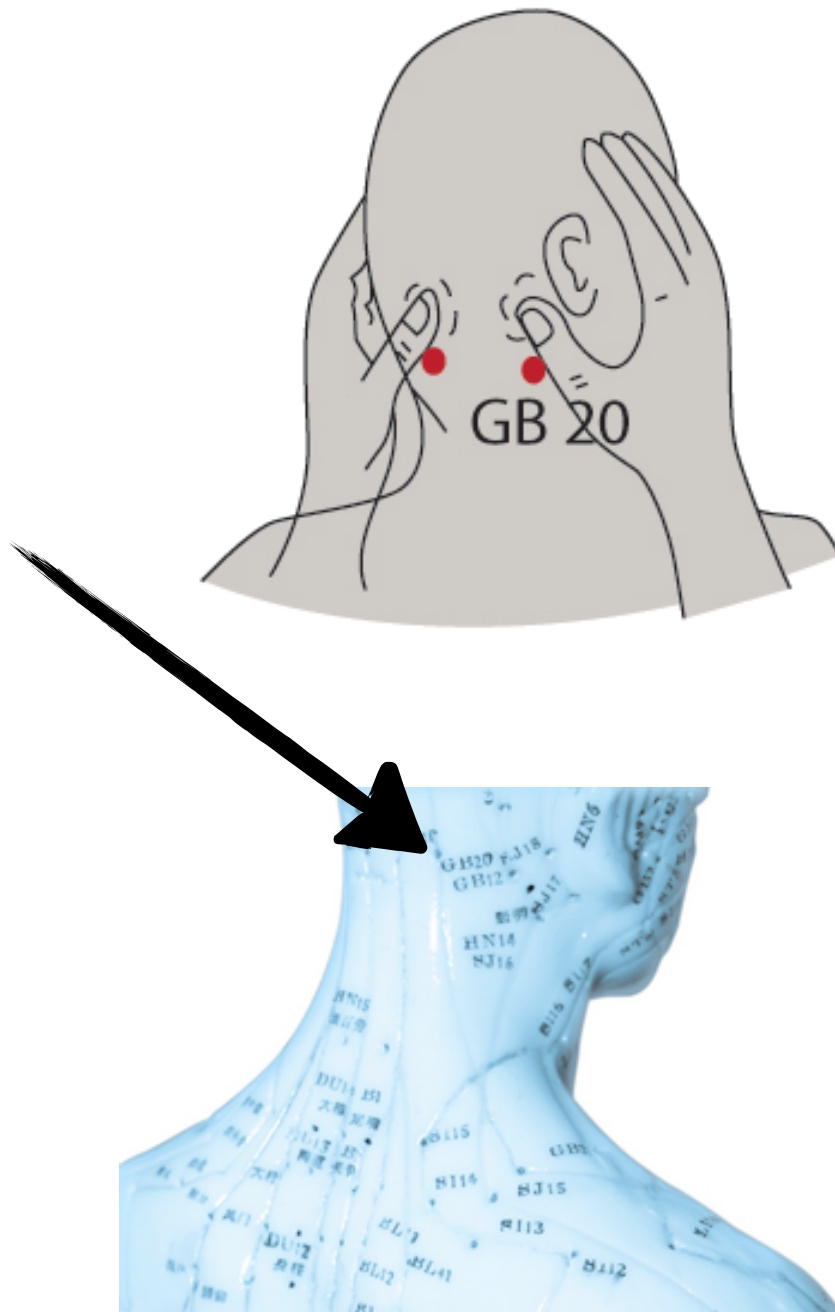
Enhance Kidney Functions

If you identify the sounds as **mild ear ringing**, try the following steps for relief. The following set of massages tonifies the kidney and enhance the functioning of the ears, which will subsequently help to alleviate problems in the inner ear, ringing in the ears and poor hearing.

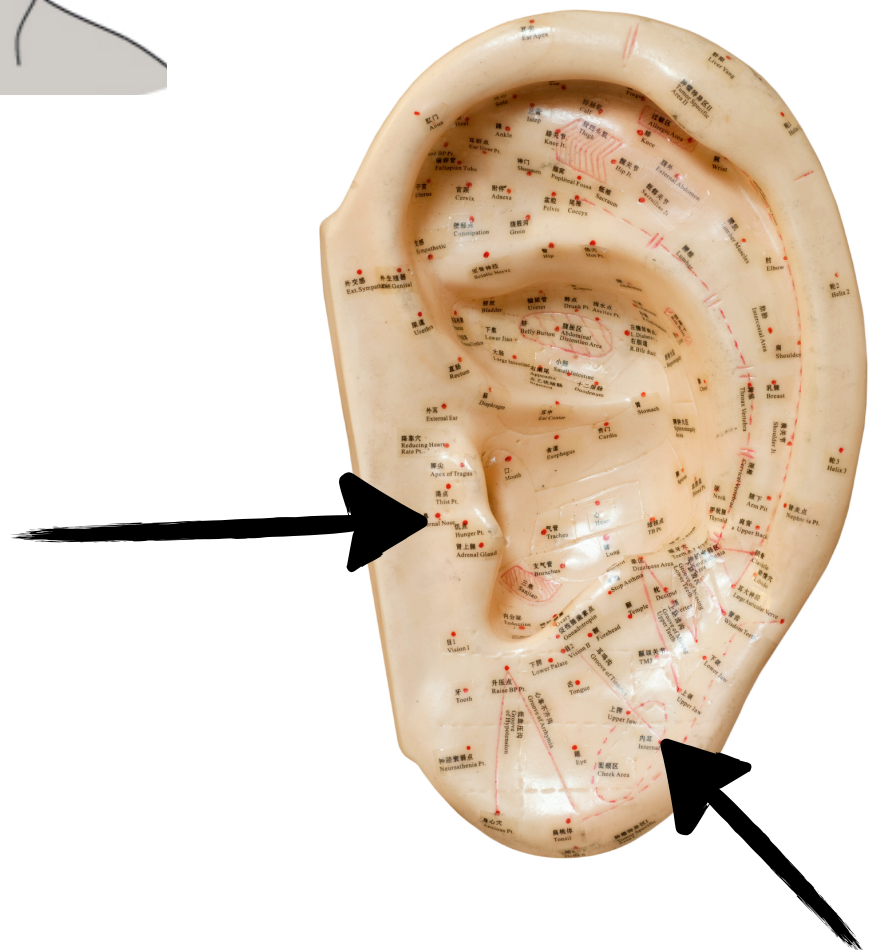
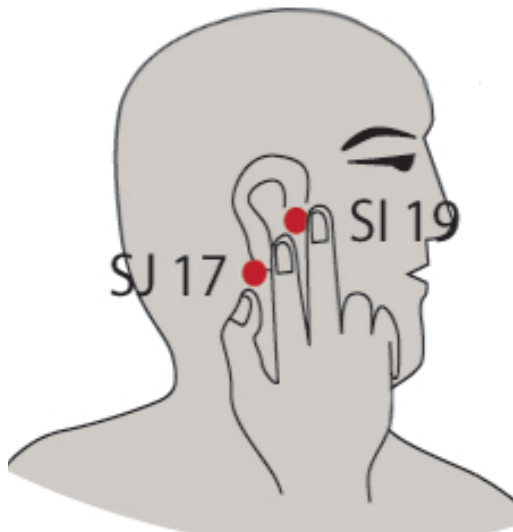
1. Knead the top of your head (Du 20, GV 20, Baihui), at the center for 30 times using your thumb. It should take from 30 seconds to 1 minute.



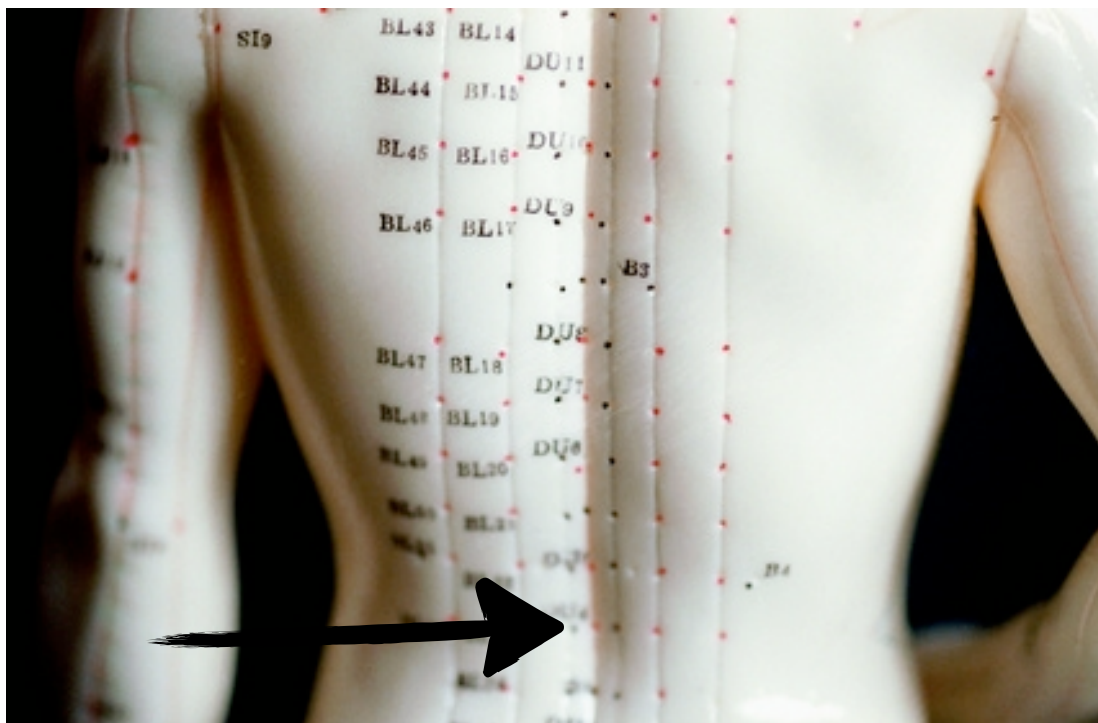
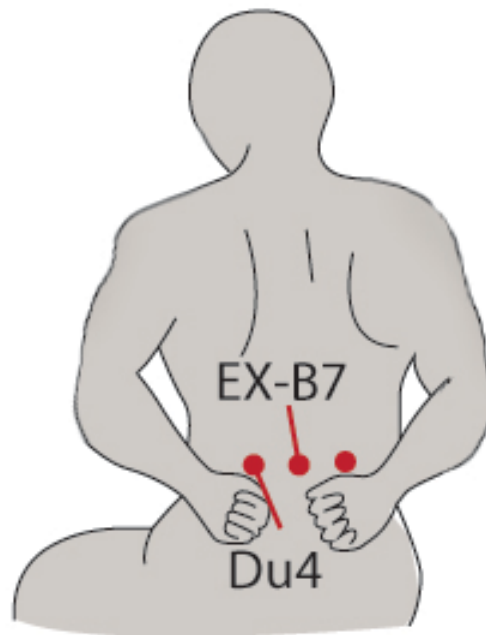
2. Place your four fingers together and thumb apart. Position your cupped fingers at the side of your ear, and extend your thumb to massage the depression between the occipital bone (GB 20). You will be able to find two small grooves that fits your thumb nicely. Knead it for 30 times using your thumb. This point does not only help you to relieve tinnitus, but also relief troubles with the head, like headaches, stiff neck, and upper back pain.



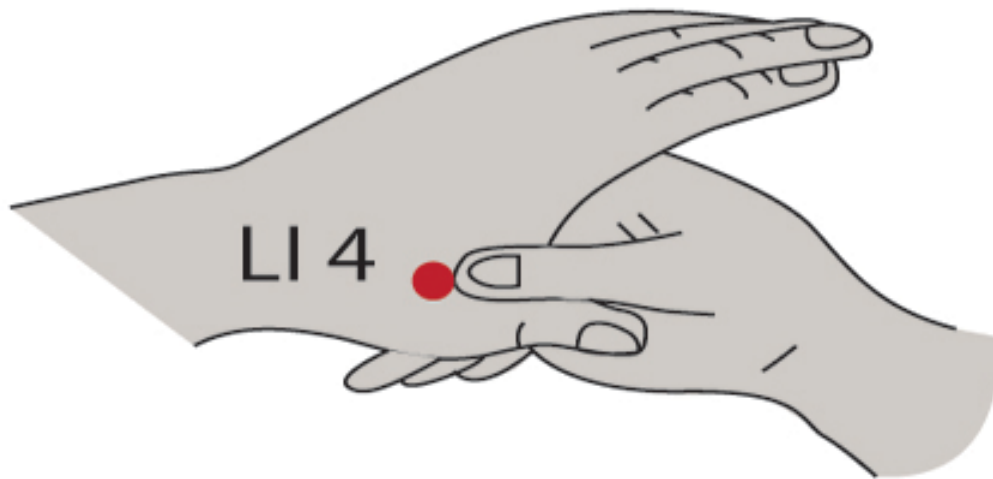
3. Locate the acupuncture point SI 19 (Ting Gong). It is the depression at the side of the ear when you open and close your jaw. Use your finger to massage it 30 times. Then, massage SJ 17 (Yi Feng), which is located at the posterior to the lobule of the ear, in the depression between the mastoid process and mandible. Do this for 30 times. Then, exert some strength and massage around your ears for 1 minute.



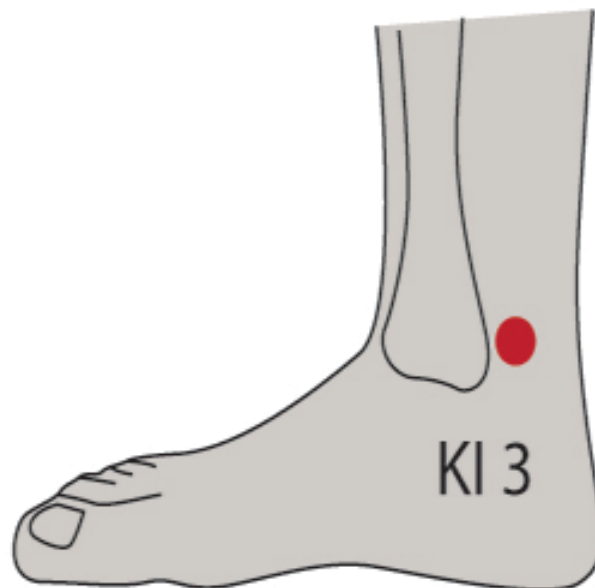
4. Clench your hands into a fist. Locate the acupressure point Du 4 (GV 4, Ming Men), which is positioned on the posterior median line at the lumbar, in the depression below the spinous process of the 2nd lumbar vertebra. Use your fist to knead the lateral two sides of Du 4 in a vertical motion 30 times.



5. Use your finger (thumb or index finger) to knead the LI 4 point (He Gu, or Joining Valley). It is located on the dorsum of the hand, between the 1st and 2nd metacarpal bones, in the middle of the 2nd metacarpal bone on the radial side. Exert a little pressure while kneading the point 30 times each for both hands.



6. Locate KI 3 (Taixi, or Great Stream) which is positioned at the depression between the medial malleolus and tendo calcaneus. Use your finger to knead the point 30 times each for both ankles.



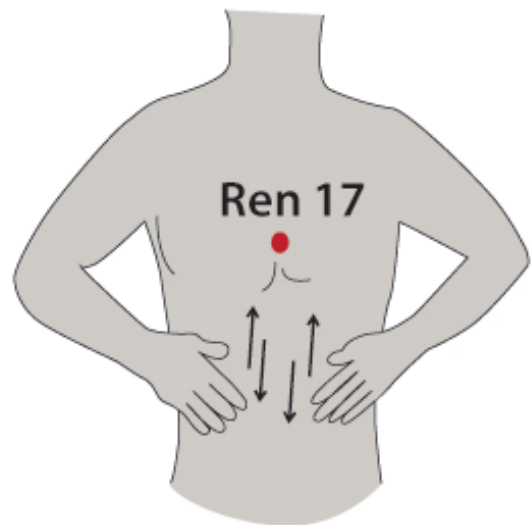
Additional Steps

Perform these additional steps on top of the previous sets of massages after you have identified the specified symptoms and types of ringing.

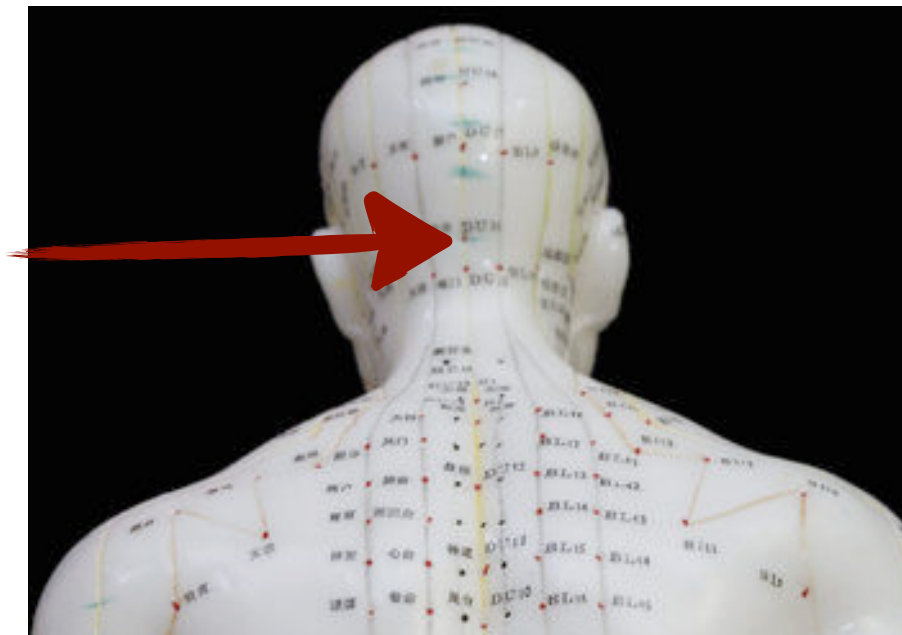
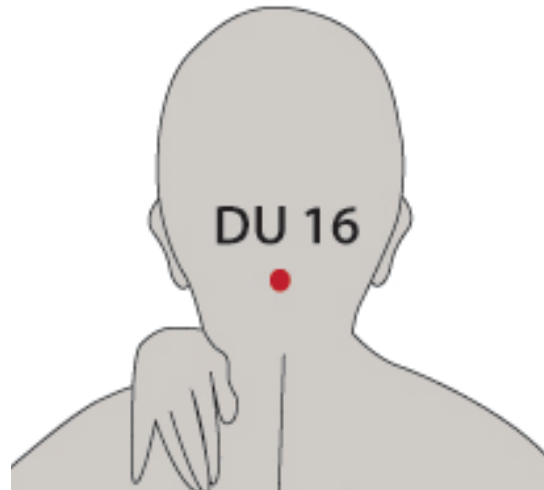
I. Stress and Emotions Related Tinnitus

If you experience ringing in the ears due to stress and related emotional upheavals, with symptoms like mouth dryness, dizziness, irritability and constipation, try the following steps for relief.

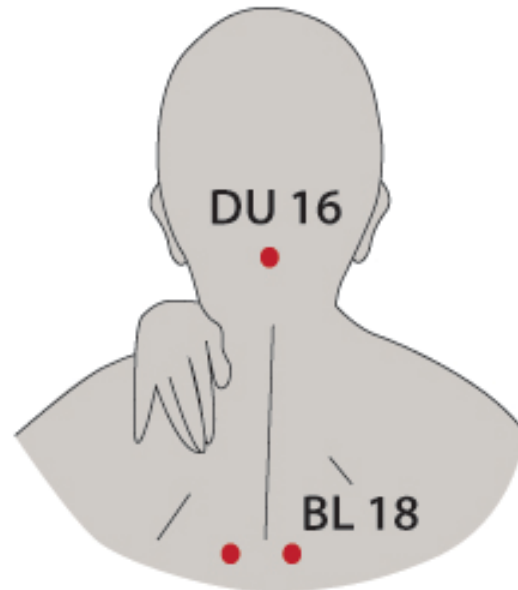
1. Clench your hands into fists and use your index finger knuckles to wipe from forehead to the occiput region for 30 times.
2. Palm down on the sides of your navel, massage it up and down to the lower abdomen for 30 times.



3. Locate Du 16 (Fengfu, or Wind Palace). It's located directly below the external occipital protuberance, in the depression between m.trapezius of both sides. In other words, it is located at the back of the head, right in the middle where there is a depression. Knead Du 16 30 times.

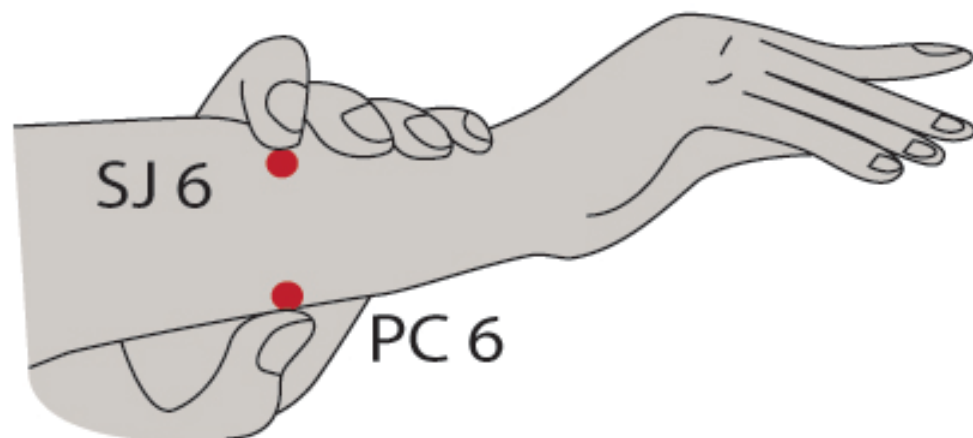


4. Clench your hands into fists and knead both sides of the top middle part of your back, BL 18 (Ganshu), which is 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the ninth thoracic vertebra, for 30 times. It will help to nourish the liver, move stagnant liver *qi* and blood stagnation. Massaging this acupuncture point will also help to relief emotional distress like depression, frustration and stress.

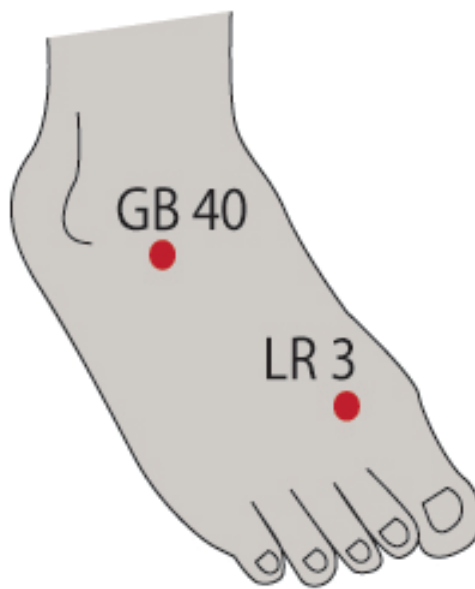


5. Locate SJ 6 (Zhigou) which is on the dorsal aspect of the forearm, on the line connecting SJ 4 and the tip of the elbow, 3 cun above the transverse crease of the wrist between the ulna and radius. If you are unsure to how locate this point, place your index finger and middle finger together from the middle of the wrist line. SJ 6 is located after the index finger at the back of your forearm.

Locate PC 6 (Neiguan) which is positioned at 2 cun above the wrist crease. Use your thumb and index finger to nip and knead these two acupressure points 20 times each on both arms. Kneading PC 6 will relief *qi* stagnation, relaxes your chest an help with insomnia and poor memory. Kneading SJ 6 helps to relief ear pain and inflammation.



6. Locate LR 3 (Tai chong) which is positioned in the depression between the big toe and the second toe. Press and knead LR 3 for 30 times each on both feet.
7. Located at your ankle, GB 40 (Qiu xu) is positioned at the depression on the lateral side of the tendon, in front of the lateral malleolus of the ankle. Press and knead for 30 times on each ankle.



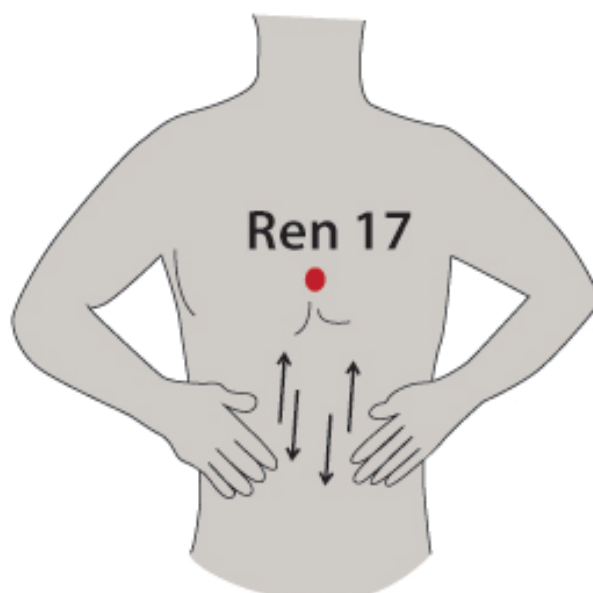
II. Poor Appetite and Shortness of Breath

If you experience poor appetite and shortness of breath alongside ringing in the ears, try the following steps for relief.

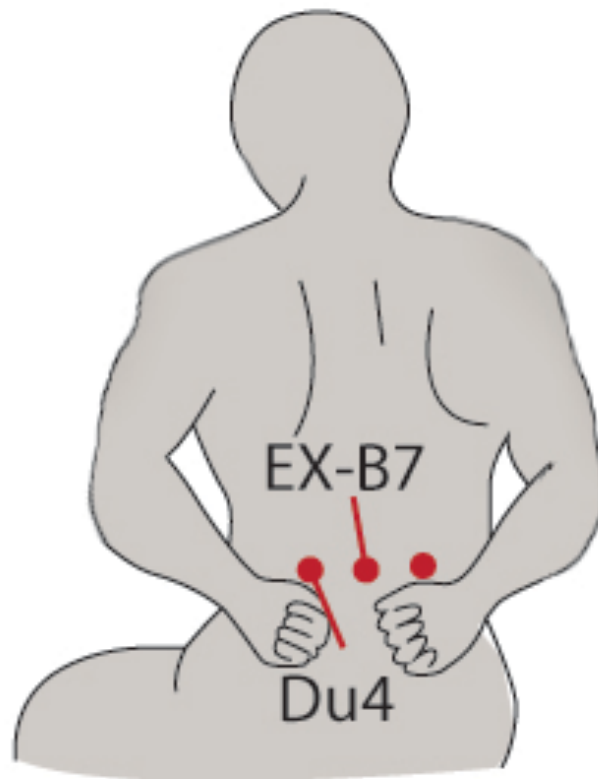
1. Clench your hands into fists and use your index finger knuckles to wipe from forehead to the occiput region for 30 times.



2. Place your palm on the lateral sides of your upper abdomen and massage it for 30 times.



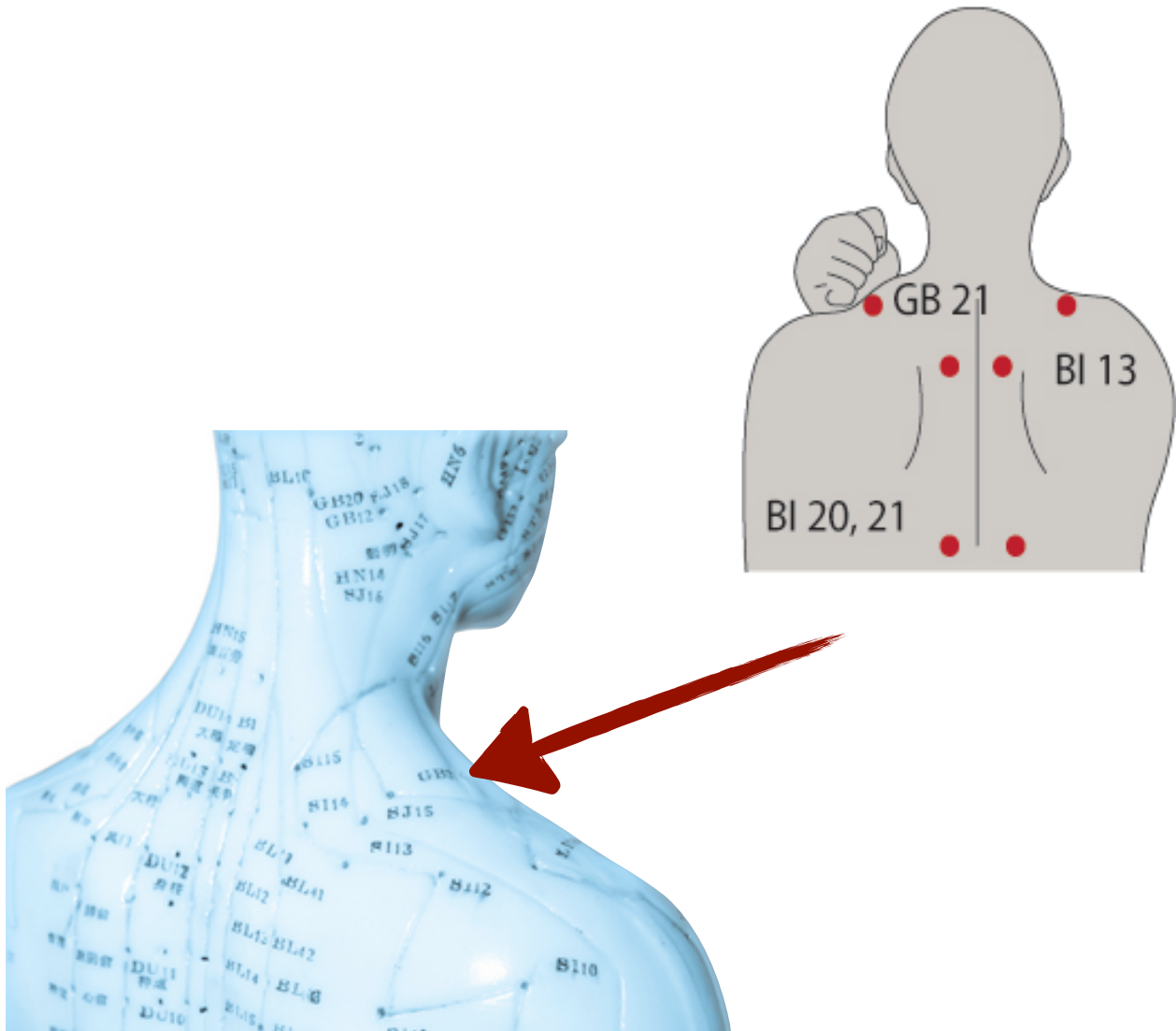
3. Clench your hands into fists and knead both sides of the upper lumbar spine for 30 times.



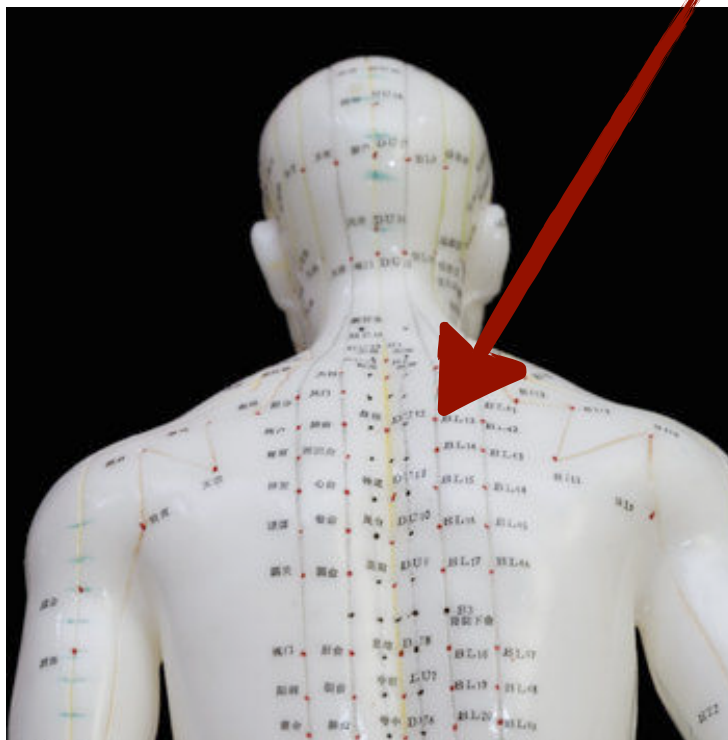
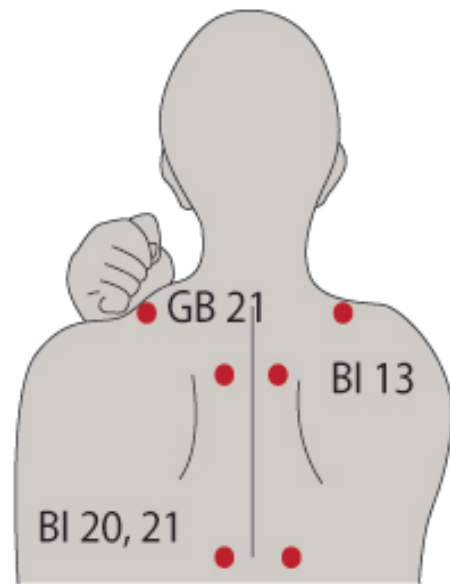
III. Cicada-Like Ringing

If you experience cicada-like ringing in the ears which is accompanied by dizziness, throat excretion (e.g. phlegm), deafness and chest stiffness, try the following steps for relief.

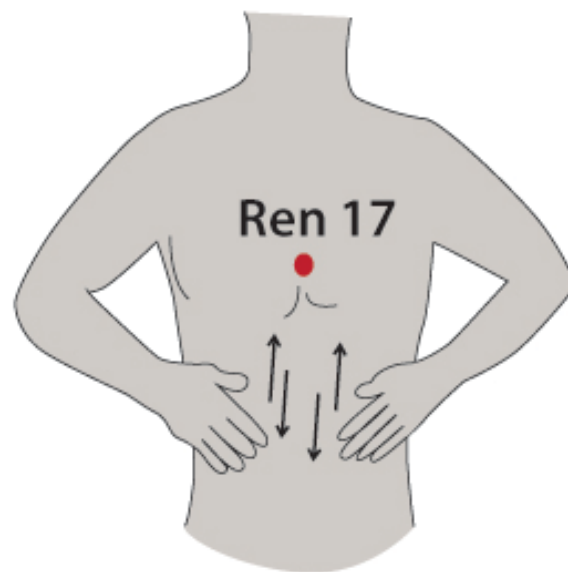
- I. Clench your hands into fists. Locate GB 21 (Jian Jing), which is positioned on the shoulder at the point directly above the nipple. Pound lightly 30 times on each side of the shoulder. Massaging this acupuncture point will help to alleviate muscular pain in the shoulder and neck, phlegm problems related to the chest, head and neck.



2. Clench your hands into fists and knead both sides of the top middle part of your back, BL 13 (Fei Shu), which is 1.5 cun lateral to lower border of the spinous process of the 3rd thoracic vertebra, for 30 times. It will help to nourish the lung and alleviate lung related problems. Massaging this acupuncture point is also useful for skin problems like itching, hives and rash, and lung related emotional upsets like sadness.



3. Rub your chest from the left to the right using your fist for 30 times.
4. Locate Ren 17 (Tanzhong) which is positioned at the middle between the two nipples. Knead this point for 30 times.



5. Clench your hands into fists and use your index finger knuckles to wipe from forehead to the occiput region for 30 times.



IV. Lumbar Soreness and Dizziness

If you experience ringing in the ears which is accompanied by lumbar soreness, and dizziness, try the following steps for relief.

1. Clench your hands into fists and use your index finger knuckles to wipe from forehead to the occiput region for 30 times.



2. Clench your hands into fists and knead both sides of the lumbar for 2 minutes.

Stop Tinnitus Forever Aromatherapy



The 6th step that you can attempt to relax is the use of aromatherapy. When you walk pass a shop that sells essential oils, do you feel that you are immediately relaxed and feel more light-hearted? Stress is one major cause of tinnitus in today's fast-paced society and aromatherapy is a natural way to help you feel relaxed. After inhaling the aroma, your emotional and physical well-being will be restored as the oils help to relief the tension in your central nervous system.

Carrier Oils and Essential Oils

First of all you have to know the different between carrier oils and essential oils. Carrier oils are extracted from the kernels, seeds or nuts of a plant, which is the 'fatty portion'. There are different therapeutic properties of these vegetables oils.

In other context of natural skin care, another term for carrier oil is base oil or fixed oil and they can be of animal origin, such as emu oil or fish oil. However, usage in aromatherapy terms is only limited to vegetable-based oils. Depending on the therapeutic properties you would like, for e.g., relaxing and sleeping, choose a carrier oil and dilute a few drops of essential oils.

Here's a list of carrier oils that you may choose for the purpose of de-stressing and overcoming anxiety and depression. To look out for rancid oil, take note of the color (must not turn overly dark) and the smell. If it has a bitter and strong aroma, the carrier oil has turned oil. Otherwise, it should give off a mildly sweet and nutty aroma.



Carrier Oils

Almond Oil
Apricot Kernel Oil
Avocado Oil
Borage Seed Oil
Camellia Seed Oil
Evening Primrose Oil
Fractionated Coconut Oil
Grapeseed Oil
Hazelnut Oil
Hemp Seed Oil
Jojoba Oil
Macadamia Nut Oil
Olive Oil
Peanut Oil
Rosehip Seed Oil
Seabuckthorn Berry Oil
Sesame Oil
Wheat Germ Oil



Vegetable Butters

Not labelled under carrier oils, vegetable butters have similar properties and their high lipid content make it suitable for aromatherapy. Examples of vegetable butters are **Cocoa Butter** and **Shea Butter**.

Take caution when trying out any new carrier oil or essential oil, including placing them on your skin or on your hair. If you are allergic to nuts, consult your medical practitioner before using nut oils, and nut products. You can also perform an allergy patch test and discontinue the use of the oil if allergy occurs.

As mentioned earlier, essential oils are very concentrated and should be diluted into carrier oil prior to application. Essential oils evaporate and leave the aroma on your skin. They generally do not go rancid. It's best to purchase organic essential oils and carrier oils. Look out for the labels to ensure that it is certified organic.



Essential Oils

Here are some great essential oils excellent for calming your body and mind:

For Relaxation

Benzoin, carnation, clary sage, geranium, lavender, neroli, sandalwood and ylang ylang

For Insomnia

Roman chamomile, clary sage, lavender, neroli,

For Anxiety

benzoin, bergamot, cedarwood, Roman chamomile, clary sage, geranium, jasmine, lavender, mandarin, neroli, sandalwood, vetiver

For Exhaustion

basil, bergamot, black pepper, clary sage, cypress, frankincense, ginger, grapefruit, jasmine, lemon, mandarin orange, peppermint, rosemary, ylang ylang

For Anti-Depressant

benzoin, bergamot, carnation, chamomile, clary sage, grapefruit, lavender, lemon, lemongrass, neroli, orange, Roman chamomile, rose, sandalwood, ylang ylang

For Relieving Stress

benzoin, bergamot, clary sage, frankincense, germanium, grapefruit, jasmine, lavender, mandarin, neroli, Roman chamomile, rose, sandalwood, ylang ylang

We've provided for you some recipes to soothe your nerves and put you in a calm, relaxed and uplifted mode.

Source: Aromatherapy in Tinnitus: a Pilot Study



Aromatherapy Recipes for Tinnitus

Recipe 1 - Great for Relieving Stress

1 ounce carrier oil

5 drops lavender

5 drops Roman chamomile

2 drops ylang ylang

Massage the oil on your temples and other parts of your body.

Recipe 2 - Great for Relieving Stress

Note: dilute the blends into distilled water and use as an air freshener, or use it as a massage oil. The last way to enjoy this blend is to dilute it with a carrier oil and add it to your bathtub when the water is running.

2 drops jasmine oil

2 drops ylang ylang oil

2 drops grapefruit oil

Recipe 3 - Great for Relieving Stress

2 drops bergamot oil

2 drops Roman chamomile oil

1 drop clary sage oil



Recipe 4 - Great for Anxiety

1 drop mandarin oil
2 drops lavender oil
2 drops sandalwood oil
1 drop jasmine oil

Recipe 5 - Great for Insomnia

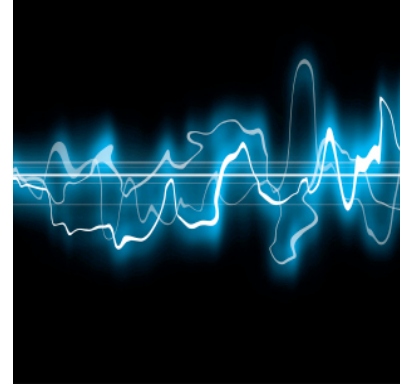
1 drop lavender oil
4 drops bergamot oil
11 drops clary sage oil

Mix the oils well in a dark-colored container. Drop a few drops on a piece of clean tissue and put it inside your pillow.

If you're using a diffuser reduce the amount of oils used by half and enjoy it before you go to bed.



Stop Tinnitus Forever - Are You Going To Take Action?



Tinnitus is a dreadful illness - you have to withstand the loud ringing noises in your head, the incessant cacophony of sounds that constantly irritate you, depriving you of a good night's rest and affecting your personal and work life. The constant nagging question is: "Can I stop my tinnitus forever?"

You have now gone through the entire course. From the introduction of the ear to how it functions, the causes of tinnitus, and lastly our Stop Tinnitus Forever 8-Step System. By now you should have a good understanding of the ear and the causes of tinnitus. But do you know that majority of tinnitus sufferers do not suffer from actual permanent damage in the ears? In fact, more than 70% of people who suffer from tinnitus are not musicians, military personnels or have Meniere's disease. The bulk of the tinnitus population suffer from stress-related problems from today's rat race society, an unhealthy diet, and an overdose of medication, some of which prove to be ototoxic and deteriorates the ears even further.



Despite this fact, many doctors and ENT specialists have prescribed drugs that claim to alleviate the symptoms of tinnitus. Most of these drugs aim to tackle emotional distress, namely, stress, depression and anxiety, which are major triggers of tinnitus.

In other words, tinnitus cannot be permanently halted just by consuming drugs. The pharmaceutical industry is an industry which sacrifices the health of tinnitus patients for the desire to earn more profits, and it has proved to be a cash machine industry; generating billions of profit not just in a single year, but in mere days, it goes ka-ching, ka-ching, and the money just rolls in. Ototoxic drugs like antibiotics and antibiotics only inflict further damage.



Also, the Standard American Diet has given rise to a very unbalanced internal system and wrecked havoc in our body, so much so that our internal pH is tilted to the acidic side. The acid forming food will slowly eat away the energy in our body, causing us to be tired and this eventually paves the road to stress-related problems and finally, tinnitus.

The Simple Solution

The solution brought about by our modern hectic lifestyle cannot be easily reversed overnight - neither is it possible to pinpoint your tinnitus to one cause and one solution. Tinnitus is difficult to grasp, that's the reason why you have to take a total holistic approach to tackling the issue.

That means from avoiding certain foods, consuming the right diet, performing the right exercises, relieving stress using nutrition, exercise and aromatherapy, to meridian massage, homeopathy and herbal remedies... There are NO shortcuts! It's a matter of tweaking your health, step by step, one step at a time back to restore it to a harmonious healthy state. The effects of a healthy you will cascade down to melt away the ringing sounds in your head.

Do not hope for a push button formula. There are NO push button formulas. OTC medication and quick fix formula give you temporarily relief but the side effects will kick in and you'll be trapped in the vicious cycle again.

You have to be consciously performing healthy and meaningful task to stop the ringing. It's a matter of committing yourself to the Stop Tinnitus Forever 8 Step System every day. Many people have spent their entire life building their wealth, only to use the wealth to regain the health later on in their lives. Do not fall victim to this. You can design your health by committing yourself to good diet and habits every day. Stop Tinnitus Forever offers to do just that; restore your health and bring serenity and peace to your life. It is up to you to take action and be healthy.

