



Treating Tinnitus **With Care**

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Introduction

Do you hear sounds that no one else does? If you do, then it may be because of tinnitus. With its name derived from the Latin root word which means “ringing”, tinnitus is often associated with patients who hear ringing sounds in their ears. In actual fact, however, all patients will hear different sounds. Some may hear low level noise such as crickets chirping, a static noise, musical sounds, the sound of running water or even a loud banging! Besides the different sounds that patients may hear, individual tinnitus symptoms also vary from hearing the sound in both ears and hearing the sound in one ear only. Tinnitus may be caused by many different factors.

While each and every patient has different tinnitus symptoms, all of those who have experienced this condition will agree that it is not pleasant. When you are forced to constantly hear a sound that nobody else hears, it can get extremely annoying. For more serious cases of tinnitus, the sound may prevent you from falling asleep. As such, patients will find that they do not get sufficient rest and may not be able to complete their daily activities well.

Due to the various negative effects of tinnitus many people spend a lot of time and money looking for cures and relief. However, tinnitus is often a syndrome of underlying health or medical problems, therefore, solving tinnitus may not be such an easy issue. The first step to stopping the ringing sound in your head is to identify the cause of the problem. During which, you should always look for a doctor who will be able to advise you on any underlying medical conditions. Or it could be more complicated. But sadly, conventional treatments only treat the symptoms of tinnitus and may provide temporary relief at best. Sure enough, the sounds are going to come back.

The only way you could ever get rid of your tinnitus for good is by following the holistic approach to healing. By using a multidimensional treatment for tinnitus, we are tackling all tinnitus causative factors and eliminating these triggering elements from the root. This is the only path for permanent freedom from tinnitus. You will be given suitable treatment and medication to ease and stop tinnitus. Of course, you can also alter your diet to supplement your doctor's efforts as diet has been proven to be linked to tinnitus.

If you would like to learn more about tinnitus, how to prevent it, and how to stop it from recurring, you should definitely read on.

This report is based on the book, "Tinnitus Miracle" by Thomas Coleman. Thomas is an author, researcher, nutritionist and health consultant who dedicated his life to creating the ultimate Tinnitus solution guaranteed to permanently reverse the root of ear ringing and naturally and dramatically improve the overall quality of your life, without the use prescription medication and without any surgical procedures. Learn more by visiting his

website:

<http://www.tinnitusmiracle.com>

What Is Tinnitus & Its Causes?

Many are unfamiliar with the word “Tinnitus”. It is actually an ear condition, in which the patient hears ringing sounds. Apart from ringing, it can also be characterized by buzzing, whooshing, and other types of sounds that only the patient will hear, but not the people around him. The noises of tinnitus are not heard only during the night. You could hear them during the day too. But it definitely seems to become worse in the night. In a few people, the noises come and go as they please. And there are others who hear them all the time.

While there are times when the sound seems to be originating from the head, it actually comes from the ear canal. You should know that tinnitus is actually not a disease. It is actually a symptom of a problem that is rooted deep, somewhere within your body.

Tinnitus only affects the hearing of the person affected by it. There are four hearing system sections in the human body, consisting of the brain, outer ear, middle ear, and the inner ear. Here are some of the possible causes for this ear condition.

First the good news - we know what causes tinnitus. And now the bad news - conventional medical science cannot cure it. Not permanently at least. Your doctor will be able to suggest a few remedies, and it may seem to you that the noises you hear are going down. As a result, you begin to relax believing that a pesky problem has been resolved. But suddenly the sounds return again. This is a very common problem actually.

So let us turn to the causes instead, and see whether we can try to solve the issue from this end.

Here Are Some of the Most Common Causes of Tinnitus

1. Exposure to noise. Prolonged exposure to noise can damage the Cochlea and cause tinnitus. So if you cannot simply stay away from all that noise, at least get some protection. Use ear plugs when you can.

2. Head injury. Take care of your head because a severe blow or a slight bang could make you hear the tinnitus noises. That's why athletes are more prone to a tinnitus attack. Even a dental surgery could make you hear them.

3. Ear infections and other ear problems. An ear infection, and even sinus can lead to tinnitus as well. When there is an allergy or a sinus infection, the mucous thickens within the inner ear, and this causes more pressure. The extra pressure can lead to tinnitus. Meniere's disease, where the fluid level goes up inside the middle ear is another reason. It could even cause hearing loss.

4. Prescription medications. Conventional drugs often cause side effects, and tinnitus is one of them. Actually, all kinds of drugs have been blamed for instigating this condition. Such as antibiotics like Aminoglycosides, Erythromycin and Vancomycin, Aspirin or medicines containing it. Anti inflammatory drugs like Advil, Aleve, Anaprox, Clinoril, Feldene, Indocin, Lodine and Motrin have also been blamed.

5. Stress. Stress can cause tinnitus too. A lot of it is damaging for your immunity, and this can lead to a misfire in the sound/brain waves. This adversely affects your nervous system, and makes you hear the noises.

6. Depression. Some people believe that depression causes tinnitus. And there are those who say that tinnitus causes depression. But most of them agree that there is a relation between these two. And anyway, if your tinnitus is bothering you endlessly, it can make you depressed. Naturally this will further complicate matters.

These are some of the common causes of tinnitus. Now that you are aware of them, you will be able to avoid certain situations that can increase your chances of having tinnitus. Take on these causes to achieve a permanent relief from tinnitus. Just tackling the symptoms will never work. After all, if the causes remain, the symptoms are bound to return. The only way you could ever get rid of your tinnitus for good is by following the holistic approach to healing. By using a multidimensional treatment for tinnitus, we are tackling all tinnitus causative factors and eliminating these triggering elements from the root. This is the only path for permanent freedom from tinnitus.

Next we'll discuss Alternative Tinnitus Remedies please read on.

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Alternative Tinnitus Remedies

Have you been suffering from tinnitus for some time now? If you have, you must know how painful and frustrating all those noises in the ear can be. They can strike anytime in the day, and can become worse in the night. You would probably give anything to get some relief. But that's of course easier said than done. The remedies suggested by the physician can give some relief. But the noises always come back. You should know that your physician practicing conventional treatments cannot really cure you from all those noises. Sure enough, your noises can go down with treatment, but they will always come back. At best, you can get some temporary respite from conventional treatment - nothing more.

You should be happy to know that there are a few wonderful alternative tinnitus remedies that have worked very well for many sufferers like you. There's no reason why they can't work for you.

Consider These Alternative Tinnitus Remedies

Herbal treatments. These treatments are developed from herbs.. For thousands of years, in ancient India, China and in other countries, herbal remedies have cured many people from all kinds of diseases. Herbal remedies also usually do not cause any side effects. The ginkgo biloba herb can be extremely effective in treating tinnitus. On the negative side however, herbal remedies might not be as effective for everyone.

Essential oils. Sometimes essential oils too work very well. Oils such as Cypress, Lavender and Juniper have been tried by many tinnitus sufferers, and they report positive results.

Essential oils work best when they are applied through vaporization, massage, inhalation, compression and bathing.

Optimizing Your Diet. It is essential that we have all the vitamins and minerals that our body needs to function properly. For example, if you are not getting adequate Vitamin B, then you might develop tinnitus. Vitamin B is easily obtainable from grains, cereals, vegetables and fruits. Eat a well balanced meal that includes all the food groups. A supplement can never work as well as the natural food source.

Sound Masking. A masking device plays some soft natural noises that are pleasant on the ear. It is as if you are hearing some channel music at the hotel lobby or listening to your favorite composer through the earphone. The unpleasant swishing, buzzing and constant ringing is thus blocked.

Alternative tinnitus treatments may work. But there's a problem. In most cases, when using alternative remedies for tinnitus, the root contributing factors that caused all those noises remain, and so the sounds will come back as soon as you have stopped following these treatments.

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Conclusion

In conclusion, you should not be afraid of tinnitus. Although it may be unimaginable to those who do not have this condition, you can learn to cope with the ongoing sound as it is usually of low decibels. Sometimes, doctors may not be able to help you as there is no suitable medication available for tinnitus, but you should not feel disheartened as there are various alternative methods that are known to be of help. For one, you should take care of your diet since it can actually improve or even worsen your tinnitus. You can also play music or tapes that will help you to mask the sound in your head.

Finally, if you have recently started experiencing tinnitus, do not feel down about it. You should always remember that you are not alone in your situation and that there have been many other people who have been in your shoes. I would strongly recommend that you at least visit the Tinnitus Miracle website. **It has helped over 217,000 men and women in 163 countries worldwide.** The 250 page e-book goes into depth to help you discover the underlying problems and causes of your tinnitus and then provides the remedies and solutions to cure your tinnitus.

You have taken the first step by downloading and reading this report. Now take the next step to find a solution and permanent relief from tinnitus. **Just Click on the Image Below !**

