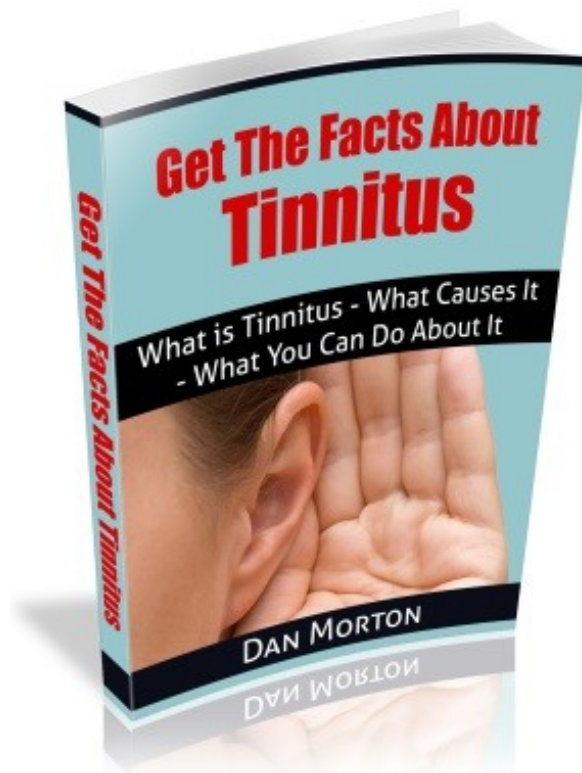




Get The Facts About Tinnitus

What is Tinnitus - What Causes It - What You Can Do About It

Dan Morton

www.HearingTinnitus.com

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Do You Have Tinnitus?

Do you have a buzzing, chirping, whistling, whooshing, roaring, ticking, clicking or humming noise in your ears? Do you have some hearing damage caused by loud noises?

You may have a condition called **Tinnitus** – Latin for “ringing.”

There are two types of tinnitus – “**Objective Tinnitus**” and “**Subjective Tinnitus**.”

Objective Tinnitus

Objective tinnitus is diagnosed when a clinician (or someone other than the sufferer) can hear the noise being generated by the ear. This is a fairly rare condition, caused by a more-easily identifiable source that usually can be cured.

Subjective Tinnitus

Most people who have ringing in the ears have **subjective tinnitus**, characterized as only heard by the sufferer. Unfortunately, this condition is more difficult to treat than objective tinnitus. Tinnitus is closely related to age – one-third of all tinnitus sufferers are over the age of 65. Usually, there is no cure. But take heart, as new technologies, techniques and remedies for tinnitus have been developed to help the ever-increasing number of us afflicted with this sometimes debilitating, always irritating condition known as tinnitus.

What Causes Tinnitus?

We do know some of the more common causes of tinnitus such as;

- ⑩ Injury from Loud Noises
- ⑩ Ear Infection

- ⑩ Foreign Object in Ear
- ⑩ Ear Wax Buildup
- ⑩ Medicine induced (aspirin or other NSAIDs)
- ⑩ Other Chemicals and Chemical Imbalances
- ⑩ Fluid Buildup
- ⑩ Allergies

Injury From Loud Noises

Of these known causes of tinnitus, the majority are caused by “injury from loud noises.” Remember all those rock concerts that you used to attend? Your hearing may have been damaged without you knowing about it – until now.

The cochlea, which contains thousands of tiny hair cells that are stimulated by air movement brought about by noise waves, is the part of the inner ear that is damaged by loud noises.

Exciting new medical developments that can actually regrow these hair cells are happening today – although it may be years before these technologies will be available to the public.

Causes like ear infections, foreign object in the ear and ear wax buildup are things that the average person can handle without extra help – although you may need some antibiotics from your doctor for the ear infection.

NSAID Drugs – Advil, Aspirin & Alka-Seltzer Are Culprits

Another proven cause is heavy use of NSAID drugs. **Non Steroidal Anti Inflammatory Drugs** such as ibuprofen (Advil), aspirin, even Alka-Seltzer and Pepto-Bismol have ingredients that may aggravate your tinnitus. If you're a too-regular user of these types of drugs, you may want to find the root cause of your ailment and take care of that illness, first.

Chemical Imbalances – Diabetes, Thyroid & Hormone Imbalances

Chemical imbalances such as untreated (or poorly treated) diabetes, thyroid imbalances and hormone imbalances are only a few of the many chemical

imbalances in your body that can cause tinnitus. For your next check-up, have your doctor perform a complete round of blood testing if you have any doubts.

Chronic Allergies

If you have chronic allergies (hayfever, ragweed, etc.), these allergies can turn a light case of tinnitus into a more annoying case. The constant mucous production, if not drained properly, can build up in the inner ear, resulting in pressure and tinnitus. Make sure you take your meds.

Ménière's Disease

Finally, there is Ménière's Disease. Named after the French physician Prosper Ménière in 1861, this disease is an abnormality of the inner ear and can cause a host of symptoms. Vertigo (severe dizziness), fluctuating hearing loss and a sensation of pressure and pain in the afflicted ear. And, Ménière's disease can directly cause the roaring, ringing and whooshing sounds of tinnitus. Symptoms include a sudden and whirling dizziness, severe nausea, vomiting and sweating that can force the sufferer to lie down. Diagnosis can be confirmed with a sophisticated hearing test.

There is no cure for Ménière's Disease, but there can be medical relief for the symptoms, including medical treatment for tinnitus. The treatment involves reducing the body's retention of fluids by reducing the intake of salt and caffeine, among other things. Also, treatment with the antibiotic gentamycin directly into the middle ear is gaining popularity.

What Can I Do For My Tinnitus?

First, see your family doctor to rule out any medically treatable problems. If no underlying problems are found, your doctor may suggest you take some pills with the active ingredients Tocainid, Carbamazepin or Gabapentin in them. But, all have no history of any long-term success for reducing tinnitus.

Aside from the above options, and if there is no real underlying medical

problem, there is nothing your doctor can do for your tinnitus. With this in mind, thousands of tinnitus sufferers have said a firm “NO” to the absence of medical treatment options, and developed natural, common sense and other types of treatments, many grounded in medical fact.

The key to these alternative treatments is to remember that a treatment or remedy that works for one person may not necessarily work for another. If one remedy for tinnitus doesn't show results for you, then move on to another, until you find one that works. I'll list below a few of the more popular treatments that tinnitus sufferers have been turning to for relief. If these don't work, don't be dismayed because there is probably at least one treatment out there that will give you relief from your tinnitus. But, you won't know until you try – right? So, let's get started.

- ⌘ **Avoid exposure to loud noises.** Studies have shown (and I can personally verify this with my own version of tinnitus) that even after the ear damage that can cause tinnitus occurs, avoiding additional loud noises can frequently help to reduce the level of tinnitus noises. You may think “what the heck, I've already got tinnitus from listening to loud music – might as well continue to do so,” but, that could cause a worsening of the condition. I always use hearing protection when mowing the lawn or when performing anything that generates loud noises.
- ⌘ **Have a source of “white noise” in the background.** We're all familiar with the noise-canceling headphones, but how do they work (and how can they help my tinnitus)? Noise-canceling technology essentially combats irritating noises with a machine-generated noise identical to that of the problem noise – thus canceling both noises. Since much of tinnitus consists of sounds related to white noise, many sufferers have reported relief with white noise generators.
- ⌘ **Use earplugs when swimming.** Sometimes, water and the chlorine from a public swimming pool can irritate the ear, causing or

intensifying tinnitus. Again, I know this to be true from personal experience. While I do not wear ear plugs, I do realize that my tinnitus will get worse after swimming.

- ⌘ **Take your allergy medicine.** Allergies, sometimes called hayfever, can produce excessive mucous and swelling that can interfere with the proper operation of the ears. Sometimes, drainage is reduced and pressure builds up inside the ear. This can definitely result in increased levels of tinnitus noise.
- ⌘ **Avoid excessive intake of caffeine.** There's nothing I like more on a cold winter's morning than a hot cup of coffee, but I know that the caffeine from that delicious cup of java could make my tinnitus worse. The mechanism behind this includes the excessive stimulation of the sound-receptor follicles in the ear, resulting in a hyper-stimulation of the hearing system, adding to the tinnitus noises. While I've never noticed an increase in tinnitus noise after drinking coffee, the experts claim that it is a possibility. I surely can't argue the theory, although I've never given up coffee long enough to qualify as an experiment.
- ⌘ **Get enough rest.** This is something that helps reduce my tinnitus by quite a bit. If I've had a night of little sleep (for whatever reason), it seems like the noises in my ears are extra-loud the next day. When I've had a good, restful night's sleep, I don't really notice the tinnitus as much. So, I try to get at least 7 hours of sleep each night. When I don't, I really know it by all the extra noises in my head.

Remember – these are just a very few of the many possible treatments and remedies for tinnitus. What works for one won't necessarily work for another. We who suffer from tinnitus must be willing to experiment (within reason) with different remedies and/or alternative treatments for relief from our condition. Most important, we must keep an open mind as we read and study the many possible ways others have found relief from tinnitus.

Subjective tinnitus is not curable, but it may be treatable. Don't give up – get moving, and find a treatment that works for you.

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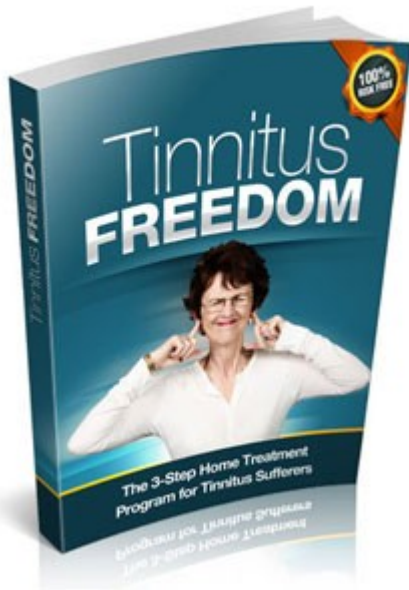
Resources

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[HearingTinnitus.com](http://www.HearingTinnitus.com) is chock-full with information about tinnitus and points you in the right direction for getting treatment.

If you're looking for detailed step by step information on how to get rid of tinnitus without drugs or surgery, we strongly recommend the book "Tinnitus Freedom" by Mary Stewart.

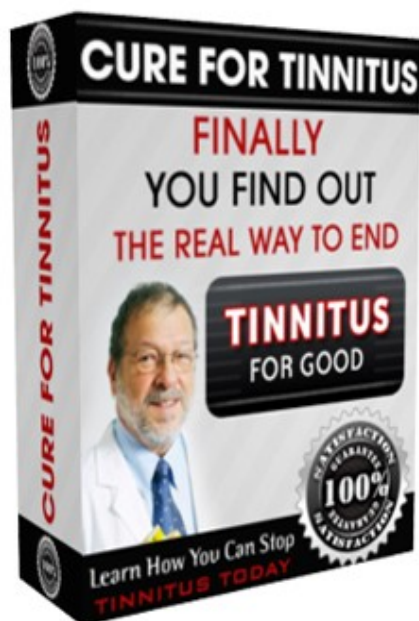
Tinnitus Freedom is well-written, easy to follow, and provides effective holistic treatments for tinnitus by enabling your body to naturally overcome the causes of ear ringing.

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>> [Click here](http://www.tinnitusfreedom.com) for the Official Tinnitus Freedom website.

The best thing you can do for your tinnitus is to go to their website, www.tinnitusfreedom.com and get the whole story.

I think you will be pleasantly surprised. And, you have nothing to lose - your satisfaction is totally and completely guaranteed - give Tinnitus Freedom a try, now.

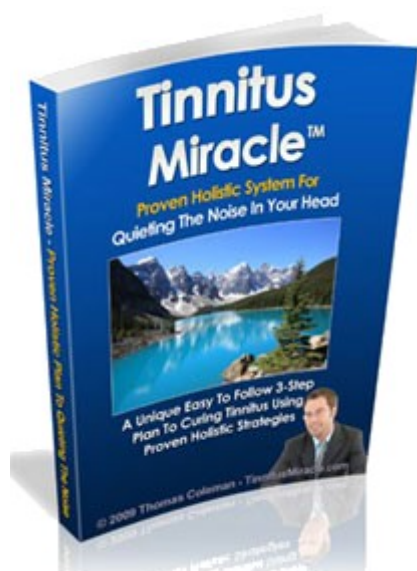


Geoff Barker accidentally discovered some techniques that just may be able to either stop tinnitus, or reduce it by a significant amount. Like other tinnitus sufferers, he became frustrated and impatient with the slow pace of progress in the treatment of tinnitus - his tinnitus.

So, Geoff put everything he learned into an electronic book (called an e-book) and you can get his new book at his website -

www.curefortinnitus.com.

It really is a quality piece of work, and Geoff offers a 60 day guarantee if your tinnitus isn't improved by his techniques. [Click here for details.](#)



If you want to learn how to treat and relieve your tinnitus permanently ... without drugs, no risky surgery, and without any "conventional" Tinnitus treatment available today (and with no negativeside effects, then this could be the mosentencest important you will ever read. I guarantee it and I've got the results to prove it!

That's the claim from Thomas Coleman with "[Tinnitus Miracle](#)" And you can take note that "Tinnitus Miracle" is the most popular tinnitus treatment ebook - bar none! That means that

there are thousands of satisfied customers!

Don't forget about the money-back Guarantee - if you are not 100% absolutely thrilled with any of these tinnitus treatment products, you are entitled to a 100%, no-questions-asked, money-back-with-a-smile refund for up to 60 days!

[Click Here for details.](#)

I hope that you've gotten a lot from this short report on tinnitus. I had a great time writing it and I have really learned a lot about this disease.

Maybe your tinnitus is temporary and you'll be rid of it in just a few days. Perhaps your doctor has spotted the cause and your tinnitus is treatable. But, if your tinnitus is like that of the vast majority of tinnitus sufferers, you may have those ringing sounds in your head for years to come.

I've had tinnitus for well over 15 years now and I have learned to live with it. The associated hearing loss that many of us get with our tinnitus is getting slightly worse. But I don't need a hearing aid – yet. I'm not letting tinnitus define me – or affect the quality of my life. And I sincerely hope that you can come to grips with all the extra noise you're hearing and not let tinnitus define “you” as well.

Please visit www.hearingtinnitus.com for more information and resources.

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Any questions you may have you can contact me at support@hearingtinnitus.com

Thanks, and have a great day!

Dan