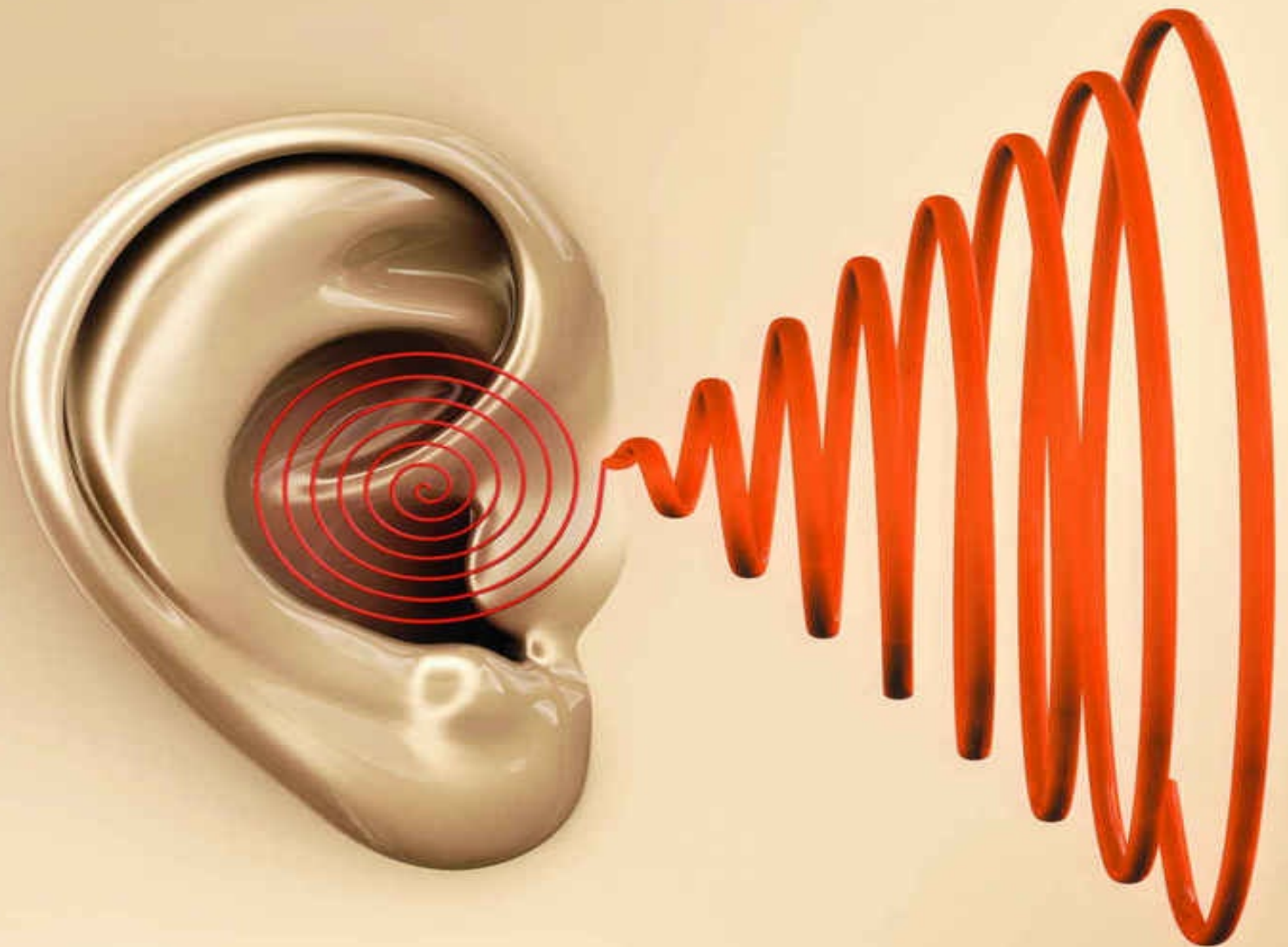


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**Tinnitus Treatment Relief -Learn How To
Restore Your Hearing With Natural
Homemade Remedies And Treatments!**

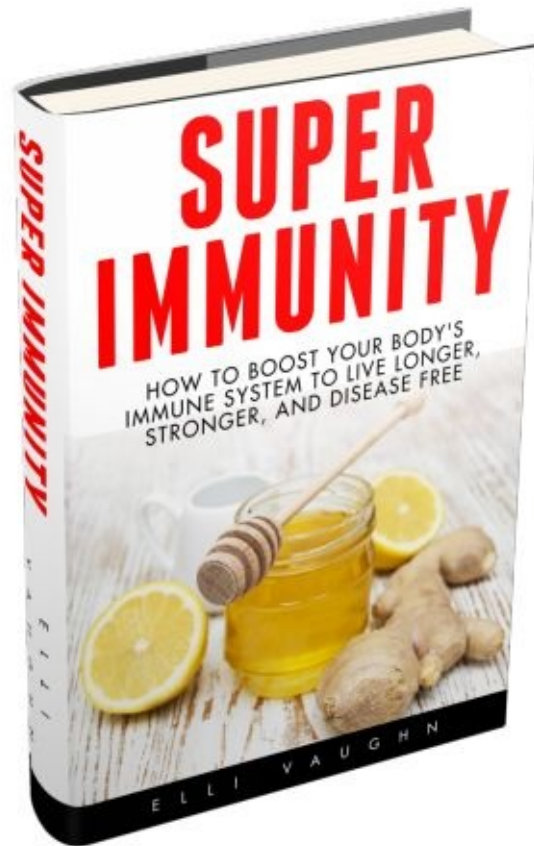


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Introduction

Tinnitus affects 10-15% of the global population. In the United States, that translates to around 50 million people suffering from tinnitus every day. It is most often heard as a ringing in the ears, but can also take the form of a buzzing, hissing, or clicking noise within the ear that only you can hear.

Depending on its intensity, tinnitus can be maddening for those suffering from it; it can prevent you from hearing the world around you, keep you awake at night, or ruin your concentration. For many people, finding a way to lessen or eliminate the noise is necessary to continuing their daily lives.

Tinnitus isn't an ailment in and of itself but rather a symptom of several different conditions. If you're not sure what's causing your tinnitus, you may need to try a variety of remedies until you find the one that works for you. Some of the most common causes (and the most effective corresponding treatments) are described below.

Inner ear injury

The most common cause of tinnitus is inner-ear cell damage. There are tiny, fragile hairs lining your inner ear that move when sound waves hit them, sending the electrical signal to your brain that's translated into sound. When these hairs are damaged, they can send off a signal even when there's no sound wave moving them, resulting in the noise you hear in tinnitus.

The hairs within the ear cannot be repaired. If inner ear cell damage is the cause of your tinnitus, the techniques in chapter 5 may prove especially helpful. Also consider the herbal remedies and dietary changes recommended in chapters 2 and 3.

Noise damage

Prolonged or severe exposure to loud noises can also lead to tinnitus. Construction equipment, firearms, musical instruments, and power tools all generate decibels that can damage your hearing if used without ear protection. Listening to music on headphones, especially in-ear earbuds, can also damage your hearing.

Your first step of treatment should be to prevent future damage. Wear ear protection when you're using loud equipment or attending noisy events and avoid using earbuds to listen to music whenever possible, keeping the volume low if you do use them.

If your tinnitus developed after a single loud event, like a concert, it's likely it will go away on its own in time. You can speed the process along and ease the pain by using the ear drop herbal remedies in chapter 2 and the manual remedies from chapter 4.

Prolonged exposure to loud noise can cause irreversible damage, but the symptoms can be considerably lessened with the herbal and dietary remedies in chapters 2 and 3.

Illness and injury

Infections of the inner ear or sinuses can cause inflammation that leads to temporary ringing in the ears. The anti-bacterial and anti-inflammatory properties of many herbal remedies are ideal in these cases. Illnesses may also cause a buildup of ear wax which can be softened and removed using the ear drop remedies from chapters 2 and 4.

If your tinnitus starts after an injury to your head or neck, the manual therapies in chapter 4 may be more effective at relieving tension and reducing symptoms. This is also true of tinnitus that occurs while traveling, either because of a change in climate or altitude.

Other Health Issues

Some instances of tinnitus can be closely related to your diet. Specific vitamin deficiencies are discussed in more detail in chapter 3; ringing in the ears is also a common symptom of anemia and can occur in conjunction with food allergies or diabetes.

Hypertension or other circulatory disorders can also cause ringing in the ears which is likely to diminish when you resolve the underlying issue. Caffeine and alcohol are often triggers for people with recurring tinnitus related to narrowed blood vessels or high blood pressure. If the ringing gets worse when you drink a beer or coffee, constricted blood vessels may be the ultimate cause.

Medications

There are some medications that have tinnitus as a side effect. Included on this list are certain antibiotics and antidepressants, quinine medications (like those used to treat malaria), anti-seizure drugs, anti-anxiety medication, and steroids. If your tinnitus started shortly after starting a new medication, consult with your doctor before attempting to relieve the issue with a home remedy.

Certain over the counter medications can cause tinnitus. Certain NSAIDs (anti-inflammatory pain relievers, like Aspirin) may damage the inner ear. Some antihistamines (allergy medicines) may also make your ears ring as a side effect.

Natural Causes

A certain amount of hearing loss tends to happen as we age, a process referred to in the medical community by the term presbycusis. There is also a hereditary ailment known as otosclerosis where the bones of your middle ear stiffen and join together, leading to a host of hearing issues.

In situations such as these, total relief of symptoms may not be possible but the suggestions given in chapter 5 can help you manage your tinnitus and keep it from interfering with your daily life. Some of the herbal remedies listed in chapter 2 may also prove beneficial.

Chapter 1 – Things to Avoid

Whether you suffer from chronic and recurring tinnitus or your ailment is more temporary, there are certain things that can trigger the onset or worsening of symptoms.

The exact triggers can vary from person to person, so keep track of things that seem to make your tinnitus worse. Not only will this help you avoid them in the future, but it may be a clue as to the underlying cause.

Alcohol

Having three or more drinks in one sitting temporarily increases your blood pressure, an effect that's especially pronounced in smaller blood vessels (like those in your inner ear). Frequent alcohol consumption can lead to a more long-term increase in blood pressure, which could in turn contribute to chronic tinnitus.

Dehydration can sometimes prompt the onset or worsening of tinnitus symptoms. Since the consumption of alcohol dehydrates you, staying well hydrated when you go drinking could be one way to avoid the morning-after ringing in your ears. If you smoke when you drink (or drink in smoky bars) the added dehydration and inflammation will make the problem worse.

Aspirin

Tinnitus and hearing loss are listed on the label as potential side effects of long-term Aspirin use. The cause is believed to be the active ingredient salicylic acid, which may alter the structure of the cochlea over time. Other over the counter pain medications may also contribute to tinnitus, though none have been directly implicated.

Ironically, inflammation of the inner ear is one possible cause of short-term tinnitus, so while Aspirin and other anti-inflammatory drugs can aggravate chronic cases they may provide relief from temporary occurrences caused by infections of the sinuses or respiratory tract.

Caffeine

The world's most popular stimulant, caffeine increases your blood pressure and heart rate, which can make the ringing in your ears louder in the short-term. It also constricts your capillaries, which limits blood flow to your head, neck, and ears and can aggravate your tinnitus.

As with alcohol consumption, drinking certain caffeinated beverages (like soda and energy drinks) can dehydrate you, further contributing to your tinnitus symptoms.

Staying well-hydrated is one thing you can do to prevent symptom recurrence, but especially if your tinnitus is linked to a circulatory disorder, reducing your caffeine intake should result in a reduction of symptoms.

Nicotine

Smoking contributes to tinnitus in a number of ways. The smoke itself is an irritant that can cause inflammation in the ear, nose, and throat, increasing pressure in the inner ear.

As with caffeine and alcohol, the dehydrating effects of nicotine may also play a role. If quitting smoking isn't an option, staying well hydrated should lessen symptoms slightly.

Though smoking is the worst nicotine offender when it comes to tinnitus, even smokeless tobacco can exacerbate your symptoms. Nicotine impairs blood flow to the nerve cells that control hearing and like caffeine the stimulant effects can make the ringing louder. This also goes for e-cigarettes and vape pens, which still contain nicotine though the carcinogen content is lower.

Salt

Eating too much salt can raise your blood pressure and increase the intensity of inner-ear ringing. If you suffer from hypertension and develop tinnitus that doesn't seem to be brought on by another factor, reducing your salt intake could relieve the pressure in your ear and eliminate the ringing.

Loud Noises

The most common cause of temporary tinnitus is injury to the inner ear caused by excessive noise. In these instances, avoiding more loud noises is the best way to speed your recovery.

Keep the volume in your car low. Avoid using earbud-style headphones if you can; if you have to use them, keep the volume under 60% and give your ears a break every hour or so.

If you're a musician or construction worker and deal with loud noises as a part of your daily life, the importance of ear protection cannot be overstated. If you can't hear someone talking to you from arm's length away the decibels are high enough to cause hearing damage.

Using ear plugs or other protection will not only reduce your discomfort in the short-term but will prevent the problem from developing into something more serious.

Chapter 2 – Herbal Remedies

While conventional medicine has found no cure for tinnitus, there are several herbal remedies that have been providing relief to people with ringing ears for centuries. Herbal remedies will generally prove most beneficial when the tinnitus is caused by an infection or injury but may also provide some relief over time in chronic cases.

Some of these herbal remedies are to be taken orally, either as a supplement or brewed as a tea; others are applied directly to the ear canal with a dropper or ear bulb. Generally speaking, the direct treatments will provide the most immediate relief, while oral supplements will be more useful in long-term treatment.

If you're applying medication directly to your ear, make sure the liquid is warm but not hot. Cool liquid will be uncomfortable and won't be as effective at loosening any ear wax buildup. Liquid that's too hot can burn you, which will only make the problem worse.

All of the herbal remedies below have been shown to give some measure of relief to tinnitus sufferers. The exact results may vary depending on your specific case, so try a few until you find the one that works for you.

CoEnzyme Q10

One of the few herbal remedies that has been verified through clinical trials, CoQ10 supplements have been shown to generate energy in cell mitochondria, which increases blood flow and can reduce or even eliminate tinnitus. The recommended dosage is 200-300mg of high-potency, highly absorbable CoQ10 every day.

Because it's an oral supplement, symptom relief may take a few weeks. This remedy is most effective in cases caused by hypertension and inflammation. CoQ10 also improves your immune system, preventing tinnitus caused by sinus or inner ear infection.

Garlic

Garlic is most effective at curing tinnitus caused by changes in altitude or climate. It has antibacterial and anti-inflammatory properties that are most effective in curing tinnitus when applied directly to the ear canal.

To make this remedy, crush a few cloves of garlic and lightly fry them in a tablespoon of sesame oil. Keep the heat low; you want to infuse the oil with the garlic essence, not burn it off. Once you've strained the mixture and allowed it to cool, you can administer 2-3 drops of the oil to your ear canal before you go to bed each night. You should notice symptom relief within a week.

Garlic also improves your circulation. If your tinnitus is related to high blood pressure, taking a garlic supplement every day can help to lower it, which will improve your overall health in addition to your tinnitus.

Ginger

Ginger has analgesic (pain relieving) properties and fights pathogens within your body. It's most effective when brewed as a tea. Grate about a half teaspoon of fresh ginger and steep it in hot water for around 10 minutes.

Ginger improves the circulation in your inner ear and the steam from the hot tea can also help clear your sinuses if the tinnitus is caused by an infection. Drinking 2-3 cups per day will bring about the quickest relief.

If you're not put off by ginger's peppery taste, you can also chew on raw slices of the root. The process of chewing relieves pressure in your inner ear, often one of the contributing causes of tinnitus from altitude or weather changes.

Ginkgo Biloba

Best known for its ability to improve your memory, ginkgo biloba also improves your circulation, which can reduce ringing in the ears when it's caused by high blood pressure or inflammation. Ginkgo also has anti-bacterial and anti-fungal qualities, making it helpful in treating infection-related tinnitus.

You can find ginkgo biloba extract supplements in the health food section of your grocery store. Look for an extract that contains 24-32% flavonoids and 6-12% terpenoids.

The recommended dose for relieving tinnitus is between 120 and 240mg per day, ideally divided into 3-4 doses. Relief won't be instant; expect to take the ginkgo for up to six weeks before you notice results. Once your symptoms improve, you can drop the dose to 40-60mg per day to maintain your circulation.

Ginkgo is known to interact with certain medications, especially anticoagulants, so if you take regular medications make sure to talk to your doctor before starting a ginkgo regimen. Ginkgo also shouldn't be given to children under the age of 12.

Holy Basil

Though its taste is similar to the herb you put in your pasta, holy basil is an Indian plant used for stress relief and other medicinal purposes. In the United States, you're more likely to find it in pill form as a supplement than you are to track down a fresh plant. Like with ginkgo, holy basil's main benefit with regards to tinnitus is its ability to improve circulation and reduce inflammation.

Oral holy basil supplements will provide long-term relief of tinnitus; taking 300mg per day should yield results in around two weeks. For more immediate results, two to three drops of holy basil juice applied directly to the affected ear can provide tinnitus relief in as little as three days.

You can buy a liquid supplement at some health food stores or juice fresh leaves at home by blending them into a paste then straining the liquid out. Use an eye dropper to administer 2-3 drops to the ear twice per day.

Mustard Oil

The beauty world loves mustard oil for its skin and hair care benefits. Its natural stimulant and antibacterial properties also make it useful for tinnitus relief. Warm mustard oil applied directly to the ear canal loosens ear wax buildup that could be affecting your hearing.

Apply a few drops of warmed mustard oil to your ear then let it sit for five to ten minutes before tilting your head to the other side to let it drain out. You can use an ear bulb to carefully remove the softened ear wax. As an added bonus, mustard oil boosts your immune system and should help protect your ear against a repeat infection.

Onion

The humble onion is not just for seasoning. Similar to mustard oil, you can use onion juice to soften troublesome ear wax and relieve tinnitus symptoms. Chop an onion into small pieces and put them in the microwave for 1-2 minutes.

Once they're cool, strain the juice out and put 2-3 drops in your affected ear, letting the juice sit in your ear canal for around 5 minutes. You may need to do this a few times over the course of a week or so to experience relief.

Chapter 3 – Foods and vitamins

Several of the ingredients listed in herbal remedies above can also be eaten to improve your circulation and immune system, contributing to better health overall.

Garlic, ginger, and onions are foods that many of us eat in the course of our daily lives, but there are a couple more esoteric food choices you might not realize could help you relieve your tinnitus symptoms by improving your circulation or bolstering your immune system.

Apple cider vinegar

The main benefits of apple cider vinegar in tinnitus treatment are its antibacterial and anti-inflammation properties. If your tinnitus is caused by a sinus or ear infection, apple cider vinegar is most likely to help relieve it. Mix about two teaspoons of vinegar and a little honey together with some water and drink this mixture 2-3 times a day until your symptoms go away.

Pineapple

The enzyme bromelain that's found in pineapple has natural anti-inflammatory properties. Tinnitus caused by infection or injury is most likely to be improved by eating pineapple. Eat fresh pieces of the fruit at regular intervals throughout the day until your symptoms go away.

Pineapple is also high in vitamins that can boost your immune system, helping you to recover from whatever ailment brought the tinnitus on. Fresh pineapple juice can do the trick, too, but make sure it's not too processed or the bromelain may not be present in the same amounts.

Sea vegetables

More common in Asian cuisine than that of the west, sea vegetables like kelp, algae, wakame, and other seaweeds are nutritionally dense and contain a lot of vitamins used by your immune system to fight infection.

One of the key components in sea vegetables that make it helpful in fighting tinnitus is the starch-like molecule fucoidan, which has a unique multi-branching chemical structure. Though they're still not as well-understood as more common food compounds, fucoidans are known to have anti-inflammatory and anti-viral benefits.

Vitamin deficiencies

If the onset of your tinnitus didn't seem to be linked to any of the common causes listed in chapter 1 it may be due to a nutritional deficiency. Relief should follow quickly once your body's nutritional balance is restored.

A deficiency in vitamin A, vitamin B12, or zinc will not only contribute to tinnitus and hearing loss

but will give you a whole host of other symptoms that you can use to identify just what it is your body's lacking.

Vitamin A

Vitamin A deficiency is one of the foremost causes of inner ear issues like tinnitus. Night blindness is often an early sign of vitamin A deficiency; other vision problems are common, and in extreme cases it could lead to total blindness. Dry, itchy skin is another common symptom, along with an overall lowered immune system and an increase in the frequency of infections.

Replenishing your vitamin A should always be undertaken slowly. When you eat more vitamin A than your body needs the excess is stored in the liver. If you take too much at once, this can lead to a condition called hypervitaminosis, or vitamin A toxicity, which can cause nausea, swelling of the bones and brain, and yellowed skin.

Unless your deficiency is dangerously severe, it's best to get your vitamin A through the foods that you eat rather than a supplement. Increase your consumption of dark, leafy greens, dark fruits (like plums), tomatoes, and orange and yellow vegetables (like carrots or pumpkin). Liver and fish also contain vitamin A, as do dairy products, like milk and eggs.

Vitamin B12

A lack of vitamin B12 can lead to anemia and the symptoms are very similar, including weakness, dizziness, pale skin, or numbness and tingling in the limbs. The ringing in your ears may come immediately before or after dizzy spells or occur in conjunction with blurred vision or heart palpitations.

Vitamin B12 deficiency is especially common in people suffering from ailments of the intestine, like Crohn's disease or celiac disease, or those who have had gastro-bypass or other weight loss surgery. Those who eat a vegan diet can also suffer from B12 deficiency since many of our natural sources of it come from animal and dairy products.

Beef liver is one of the most concentrated sources of B12, but red meat in general is a good source of natural B12, as are some fishes, like mackerel, salmon, and sardines. You can also find it in milk, yogurt, eggs, and some cheeses. If you're vegan or vegetarian, your best options would be fortified breakfast cereals and soy products, like tofu.

You can also supplement your B12 intake with a daily multivitamin. Look for one with around 2.4mcg of B12 to get the standard adult dose. Women who are pregnant or breastfeeding will need a bit more B12, around 2.6-2.8mcg daily.

Zinc

The World Health Organization estimates that 31% of adults world-wide live with a chronic zinc deficiency. Zinc is necessary to maintaining our digestive health; zinc deficiency contributes to a lowered immune system overall, which in severe cases manifests as intense diarrhea and pneumonia.

Zinc is also used to regulate histamine levels in the body, meaning a zinc deficiency causes you to be more sensitive to allergens and to have a more severe reaction to them. Suddenly thinning hair or unexplained hives and skin rashes are other signs of a zinc deficiency.

Elderly adults are the largest group likely to be afflicted by a zinc deficiency, and it's often one factor in tinnitus caused by age. Also at risk are those with a history of alcoholism, strict vegetarians, and people with certain chronic ailments, like IBS, rheumatoid arthritis, or sickle cell anemia.

You can find zinc supplements in the health food section of your grocery store. Your daily dose should be around 90-150mg for about 3-6 months to make sure your zinc levels have been restored to normal. You should notice a stronger immune system and lessened allergy symptoms in addition to relief of tinnitus symptoms.

If you'd rather boost your zinc intake through your diet than a pill, seeds and nuts are some of the best natural zinc sources, specifically pumpkin seeds and cashews. Vegetables like spinach and mushrooms are high in zinc; in terms of protein, look for lamb or grass-fed beef.

People who are diabetic or have another metabolic disorder should use caution with any medication that contains zinc. Zinc alters the way your body processes glucose and can make your blood sugar drop quickly. If you have diabetes, consult your doctor before starting any supplements or making dietary changes.

Chapter 4 – Manual Remedies

Not all instances of tinnitus are caused by a serious medical issue. Simple changes in our environment, whether it's the change in altitude caused by an airplane flight or a sudden drop in temperature, can lead to a buildup of pressure in our ears that leaves them ringing long after.

If your tinnitus is caused by a pressure imbalance, a manual fix will provide much quicker relief than a supplement or vitamin regimen. Even in cases of chronic or recurring tinnitus, some of these manual remedies can lessen the pain or distraction caused by the ailment, even if symptoms aren't alleviated completely.

Whatever remedy you're using, be careful any time you're dealing with your inner ear. The tiny hairs of the inner ear can't grow back once damaged, and a perforated ear drum could ruin your hearing permanently. Use an ear bulb to remove any softened ear wax from your ears, and always move slowly and gently.

Chewing

There's a reason people say you should chew gum on airplanes. The action of chewing and swallowing works the muscles around your Eustachian tube, the part of your inner ear responsible for picking up outside sounds.

When you work these muscles, the tube is partially opened, letting air flow through it and equalizing the pressure. That equalization is the "ear pop" you feel when your ears clear. Though chewing alone won't be enough to eliminate chronic tinnitus, it can help to reduce the noise and ease any associated pain.

If you don't have any gum handy, there are other motions that have this same opening effect on the Eustachian tube. Swallowing and yawning motions may also serve to pop your ears when they're clogged.

Saline Solution

If your tinnitus is caused by excess fluid in your sinuses or a blocked nasal passage, you can help to loosen things up by using a saline solution. Combine 1 teaspoon of salt, 1 teaspoon of glycerin, and 2 cups of warm water, then put the mixture into a nasal spray bottle.

Spray the solution in both nostrils until you feel it start to drain down the back of your throat. Do this three times a day until your nasal passages are clear. Your tinnitus should clear up at this point, too.

Moist heat

The application of heat to your ears, neck, or head will do wonders for tinnitus that's caused by inflammation, typically those instances caused by illness or injury. Heat helps to relax the surrounding muscles and increase the blood flow in the capillaries of the inner ear. Wrap a towel

around a heating pad, hot water bottle, or warm compress and hold it to your ear to relieve some of the pain and pressure.

Breathing steam can also be helpful, especially if your tinnitus is related to sinus blockage and pressure. Soaking in a hot bath or taking a long, hot shower can help to relieve your symptoms and speed your recovery.

Moist heat has the added benefit of loosening the wax buildup that's common in tinnitus sufferers. Removing this wax can restore some of your hearing and reduce the volume of the noise caused by tinnitus.

Finger Drumming

If your tinnitus is mainly caused by an imbalance of pressure, this method may be able to equalize it. Cup your ears gently with your palms so that your fingers rest on the back of your head without meeting.

Tap your first two fingers a few dozen times against the back of your head, just above the base of your skull. You may hear your ears popping as you do this. Do this periodically throughout the day and you'll likely find the ringing in your ears diminishing.

Chapter 5 – Living with Tinnitus

Tinnitus has a wide array of possible causes, and, as was stated in the first chapter, is likely to be a symptom of a deeper underlying issue. Because of that, it can be difficult to pinpoint the exact cause of tinnitus, and remedying it can often be a long and frustrating process.

There are some easy adjustments you can make to your daily routine that can help manage your tinnitus symptoms while you're looking for the right remedy. You can use the techniques outlined below in conjunction with herbal, dietary, or manual remedies from the preceding chapters to help speed up your recovery.

Background noise

One of the worst things about tinnitus is that it can plague you as you're trying to get to sleep—and fatigue only makes the ringing worse. The quieter the environment around you, the more jarring and distracting the ringing in your ears will be. Putting on some kind of noise in the background will help prevent the sleep loss that will make your symptoms worse.

If you're not distracted by words and voices, you could use the radio, TV, or other music on a low volume to help you to ignore the ringing in your ears. The low mechanical whirring of a box fan or other motor could be an excellent source of white noise. You could also experiment with white noise generators or radio static played at a low volume.

Get enough sleep

As mentioned above, fatigue will only make your tinnitus symptoms worse. Especially if you're recovering from an illness or injury, your body needs to get enough rest to fully heal. Make sure your bedroom is completely dark and relatively cool when you get ready to go to sleep.

If inflammation of the head and neck muscles plays a role in your tinnitus, your pillows could be aggravating the problem. Old pillows lose their volume and support and could be putting your neck in an awkward position while you're sleeping.

You may also find it helps to avoid drinking alcohol or exercising within 2-3 hours of going to sleep. Alcohol increases your blood pressure and exercise increases your pulse and respiration, both of which can make the ringing in your ears even louder than usual.

Finally, try to avoid looking at screens—including your smartphone—for at least an hour before you fall asleep. The blue light put off by electronic prevents your brain from releasing the sleep hormones and can make you toss and turn. Your posture when looking at a screen can also cause tension in the muscles of the neck and aggravate your symptoms.

Relaxation and Exercise

Stress can make your tinnitus symptoms worse. When stress hormones are released into the blood, your blood vessels constrict and your blood pressure goes up. If your shoulders and neck are tense, that can further add to the inflammation and pressure at work on your inner ear. Taking an hour or so every day to relax your body will ease your tinnitus symptoms considerably.

Some people find relief in meditation, often using a white noise generator to drown out the ringing in their ears. A more active form of relaxation, like yoga or tai-chi, can also help to stretch and relax your muscles.

Regular exercise can also ease a lot of the problems related to tinnitus. The endorphins released when you exercise boost your mood and lower your stress. Exercise can also make it easier to fall asleep at night, starting a cycle of overall better health that can help reduce your symptoms. Exercising for at least an hour at a time, 3-5 times per week is recommended.

Conclusion

Tinnitus is a common ailment in the modern world, with a variety of underlying causes and contributing factors. Neither is it a new problem; in his memoirs, the famous painter Michelangelo complained of being plagued by the “incessant chirping of crickets” that only he could hear—a clear case of tinnitus, to modern medical minds.

Medical science has obviously progressed greatly since Michelangelo’s day, but many of the herbal remedies suggested in this book have been used to cure tinnitus for centuries. The time-tested prescription of ginger tea or mustard oil is still the perfect cure in many cases. Given the effectiveness of garlic and onion, the natural remedy for your tinnitus might already be in your kitchen.

Identifying the ultimate cause of your symptoms may be a long and difficult journey, but is also the most beneficial thing you can do to find consistent relief. Remember that injuries to the inner ear are often permanent. The tinnitus brought on by a rock concert or sinus infection may only last a few days, but in chronic cases learning to lessen your symptoms and live with those that remain may ultimately be your best option.

Tinnitus can be maddening for long-term sufferers, and in intense cases can severely impact your ability to interact with the world around you. The good news is that even if you can’t find a cure, you can find help. The variety of remedies listed in the preceding chapters will help you get back to living a life free of distraction.