

10 SECRETS TO HELP CURE TINNITUS

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10 Secrets to Help Cure Tinnitus

Here are 10 tips taken from many that you'll find in the new book on tinnitus cures called **Tinnitus Cures Uncovered**.

Disclaimer

This book is for information only. Nothing in it is intended to diagnose a disease. Neither should any information contained herein replace consultation with your personal physician, doctor or a specialist. Always consult your physician when changing any aspect of your health care regimen.

Mot d'Or Publishing

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24B Moorefield Rd
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10 Secrets to Help Cure Tinnitus

SECRET #1: IT'S MORE THAN JUST RINGING!

Is it really tinnitus?

Tinnitus – most of the time we call it a ringing in the ears. But that's not exactly an accurate description. For many people it does, indeed, show up as a high-pitched ringing in the ears. But surprisingly, not all individuals describe the sound as a ringing.

The range of different sounds spread from roaring, clicking, hissing and whistling to sounds that resembling human voices (Yes! Human voices).

The ringing sounds, though, are by far the most common. But even here the variations seem endless. People have reported ringing covering an entire range from a telephone's shrill ring right at the way through to bell-like sounds.

Other people report that the noise they hear is much closer to sounding like a hissing sound. The sound is high pitched and most often described as steam coming from a kettle

Hums, Clicks - And Other Sounds

Some say it's like bees or a swarm of flying insects. Well, that's what some individuals claim their tinnitus sounds like anyway. Some even say the sound of tinnitus is much closer to a humming sound with the range of the actual types of "hums" being as wide as the permutations of the ringing noises.

In some cases the hum sounds like a "muffled choir." In others the hum resembles that of the background noise made when a mis-tuned radio is on -- but no specific station is selected.

For some people there is a Click. Click. Click.

This tinnitus sound has been likened to the tapping of the keys on an old manual typewriter.

Some even say the clicking is closer to the sound a hot automobile engine makes as it cools. While the number of people hear the clicks in an orderly pattern; for others the noise is totally random.

In other words what I'm trying to say here is that each person is clicking humming ringing sound is really totally unique to them.

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SECRET#2: DISCOVERING ONE SOURCE OF THE SOUNDS

Where do those sounds come from?

One kind of tinnitus is called objective tinnitus which simply means that the noises in your head can be verified by an outside observer. Though - you may be surprised to discover where these sounds are coming from!

Many individuals who suffer with objective tinnitus are told that certain processes occurring in their body are not silent ones. Not only are they not quiet, but these are exactly what these people are hearing - the sounds of the body.

Initially, it seems like this description should be a low-grade science fiction movie. But let's just look at one sound we know that emanates from our physical bodies - our heart beat.

Every time you visit your doctor he listens for your heart beat with his trusty stethoscope. Your heart beats making your blood "whoosh" through your arteries. But it's not the only sound we make as we've all heard our joints creak. And there can't be many of us who haven't heard our stomachs growl - to put it politely.

Well, you get the idea no doubt. If you really gave it some thought, the body is probably far from silent.

However, most of us unless we have an instrument which amplifies sounds, just don't hear any of this. Why? Well for one thing, many of these sounds are in areas where it's really difficult to hear them. You might say these noises are in parts of the body that are "well insulated" and these activities are surrounded by muscles or other tissues. These tissues and muscles effectively contain the vibrations which, in turn, create the sounds.

But there are several other reasons why you don't hear these noises. And that is simply that your brain has the marvelous ability to simply tune them out.

Your brain makes a judgment, so to speak deciding which sounds are relevant or irrelevant sound and then makes the decision to filter out all the irrelevant sounds. To you, it's as if the noises never existed at all.

The brain makes another decision too in that it ignores sounds produced with incessant regularity -- like the beating of your heart. Otherwise you would be listening to that sound day in and day out. Imagine not being able to sleep because your heart was beating too loud our that five course birthday meal decided to hang around for a bit longer and play you a tune.

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SECRET #3: EAR WAX AND TINNITUS: TOO MUCH OF A GOOD THING

When good ear wax goes bad

Ear wax is definitely not a topic that normally fills a long silence at a cocktail party, unless, of course, you're a junior high school boy trying to get a reaction from an adult!

But ear wax or *cerumen* as the medical community calls it can contribute to tinnitus.

Normally, this substance performs several has admitted that a human can contribute to keep tinnitus to the substance perform several vital purposes:

First it provides a necessary barrier against potential infection as the wax traps dust as well as small foreign particles.

It also helps to keep the ear canals supple and keep excessive moisture out.

And believe it or not, you can also thank your ear wax for keeping insects out of your ears. The insects get trapped in the wax before they can reach the ear drum where they could do real damage.

But, what happens to ear wax when it gets compacted or accumulates to excess or hardens? And what happens to your hearing when it does that?

In most situations, any of the scenarios would only be temporary as eventually, the ears will clean themselves. But every now and then the "self cleaning" process fails. It's at the point that the wax build up may cause tinnitus or even deafness.

Of course, before that happens you should get the wax removed. But don't even try to do it by placing some foreign object into your ears.

When I was a child, I remember a saying that warned me, "Never put anything smaller than your elbow in your ear." As weird or clever as it may be, it's still good advice and if anyone can do that I'll publish the photo on the website and give them a free copy of the book too. (Well at least the first 10 people anyway)

Why should you not scrape ear wax out yourself? For one thing, instead of pulling it out, it's almost certain the opposite will occur. You'll push it further up the ear canal and compact it which will only makes it more difficult to extract.



Use the right stuff to clean your ears

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But more than that the instrument you choose -- whether it's a cotton swab or even the edge of a towel -- carries the potential to irritate your ear's canal lining. And the end result of that is -- even more ear wax.

And of course you don't have to be told that the largest consequence that looms over this seemingly small habit is the rupturing of your ear drum.

Yes, I know the stores are filled with possible "home remedies" for your ear wax problems. But the best steps you can take are those which bypass that aisle altogether. Instead, go directly to your pharmacy for a gentle cleaning kit or your physician.

Not only will he ensure that you're dealing with a build-up of wax, but he'll schedule a professional wax-removing session for you with a qualified nurse.

SECRET #4: THIS LITTLE-KNOWN DISEASE CAN CAUSE NOISES IN YOUR EAR

50 or Older? See why you're at risk of tinnitus

Are you 50 or older?

Well it could be that the tinnitus, vertigo, vomiting and even deafness you experience may be the symptoms of Meniere's Disease or Meniere's Syndrome.

The disorder results from an increase in the amount of fluid in the semicircular canals of the inner ears, that's the portion of the ear controlling your balance and poise.

The excessive fluid not only damages the canals, but it very often injures the cochlea. When this happens, people will also be plagued with difficulty perceiving sounds in addition to the presence of tinnitus.

Deafness caused by Meniere's Disease is different from other hearing loss in two vital ways. It affects the low-frequency range sounds and is more often than not accompanied by sensitivity to loud sounds.

The initial sign of Meniere's Disease is commences with the appearance of vertigo. In some instances the vertigo attack is so severe the individual collapses. Many later recall that prior



Fact: For the over 50's, Meniere's can be a cause of tinnitus

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to the attack they felt mild discomfort. Others however felt quite a significant pain in their ears.

Many times tinnitus also preceded the vertigo. Just how long -- and how often -- the vertigo attacks occur varies with the individual, but all get hearing loss and tinnitus.

The medical community still doesn't know the cause of Meniere's Disease. Although many times experts can trace the origin to a food allergy, a viral infection, a sluggish thyroid or adrenal glands. Sometimes the cause is linked to the presence of syphilis.

In other cases, the medical experts believe Meniere's Disease may be caused by either diabetes or high blood pressure.

Once the cause is pinpointed the efforts to treat it can begin. In cases where there's an underlying problem -- like high blood pressure -- treating that specific condition usually cures the Meniere's Disease.

In many cases, treatment used is usually drug based. One of the most common types of drugs is called beta histine hydrochloride. If detected and treated early enough, the possibility exists for a reversal of the problem.

If left untreated, the condition only worsens -- as you might guess. Meniere's Disease may lead even to total deafness, though the vertigo and tinnitus may disappear.

Photo Credit: AZ Adam

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SECRET #5: THE REAL TRUTH ABOUT CAFFEINE AND TINNITUS

Is Your Coffee Causing The Ringing in Your Ears?



Coffee can cause an allergic reaction leading to tinnitus

Many times people associate allergies with obvious symptoms such as rashes, blotches, runny eyes and other types of upsets. But that isn't always the case particularly with food allergies and things like that.

In fact, food allergies seldom appear in that form. While there are times that certain foods may affect you like in that way, more often allergies reveal themselves in a wide variety of much more subtle ways.

For many people one of those reactions can be the development of tinnitus. You can't know for certain what foods you're allergic to without visiting an allergist, but specific foods have a history of producing tinnitus.

And caffeinated beverages top the list believe it or not. Coffee, tea and soft drinks all contain the most caffeine. Don't let anyone fool you either - Caffeine really is a powerful stimulant.

Caffeine initially, gives you an energy boost. But that "caffeine high" is eventually followed by an "after-caffeine crash". Then you know what happens next. You take more of the stimulant to get you moving again.

Not only is caffeine a powerful stimulant but the traveling from the heights of the caffeine high to the depths of the caffeine crash can also produce anxiety.

If you think that your tinnitus might be triggered by caffeine, switch to decaffeinated beverages. You may also want to steer clear of drinks containing caffeine for a week or two. If your tinnitus improves, you've found the cause of your health condition.

But it's not just the obvious drinks that contain caffeine. You can find it in many foods and even some over-the-counter medications. Be sure to limit these various foods when testing your caffeine hypothesis.

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SECRET #6: THE CAUSE OF TINNITUS DRUG COMPANIES WOULD RATHER YOU NOT KNOW ABOUT

Is Your Prescription Drug Causing the Ringing?

When you consider that medicines are generally expected to help make us better it does seem a little unfair that many times they actually make things worse.

But that's exactly what happens for some people plagued with tinnitus.

Not only have some medications been implicated in causing or worsening tinnitus, some are even the cause of the problem.

But that's only a small part of the story.

Many times tinnitus occurs when certain combinations of drugs are used together. This is just one more very good reason to ensure you provide your health-care practitioner with details of all the drugs you're currently using -- prescription as well as over-the-counter medications.



Over 100 Drugs can aggravate Tinnitus

You may be surprised to learn that, according to a recent international tinnitus symposium, more than 100 drugs have been found to be associated with either ringing in the ears or some type of hearing loss.

Keep in mind, though, that these drugs only affect the hearing of a small fraction of those who take them. In some instances this is because people failed to follow the written instructions which accompanied the drugs, maybe taking the medications in higher than recommended doses.

Tinnitus and Aspirin

Having said that, there are certain drugs which are notorious for causing tinnitus. The first is aspirin. Who have thought this relatively harmless painkiller could potentially affect your hearing.

Those affected with aspirin-related tinnitus say the sounds they hear are normally high pitched. But they also add aspirin is usually harmless unless taken in large doses. Not only that but these large quantities -- usually several times the recommended dosage -- need to be taken for an extended period of time before it affects you in terms of tinnitus.

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On the flip side, I would be remiss if I failed to point out that in some instances, people who had complained of chronic and severe tinnitus discovered that aspirin at least partially alleviated this problem.

Photo Credit: Ragesoss

SECRET #7: YOUR TINNITUS PROBLEMS MAY START IN YOUR KITCHEN

Is my Diet Causing Tinnitus?

Did you know that making several additional changes in your eating habits may also improve your tinnitus. Few people are truly aware of that you can...

Cure Tinnitus With . . . Diet?



*Sugary processed foods can
make things worse*

of finally getting rid of that noisy buzzing in your ears, but you also will be providing your entire body with some healthy, nourishing food.

Now that's what I call a win-win situation.

Even mainstream scientists are now beginning to recognize that what you eat and the development of tinnitus are related. For one thing, that sound in your ears may be a symptom of arteriosclerosis or high blood pressure. And many times these diseases are due to a poor diet.

As implausible as you may think it is, many natural health advocates are now suggesting that many of the foods you eat -- or in some cases the food you don't eat -- may be at the root cause of your tinnitus.

We've already talked about the roles of sugar and salt in promoting your health condition. So the idea of revamping your diet shouldn't come as too much of a surprise. But, of course, I realize this is something that is so easy to say . . . and sometimes is a little more difficult to implement.

But if you can . . . the rewards may be tremendous. Not only do you have a chance

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It only makes sense that if you improve your diet to help improve say, your high blood pressure than your tinnitus will diminish or dissipate altogether.

What types of foods promote arteriosclerosis and high blood pressure? Too many refined flours and sugars as well as an abundance of processed foods, for starters.

SECRET #8: THE SHOCKING TINNITUS FIX: QUICK AND EASY!

The Surprising Tinnitus "Fix"

Perhaps it's not the type of advice you expected. But, the more science delves into the benefits of exercise, the more benefits they discover. And relief from tinnitus is one of those.

Interested? Frankly, you should be.

It appears that physical activity is an important aspect of your body's cleansing process. But that's not all. Exercise has been known to improve your body's natural ability to balance.



Exercise promotes good circulation

And if your tinnitus is stress-related, well . . . here's a no brainer:

Exercise relieves stress! Go figure!

That's because exercise improves blood flow among other things. Health experts have been telling us this for years -- if not decades. So it only makes sense that exercise also helps improve the flow of blood to your ears as well.

Before you sign up for the Boston Marathon, let me explain that we're not talking about the need to train at an Olympic level. Something as simple as walking, swimming or even yoga or tai chi can make great inroads in relieving your tinnitus symptoms.

You need to keep two vital facts in mind when you choose your exercise.

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The first is to select an activity that you enjoy. As obviously if you're committing yourself to doing this on a regular basis, why go through a grueling workout that doesn't suit you?

Secondly, just remember that you just need to get active! It doesn't really matter what you do, as long as you take part in some type of activity.

If you don't think your up to strenuous exercise, try something a little more gentle on your body -- like yoga (which by the way is a great stress-reliever!)

If you are like most people in the Western world, there is something missing in your life, and its lack of exercise that could be causing the noise is in your ears

Photo Credit: Adria Richards

SECRET #9: SURPRISINGLY SIMPLE HERBAL REMEDIES FOR TINNITUS

Cure Tinnitus Naturally and Easily

If you're at all familiar with herbal remedies, then you've probably already been thinking along these lines. The use of herbs to promote health is steadily growing, not only in this country, but around the world. Herbal medicines at one time were the only things our ancestors had to work with.

As medicine s have advanced with the rise of the giant pharmaceutical companies, we seemed to have lost faith in the natural powers of herbal healing. And that's a shame.

Herbs don't work by any special magic. Herbs can help heal and restore health because they are literally bursting with a variety of vitamins, minerals and a host of antioxidants and phytonutrients.

In fact, as amazing as it may sound, science is now just getting caught up with the healing power of herbs. Instead of dismissing the anecdotes of their successes as old wives tales, researchers are actually making various herbs perform under strict scientific studies.

And you know what?

For the vast majority of the time, these natural wonders pass with flying colours.

And there's no reason to believe that you can't find one or two that may help relieve your tinnitus symptoms.

So here are a few to get you started.

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Bayberry Bark ... And More!

Walk into just about any health food store and you'll be able to find bayberry bark. You can definitely find this as a supplement or dried form on the internet.

According to herbal specialists, bayberry bark may help reduce -- or even eliminate -- that annoying buzzing or ringing in your ears because of its positive and healthful effects on the blood. Bayberry bark is said to "purify the blood."

In non-herbal terms, we would say that this herb helps to flush out toxins from your bloodstream.



Bay Berry Tree

Bayberry bark is also an excellent herbal choice if you need to control an infection.

But, that's not the only herb with these healthy powers.



Bay Berry Bark Extract

If bayberry bark is difficult to find or you decide it doesn't work for you, try a few other herbs with very similar traits, relieving infections and flushing toxins. These include:

- Burdock Root
- Goldenseal
- Hawthorn Leaf and Flower
- Myrrh Gum

If you suspect your tinnitus is caused by high blood pressure or any other circulatory problem, then you may want to seriously consider using hawthorn. It's ability to control blood pressure, as well as normalize an otherwise unhealthy circulatory system is legendary.

Hawthorn is so well known at helping heart-related health problems. You can find it as a supplement at just about all pharmacies, and it's usually prominently displayed at health food stores and vitamin shops.

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SECRET #10: THE BEST KEPT SECRET TINNITUS CURE: REVEALED AT LAST

A Cure for Tinnitus? It's as Close as Your Hands -- and Feet

Well we've made it. We've got all the way through to secret number 10.

Like many people by the time you got here you will have at least one thing that has helped you one way or another. So to finish off with one other thing that some people have found not only helpful in curing their tinnitus - but also helpful in other ways as well.

And besides that, going through a session on what I'm about to suggest can be quite relaxing as well.

It's based on the assumption that your organs, glands and nerves are connected to what are called "reflex areas" on the bottom of your feet and the palms of your hands.

Each of these so-called reflex areas relate to specific parts of your body. By massaging the areas, you send a surge of stimulation to clear the "congestion" and help restore healthy functions.



Reflexology

The beauty of reflexology is that you can perform it on yourself without the need of special equipment or training. You only need to know which areas to massage.

In order to help reduce the symptoms of your tinnitus through foot reflexology it's actually quite simple. Just follow the steps below.

1. Sit in a comfortable chair or on a sofa -- or even the floor.
2. Cross one leg over the other, resting your foot on the opposite knee.
3. Find the spot directly below your last two toes -- the smallest two, farthest from your big toe. This spot is said to relieve the symptoms of tinnitus.
4. Massage this for about five minutes the first day. Perform this massage for no longer than five minutes and only do it once on the first day.
5. On the second day you want to massage this area a minimum of five minutes (you may want to increase the time period slightly) and perform this action twice a day.

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6. Continue increasing the time slowly with every day you perform this. Ensure that you massage this area two times within the day.

If you prefer to do hand reflexology -- or both hand and foot reflexology, then follow the same routine. The only difference is that you'll massage your "little" finger and the one right next to it. Again, start the first day performing the massage for five minutes -- no more. After that slowly increase the time and perform the hand reflexology twice a day.

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JUST A FEW MORE WORDS...

Well that's it!

So there you have it. 10 helpful tips that may well help you to overcome the problem with tinnitus or ear ringing as is often called.

Please do drop me a line and let me know how you got on. You can do so easily through the contact page on the website at www.TinnitusCuresUncovered.com

And lastly, I trust you found these tips I've passed on to you informative I sincerely hope that it has helped you in some way or another.

However, this is only a small part of the information I have to give and while these tips may have helped you overcome your tinnitus, I am also aware that you may be left wanting more information.

To that end, I would like to recommend the book **Tinnitus Cures Uncovered** available through the website – see the link below.

This book represents the fruit of a lifetime spent on researching natural health coupled with more recent research into finding a way to be rid of tinnitus.

The good news is that this search was successful and you can now take advantage of that success and be free of tinnitus for good to...

[Click here to get your copy NOW!](#)

All the very best,

Mark

