

Tinnitus, the constant ringing or whistling in the ears, is aggravating and nerve-racking. It robs you of sleep. It shatters your focus and concentration, and it drowns out your hearing, because of all the background noise in your head. It is rooted not only in the ear, but also the brain.

If it occurs, go to an ear and hearing specialist who cleans ears because the noise could be from a hair touching the eardrum. In Hamilton, Debbie at Toblecs Ear Centre Ltd, 74 Naylor St. Ph 856-0002, improved my hearing and reduced my tinnitus, which none for a decade had done. She uses minute scissors to cut hairs away from the eardrum and a small vacuum cleaner to suck out hairs and surplus wax (some is necessary). Since 2002 going to Tolbecs every six months and taking Ginkgo Biloba, my tinnitus has decreased. She charges \$60 and will tell you how often to get them done, or if not required. Go only to a professional ear cleaner, not to a doctor who doesn't have a vacuum cleaner made for the purpose. A doctor in the 1970s yanked a lump of wax out of my ear and damaged the eardrum. Theresa can still see the damage. Ear vacuumers were first developed to help children in areas where glue-ear was a problem in the 1950s, and is a another example of some doctors not keeping up with even old technology other than that from drug companies. After colds, fluid sometimes builds up behind the ear. Pressing there and then moving downwards. A vitamin A capsule each day helps mine.

Ginkgo Biloba reduces Tinnitus and helps memory, according to Otago and Melbourne universities.

Some examples of the most recommended foods are fruits (bananas and blueberries); vegetables (broccoli, spinach, and mushrooms); grains; legumes (black and white beans); healthy fats (found in olives); herbs and spices (paprika and black pepper); dairy and eggs; krill oil (kept in a fridge with all oils), lean meats; desserts, tea and Ginkgo Biloba.

More than 40 clinical studies show that Ginkgo eases tinnitus. One German study of tinnitus sufferers, showed that ginkgo reduces ringing. Another review of studies stated that taking ginkgo for one to three months provides significantly greater reduction and speedier relief.

A cold compress for six seconds on my ears improved mine and amazingly improved by bad balance following an intestine operation. I had been doing cold compresses twice a day on my temples which helped improve by bad balance 22 months after the operation, that caused it.

### **Things to avoid**

Like in any diet, sufferers need to avoid the bad habits and harmful substances that can bring more damage to the nervous system. This includes coffee, smoking, alcohol, drugs, and other recreational drugs. Excess salt [avoid table salt), Himalayan is best.

### **The Seven-Day Diet Plan**

This is the most important part of the program and should be given much commitment and devotion. It contains the most natural, non-intrusive and healthy treatments for your hearing disorder. Through this diet, the noises of tinnitus should (nothing is definite in human health) diminish.

### **Eat pineapples and these regularly**

Pineapple juice, 7 or 8 almonds every day or Sanitarium vanilla flavoured almond milk. Also consume onions or their juice and ginger.

One of the primary causes of the disorder is over-the-counter pain relievers.

Tinnitus can often be reduced with the right nutrients.

Chronic ear infections, smoking, food allergies and aspartame, the most common sweetener in diet soda, can also cause the disorder, which impacts more than 30% of adults over age 65.

Aspartame sweetener, which has been deemed safe by the FDA, increases electrical activity in the brain, specifically in the auditory cortex. I avoid it.

Queen maple syrup is the sweetener I use. Not much is needed and it contains copper naturally which reduced by going grey. If you already have tinnitus, you have an elevated level of electrical activity in the brain, and more electrical activity is the last thing you need.