

Tinnitus is the ringing, noise or sounds (Misophonia) in some peoples' ears, which can be so loud that sleeping is difficult. Some have a radio on, to deaden the noise and allow sleep. Read Epley, Balance because its treatment may help.

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, Theresa O'Leary owner of Tolbecs Ear Centre Ltd, 74 Naylor St. Ph 856-0002, improved my hearing and reduced my tinnitus. She uses minute scissors to cut hairs away from the eardrum and a small vacuum cleaner to suck out cut or loose hairs and surplus wax. Since 2002 going to Tolbecs every six months and taking Ginkgo Biloba and Thomson's Organic Magnesium, have decreased my tinnitus. They charge \$60 and will tell you how often to get your ears cleaned, 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 it was stuck to. 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 medicine companies. After colds, fluid sometimes builds up behind the ear. Pressing there with a finger and then pressing it downwards drains it as does a Thompson's Vitamin A capsule each day. Debbie at Toblecs reduced my tinnitus, using a special technique.

Ear vacuumers were 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 medicine companies. After colds, fluid sometimes builds up in the ear. Press behind your ears and then move your finger downwards behind the ear to loosen the liquid which you will swallow. A vitamin A capsule each day helps mine.

A cold compress for about six seconds on my temple and ears improved mine and amazingly improved by bad balance following a small intestine operation. I had been doing cold compresses twice a day on my temples which helped improve my bad balance 24 months after the operation, that caused it.

Things to avoid

As in any diet, sufferers need to avoid the bad habits and harmful substances that can cause more damage to the nervous system. These include coffee, too much black tea (no more than two cups a day even with milk which reduces kidney stones), smoking, alcohol, drugs, and other so-called recreational things. Black tea has fluoride.

One of the causes of the disorder is over-the-counter modern powerful pain relievers which are very high in mercury, sometimes in, as a chelation. Read the chapter on it.

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

Aspartame sweetener, which has been deemed safe by the USA 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'll have an elevated level of electrical activity in the brain, and more electrical activity is the last thing you need.

If Tinitus is a problem, it could be worthwhile doing an Epley exercise to clear your ear channels before getting hearing aids. Read Hearing and Epley Balance.

Causes that can damage the hearing system of ears, include long periods of loud noises from driving tractors, lawn mowers, loud musical events, or any other loud continuous noise.

Wearing ear muffs reduces the damaging effect.

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Like in any other diet, sufferers need to avoid the bad habits and harmful substances that can bring more damage to the nervous system. These include coffee, smoking, excess salt (avoid NZ table salt which has some minerals removed and some added) alcohol, drugs, and other recreational items. Limited amounts of Himalayan deeply mined pink salt is best.

Items that help reduce Tinnitus

Thompson's Organic Magnesium which also reduces cramps and helps sleep, so take one tablet before bed time.

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), legumes, beans, healthy fats (found in avocados, and olives), herbs and spices (paprika and black pepper), dairy, eggs, fish, tuna (not deep sea fishes that are high in mercury), lean meats and a little dessert - preferably fruits.

After doing all the above, the noises of tinnitus **should** decrease, but nothing is definite in human health.

Eat pineapples and drink pineapple and mango juices regularly. Eat 7 or 8 almonds every day or drink a glass of Sanitarium vanilla flavoured almond milk. Also consume onions or their juice and some ginger. Muscle test everything you eat. All Japanese doctors have to be skilled in Muscle testing and test all medicines to avoid badly affecting some people. Muscle testing can tell in seconds if you are gluten intolerant, which 25% are in NZ.

Fruits

Some examples of the most recommended foods are fruits (bananas and blueberries); vegetables (broccoli, spinach, and mushrooms); 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 to stop them going rancid), lean meats and desserts. Mango and Pineapple juice, 7 or 8 almonds a day or Sanitarium Vanilla flavoured Almond milk. Also consume onions and or their juice and Ginger.

Sounds

The hearing of sounds that annoy or irritate one, is called misophonia. If you suffer from it, Google for Misophonia.