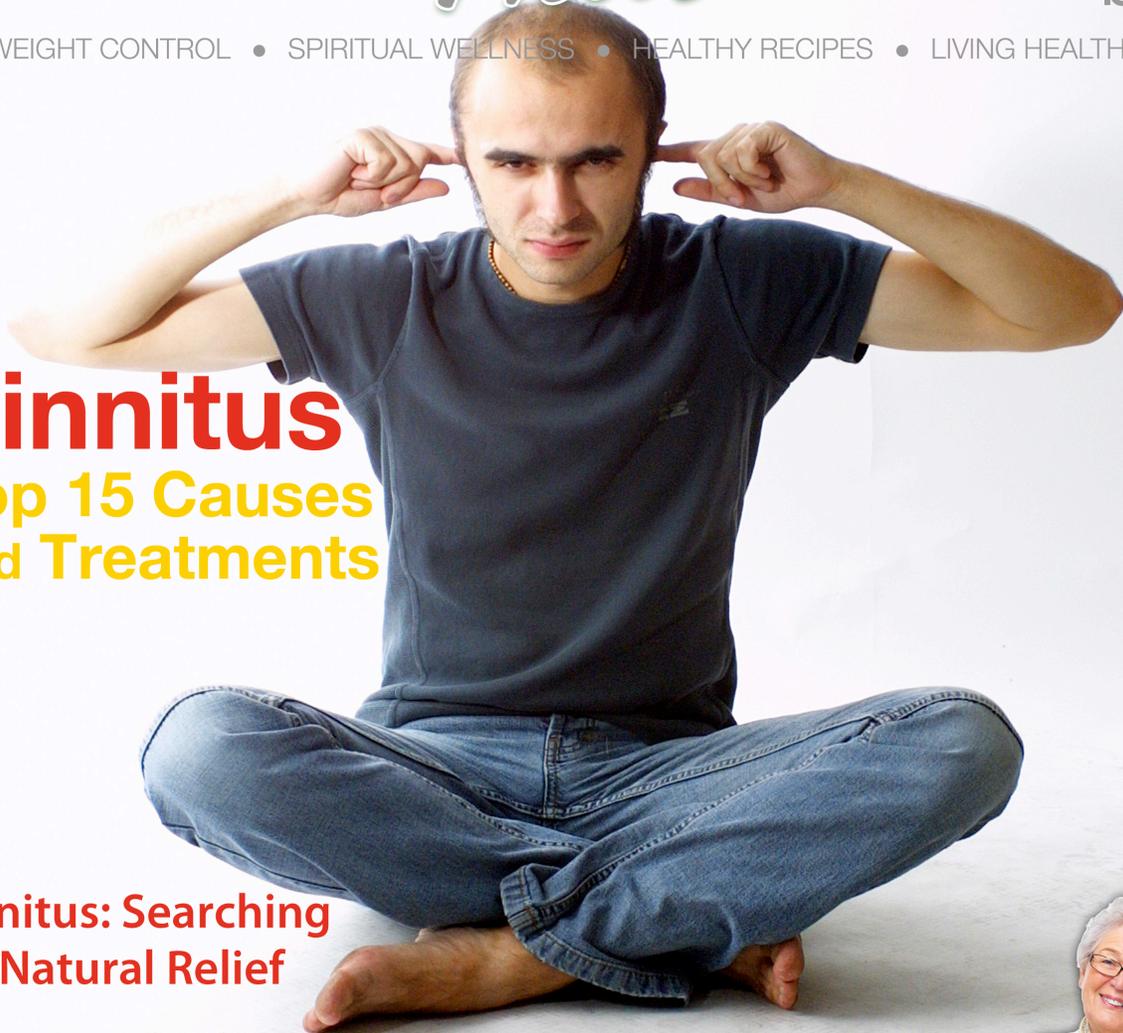


October 2012

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Tinnitus

Top 15 Causes and Treatments

Tinnitus: Searching for Natural Relief

Clear Up Tinnitus With Food

Breaking the Silence...Tinnitus



GRANDMA'S CURE CORNER
VIDEO: HOW TO EAR CANDLE

HOME CURES THAT WORK for Testosterone

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Dr. Saunders’ Top 15 Causes and Treatments of Tinnitus

By Dr. Scott Saunders

Salvador is a truck driver in his mid-thirties who rides his bike to my office. He came to see me for a skin condition, but noted that he was unable to work because of “screaming” in his ears. We had his hearing tested and he was normal in all ways. Legally, he was able to continue his work, but felt so distracted by the noise that he didn’t feel safe behind the wheel.

In Latin, tinnire means “to ring,” as in ringing a bell. Tinnitus is the medical term for hearing noise when no external sound exists. It can be ringing, hissing, clicking, or any sort of noise. It may be intermittent or constant, mild or severe in intensity; sometimes it is so deafening the individual may hear nothing else. It can vary from a low roar or throbbing to a high-pitch sound. It may be subjective, audible only to the patient, or objective which is audible to others. It may or may not be associated with a hearing impairment. It affects 1 in 5 people worldwide, and as much as 1/3 of those over 65. Tinnitus isn't a disease; it's a symptom that has multiple causes.

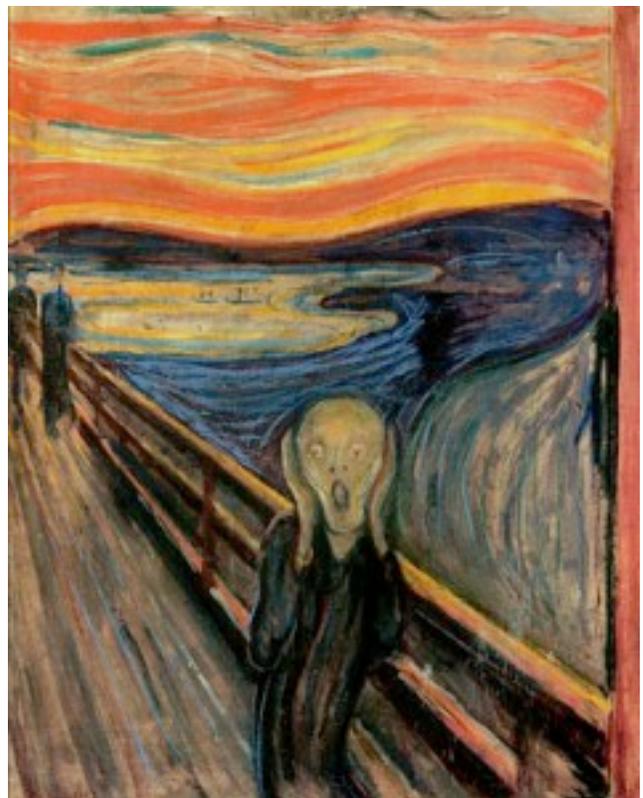
What causes Tinnitus?

These first causes are actually less common, but often need help from a doctor to diagnose and treat.

1. Meniere’s disease

Meniere's disease is a problem with the inner ear that seems to be related to the fluid in the inner ear. Both sides are affected with tinnitus

that people often describe as “a freight train going through my head.” It is always associated with vertigo or dizziness.



2. Otosclerosis

Stiffening of the bones in the middle ear can cause intermittent sounds and diminish hearing.

3. Eardrum

A hole in or a rupture of the eardrum sometimes causes unusual noises like wind blowing.



4. Hearing loss

Anything that reduces the hearing can increase the perception of tinnitus. The following give a 30% hearing loss that causes a relative amplification of tinnitus.

- Excess wax
- A foreign body in the ear canal
- Fluid in the middle ear
- Damage to the “ear bones”

5. Tumors

One woman came to my office with tinnitus, hearing loss and dizziness on one side only. She had been to an ear specialist who told her it was nothing and her HMO wouldn't pay for an MRI. She had been getting worse over several years so I ordered a brain scan, which she had to pay for! “Why did I even get insurance?!” she questioned. Sure enough, she had a tumor in her inner ear, which was subsequently removed. But, it was too late to save her hearing; she has permanent deafness and tinnitus on the right side. Auditory canal tumors called “Acoustic Neuromas” are benign growths that press against the auditory nerve. Though they are rare, they must be considered early to prevent deafness and permanent damage.

6. Arterial disease

Clogged arteries of the head and neck may diminish the supply of oxygen to the nerves of the inner ear or brain.

7. Hormones

One adrenal hormone in particular, aldosterone, is associated with changes in the sodium/potassium balance and may cause hearing loss and tinnitus.

The next tinnitus causes are much more common. Doctors generally don't learn how to diagnose them and there are no orthodox medical treatments that work.

8. Noise

Exposure to noise is a very common cause of tinnitus. Ironically, the “Beatnicks” of the 1960s that went to Woodstock and other rock concerts still have their hearing, while those who went to Vietnam suffer more from tinnitus and hearing loss. This is because listening to loud music causes a muscle in the middle ear to dampen the noise, whereas sudden shocks like explosions or gunshots reach the very sensitive inner ear undiminished, damaging the cochlea, or hearing apparatus.

9. Brain

It seems now that most tinnitus associated with aging comes from the brain and not the ear. This may be due to “mini-strokes,” degeneration of the brain, or lack of circulation.

10. Medications

Aspirin, quinine, many antibiotics and anti-inflammatory drugs can affect inner ear cells. This is a common cause of tinnitus and is not known to be reversible.

11. Toxins

Lead, mercury, and other toxins inhibit energy production in the nerves which may bring out any weakness, such as tinnitus – making it worse.

12. Deficiency

Those who are lacking in nutrients such as zinc, or B-vitamins may worsen tinnitus for the same reason toxins do.

13. Inflammation

Viral infections, allergies, as well as non-specific inflammation in the outer, middle, or inner ear often cause tinnitus, sometimes associated with dizziness.

14. TMJ

Disorders of the jaw joint may result in clicking or grating noises with chewing, talking or moving the jaw.

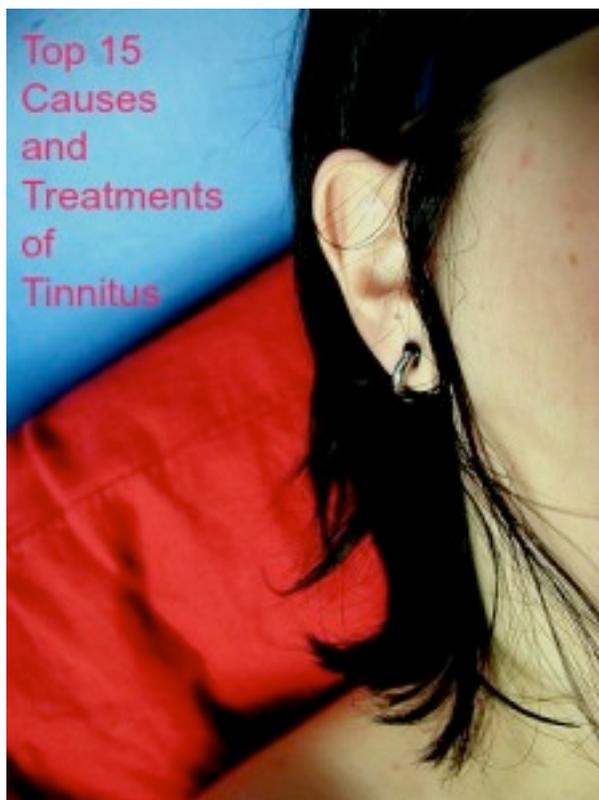
15. Food

Certain foods may trigger tinnitus and can make it worse in some people:

- Red wine
- Alcohol
- Cheese
- Chocolate
- Tonic water
- Fat
- Sodium

16. Stress

Stress is not a direct cause of tinnitus, but it can make an already existing case worse.



Home Cures for Tinnitus

Unless you have a physical abnormality like a ruptured eardrum, acoustic neuroma, or Otosclerosis, there are no good medical or surgical treatments for tinnitus. There is an apparatus with earphones to mask the noise. This can be adjusted both in intensity and tone to cover up the tinnitus, but it doesn't really solve the problem.

Therefore, "alternative" treatments are all that exist for pure tinnitus. Since there are so many different causes of ringing in the ears, often takes a lot of trial and error. Looking through the list and finding the cause can really help you decide where to start for treatment. Remember that because a specific treatment is recommended doesn't mean it will work. If you have tried something correctly for more than 2 weeks and don't notice any difference, it's a good bet it won't ever help. It's time to try something else!

Minerals

Magnesium 400 mg twice per day, and zinc 20 mg twice per day.

Vitamins

Take B vitamins – B-100 three times per day for one month. Also, take 300 mg a day of Coenzyme Q10. This powerful antioxidant is crucial in the effectiveness of the immune system and the circulation to the ears.

Herbal preparations

Follow the directions on the label for Ginkgo biloba, Bayberry bark, burdock root, goldenseal, hawthorn leaf and flower and myrrh gum. Ginkgo biloba is especially useful because it helps to reduce dizziness and improve hearing loss related to reduced blood flow to the ears.

Diet

A 10-day cleanse followed by a low sugar diet is an amazingly simple and effective way to heal nerve damage. This is especially good for "loud noises" or "Brain" problems noted

above. It is also a good start in helping reverse “arterial disease.”

During the cleanse take 2 tablespoons of coconut oil. The coconut oil is made into “ketone bodies” that repair nerves.

After the cleanse, continue to avoid sugars and stimulants such as caffeine, MSG, and artificial sweeteners. Also, avoid aspirin and other drugs that are “ototoxic” or damaging to the ears. Eat a whole foods f, rich in organic vegetables such as kale, broccoli, spinach, and carrots. Include in your diet plenty of garlic, kelp and sea vegetables. Also, eat fresh pineapple frequently to reduce inflammation.

Other Tinnitus Treatments to Consider

Acupuncture

This can improve blood flow. It is especially good for TMJ.

Cranio-sacral therapy

I have seen this work wonders. It’s definitely worth a try.

Magnets

Some use magnet therapy on an ongoing basis to diminish tinnitus.

Hyperbaric oxygen

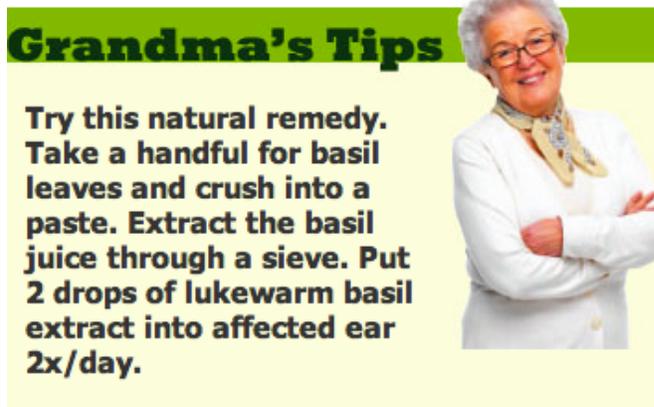
Those who have circulation or oxygen problems either in the brain or inner ear will have dramatic improvement within the first 5 treatments.

Hypnosis

Hypnosis can improve the subjective problem of tinnitus.

Homeopathic remedies

You may need a good homeopathic doctor to prescribe what is needed for your specific cause to this tinnitus problem.



Grandma's Tips

Try this natural remedy. Take a handful for basil leaves and crush into a paste. Extract the basil juice through a sieve. Put 2 drops of lukewarm basil extract into affected ear 2x/day.

Tinnitus Can Get Better

If these treatments don’t work, it would be a good idea to see an ear doctor and be sure there are no physical abnormalities. This is especially true if you have increasing symptoms, pain, dizziness or hearing loss.

Salvador had a rocky course trying multiple treatments over several years. Finally, it was found that he had heavy metal toxicity. Out of all the treatments he tried, only chelation of heavy metals improved his condition. This gives you an idea of how tricky this particular tinnitus symptom can be to diagnose and treat. Don’t give up, though, because it can get better.

[What have you found that relieves the symptoms of tinnitus or take it away all together?](#)



Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The

Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com/>

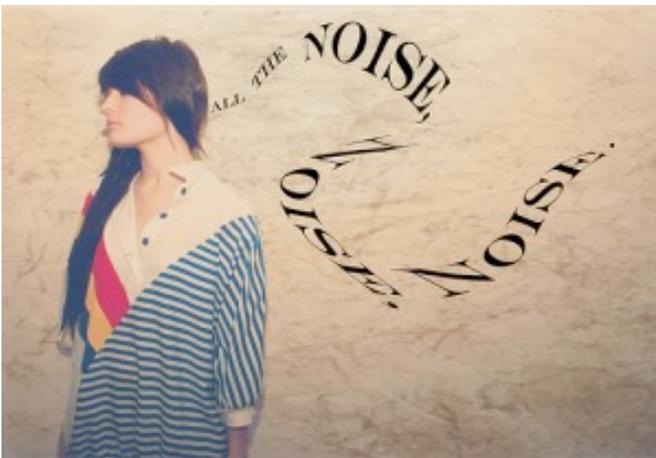
Tinnitus: Searching for Natural Relief

By Amanda Box

Millions of people across the world never get a moment of peace and quiet. It's not because of their kids, nor is the culprit a constant barking dog. These people are tormented by noise inside their own head that they cannot turn off. This terrible affliction is called tinnitus.

Tinnitus can come in many forms. It can be:

- Loud or soft
- Ringing or buzzing
- Whooshing or screeching
- And pulsating or constant



Many of us, at one point or another, have experienced tinnitus. If you have ever come home from a loud concert or from shooting guns at the range, then you have probably experienced some ringing in the ears once you walked into a silent room. Luckily for most, this is a temporary effect from being exposed

loud noises. But for many, tinnitus is an agonizing nuisance that they cannot escape.

Finding the Root = Finding Relief

The main difference in a holistic approach to health versus an allopathic approach is the focus. So much of what allopathic medicine is based on is treating the symptoms, not the cause. When you treat only the symptoms, you are not getting true healing. Many times without true healing, other issues will arise.

Natural remedies and holistic medicine focuses on the root of the problem. It is the belief of holistic practitioners like myself, that if you can heal the root, then the symptoms will naturally disappear.

Tinnitus has a plethora of possible "roots." It may take time to sort through and find which root cause is pertinent to you, but I promise it will be worth it. You will have the keys to unlock and open the door to effective treatment - because relief becomes much easier once you know the cause.

This list is lengthy, I know. However, many factors can cause tinnitus. Some root causes are simple and others complicated. I suggest starting with eliminating the possible the simple causes and work you way to the more complicated causes, if necessary.



- **Build up of earwax**
This can easily be identified by your family physician.
- **Blocked ear canal or eustachian tube**
Again, this can be spotted by your family physician.
- **Stress and Anxiety**
Most people are aware of their own stress and anxiety. If you're not sure, ask those closest to you. Counseling, meditation, prayer, biofeedback and natural supplements are your best choices at quelling anxiety and stress.
- **Smoking**
Smoking causes damage to your ear and puts a whole host of toxic chemicals in your body. Tinnitus is just one of a million reasons to quit.
- **Pharmaceutical Drugs**
Check with your pharmacist for a list of your drug's side-effects. Also, be sure to let your pharmacist know all the drugs you are taking because many times tinnitus can be a side-effect of mixing medications. Ironically, anxiety medications prescribed for anxiety-induced tinnitus, can cause tinnitus themselves!
- **Over-the-Counter medications**
The overuse of aspirin is one of the leading causes of tinnitus!
- **Food Allergies and Sensitivities**
Many people react to artificial ingredients like sugar alternatives, artificial colors and flavors and flavor enhancers like MSG. Others with sensitivities to ingredients like gluten or dairy suffer from tinnitus, as well.

Doing a food elimination diet can be a great way to determine if your tinnitus has a food related cause.

- **Head or Neck Injuries**
Finding a great chiropractor and massage therapist can do wonders for this root cause.
- **Thyroid Disorders**
An easy blood test determining your T3, T4, and TSH level can determine if your thyroid is not working properly.
- **Heavy Metal Toxicity**
Toxic levels of lead, nickel, mercury and other metals can cause tinnitus. A hair mineral analysis can reveal if you have high levels in the body.
- **High Blood Pressure**
Can be easily diagnosed by your doctor.
- **Heart Disease**
Inadequate circulation to the ear can cause tinnitus.
- **Ear Damage**
Loud noise is one of the leading causes of ear damage and tinnitus. Turn down those headphones and use noise-canceling headphones in noisy environments. Unfortunately, this damage cannot be reversed, so prevention is key!
- **Meniere's Disease**
This is a disorder of the flow of fluid in the ears. It can cause vertigo, hearing loss, a stuffy feeling in the ears and tinnitus.



Once you narrow down to some possible causes of your tinnitus, you can work on finding trying some natural cures.

Natural Tinnitus Remedies

I'm going to tell you some of my favorite tinnitus remedies. Most of these are extremely simple and inexpensive. They are definitely worth a shot. And many times it takes a few weeks, or even months to see a change, so don't give up too soon!

Ear Candling

There is a lot of controversy surrounding the use of ear candles. Some say they are a complete hoax or that the heat can damage your ears. I'm used to controversy being in the natural health industry and it doesn't scare me one bit. The proof is in the pudding. I have worked in health food stores that have sold thousands of ear candles, and I've heard the successful testimonies because people come back to buy more.



Ear candling works for those whose tinnitus is caused by excess earwax or fluid. However, it really is worth a shot for anyone who suffers with tinnitus. Many I have talked to use ear candling for sinus infections or when they feel a cold or flu coming on. The warmth of the smoke is said to kill the virus or bacteria in the ear.

Irrigating your ears to get rid of was at a doctor's office typically makes tinnitus worse. I recommend try ear candling first. Using a couple drops of olive oil in your ear every other day can soften up earwax, as well.

My husband is an avid fan of ear candling. He often reminds me to go pick some up at the

local health food store. He is a musician and has spent countless hours around very loud live music. Many times it is blasting through his in-ear headphones. When I ear candle his ears, he always notices a difference. He says his ears feel clearer, and he can hear much better afterwards.

[Click HERE to watch a demonstration video where I show you how to properly and safely use ear candles.](#)

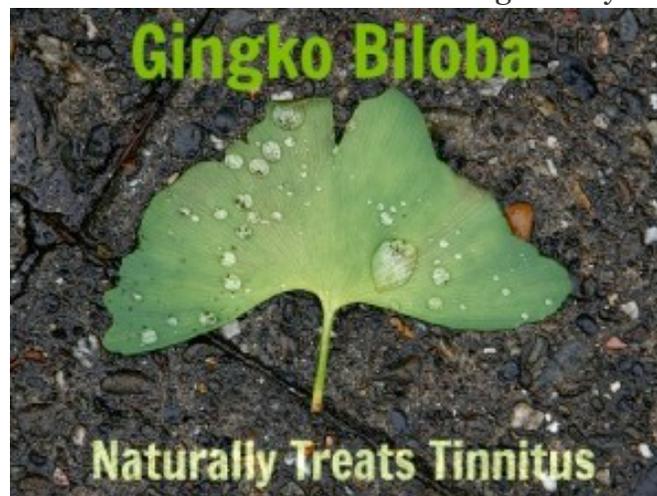
Supplementing for Tinnitus Relief

Many people have gotten relief from tinnitus from taking different safe and effective supplements. Here are some of the most successful and most popular.

Ginkgo Biloba

Many of you may have a ginkgo tree growing in your back yard! This amazing leaf works to relieve tinnitus by increasing blood flow to the inner ear. Ginkgo is a great choice for those who have ear damage from noise and those with heart and circulation issues resulting in tinnitus. Even Germany's supplement regulation committee endorses ginkgo for the treatment of tinnitus!

Dosage: Start with 120-200 mg a day. Be sure to take it for 3 months before deciding whether or not it is working for you.



CoQ10

British scientists discovered a connection in CoQ10 levels and the occurrence of tinnitus.

Dosage: 50-100 mg a day of Ubiquinol CoQ10 is my recommended dose. Take CoQ10 at least a month to let your Co Q10 levels build up to an adequate level. There are a hundred other reasons to take Ubiquinol CoQ10, as well. It has been a staple in my daily supplements for a few years now because it is one of the best antioxidants you can take!

Vinpocetine

Those who have ear damage due to loud noises can benefit from vinpocetine. Vinpocetine is an extract of the periwinkle plant and seems to lower or silence the sounds of tinnitus. Unlike ginkgo and CoQ10, many hear the results of vinpocetine in less than a week!

Dosage: Start with 10 mg and day and work up to 60 mg, if needed.

Your Key to Relief

For those of you searching for silence, your key could be in one my suggestions listed above. I encourage you try natural remedies to see if they put an end to the noise in your

head. They are safer, cheaper, and many times more effective than expensive surgeries and repeated doctors visits.

Please tell me about your tinnitus.

- *What do you believe to be the root cause of this noise?*
- *What have you tried to find relief?*
- *Have you found success with any natural remedies?*

I'd love to hear from you!



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.

Clear Up Tinnitus With Food

I have some great news for those who suffer with that annoying buzzing or ringing in the ears. Clearing up tinnitus really can be as simple as eliminating certain foods!



Millions of Americans are plagued by tinnitus, but most do not recognize a direct connection between their affliction and the foods they eat. Some of the most common food or additive culprits that trigger tinnitus are:

MSG

Monosodium Glutamate (MSG) is a flavor enhancer common in most processed foods and a staple in oriental foods. It is an excitotoxin, which causes neurons in the brain to “excite” until their death. Putting it plainly, MSG kills neurons in your brain. MSG is also tied to migraine headaches and allergic reactions.

Artificial Sweeteners

The artificial sweetener aspartame (Nutrasweet or Equal) acts nearly identical to MSG in the brain. Aspartame is also an excitotoxin, speeding neurons to their death. Other chemical based sweeteners like saccharin (Sweet and Low) and sucralose (Splenda) can also cause allergic responses that can result in tinnitus, plus a whole host of other health issues.

Sugar



Refined sugar is an obvious contributor to high blood sugar levels in the body. According to a 1984 study (1), 82% of the study participants with inner ear problems also had elevated blood sugar levels. Other studies have shown that 84% to 92% of those who suffer with tinnitus also have a disorder called hyperinsulinemia (2) Hyperinsulinemia is also known as prediabetes or insulin resistance. It is typically caused by a heavy daily intake of

carbohydrates and sugar. Avoid sugar at all costs if you have ringing in the ear!

Hydrogenated oils

These unnaturally saturated fats increase cholesterol deposits in the arteries. These deposits inhibit blood flow, which is crucial for tinnitus. Adequate blood flow maintains healthy cells and removes toxins from the inner ear.

The Plague of Oriental Foods

I really enjoy oriental food. Whether it be Chinese, Thai, Korean, or Vietnamese - I love it all. Unfortunately, most oriental food contains at least one of the above listed “tinnitus causing” ingredients.

Years ago I spent 2 summer months in Thailand. I can still recall the sites and the wonderful smells of the street foods, which I adored. Many of the those that traveled with me would hit up the local McDonalds or KFC (Yes, they have McD’s and KFC in Thailand. Crazy!) Not me! I became addicted to trying all the different food offerings. I noticed, however, that I was getting frequent dull headaches. I would also hear “noise” whenever I was in a silent room. I attributed it to the stress of traveling and adjusting to a new time zone. But, there was another contributing factor I was unaware of.

My all time favorite dish I ate nearly every day was called Som Tom. It was a green papaya salad that had a salty, sweet and sour dressing with a kick of Thai pepper. They make the salad fresh each order in a mortar and pestle. I wanted to be able to replicate it when I returned to the states so I began to observe how they made it. I recognized all the ingredients except a white powder they sprinkled in at the end. I knew it wasn’t salt, so I asked my Thai friend what it was. She said it was a special spice that made all food taste better. It was at that moment that I

realized it was MSG. From then on, I had them leave the “special spice” out. They believe it is harmless and always looked confused by my request, but I knew better.

It wasn’t long before the headaches and the ringing stopped. I took note of the correlation and have never knowingly consumed MSG since.



Thankfully, my reaction to MSG was mild compared to most. But, I still go out of my way to avoid MSG. I have found that preparing my own oriental dishes rather than eating out, is the best way to do that.

I am going to share with you my two favorite oriental recipes to prepare. The first is a version of Som Tom, my favorite dish from Thailand. Som Tom traditionally contains green papaya (unripened papaya), but it is very hard to come by. If you’re lucky enough to find it, then by all means use it. I use cucumber instead because it has a similar texture and you can buy it anywhere.

Som Tom is very good for you. My Thai friend Joy would always say that it makes you “slim.” This is because it contains virtually no carbohydrates, no fat and has very few calories. You can even make it “sugar free” by substituting stevia for the sucanat.

Thai Cucumber Salad

- 2 Cups of Shredded Cucumber or Green Papaya
- 1/2 Cup of Shredded Carrots
- 5 Cherry Tomatoes cut into halves
- 1 clove of garlic minced
- 1 lime juiced
- 1 1/2 tbsp fish sauce
- 1 1/2 tbsp sucanat (for sugar free use 1/2 packet of Nu Naturals stevia)
- 1 Thai chili chopped (less or none according to taste)
- 2 Tbsp of peanuts (optional)



Mix the lime juice, fish sauce, sucanat (or stevia), chilies, and garlic in a bowl. Although traditionally made with a mortar and pestle, you can mash the garlic and chilies with a fork to release their flavor.

Now add the shredded cucumber, carrots and tomatoes. Toss well. Top with the peanuts and serve.

Korean Lettuce Wraps with Pineapple Salsa

My husband begs for this dish. Actually, we are actually making it tonight per his request. It's a great dish for men, because they typically want their portion of meat. Since the marinade is made from scratch, there are no hidden tinnitus triggers like MSG or refined sugar. Sesame oil adds such a great flavor and is a healthy unsaturated fat.

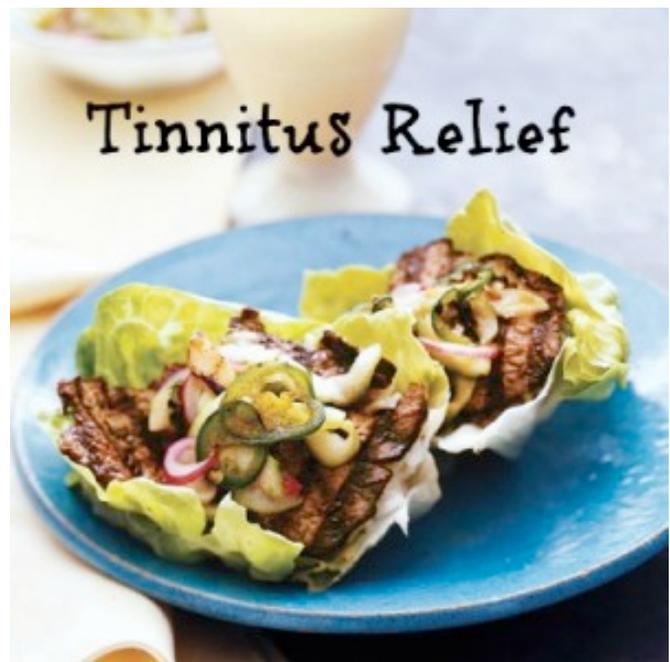
Korean BBQ Beef

- 1/2 cup of Bragg's Liquid Aminos (or fermented soy sauce like Shoyu)
- 3 tbsp of Sesame Oil
- 3 tbsp of Sesame Seeds
- 4 cloves of garlic, minced
- 1 packet of Nu Naturals Stevia or 3 tbsp of honey
- Splash of rice wine vinegar
- 1 lb of beef sliced thin (any cut of steak will work)

Mix all the above ingredients together and marinate the beef for at least 2 hours. Grill to your preferred temperature for red meat. Slice when cool.

Pineapple Salsa

- 1 pineapple chopped
- 1/3 cup cilantro chopped
- 4 green onions chopped
- 1/2 jalapeño seeded and chopped
- 1/2 lime juiced
- Dash of salt



We like to grill our pineapple beforehand. You don't have to do this, but it adds a nice grilled flavor and sweetness to the pineapple. We cut

the pineapple into round slices, grill until slightly browned and then chop.

Toss all the above ingredients in a bowl. The flavor gets better as the night goes on. It's also fantastic with tortilla chips. Be careful - it's addicting!

Wrapping it all up

You need two more things to "wrap" this dish all together:

- Rice (optional, skip if you want to go low carb)
- Boston Bibb or Butter Lettuce

I typically let everyone build his or her own wraps. Start with the lettuce, then add the rice, beef, and then top with the pineapple salsa. Wrap it like a burrito and eat! My mouth is watering knowing I'm just a couple hours away from indulging in this myself!

You really can "eat" your way to tinnitus relief. Cooking from scratch and avoiding tinnitus triggers is the best way to do just that.

[I hope you enjoy my recipes! I would love to here about any modifications - or trial and error attempts!](#)

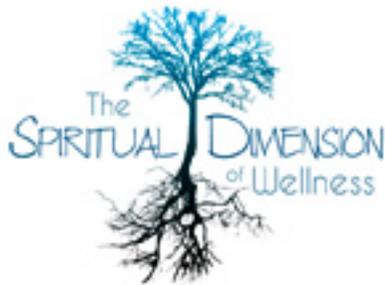


Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor

to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" for contact info:
<http://amandabox.blogspot.com/>

(1) May 1984 issue of "Acta Oto-Laryngologica"

(2) <http://www.ncbi.nlm.nih.gov/pubmed/12970590>

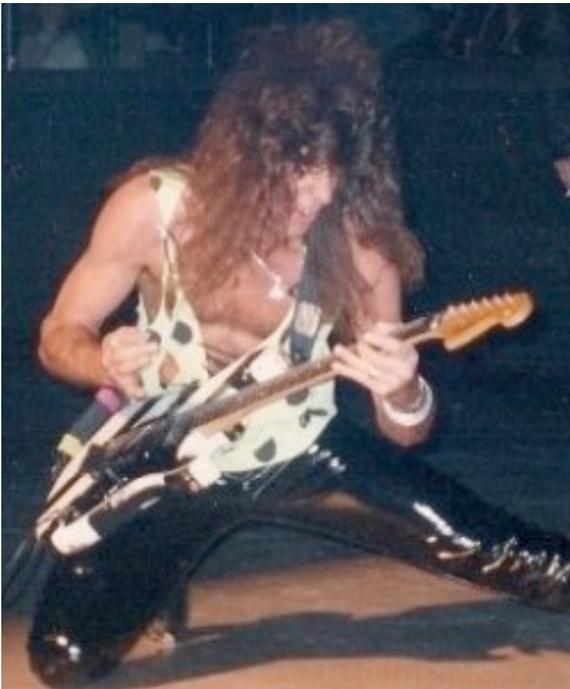


Breaking the Silence...Tinnitus

By Michael Tyrrell

Dusseldorf, Germany - 1991

- We are playing to a sold out crowd at the Phillip's Sport Halle
- The sound pressure levels are deafening
- 10,000 people are screaming
- The drums sound like cannon
- Electric guitars, bass and keyboards pushing 110 decibels on stage as we play for two hours straight.



Backstage, Tony - my close friend and drummer for the band - crumbles in my arms and keeps repeating, "I can't take it anymore! I can't take it anymore!" This was my

introduction to the maddening effect of severe tinnitus.

Recent statistics estimate:

- Over 50 million Americans experience tinnitus.
- Of these, 12 million have tinnitus severe enough to seek medical attention.
- About 2 million are so debilitated by the tinnitus they cannot function at a normal day-to-day level.

What is Tinnitus

Tinnitus:

- Defined is hearing ringing, buzzing, roaring or other sounds without an external cause.
- May be experienced in one or both ears by patients.
- Is diagnosed in two categories: objective or subjective.
 - In objective tinnitus, the doctor can hear the sounds as well as the patient.
 - Subjective tinnitus can only be heard by the patient.

Before I continue, let me stress the importance of seeking professional help to accurately diagnose your tinnitus. Properly diagnosing tinnitus is as difficult as tracking down endless possibilities for an electrical problem in your car.

In cases of objective tinnitus, there is usually a structural issue:

-
- Tumors
- Pressurized blood flow through congested or malformed vessels
- Muscular spasms

Objective tinnitus is rare; most cases are subjective. Subjective tinnitus is often associated with hearing loss. Some cause of subjective tinnitus are:

- Impacted earwax
- Ear infections
- Hardening of the inner ear
- Hearing loss do to age or excessive noise
- Ototoxic medications such as aspirin and quinine
- Some diuretics
- Certain antibiotics
- Head trauma
- And systemic diseases

Who is at Risk of Tinnitus

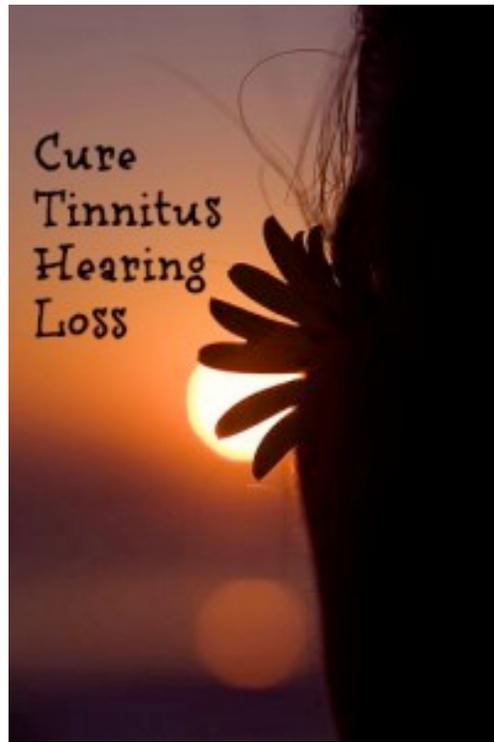
Now that we know what tinnitus is, lets discuss who is most at risk.

Obviously, construction workers that work with heavy equipment like jackhammers and power tools face a great occupational hazard. Believe it or not, musicians top our list at risk for tinnitus - with rock drummers coming in at number one!

As a professional musician and music producer, I can tell you first hand how important earplugs are. You see, drummers not only get whacked with the volume of the other musicians, but they get the “rim shot” from their snare drum - which is LOUD!!!

When I looked at the list of musicians that admit suffering with tinnitus in wikipedia’s tinnitus post, I wasn’t at all surprised that my

favorite singer *Bono* of U2 was one of the first names I came across!



You see, some musicians have suffered with tinnitus or frequency loss because they were not aware of the danger and played loud music for years without wearing earplugs. Today, musicians are far more informed. In fact, there are websites dedicated to helping musicians save their hearing. This is my personal fave: www.hearnet.com

H.E.A.R. is a volunteer network dedicated to helping musicians retain their hearing. One thing I have learned the hard way is... whenever you are exposed to noise, wear your earplugs!

Another statistic on the rise is ear damage from car stereos and mp3/iPod players with earbuds. High SPLs (Sound Pressure Levels) are very damaging unless they are deflected. In-ear monitors and earbuds send high decibel sound directly into the ear cavity. When using your earbuds, make sure you are not turning the volume up too high, which can cause permanent hearing impairment including tinnitus.

Damages of Tinnitus

Now, here is where it gets interesting... It isn't the sheer volume that damages your ears. It is the distortion around the signal!

Let me explain. There are two types of electrical impulses: signal and noise.

- Signal is a pure electrical impulse or sound wave transmitted or received.
- Noise is a spurious fluctuation that accompanies a transmitted signal but is NOT part of it. In fact, it obscures the pure signal.

Signal to noise ratio (SNR or S/R) is a scientific measure that compares the level of a desired signal to the level of background noise. Have you ever been in a movie theater and someone starts talking, popping their gum or answers their cell phone? You see, the movie is the desired signal; the rude person has become the unwanted noise!



Obviously, the higher the signal to noise ratio, the better you can focus on the signal. The part of the noise that damages the ear is called distortion. Noise and distortion are not always one and the same.

- If the noise has a sine wave shape, it is a distraction but not damaging to the ear.
- When the noise around the signal has a square or sawtooth waveform, it is called distortion and can be potentially damaging to your ears. A few examples would be an airplane taking off, a loud motorcycle or a typical "hard rock" guitar sound.

Scientific measurement of signal to noise and distortion is called SINAD ratio.

Tinnitus and Noise Pollution

The truth is, dear reader, we are inundated with noise pollution.

Today, in our automated, boisterous, industrialized world, quiet is relative. To someone on an island in the South Pacific, it is quiet when the wind stops blowing. Yet, to someone who lives in New York City, it is quiet when the subway passes.

Right now, you are being assaulted by microwave, radio wave, EMFS and cell phone radiation, etc, which equates to NOISE!

Is it any wonder the art of communication is becoming a lost art? In our generation, the signal to noise ratio is lower than any other time in history. Noise is broadcasting to more noise and the true desirable signal is being drowned out by technology that we hold in our hands: our beloved cell phones.

The desirable signal being drowned out is the human voice!

When I opened the lens a little I discovered a couple of things I never realized before... The cells of the body communicate with biochemical signals! That's right! Cells must have healthy communication to carry out functions indicative of good health.

Are you with me? When there is noise on a biochemical cellular level it can impede the communication between cells, thereby

creating an environment for confusion, which can lead to disease...which simply defined is when the body is no longer at ease!

Did you know the same principal holds true for literature?

Here is a perfect example. You wake up early and post a new status on your Facebook page, only to discover within minutes people have taken your thread in an entirely different direction than you had intended. Your status was the signal, the off-topic comments and “sniper” spam is the noise, which completely obscured your original intention.

Politicians do this all the time, using their rhetoric to twist and turn the issue until it becomes something else entirely.

Have you ever had a fight with a spouse or family member that started with a noble intention? How does a good intention become a fight? Simple.

By the time your words (signal) were transmitted, the receiver twisted them creating noise and the original intent is skewed. The transmitter (you) raises the volume, which is now accompanied by frustration, which in turn amplifies the noise. Because the original signal has been virtually squelched, you now have a situation that is gradually escalating to a tornado.

So, here is the tension. Communication is essential for life and peace. It is the true (pure) signal. However, our world has become polluted with noise.

Tinnitus and the Quiet Silence

The biggest problem a tinnitus sufferer faces is never having a quiet moment. Jesus places a high premium on weaving silence into our lives. There are several helpful supplements and practical tips that can help you with

tinnitus. No doubt you will read about them in this issue. Yet, nothing compares to the peace you can experience by spending time in His presence.



“Come to Me all you who are weary and burdened and I will give you rest.”
~ Matthew 11:28

There is no sickness, disease or trouble that He is not acquainted with. The same God that quiets the wind and the waves will calm your storm.

Psalm 23 is like medicine for the soul.

“The Lord is my shepherd. I lack nothing. He makes me lie down in green pastures. He leads me beside quiet waters. He refreshes my soul.”

And that’s just the first three verses!

When Jesus’ disciples became weary, Jesus would always take them to a solitary place to escape the noise of the world. Jesus had a quiet place - a secret garden called Gethsemane, which means place of oil or oil press. It was a place of healing, a place of quiet, a place of prayer.

Where is your Gethsemane, dear reader? All of us need a place where the noise of this world is silenced and we can hear God’s signal, His still small voice.

Help God help you. Start this week and find a place where no one can find you but God. Turn off your cell phone, close your eyes and listen... He will surely speak.

As always, it is an honor to share my heart with you. It is my prayer that your signal to noise ratio will increase daily as you enter your quiet place.

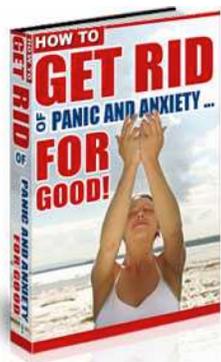
Till next month,
Michael

- [What are some ways you can lower the noise pollution where you live and work?](#)
- [Have you tried ginko biloba herb or earplugs when you sleep?](#)
- [Do you believe God is capable of healing you?](#)



Michael Tyrrell is founder of the Network Center Inc., a not-for-profit, an 501(c)(3) organization which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries. Michael is committed to training to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting. Michael has been

in full time ministry for the last 27 years and is a writer music producer and well known musician. www.michaeltyrrell.com



Free Remedy Report: Get Rid of Panic and Anxiety

Any body who has felt a panic attack coming on knows firsthand how unsettling and frightening it can be. It can even sometimes feel incapacitating.

Anxiety can creep up on you slowly or surprise you suddenly. But, either way, it creates a sense of dread and uncertainty.

Our free remedy report this month on how to Get Rid of Panic and Anxiety is a complete guide to help you trace the possibilities of anxiety and offer you concrete steps to reduce or eliminate panic and anxiety at its source.

There is no denying that with the hectic and fast-paced lifestyle we lead, anxiety or panic attacks have become more and more prevalent.

Stress is the likeliest cause of anxiety. We manage jobs, home, kids and sometimes even aging parents, while possibly dealing with strained relationships on top of everything else.

All these responsibilities create stress, with far-reaching physical and emotional effects.

If your stress is unrelenting, your body is struggling to keep up with the ongoing activation of your natural stress response.

What we need to do is to place ourselves in a situation where we can overwhelm anxiety, and not the other way around. By acquiring the right knowledge and applying the proper

techniques, there's no reason for anxiety or panic to stay longer than it should.

The most effective natural treatments are comprehensive and target both the physical causes of anxiety and relevant emotional issues.

All of the natural remedies stated in our natural remedy report are natural, non-addictive, and non-evasive, virtually rendering very little or no side effects.

You will learn many of the best ways to overcome panic and anxiety in a convenient at-home program with advanced nutritional supplements, practical dietary and lifestyle guidance, as well as support formulas.

New approaches to panic and anxiety may be discovered in the days ahead when you download our free remedy report. We all look forward to your success!

[Download your complimentary Get Rid of Panic and Anxiety Remedy Report HERE.](#)