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a **barton** publication



## How to Heal A Broken Heart

**What is the Best Way for Seniors to Deal with Their Aches and Pains?**

**End Tinnitus with Weight Loss**

**Treatment and Causes of Stinky Feet**

# Home Cures That Work

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A broken heart may be a figure of speech, but it can also be a physical condition brought on by emotional stressors. Broken heart syndrome is a temporary condition that affects the heart. In people with this condition, extreme emotional or physical can lead to heart muscle failure. The heart responds as the heart responds...and sometimes breaks quite literally. Taking steps to take care of oneself can help a person ease that emotional pain until it passes...even if it sometimes feels as though it will not. To ease the pain of a broken heart, follow Dr. Saunders' guidelines for self-care.

And if life has you down with other sorts of aches and pains, here's why they happen and what you can do to feel better. Home Cures That Work provides plentiful advice on how to cope with the normal signs of aging and exactly how to remain energetic.

Here is something you don't want to put up with: stinky feet! Smelly feet are usually easy to treat at home. If your stinky feet are noticeable, try these tips to reduce foot sweat and odor.

If you're dealing with occasional ringing, buzzing, hissing, or clicking in your ears...you might be shocked at uncovering this true cause of tinnitus. And it has nothing to do with your ears. Read on to discover what is happening inside your body right now!

Home Cures That Work is your guide to understanding, loving and caring for your body.

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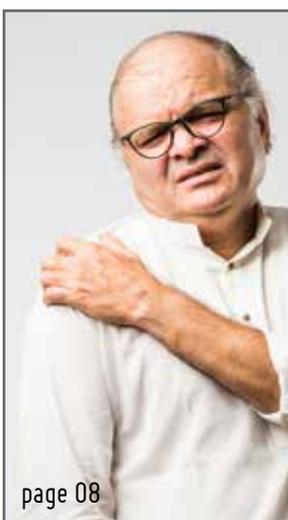
For your health,

Cheryl Ravey, Editor  
Home Cures That Work



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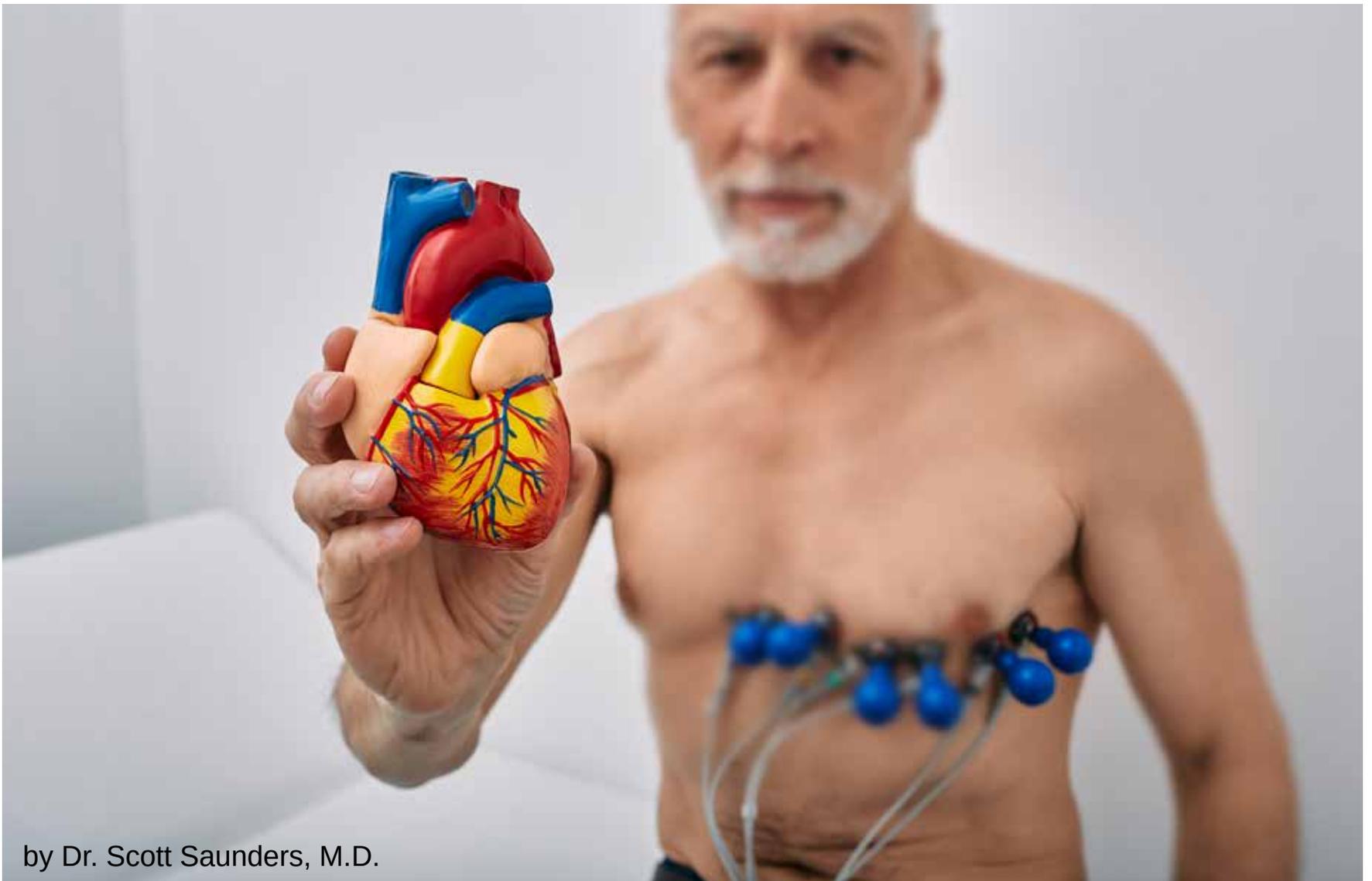
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# BROKEN HEART SYNDROME: HOW EMOTIONAL TRAUMA YIELDS PHYSICAL RESULTS



by Dr. Scott Saunders, M.D.

In May 2022, a teacher at Robb Elementary School in Uvalde, Texas, Irma Garcia, was shot and killed. Two days later, her husband of 23 years, Joe Garcia, visited his wife's memorial to drop off flowers. When he returned home, he fell over and died.[1] It may be important to note that Joe did not have heart disease. He died of a broken heart.

How do people die from a broken heart? Is it a real thing? Studies looking at the death of a loved one indicate this is a big issue. When a woman dies, her husband is three times more likely to die within two years. (But when a husband dies, the wife is not at increased risk.) However, when a child dies, a mother has twice the risk of death in the next two years.[2] This is a good indicator of what breaks the heart. When my aunt died of cancer in her 50s my grandmother leaned over

to me at her funeral and said, "No child should die before her mother!" Grandma lived another thirty years, despite the heartbreak.

## Stress and Anxiety Causes a Broken Heart

Yes, people can die from a broken heart. But stress and anxiety disable many more with heart disease.[3] The shock of a physical or emotional stressor can cause Takotsubo Syndrome, a type of heart disease.[4] In this “broken heart” syndrome, trauma stuns and weakens the heart muscle, producing symptoms similar to a typical heart attack. This literally changes the shape of the physical heart, so that it looks like a “TOKOTSUBO” on an x-ray. Takotsubo is the word for octopus trap in Japanese. This sudden change to the heart, causing small vessels to close and only the top part of the heart to work, often affects Japanese women, but can be found all over the world.

Risk factors for the development of Takotsubo cardiomyopathy include domestic abuse, death of relatives, natural calamities, accident or major trauma, arguments, financial or gambling loss, diagnosis of an acute medical illness, stimulant drugs such as cocaine, amphetamines, or even positive life events the so-called “happy heart syndrome.”

The metaphorical heart is the wants, needs, and desires; and any major change can cause the heart to malfunction and constriction of heart vessels.

## Angina and the Heart

Another effect known for many years is spasm of the arteries causing chest pain: angina. Angina is chest pain due to a lack of blood flow to the muscles of the heart. It is often caused by blockages in the arteries of the heart. But spasms of coronary arteries may also cause angina. This is called Prinzmetal’s Angina. Imagine the surprise of a doctor who has a patient with chest pain and abnormal EKG and even blood tests that indicate a heart

attack, but who has squeaky-clean arteries! Up to 70% of people with angina do not have blockage of a coronary artery.[5]

## Heart Attacks and Heart Damage

The incidence of heart attack in people who do not have coronary artery disease can depend on many factors. For example, the sudden nature of the stress.

Joe Garcia’s loss was unexpected, whereas my aunt had a protracted course of cancer. People who have a big shock may have dysfunction of the arteries and blood flow to the heart, causing the heart to stop.

Even people who don’t have arterial disease can get constriction of arteries of the heart turning off the blood flow to the heart muscle just when it is most needed to handle the stress.

The combination of factors is the problem which may lead to heart damage or a fatal arrhythmia.

In the past, doctors said that since there are no plaques in the arteries that the person is not at risk. However, that turns out not to be true. One study showed that people who had an abnormal EKG with Prinzmetal’s Angina were three times more likely to die of a heart attack, irrespective of their level of [heart disease](#). In other words, even if they had no blockages in their arteries, death from heart attack was just as likely.[6]

People with vasospasm die at the same rate as those with coronary artery disease, even though they don’t have as many risk factors such as [hypertension](#), [high blood sugar](#), and older age.[7] About 10% of

people who die from a heart attack do not have any significant coronary artery disease, or blockage.[8] They tend to be younger, with a lower cholesterol, blood pressure, high blood sugar, and smoking risks.

## How To Tell the Difference Between Vasospasm and Arterial Disease

Stable angina is where a person gets chest pain and/or shortness of breath with a consistent amount of exercise. People who say, “I can’t walk past the mailbox before getting chest pain” probably have clogged arteries and not vasospasm. On the other hand, those who get chest pain unrelated to activity are more likely to have spasms. If sitting on the couch and watching an intense movie causes chest pain, it is likely to be from vasospasm.

One way a doctor will be able to tell if you have vasospasm is to give a medication that opens blood vessels. Nitroglycerine has been used for a century to relieve chest pain. If the blood vessels of the heart spasm, the nitroglycerine relaxes them and allows the blood to flow. There are others as well. Many years ago, when I was in training, the emergency room doctors would give intravenous magnesium to restore blood flow. This works better and longer than nitroglycerine and prevents damage to the heart muscle by increasing energy. Now, however, most physicians in hospitals don’t know about IV magnesium because it has fallen out of favor due to drugs and stents.

# Broken Heart Causes

The Bible tells us that fear affects the heart. When Jesus was telling His disciples about the problems of the end times, He explained one effect, “Men’s hearts failing them for fear.” [9]

This form of heart attack is not related to age. Arterial spasms can happen in children and adults. People who are found to have Prinzmetal’s Angina often describe having symptoms all their life. This is a problem of the function of the autonomic nervous system. The largest contributor seems to be stress hormones, adrenaline, and norepinephrine, which often come with anxiety or panic attacks. Chest pain is common with anxiety. About three-fourths of people with panic attacks get angina, and up to a quarter of people who go to the ER thinking they are having a heart attack are really experiencing anxiety.[10]

The problem of vasospasm, though, is not unique to the heart, it can happen anywhere in the body.

- Spasm of the arteries of the heart causes angina.
- Spasm of the arteries of the back causes back pain.
- Spasm of the arteries of the intestines causes irritable bowel syndrome.
- Spasm of the arteries in the head causes migraine headaches.
- Spasm of the arteries of the hands causes Raynaud’s disease.

These, and many other syndromes, are all from the same issue – lack of blood flow. The arteries are not functioning well. The autonomic nervous system is causing the arteries to close and preventing good

blood flow. It is common for people who have one problem, such as migraine headaches, to also get angina from stress.

The specific or immediate trigger may cause the pain, but they are not the underlying cause of the problem. Besides a stressful event, triggers of spasm can include: [11]

- Cold weather
- Exercise
- Prescription drugs such as Ritalin and stimulants
- Decongestants such as pseudoephedrine (Sudafed) and oxymetazoline (Afrin)
- Recreational drug use like cocaine or amphetamines
- Cigarette smoking
- Inflammation
- Insulin resistance or metabolic syndrome
- Migraine headaches
- Raynaud’s disease (vasospasm in the hands)
- Vitamin B2 deficiency
- [Magnesium deficiency](#)
- Hormone imbalances

If you are getting angina, the first thing to do is to find out if you have any blockage of your arteries. It is not unreasonable to go to a doctor and have some tests done. One test I often recommend is the coronary calcium score. This is a CT scan that measures how much calcium is built

up in the arteries. Everyone should have a score of ZERO, but there is a “normal” amount based on your age. If you have a lot of plaque in the arteries, you first need to deal with arterial disease. Find out how at: <https://healthyheartsolution.com/>

However, if you have a score of zero and still get angina, you may be dealing with vascular spasms. In any case, we need to deal with the underlying cause of the problem.

The list above will help guide you to look for what your issue might be. For example, if you have high blood sugar or insulin resistance, that would be a good place to start. Reducing insulin resistance will [improve your heart function](#) by increasing energy to the heart. Also, if you have migraine headaches, it would be a good idea to find out why they happen (not the trigger, but the underlying cause) because that will also protect your heart from stress damage.

## Broken Heart Prevention

Ultimately, this is not something to wait to see if it happens to you, so prevention is the key. To prevent dying from a broken heart, it is important to build resilience. While we cannot control everything, there are things we can control that make a big difference to our hearts. Since bad news most often comes without warning, it is essential that we have good heart and autonomic nervous system function so we can weather the storms of life. The following will give you resilience.

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### EXERCISE

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High intensity interval training (HIIT) just ten minutes per day will keep the heart functioning at peak performance.

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## DIET

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A very [high fiber diet](#) gives the best ability to improve heart function and lower toxicity.

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## POTASSIUM

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A common deficiency is potassium. A lack of potassium can cause spasms of muscles including the heart and blood vessels. Potassium comes from fruit, vegetables, potatoes, and beans. A diet high in fiber will also have a lot of potassium.

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## MAGNESIUM

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The key to preventing damage to the heart in a stressful event is allowing the blood vessels to open. There is a known association between low magnesium and all types of heart disease.[12] Magnesium is also essential for relaxation of arteries. Because Americans don't have staple foods high in magnesium it is a common deficiency. Magnesium is found in anything green (broccoli, spinach, kale, and so forth), beans, nuts, and seeds. [A common supplement](#) would be about 400mg per day.

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## BREATHING EXERCISES

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Breathing is very important to the function of the autonomic nervous system. Breathing through your nose is important. Yoga breathing exercises are excellent. A good book about this is "BREATH" by James Nestor.

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## COLD THERAPY

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There are ways to improve and control your autonomic nervous system using cold therapy. You could even use a training program online such as [wimhof-method.com](#) which employs both breathing and cold therapy.

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## MEDITATION AND PRAYER

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Taking time to be still and ponder is important for emotional resilience. This can include prayer. In the Old Testament, Daniel was known by all to have a habit of praying three times a day. That is a good habit to be in because it gives hope, which prevents fear and despair.

My mom was talking about Jacqueline Kennedy when she said, "Life is perfectly fair, sooner or later it breaks everyone's heart." She had resilience and was able to weather the storms. However, some people do die from a broken heart. This is not just metaphorical, it is real, like in the case of Joe Garcia or Takotsubo syndrome. The heart is very sensitive to blood flow. Stress and anxiety, or a sudden shock can decrease circulation, especially in those who already have a marginal function. It is essential to protect your heart the same way you protect your other vital organs and muscles, primarily by gaining resilience, and resistance to stress.



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# What is the Best Way for Seniors to Deal with Their Aches and Pains?



**T**here are all kinds of causes for aches, pains and depression; some of them we can reduce or eliminate and some we cannot. So, to the extent possible in a short article, let me share with you what I and other seniors have found helpful.

The following four factors rise to the top as the best strategy for dealing with those aches, pains and depression: attitude, diet & exercise, purpose, and relationships.

## Attitude

Thomas Jefferson said, “Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth

can help the man with the wrong mental attitude.” It’s no secret that our attitude toward life has a profound impact on our health and well-being. Viktor Frankl, Nazi concentration camp survivor said, “Everything can be taken from a man but one thing: the last of human freedoms—to choose one’s attitude in any given set of circumstances.”

One of the keys to maintaining a healthy outlook and positive attitude rides on the difference between seeing oneself as victim or victor. Many people view themselves as victims: of their circumstances; of their diseases or conditions; of their past; or whatever. But a victim is always a victim. As long as one sees him/herself as a victim, they will remain a victim—at the mercy of their situation and without hope.

In reality, all of us fall victim to all kinds of things, but like Viktor Frankl, we can

choose to live as victors rather than victims. The gauge to determine whether you are living as victim or victor is to listen to your talk. Are you always grumbling, complaining, criticizing and speaking negatively? That’s the talk of a victim. The talk of a victor is gracious, grateful, complimenting, and positive.

## Diet and Exercise

Next, diet and exercise also play a huge role in how we feel and feel about ourselves. Many seniors are overweight and suffer from high blood sugar, heart disease, and other maladies. Rather than playing the victim, be a victor and take control of your health. Getting on a healthy, low carb diet can [eliminate the effects of high blood sugar](#) and impact

your other organs profoundly. This can also help you lose weight if that's an issue.[1]

It's common knowledge that exercise can improve both mental and physical health and well-being. A doctor reports that one of his patients, an 85 year-old man with high blood sugar and hypertension, started riding his single speed bike at age 81. This man dropped 41 pounds and no longer requires medication.[2]

Find some kind of exercise or physical activity that you enjoy and pursue it with gusto! Don't let excuses or circumstances keep you victimized.

## Purpose

Purpose is the third factor in our strategy for healthy living. Helen Keller, who was born blind and deaf, said, "True happiness... is not attained through self-gratification, but through fidelity to a worthy purpose." Depression often stems from

lack of purpose. But no matter how old we are, as long as we're still breathing we can pursue a transcendent purpose. "Transcendent" means "beyond ourselves." We need to find ways to serve others.

I know seniors who: volunteer weekly at a food bank; tutor children; teach others a skill; and find additional creative ways to serve others. What can you do to help someone else? What will be your legacy? Even if you find yourself needing to be served by others due to a physical malady, you can serve them with your talk and demeanor.

## Healthy Relationships

The fourth factor is healthy relationships. In the end, relationships are what matter most. Are we investing, cultivating, and enjoying our relationships? Are we loving others? Or are we always demanding, consuming, and taking our relationships for granted?

Social issues can have a significant impact on life and both physical and mental health of seniors. Finding relationships that are mutually giving is an integral component of seniors' health care.

Many diseases in seniors may be prevented or at least slowed down as a result of a healthy lifestyle. A balanced diet, participation in regular exercise, maintaining a vibrant outlook on life and finding healthy relationships are paramount in maintaining a healthy life for people of all ages.

It's often said that the secret to happiness is wanting what you have. Centenarians seem to prove this point, with the oldest Americans harboring few regrets and expressing contentment with the lives they've led. In the end, what more could you want from a long life than that?

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# TREATMENT AND CAUSES OF STINKY FEET

7 METHODS FOR GETTING RID OF FOUL FOOT ODOR



by Rob Fischer

# A

LMOST NOTHING IS more repugnant and revolting than a foul odor and stinky feet rank right up there with the worst of them!

There once lived a man up the street,  
who had terribly stinky feet!  
His wife was repelled  
by the odor she smelled,  
so she finally had to retreat!

Our reaction to smelly feet may not be as extreme as the woman in that poem, but let's face it: stinky feet are quite a turn-off! The good news is that you don't have to live with smelly feet. This is a condition that's usually pretty easy to remedy.

Stinky feet, or bromhidrosis (Greek, bromos = stench, hidros = sweat), is a common condition that can usually be solved very simply.

The primary cause of stinky feet is sweat or getting your feet wet in some other way. The dampness and warmth promote the growth of bacteria, which give your feet that pungent, cheesy smell. Teenagers and pregnant women, both of whom experience hormonal changes are among those most prone to smelly feet. But there are other common causes as well.

Anytime your feet sweat or get wet, you run the risk of stinky feet. Consider these possible causes and situations:

- Running or jogging
- Walking or hiking
- Playing basketball, soccer, or some other active sport
- Wearing shoes that don't breathe

- Wearing socks that make your feet sweat (socks made from manmade materials)
- Wearing the same shoes everyday
- Putting on shoes that are damp
- Athlete's foot
- Improper personal hygiene
- Stress or nervousness
- Hyperhidrosis, a condition that causes one to sweat more than normal

But curing smelly feet is usually a simple matter. Let's look at 7 methods for getting rid of foul foot odor.

## 7 Easy Ways to Ban Stinky Feet

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### 1. WEAR SHOES THAT BREATHE.

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Shoes from manmade materials are most likely to cause your feet to sweat and start smelling. Instead, choose shoes that are made of leather, or other natural fibers, or that are designed to breathe. Merely changing the shoes you wear may solve the problem.

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### 2. SELECT SOCKS MADE FROM NATURAL FIBERS.

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Again, socks that are nylon, polyester, rayon, or some other manmade material are most prone to make your feet sweat. Sometimes even purchasing an inferior brand of sock can promote stinky feet. Everyone's body chemistry is different, so determine what materials and brands work best for you.

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### 3. CHANGE YOUR SHOES AND SOCKS DAILY.

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If you've already begun to sweat in your shoes and socks one day, and you put them on again the next day, bacteria have already begun to form and will multiply in the warm, moist environment. Change your socks each day and after a workout, or after getting them wet and throw them in the wash. Let your shoes dry out thoroughly before putting them on again. If the problem persists in your shoes anyway, try a shoe deodorizer.

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### 4. WASH YOUR FEET REGULARLY.

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Don't give bacteria the opportunity to grow and multiply on your feet. Wash them well with soap and water especially after they've gotten wet or sweaty. Also, if you live in a warm climate or are accustomed to walking around in flip flops or sandals, even though your feet may not sweat, they are constantly being subjected to many other bacteria and contaminates than if you wore closed shoes. So do your feet (and others) a favor by keeping them clean.

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### 5. POWDER YOUR FEET.

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If your feet are particularly prone to sweat, try sprinkling talcum or baby powder on them before putting your socks on. The powder can help keep your feet dry and eliminate bacteria.

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### 6. TRY HOME REMEDIES.

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Foot baths with saltwater, Epsom salts, vinegar, baking soda, or an essential oil such as lavender can help kill bacteria and replace foul odors with freshness. (See recipes below.) But after you wash, or treat your feet to a remedy, make sure to put on clean socks and shoes.

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## 7. USE A NATURAL DEODORANT ON YOUR FEET.

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No need to buy a special deodorant, simply apply a good, natural underarm deodorant to your feet. The object here is to kill the bacteria and not merely mask the odor. Try the natural foot and shoe deodorizer from Elite Sportz Equipment.

If the above remedies fail to do the trick, seek medical help from your doctor.

## 7 Recipes for Soaking Stinky Feet

There are two primary reasons for using a foot bath: killing bacteria and drying out your feet. The substances added to water in these recipes should help meet both these requirements. Soak your feet for 10-20 minutes with any of these baths. For best results, perform a bath or soak just before bed or at a time when you can avoid putting on shoes and socks for a while to allow your feet to thoroughly dry.

1. Vinegar bath: Use 1 part vinegar to 2 parts warm water.
2. Salt wash: Mix ½ cup kosher salt into 4 cups warm water.
3. Tea soak: Using 4 or 5 tea bags to a quart of hot water, allow tea to steep for at least 5 minutes. Then let solution cool somewhat before soaking feet.
4. Baking soda and lemon soak: Combine ¼ cup baking soda, the juice of one lemon and 8 cups of warm water.
5. Lavender oil bath: Add a few drops of lavender essential oil to 4 cups warm water.
6. Alum wash: Alum inhibits the growth of bacteria. Mix 1 tsp. alum powder in 1 cup of warm water and wash your feet with the solution.
7. Epsom salts: Epsom salts can also kill bacteria and neutralize odor. Mix 2 tsp. Epsom salts in 8 cups of warm water.

Don't let smelly feet stand in the way of your relationships! There are a number of easy steps you can take to avoid stinky feet and keep the stench at bay.



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# END TINNITUS WITH WEIGHT LOSS

**I**F YOU HAVE suffered from tinnitus, then you have probably tried almost anything to stop the constant ringing in the ears. But, have you stopped to consider weight loss as a tinnitus cure? Scientists have identified a link between intracranial hypertension, which causes tinnitus, and obesity. The answer to stopping the ringing may be as simple as weight loss.

## The Nerve of Tinnitus!

I apologize in advance for the technical talk. If tinnitus has been persistent for years, then you might be suffering from something called “idiopathic intracranial hypertension.” This is also known as PTC (or pseudotumor cerebri), which is basically extra fluid around the brain resulting in immense pressure. Don’t worry, it isn’t all that scary. “Idiopathic” simply means the cause is unknown. “Pseudotumor”

doesn’t mean you have a tumor, but that the symptoms reflect the same results as if there was a tumor present. (Thankfully, there’s not!)

PTC is classified as a neurological disorder because the cerebral nerves are affected by the pressure it creates.

## Tinnitus: Your Heart In

## Your Ear

One of the many symptoms associated with PTC is pulsatile tinnitus. This is when the heartbeat can be felt in the ear! It is like your ear has a whooshing pulse! You may already know there are many causes of tinnitus, from ear damage to chemical poisoning, but pulsatile tinnitus is specifically caused by brain blood vessels that become swollen, triggering the cranial nerves into producing ear ringing and pounding sounds in the ear that are in time with your heartbeat.

## PTC Symptoms

The most common symptoms of PTC are the following, though worse when coughing or sneezing:

- Altered sense of smell
- Disorientation
- Double vision
- Headache
- Muscular feebleness, including facial muscles
- Nausea
- Neck and shoulder pain
- Numbness in the hands and feet
- Pulsatile tinnitus
- Untreated, may lead to vision loss

- Vomiting

## Tinnitus and Obesity

Similar to many medical scenarios, scientists cannot ascertain the exact cause of PTC. However, they have seemed to identify a connection in people between obesity and tinnitus, as previously mentioned. Many studies have also been conducted linking elevated cerebrospinal fluid with severe headaches, pulsatile tinnitus and morbid obesity.

Losing weight has many benefits, including relieving PTC and pulsatile tinnitus. The following study summary has proven this.

- 16 women with body mass indexes (BMIs) from 33 to 70 (the median being 45, over 30 is obese) had weight loss surgery.
- All women suffered from pulsatile tinnitus.
- After the weight loss surgery, women lost between 55 and 218 pounds, averaging about 100 pounds per person.
- Before the weight loss surgery, average cerebrospinal fluid pressure measured at 344 mm H<sub>2</sub>O.
- After surgery, cerebrospinal fluid pressure was 198 mm H<sub>2</sub>O.
- 13 out of 16 patients reported a complete cessation of pulsatile tinnitus symptoms.

- Scientists concluded that losing weight is effective at relieving pulsatile tinnitus and PTC.

## Bye-Bye Tinnitus

If you are obese or overweight and weight loss surgery is not an option, Home Cures That Work provides you with other effective and natural ways to relieve tinnitus symptoms and the awful ringing in the ears:

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### LOSE WEIGHT NATURALLY.

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Even if you are considering weight loss surgery, the importance is of a healthy diet should be not underestimated. So why not bypass the gastric bypass, and lose weight the good old-fashioned way? Scientifically speaking, if you expend more energy than you put in, then you will lose weight. Exercise more, and count your calories by following a food diary.

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### LIMIT SALT.

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Salt is known to cause swelling, and by limiting your salt intake, you decrease your chances for suffering from stroke, heart attack, and tinnitus.

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### TRY NATURAL SUPPLEMENTS.

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Many vitamins, herbs, and holistic medicines are helpful for alleviating tinnitus by reducing blood pressure. Some good ones to try are ginkgo biloba, black cohosh, Coffea cruda, and Carbo vegetabilis.



Sources:

[Pulsatile tinnitus in patients with morbid obesity: the effectiveness of weight reduction surgery- PubMed, NCBI](#)  
[Gastric surgery for pseudotumor cerebri associated with severe obesity- PubMed, NCBI](#)  
[Pseudotumor Cerebri: Idiopathic Intracranial Hypertension](#)



**You have made a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again. For additional relief, visit [www.bartonpublishing.com](http://www.bartonpublishing.com)**

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We help people experience vibrant, amazing health through natural healing remedies.